



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.

March 10, 2020

RIPARIAN STEWARDSHIP 2.0

Workshop builds connections with rural landowners

Submitted by Lac Ste. Anne County

Are you an agricultural producer with riparian areas? Are you interested in learning more about managing these vital green zones? Have you worked with Cows and Fish in the past? Do you have a riparian stewardship success story to share? Come on down to Cherhill, bring your family, neighbours, and friends!

On Thursday, March 26, from noon to 4:00pm, Cows and Fish is hosting a work-



shop aimed at reconnecting with folks we've worked with in the past and meeting other area residents in-

terested in protecting their local watersheds.

Continued on Page 3

NEWS FROM THE RICH VALLEY SKATING CLUB

Submitted by Rich Valley Skating Club

2020 marks a momentous 40 years for the Rich Valley Skating Club! 40 years of children and youth learning and perfecting skating skills. Mark your calendar for March 22 at 2 pm to see our annual carnival; this year's theme is 'Skating Through the Years' and

will highlight performances and skaters from the club's 40 years of carnivals. This year's club has 20 CanSkate and 9 StarSkate participants. Many of these youth missed skate club last year due to our arena having ice plant issues and have been more than eager to join Coach Hart on the ice. Along with Assistant Coach Nicole and program

assistants Kirsty, Rebecca, Jessica and Clarice these CanSkate children have worked on their skills and are mastering routines for our carnival on March 22. Our 9 StarSkate youth are working on figure skating skills and solo routines for the carnival.

Continued on Page 3

MAYERTHORPE PHARMACY
 4821 50th Street, Unit 1, Mayerthorpe, AB
 Phone: 780-786-0185 Fax: 780-786-0186

Enjoy Senior's Day Discount EVERYDAY!!

Hours of Operation:
 MON to FRI: 9:00AM to 6:00PM
 SAT: 10:00AM to 2:00PM
 Sundays & Holidays: Closed

Please visit us and sign up for our Loyalty Program.

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

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



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

NEW ZWOZDESKY CENTRE UNVEILED AT NORWOOD

Submitted by Government of Alberta

The leading-edge Gene Zwozdesky Centre at Norwood will provide rehabilitative programs to help seniors and those in continuing care maintain their best quality of life.

Programs and services at the centre will support the wellbeing of seniors and those with complex continuing care needs. The centre will offer highly specialized rehabilitation programs, palliative care, hemodialysis, long-term care, day programs, dementia care and seniors' mental health services.

"Gene Zwozdesky honoured Albertans by living his life in service to others. His determination to make life better for everyone who calls Alberta home is a powerful legacy. And now, that

legacy will live on through the new Gene Zwozdesky Centre at Norwood." - Tyler Shandro, Minister of Health

The new facility will play a vital role in increasing continuing care capacity, reducing demand for acute care and assisting post-acute care patients by streamlining access to specialized services at the Glenrose Rehabilitation Hospital and Royal Alexandra Hospital.

"The CapitalCare Foundation is pleased to see the bringing together of a great continuing care building project for Edmonton with such an amazing Albertan. Gene Zwozdesky's belief in a 'community that helps each other' is the basis of the work we are doing for the Stepping Up for Norwood campaign. We are excited to see the naming of this building to be the Gene

Zwozdesky Centre at Norwood." - Sherry Schaefer, director, CapitalCare Foundation

Construction is underway to expand and re-develop the centre. The project will increase continuing care beds by 145 new spaces in the Edmonton area and help address the growing need for continuing care capacity. The Alberta government is providing \$379 million to develop the centre.

"Our family is so proud to have Gene's name on the new Norwood. He believed in the work CapitalCare has undertaken with this complex initiative, supporting seniors and those requiring assistance to be independent, and he would be truly humbled by this honour." -Christine Zwozdesky, wife of Gene Zwozdesky

CALL NOW TO REGISTER

INFORMATION SESSION
WEDNESDAY MARCH 18 AT 7PM
SERENITY FUNERAL SERVICES SPRUCE GROVE
600 CALAHOO RD, SPRUCE GROVE, AB

- CANADA PENSION PLAN DEATH BENEFIT • WHO IS RESPONSIBLE FOR MAKING ARRANGEMENTS?
- WHAT DO I DO AT THE TIME OF A DEATH? • WHAT OPTIONS ARE AVAILABLE?
- PRE-PLANNING? DOES IT REALLY SAVE MONEY? AND HELP MY FAMILY? • TRAVEL PROTECTION?

LIGHT REFRESHMENTS WILL BE SERVED

SESSIONS FILL UP FAST PLEASE RSVP@ 780-962-2749 TO SAVE A SEAT

In the sea of commonness one Funeral Provider stands out.

SERENITY FUNERAL SERVICE | www.serenity.ca
www.PreplanYourFuneral.ca

HORIZON STAGE Performing Arts Centre

2019-20 Season

The Slocan Ramblers
Sunday, March 22 - 7:30 p.m.
Bold, dynamic bluegrass music that's rooted in tradition.



Theatre: 1001 Calahoo Road Spruce Grove, AB
Ticket Centre: 315 Jespersen Ave. 780-962-8995 horizonstage.com

JOKE OF THE WEEK

An old guy in his Volvo is driving home from work when his wife rings him on his cell phone.

"Honey," she says in a worried voice, "please be careful. There was a bit on the news just now, some lunatic is driving the wrong way down the highway."

"Oh it's worse than that," he replies, "there are hundreds of them!"

BUSINESS FOR SALE

Steady Income – Business doesn't fluctuate with Economy

Includes: - All Clientele
- 5 Tandom Trucks
- 1 Truck & Trailer Unit

Call 780-797-3844 for more Info.
Al-jo An Septic Service

Riparian Stewardship 2.0

Continued from Page 1

Over the years Cows and Fish has monitored riparian health at approximately 50 locations related to riparian projects on agricultural land in the County and engaged with more than 600 community members in this area through presentations, field days, and on-site visits. It has been a challenge to keep in touch with everyone, but by gathering

funding from a variety of sources, including the Government of Canada's Environmental Damages Fund, and with the support of local partners, like Lac Ste. Anne County, we are reaching out to reconnect, identify riparian health changes, and share our expertise for additional management changes.

The day begins with a free lunch, followed by information on riparian basics – learn exactly what the word

riparian means and identify the riparian areas on your property. We'll explore management strategies for healthy riparian areas in agricultural settings, look at local and provincial examples, and get a quick tutorial on how to use Google Earth to help you achieve your management goals. Partner organizations working in the area will be there to showcase more programs available to producers.

Whether you are work-

ing toward riparian health goals, have a stewardship story to share, or want to learn more, we'd love to see you! Your \$10.00 registration will be donated to Cherhill 4H. Register by March 19 and receive a 2019 air photo of your property.

Interested in joining us? Questions? Call Lorraine at 1-866-880-5722 or visit LSAC.ca/Agriculture for full event details. Hope to see you there!

News From The Rich Valley Skating Club

Continued from Page 1

Our 'Skating Through the Years' Carnival is a fundraiser for the club; in addition to viewing the fancy footwork you will be able to enter a bucket draw style raffle, 50/50 (Tickets are currently available) and

purchase small treats of appreciation for the skaters. Thank you in advance for your support!

Skating Through the Years Carnival at The Rich Valley Arena on March 22 at 2pm (Doors open at 1pm). Admission: Adults \$5, Youth 6-12 yrs \$3 and Under 5yrs free.

In addition to CanSkate the RV Skate Club ran a Power Skating program that assisted 19 hockey players from various teams to perfect their footwork skills without a hockey stick in hand. Power skating classes fine tune skills, increase agility and balance, and build power and speed on

the ice. Watch more more sessions next year!

If you are looking for information on the 2020-2021 season, please feel free to contact our president Naomi White at 780-967-2277 or email rsvskatingclub@gmail.com or follow our Facebook page at Rich Valley Skating Club.

Honouring memories.
Celebrating lives.



Funerals | Cremation | Cemetery Service

100%
SERVICE
GUARANTEE

The Dignity™ Difference

- Advance Funeral Planning
- Veterans Benefits
- 24 Hour Grief Support
- National Transferability

Rose Garden Chapel

5326 48th Street, Barrhead
780.674.4644 or 1.800.563.6029




www.RoseGardenChapel.com
A Division of Service Corporation International (Canada) ULC



Specializing in Trailer Repairs
Aluminum, Tig, Mig & SMAW Welding
Mobile Welding Units Available
Mechanical Inspections & Repairs
Fabrication & Plasma Table
Skid Steer Services

Sideline Mechanical & Welding Ltd.
55109 Range Road 20
Phone: 780-967-5658
eMail: smw ltd@gmail.com

EDSON RCMP GENERAL INVESTIGATION SECTION LAY ARSON CHARGES FOLLOWING LENGTHY INVESTIGATION

Submitted by Edson RCMP

Edson, Alta. – The Edson RCMP General Investigation Section (GIS) has been actively investigating the following suspicious fires: Edson Chrysler Dodge Jeep on Dec. 9, 2019; vehicle fire in Edson on Dec. 9, 2019; KW Pet Store in Whitecourt, Alta., on Dec. 26, 2019; Edson Honda on Dec. 30, 2019; and the Petro Canada in Niton Junction, Alta., on Feb. 23, 2020.

Edson and Whitecourt RCMP GIS –with the assistance of RCMP GIS Units from Western Alberta District, Drayton Valley and Hinton; Grand Prairie Alberta Law Enforcement Response Teams and other RCMP specialized support units– were able to identify and charge two individuals in connection with multiple suspicious fires.

Thomas James Berube (37) and a male youth (17),

both from Edson, are jointly charged with the following:

- Arson – damage to property (Edson Chrysler Dodge Jeep)
 - Break and enter – commit theft over \$5,000 (Edson Chrysler Dodge Jeep)
 - Arson – damage to property (motor vehicle)
 - Theft of motor vehicle over \$5,000
 - Arson – disregard for human life (KW Pet Store)
 - Killing or injuring animals (KW Pet Store)
 - Break and enter – commit theft under \$5,000 (KW Pet Store)
 - Arson – damage to property (Edson Honda)
 - Break and enter – commit theft over \$5,000 (Edson Honda)
 - Obstruction of justice
- Berube is also charged with the following:
- Arson – disregard for human life (Petro Canada)
 - Break and enter – commit indictable offence (Petro Canada)

The name of the youth will not be released pursuant to provisions of the Youth Criminal Justice Act.

Following judicial hearings, both Berube and the youth were remanded into custody to speak to bail and are scheduled to attend court at Edson Provincial Court on March 17, 2020.

On Dec. 26, 2019, the KW Pet Store break and enter resulted in the theft of a four-month-old male Chihuahua dog from the premises. The Edson RCMP are looking for the assistance of the public in locating this dog.

If you have this dog, please drop it off at the Edson Animal Control Dog Pound or alternatively, to the Edson RCMP, so that he can be returned to the owner. The Edson Animal Control Dog Pound is located at 3240-1 Avenue, Edson, Alta., and is open between 7:30 a.m. and 4 p.m.

Anyone with information



about the whereabouts of the dog is asked to contact Edson RCMP at 780-723-8822 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 or by using the “P3 Tips” app available through the Apple App or Google Play Store.”



BUY and SELL just about ANYTHING!

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

POSTINGFIRST.com

Advertise for **FREE** Today! *Follow Us* 



*Town & Country
Funeral Services*

Wabamun
780-983-2749

Evansburg
780-727-2791

- † Cemetery Monument Sales & Installation
- † Traditional Burial & Funeral Services
- † Pre-need Funeral Packages
- † Crematorium & Memorial Services



COMMUNITY

GARAGE, TACK SALE AND TRADE SHOW

Saturday, May 9, 2020 9am-5pm

Contact Wilma 1-780-325-2424

Deadline booking tables May 4, 2020

Breakfast and Concession Available

Visit LSAC.ca to explore the latest Lac Ste. Anne County news and events in greater detail.



56521 RGE RD 65, BOX 219, SANGUDO AB T0E 2A0
 OFFICE HOURS: 8:30AM TO 4:30PM MONDAY THROUGH FRIDAY
 phone 780.785.3411 toll-free 1.866.880.5722 lsac@lsac.ca

COUNTY FCSS ONCE AGAIN OFFERS COMMUNITY INCOME TAX CLINICS

Volunteers are ready to assist you in preparing your 2019 income tax returns. Returns will be completed until April 22.

Lac Ste. Anne County's Community Services department will be hosting income tax clinics every Wednesday from March 11 until April 22 at the following times and locations:

Alberta Beach Library | 9:30am - 10:30am
 Oneway Public Library | 11:00am - 12:00pm

The Community Volunteer Income Tax Program (CVITP) is a partnership between the Canada Revenue Agency and Community Organizations which host tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals.

For more information, on this program, please contact Community Services Coordinator Taryn Monteith at **780.785.3411** or toll-free at **1.866.880.5722**.

MOBILE MAMMOGRAM SCREEN TEST RETURNS

Book your free appointment today by calling 1.800.667.0604.

Alberta Health Services is pleased to bring its Mobile Mammography Clinic to the Oneway Heritage Centre from **May 6 - 8**, and the Mayerthorpe Healthcare Centre from **August 9 - 14**. This state-of-the-art mobile mammography clinic brings convenient and discreet breast cancer screening to women across Alberta.

Forward this notice to your female friends, family members and colleagues who may benefit from this free and discreet service.

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 devassistant@lsac.ca, Monday to Friday 8:30am to 4:30pm to request additional information on a permit.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DEADLINE
20-D0021	55017A RGE RD 11A NE 02-55-01 W5M	RTM House (1984), main floor 50.0' x 30.0'; (1500.0 sq. ft.), new basement 50.0' x 30.0'; (1500 sq. ft.) and deck 50.0' x 12.0'; (600 sq. ft.).	March 30, 2020
20-D0022	55017A RGE RD 11A NE 02-55-01 W5M	RTM Detached Garage (1984) 48.0' x 28.0'; (1344.0 sq. ft.) on frost wall foundation.	March 30, 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, T0E 2A0.

PLEASE NOTE: Lac Ste. Anne County requires that a non-refundable fee of \$250 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.

FREE PARENTING PRESENTATIONS IN MARCH

Don't miss these outstanding sessions from Danyelle Lynch!

THE 5 LOVE LANGUAGES OF CHILDREN

March 11 from 6:00pm to 8:30pm
Room #4, Onoway Heritage Centre

*Registration deadline March 6



Does your child feel loved? "Of course," you will say...but are you communicating that love in a way s/he understands? This presentation introduces you to **The 5 Love Languages of Children** (based on the book by Gary Chapman) and will help you determine the primary languages in which your child hears your love.

STRENGTHENING YOUR PARENT-CHILD RELATIONSHIP

March 18 from 6:00pm to 8:30pm
Room #4, Onoway Heritage Centre

*Registration deadline March 13



I know — it's hard to find time to have fun when you're just trying to get through the evening schedule of dinner, bath and bedtime routine. Parenting is a tough job, but you don't need a lot of extra time to strengthen the relationship with your child. Join us for this presentation to consider that maybe what your child needs is a different kind of attention.

* Please note that **Pre-registration is required** for each of these **FREE** presentations. Call Lac Ste Anne County's Community Services department at **780.785.3411** to register.



About Danyelle Lynch

Danyelle has been working with children, youth and families within community-based, residential, and family support settings since 2008 and in clinical settings since 2014. Her focus has been on increasing the strengths and attachments of families to benefit each individual member of the family.

Danyelle also spends her time teaching in the Child and Youth Care program at MacEwan University.



Highway 43 Come Play With Me Early Childhood Coalition

OJSH SHINING STARS

Submitted by Wanda Pederson | Onoway Junior Senior High School

OJSH has many talented and accomplished students in and out of the classroom.

One of our students has a passion for photography. Kaylee Salter is in Grade 8 at OJSH and already she is showing an amazing talent in photography.

This summer, Kaylee submitted a photograph she took of a porcupine to Lac Ste. Anne County's annual photo contest. Her photo was judged as one of the winning entries. It became one of a select group of photographs chosen to be in the 2020 county calendar and, additionally, it will be used on the county website. As well, Kaylee received prize money of \$100.00.

Her preference for subject matter is nature, and especially of animals that we often do not see up close and personal! Kaylee is fortunate to

live in a rural setting where she can capture just the right shot at the right moment.

Kaylee says photography is her passion. Her talent and artistry in this field are indeed noteworthy at such a young age. Congratulations, Kaylee in successfully pursuing your passions.

Another of our talented students is Mikayla Ironside who works with agility dogs. Agility is a highly energetic sport that the dogs, their handlers, and spectators enjoy. In agility,

dogs work off lead and are guided by hand signals and commands of their handlers. Dogs run an intricate course that has a variety of obstacles: jumps, tunnels, weave poles, even a teeter-totter. The dog must complete the course without making mistakes and within the time allowed.

Seventeen-year-old OJSH student Mikayla has been invited to represent Canada at the 2020 Worlds Agility Open in the Netherlands May 14th - 17th. WAO is a 4-day annu-

al international competition with 45 countries participating. Mikayla will be the first person to compete for Canada as a Junior Handler. She will be working with Splash as her canine partner in the competition.

Mikayla said: "Splash and I are honoured to have been chosen to represent Team Canada as a junior handler for the 2020 WAO."

Continued on Page 9



A safe farm is a strong farm, and a strong farm is a successful one.

This Canadian Agricultural Safety Week,
we celebrate Safe and Strong Farms.

For more information on
Growing an AgSafe Canada
visit agsafetyweek.ca.



gerald.soroka.c1@parl.gc.ca
780-723-6068

GERALD 
SOROKA MP
YELLOWHEAD



BREAK IN SUSPECTS LOCATED WITH THE ASSISTANCE OF RCMP POLICE DOG SERVICE

Submitted by Whitecourt RCMP

On March 2, 2020, at 6 a.m., Whitecourt RCMP received a call of a break and enter to a towing company shop located on a rural residential property in Woodland County, Alta. The property owner had observed two males on an all-terrain vehicle (ATV)

flee the property.

Whitecourt RCMP attended and with the assistance of the RCMP Police Service Dog, located the two males who had abandoned the ATV and continued on foot into a wooded area. The suspects were arrested without incident.

Brian Mareck (49) and Chad Penman (39), both of

no fixed address, are jointly charged with:

- Break and enter to a business
- Disguised with intent to commit an offence
- Possess break-in Instruments

Both Mareck and Penman are facing separate charges for fail to comply with release conditions (x3).

Following judicial hearings, both Mareck and Penman were remanded into custody and are scheduled to appear in Whitecourt Provincial Court on March 10, 2020.

Whitecourt RCMP encourages anyone who may have seen suspicious activity in rural areas to contact the Whitecourt RCMP at 780-779-5900.

WHITECOURT RCMP ARREST AND CHARGE RURAL TRESPASSER

Submitted by Whitecourt RCMP

Cash for Cars
967-2492
R & S TOWING

On Feb. 29, 2020, Whitecourt RCMP received a call of a male on an all-terrain vehicle (ATV) trespassing on private property in Woodlands County, Alta.

Whitecourt RCMP located the male operating the ATV and he initially fled from police, but was quickly taken into custody.

Further investigation result-

ed in the male, Dean Taylor (20) of Whitecourt, Alta., facing the following charges:

- Break and enter to a dwelling house
- Flight from police
- Possess break-in instruments
- Drive a motor vehicle while unauthorized
- Fail to comply with probation order

• Fail to comply with release conditions (x6)

Following a judicial hearing, Taylor was remanded into custody and is scheduled to appear in Whitecourt Provincial Court on March 10, 2020.

Whitecourt RCMP encourages anyone who may have seen suspicious activity in rural areas to contact the Whitecourt RCMP at 780-779-5900.

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

2020 DUST CONTROL PROGRAM UNDERWAY

Submitted by Lac Ste. Anne County

Lac St. Anne County offers an annual Calcium Dust Suppression Program to assist in the reduction of the impact of dust on residential rural properties adjacent to County roadways.

Pick up an application form at the County administration office, or download a PDF copy at LSAC.ca/Dust.

Two dust applications are available:

- Purchasing calcium with a gravel application: \$877 + GST per 100m min
- Purchasing calcium without a gravel application: \$558 + GST per 100 m min

To participate in the program, you must have your municipal address sign posted prior to submitting an application. Other conditions apply. Make sure to apply before the April 15

deadline

For more info, visit LSAC.ca/Dust or contact the Public Works department at 780.785.3411 or PW@LSAC.ca.

The County does not guarantee the effectiveness of the dust control agent or application in any way.

OJSH Shining Stars

Continued from Page 7

This will be my first time competing internationally where as Splash has been in agility competitions all over and has brought home three Gold medals for Canada from international competitions."

Mikayla found agility 5 years ago through 4H. She has worked with many different dogs at various levels which has given her excellent hands-on knowledge and crucial handling skills. She started doing competitions about 4 years ago in and around Edmonton. Mikayla started with her rescue German Shepherd cross and when her commitment and focus became evident, her parents bought her current dog, Loki. Since Loki is young and not quite ready for an international competition, Shauna Oliver has generously offered to share Splash with Mikayla.

Makayla says: "This is a dream come true for me and I am so very grateful to everyone for their support and kindness." We look forward to hearing great things about you, Mikayla and we will all be cheering for you. The WAO event will be live streamed; if you wish to watch Mikayla and the other competitors, go to : <https://www.worldagilityopen.com/>

PREVAIL

CELLULAR
HOMEOSTASIS
FORMULA

MAX

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

How do you want your
BLOOD to look?

Before PrevailMAX:	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



LIVIN TRIM WITH
VALENTUS

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

Construction is underway. Stay informed.

Sign up at TransMountain.com



As construction of the Trans Mountain Expansion Project progresses, we want you to be informed about potential activity in your neighbourhood so you can plan accordingly. On our website, you can view an interactive map of construction areas, sign up for notifications, track what's happening along the route and much more.

As always, safety is our number one priority, every metre of the way.



TRANSMOUNTAIN

Committed to safety since 1953.

info@transmountain.com | 1.866.514.6700 | TransMountain.com

Le présent message contient des renseignements importants. Si vous avez besoin d'une traduction, veuillez communiquer avec info@transmountain.com

LAKEWELL 4-H RECEIVES FCC GRANT

Submitted by Lakewell 4-H Multi Club

On Feb 6th, we were pleased to play host to Denise Stoik of Farm Credit Canada (FCC) at our Monthly General Meeting. Denise was there to present a cheque for \$500 from FCC to cover the cost of our team building visit to Camp Warwa in the fall of 2019. We are very grateful to FCC for the funds; support from organizations such as FCC makes it possible for our club to offer such experiences to our members.

All in all, this has been a busy month for Lakewell 4-H Multi Club. The club held its Communications Day on February 2nd. Our members did very well especially since it was the first such experience for most. We sent three of our first place winners on to the District Competition, which was held in Mayerthorpe on Feb 22nd, and one from there will be eligible to compete at the Regional Competition. We want to thank all of our judges who gave their time to help make the day a success and a special 'Thank you' to Cathie Olsen who held a workshop on Feb 16 at the Lake Isle Hall to help members polish up their delivery.

In other news, February saw us participate in another Community Service opportunity helping the Lake Isle Board set up for the Fundraiser Dinner on February 15th. It was a full house that night with lots of food and entertainment for all. We are so grateful to the Hall Board for all their support - it is nice to know we are so welcome.

Our members continue to 'Learn to do by doing' in their projects. Horse rides on Saturdays at the Darwell Arena and has an open riding night on Thursdays there as well. Weather permitting, of course. Many thanks to our Horse Leader, Erica Reid, for putting so much time and effort into this project! And we have been asked to run a lunch concession at the Fallis Hall at their Spring Market on Sunday,

April 19 from 11 - 2:30pm. Our Foods Leader, Melanie Miller, will be taking the lead on this one so stop by and buy a coffee and a muffin or a hot dog and say 'Hello'!

And - one more thing... Our next fundraiser will be a clothing collection to go to Value Village. So, when you do your spring cleanout of all those clothes that don't fit anymore, please think of us and call Kristina at 780 265 5545 or Jean at 780 242 2486 and we will let you know when and where you can drop them off.



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!

Testimonials:

- "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 1/2 lbs 8.5 inches. Awesome product!"

OJSH STUDENT ATTENDS ENCOUNTERS WITH CANADA



Submitted by Wanda Pederson | Onoway Junior Senior High School

Encounters with Canada (EWC) is a unique opportunity for teens aged 14 to 17 to meet other young Canadians. Students spend a week in Ottawa, sight-seeing, learning and participating in special activities such as checking out future career options, discovering our country, and expanding their horizons. Each

week is dedicated to a particular theme that includes Arts & Culture, Business & Entrepreneurship, Medicine & Health, Global Affairs, Sport & Fitness, Science & Technology, Politics and Governance to name a few. EWC has been providing this adventure to Canada's teen for over 37 years and to date, more than 113,000 have participated.

Over the years, OJSH has sponsored many students so they could take advantage of this amazing opportunity. This

year, Grade 12 student Rowyn Mustus travelled to Ottawa in early February to take part in EWC's Sport & Fitness week.

At Rowyn's first day at EWC, participants did a fun but challenging physical course. Each day after that, there was a different fitness activity to challenge the students. Participants were able to tour many of Ottawa's important sites. Rowyn and his companions visited the House of Commons and were able to view the Senate. They went to Rideau Hall - where the Governor General resides - saw the Rideau Canal and the National War Memorial. The teens visited the locker room of Ottawa's CFL team, the Redblacks, in TD Place Stadium at Lansdowne. Rowyn said the best thing for him on their many walking tours was the Canada Science & Technology Museum where visitors learn about Canadian science, technology, and innovation through interactive exhibitions.

Rowyn and the other students stayed at the Terry Fox Centre near downtown Ottawa. This is where EWC is centered. There are dorms, cafeteria, dining areas, an internet cafe, lounges, recreational areas and meeting rooms -- all on over 2.5 acres of land. Rowyn said it was very easy to meet people at the centre and he met people his own age from across Canada but he especially enjoyed meeting the one student from Nunavut and two students from the Territories.

Rowyn says he definitely 100% recommends this experience to any student interested. All expenses such as flights, lodging at the Terry Fox Centre, meals and admissions are taken care of by the school -- students just need to take their own spending money. To be eligible, you must be enrolled at OJSH, be between the ages of 14 and 17, and be recommended by our counsellors. If interested, please contact the school.

Duc Nguyen
Investment Advisor



Want to start planning for your ideal tomorrow, today?

Duc can help you make your financial goals a reality by creating a customized plan based on your unique situation.

Contact Duc today to start a plan to help you reach your financial goals.

Duc Nguyen, CIM®, FCSI
Investment Advisor
780.221.0766
duc.nguyen@servus.ca



Classified Ads - Call 962-9228

Hall Rentals

Alberta Beach Agplex, Susan 780-996-2960.

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

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

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

Darwell Centennial Hall, 780-892-3099

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.

Onway Community Hall, 967-4749.

Onway Heritage Center - Gym/Classrooms, 967-1015

Onway Legion , 967-4980

Park Court Community Hall, 727-4476

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

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

PRICE REDUCED



14K White Gold Diamond Ring
Brand New, Still in Box, Tags on!
Asking \$2,745

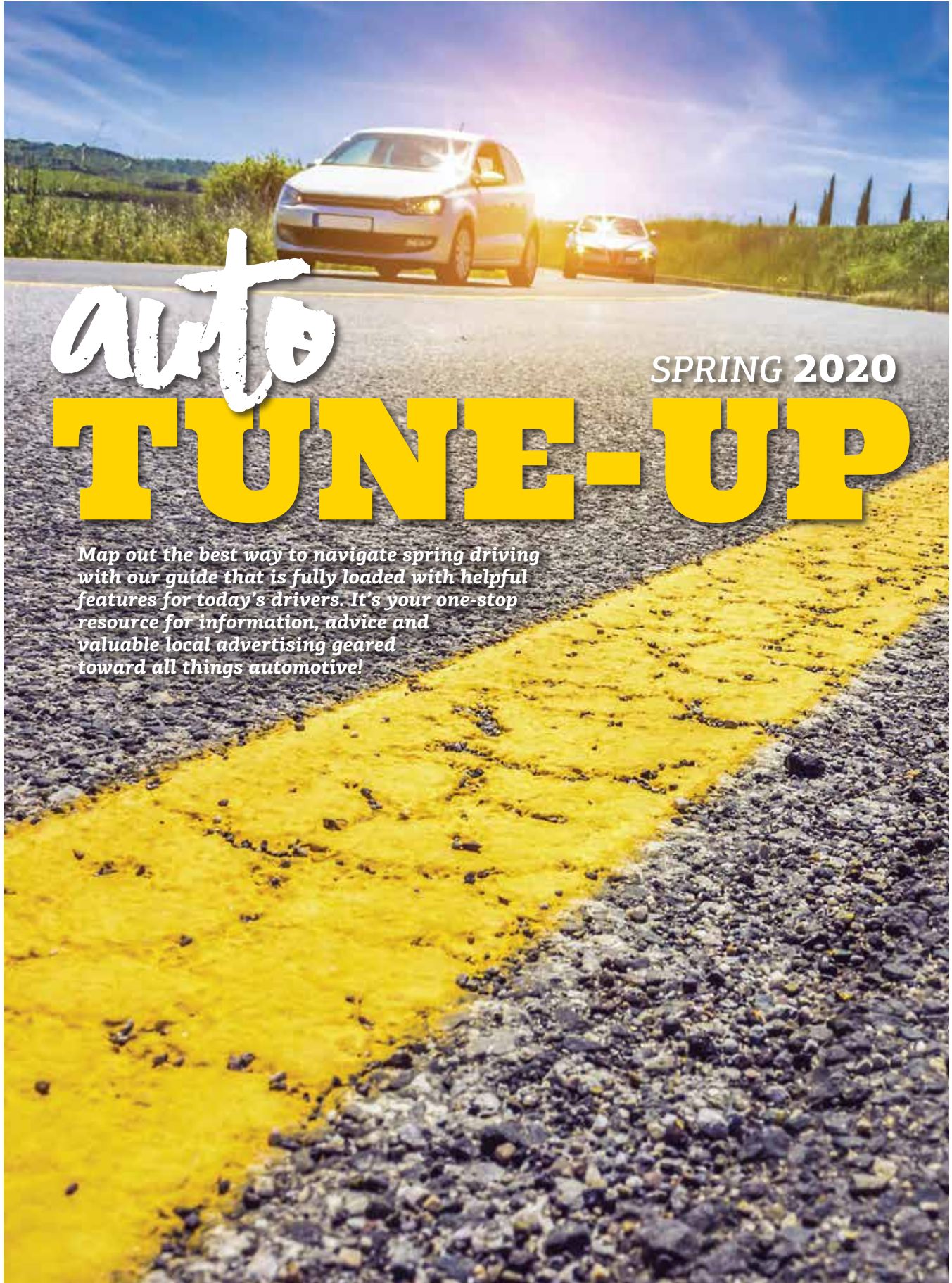


14K White Gold Engagement Ring
Brand New, Still in Box, Tags on!
Asking \$2,300



10K White Gold Diamond ring
Brand New, Still in Box, Tags on!
Asking \$1,375

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



auto

SPRING 2020

TUNE-UP

Map out the best way to navigate spring driving with our guide that is fully loaded with helpful features for today's drivers. It's your one-stop resource for information, advice and valuable local advertising geared toward all things automotive!



auto TUNE-UP

ROUTINE VEHICLE MAINTENANCE

Owning a car is a big responsibility. Drivers who plan to keep their vehicles for the long haul must emphasize maintenance if they want to keep adding miles to their odometers. In fact, the automotive information site CarAdvice says that routine maintenance may be the most important thing drivers can do for their vehicles.

A vehicle needs consistent care if it is to run efficiently. Maintenance also reduces the risk of roadside breakdowns and costly repairs. Here's a look at some of the benefits of staying on top of maintenance.

Saves money: Even though maintenance costs money, sticking to a consistent maintenance schedule can save big bucks in the long run. For example, the cost of rotating and aligning tires is considerably less than repairing a car after a major blowout and paying for a

tow and tire replacement.

Improves performance and efficiency: Routine maintenance includes oil changes, filter changes and fluid top-offs. Such tasks keep engines running smoothly. Ignoring this routine maintenance can put engines in jeopardy of breaking down and adversely affect vehicle performance, diminishing fuel economy and leading to a sluggish ride.

Identifies safety issues: Routine inspections and work performed by reputable service stations help drivers stay abreast of recalls or issues that can affect the safety of the vehicle.

Maintains a maintenance record: When the time comes to sell the vehicle, having a log of routine maintenance indicates to potential buyers that the vehicle was well cared for.

Keeps compliance: Vehicles

covered under manufacturer's warranties typically need to be maintained in adherence to factory-recommended maintenance schedules. This ensures that the vehicle is in compliance and will be covered in the event of a warranty claim.


Routine vehicle maintenance is important for a variety of reasons. Drivers can work with a trusted and reliable mechanic to develop a schedule that keeps their cars and trucks on the road.



17E Granite Drive, Stony Plain
Servicing All makes & Models
ALL WORK GUARANTEED!

Tel: (780) 963-6297
 stonyplainautomotive@gmail.com

VANDENBERG COLLISION LTD.



Joe

Ph: (780) 786-2614 5014 - 51 St.
 Fax: (780)786-2736 Mayerthorpe, AB

JACK'S 24 Hour Towing
CARSTAR*
 Collision & Glass Service

Jack's Auto Body
 & 24 HR Towing

Jack's Auto Body is now part of CARSTAR Collision & Glass

- Same great highly trained and certified staff
- Same great owners
- Work with all insurance companies
- Rental cars on site
- Lifetime Nationwide Warranty
- 24 Hour Towing

CAA 2517 HIGHWAY 633 ONOWAY, ALBERTA
(780) 967-5850 **NAPA CERTIFIED BODYSHOP**

Ray's AUTO REPAIR



24 HR. TOWING SERVICE
COMPLETE AUTO REPAIR
STIHL CHAIN SAWS

DANNY FRIEND 780-785-2251
 (OWNER • MANAGER) BOX 332 SANGUDO, AB. T0E 2A0

W.V. REPAIR SERVICES LTD.



Agriculture & Heavy Duty Repairs
 (NO AUTOMOTIVE REPAIRS)

Air Conditioning - in Shop & Mobile Service
 CVIP Inspections, Hydraulic Repair, Hoses Made

EXPERIENCED MECHANIC 30+ YEARS
WALLY 780-305-1315
 SHOP IS LOCATED JUST 10 MIN SOUTH OF SANGUDO



auto TUNE-UP

SIGNS TRANSMISSION FLUID IS LOW

Vehicles require all sorts of maintenance to operate safely and efficiently. Contrary to popular belief, motorists need not be amateur mechanics to keep their vehicles running strong.

Major vehicle repairs are best left to the professionals, but drivers can learn to identify the causes of relatively minor issues that, if left untreated, can cause significant damage. For example, vehicles may exhibit certain signs of that indicate their transmission fluid needs replenishing. In many of the following instances, drivers may only need to top off the transmission fluid in their vehicles. However, if issues persist, schedule an appointment with a mechan-

ic.

- **Overheated transmission:** Smoke billowing from a car is a sight no driver wants to see. But as bad as it may look, smoke coming from a car may only indicate the transmission is overheating due to lack of fluid. Smoke also can be indicative of a host of other problems, so if transmission fluid levels are not low, consult a mechanic. Loss of power and a burning smell also may indicate low transmission fluid levels

- **Erratic shifting:** Drivers can notice how their vehicles shift whether the cars or trucks have automatic or manual transmissions. Transmission fluid may be low if shifts appear to be delayed or faster than

normal or if the vehicle appears to be slamming into a new gear. The automotive service provider Aamco notes that shifting issues related to transmission fluid may indicate the presence of a leak. If the issue disappears after refilling transmission fluid but then reappears shortly thereafter, consult a mechanic.

- **Pausing when engaging gears:** A two- to three-second pause when shifting into drive and reverse is another indicator that transmission fluid levels are low. The automotive experts at Firestone note that manual transmissions require fluid to keep gears lubricated, while automatic transmissions rely on fluid to create the hydraulic

pressure necessary to power movement within the transmission. When fluid levels are low, shifting from park to drive or reverse can take longer than it should.

- **Slipping transmission:** Vehicles that are not staying in gear also may be in need of transmission fluid. However, a slipping transmission also may indicate significant damage to the transmission has already occurred, so this issue should be brought to the attention of a mechanic.

Low transmission fluid levels can contribute to various symptoms. Keeping an eye on fluid levels and recognizing low fluid symptoms can keep cars running smoothly.

Bluenose Racing Ltd

**Oil Changes
Custom Vehicles
Automotive Repair
Automotive Repair & Tune Ups**

Unit 132 485 South Ave. Spruce Grove
780-962-6665

NAPA AUTO PARTS

- Auto Parts & Accessories
- Body Shop Supplies
- Agricultural & Industrial Parts
- Shop Equipment

We are real Auto Parts People

120 St. Matthews Ave, Spruce Grove
962-4421 Fax: 962-3464

Sunnybrook, AB

NITRO NUT Mechanical

RADIATOR REPAIR AND RECORE

MANY UNITS IN STOCK FOR LARGE TRUCKS. SAME DAY SERVICE ON MOST RADIATORS. CALL FOR DETAILS AND PRICING.

WE STOCK PARTS FOR ALL MAKES AND MODELS OF TRUCKS, DRIVELINE & ENGINES.

WE HAVE FACTORY TRAINED TECHNICIANS FOR T & E PUMPS, CATERPILLAR AND CUMMINS ENGINES, AND SPICER AND MERITOR DRIVELINES.

We offer these services

- CVIP Inspections
- Hydraulic hose crimping and thousands of adapters in stock.
- A/C Repair
- Espar and Webasto Repair, Installation.
- Engine Repair and Rebuilding.
- Power train/Driveline repair and service.
- Suspension and frame repair.
- Two Fully equipped service trucks for mobile needs.
- Gates Hydraulics, hoses and belts

We repair

- Truck Transport
- Heavy Equipment
- Automotive
- Industrial

NOW SELLING "GATES" BRAND HOSE & FITTINGS

Nitro Nut Mechanical

Shop 780.789.3322 • Fax 780.789.3331
Toll Free 1.855.789.3322 • www.nitronut.com
email: nitronutmech@hotmail.com

Classified Ads - Call 962-9228

Help Wanted

Experienced Chambermaid for Onoway Inn & Suites. Part time with possible full time in the summer. Call 780-967-4420. (4) 03-03

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) 25-02

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) 18-02 OG

Computers

Computer Repairs NOT over \$50. Get a good, clean, refurbished, upgraded **Laptop** or a **Desktop** with games, world pictures, music, videos and more for **ONLY \$100.** FREE repairs for single parents. Donate used computers, tablets, etc. Will fix, clear to donate or use for parts. Call: 780-892-2407 (14) 28-01

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) 27-08-19

Buy & Sell

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

For Lease

Restaurant For Lease: Fully equipped restaurant for lease, Restaurant is 1300 Sqft, with seating capacity of 42 seats. Located Thr

outside of Edmonton. Ideal for family run Chinese or Homestyle restaurant. Living accommodations included with lease. For inquires contact Dan at 587-990-4455. (5) 03-03

For Rent

Completely renovated Motel in Onoway, 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. \$950 + tax. Please call for viewing, 780-967-4420 or 1-403-742-6467. www.onowayinnandsuites.com (4) 18-02 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) 18-02 OG

Available Immediately in 12 Unit Apartment Building in Entwistle. Large 2 Bedroom, Rent \$795/month + DD \$300. 1 Bedroom, \$685/month + DD \$300. Includes heat,

water & parking. Please call Ivka 780-807-1300 or email jakovljevicivka@yahoo.ca (2) 03-03

FOR RENT

One Suite in Alberta Beach



Comes with appliances, large garage, two bdms, 2 baths, AC and lift. For adults 55 years of age and over.

To View, call Angie at 780-863-5621

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:

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

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

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



Classified Ads - Call 962-9228

Obituaries



**VAN DER WEIDE, Samuel
1935 – 2020**

Mr. Samuel 'Sam' Peter van der Weide of Onoway, Alberta passed away peacefully at Bethany CollegeSide, Red Deer, Alberta on Sunday, March 1, 2020 at the age of 85

years. Sam was born on January 14, 1935 at Bolsward, Friesland, The Netherlands to Jacobus van der Weide and Margaretha Siemensma. Sam was the twelfth of fourteen children. He came to Canada on his own in 1956, and returned to The Netherlands in 1961, to find a wife. Sam married Cathy Appelman on May 10, 1963. Shortly after they were married, they moved to Canada and settled in the Edmonton Area. He worked for the City of Edmonton for several years. His favourite place was on the farm, chasing his grandchildren and his goats. He was very generous and often gave produce from his garden to the local Foodbank in Onoway. His last days were spent in Red Deer at Bethany CollegeSide, close to his wife. He always enjoyed having a good time and lots of

laughter. Sam will be lovingly remembered by his beloved wife, Cathy; his daughter, Margaret (Calvin) Ramstad of Lacombe, Alberta; his grandchildren, Katy (Kris) Esselink, Jessica (Joel) Zylstra and Dylan Shewchuk (Josee) and his great grandchildren, Adelyn, Bennett, Connor, Duncan, Samuel, Ethan, Caleb and Benjamin; as well as many other family members and dear friends. Sam was predeceased by his parents, several brothers and sisters and a son, Jack. A Private Family Service was held. Condolences may be sent or viewed at www.parklandfuneralhome.com. Arrangements in care of Parkland Funeral Home and Crematorium, 6287 – 67 A Street (Taylor Drive), Red Deer. 403.340.4040 or 1.800.481.7421. (I) 10-03



**SADLER, Cheryl Susan
1963 - 2020**

It is with great sadness the family of Cheryl Sadler of Lac Ste Anne, Alberta announces her passing at the age of 56 years. Cheryl will always be remembered for her smile, sense of humor and love of family. Cheryl was truly a home body finding great pleasure in tending her perennial gardens and nurturing her orchids. She took great pride in the accomplishments of her Akitas. Cheryl will be forever loved and remembered by her husband of 30 years Scott; her son Darren (Dakota); her brothers: Mark (Heather), Brian (Cindy) and Brad; her sister-in-law Carolyn (Jim); nieces: Alyssa, Cheryl and Lauren; nephew Aiden as well as numerous friends. Cheryl was predeceased by her parents Sharon and Andy Hartford. A Memorial Service will be held at 2:00 p.m. on Monday, March 16, 2020 at the Onoway Legion, 4808 – 50 Street, Onoway, Alberta. If friends desire, Memorial Tributes may be made in Cheryl's memory to either the Kidney Foundation (Northern Alberta), #202, 11227 Jasper Ave. NW, Edmonton, Alberta T7K 0L5 or to the Poppy Fund, Onoway Legion Branch, P.O. Box 471, Onoway, Alberta T0E 1V0. Written Tributes may be made to www.parklandfuneralservices.com

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



Parkland Funeral Services, Stony Plain, 780.963.2520.

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

MAR 29 - ST. CATHERINE'S CATHOLIC CHURCH OF CALAHOO: ANNUAL EASTER HAM BINGO & BONANZA at Calahoo Community hall. Doors open at 1pm with the 1st game starts at 2pm. \$5/cost at door with hotdogs, popcorn and pop available for purchase. All proceeds go directly to the operational/maintenance costs of our church.

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 March 18, April 1, 15 & 29.

STONY PLAIN SENIORS DROP-IN CENTRE, public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

WHITECOURT SENIORS CIRCLE, Every Tuesday. Open @ 5PM, 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 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 bhbourke@icloud.com

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

JAMBOREE

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.

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

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.

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.

BALLROOM, LATIN, COUNTRY DANCE SOCIAL: 1st 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 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 Agliplex 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: 780-967-2052

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

RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Westcourt 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 Agliplex.

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

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 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 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 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.

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 Agripex 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 TOASTMASTERS CLUB: Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. July 960-5258

WEIGHT WATCHERS Alberta Beach Agripex - 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, Daricell & Lake Isle, Onoway & Area (780) 924-3351</p>	<p>Sangudo United Church</p> <p>Christmas Eve Service 6:00p.m.</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 - Rockyford Bridge</p> <p>Pastor Dan Hansard Church (780) 778-2035</p> <p>Sunday Worship 9:00a.m.</p> <p>Senior's Service & Cottage Bible Study - Phone for locations</p>	<p>Crossroads Community Church P.A.O.C.</p> <p>Rev. Arnold Lothoiz</p> <p>Sunday Service 10:30a.m.</p> <p>(780) 786-2424</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</p> <p>St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg Saturday 7:00p.m.</p> <p>(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

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

CPR Cell Phone Repair **CPR St. Albert**
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)



Mobile Welding & Repairs, Big or Small

Murowchuk & Son Contracting Ltd.
"I won't burn a hole in your pockets"

Ren Murowchuk / CWB Certified Red Seal Welder

renmurowchuk@yahoo.ca
Box 1322, Onoway Alberta T0E 1V0
Cell 780-499-1835

BRO-BUILT
Homes & Contracting Ltd

"We Pride Ourselves In Turning Handshakes Into Hugs"

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

SERVICE DIRECTORY

Scerv Construction Ltd.

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

Menko Helmus Cell: **780-305-3864**
 Email: **m1988_10@hotmail.com**
 PO Box 4795, Barrhead, AB T7N 1A6

MASTER PLUMBER
 36 YEARS EXPERIENCE **780-655-8402**
PLUMBING & HEATING SERVICES
PRICE BY THE JOB NOT THE HOUR!
FURNACE REPLACEMENTS

ACCREDITED BUSINESS WCB WORKERS' COMPENSATION BOARD

VISA MasterCard

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 T7X 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

MasterCard VISA

THE HAY TRUCKING & CONSTRUCTION
 ONDWAY, AB

COR Certified

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

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

AFFORDABLE SOLUTIONS PLUMBING, HEATING & BACKHOE SERVICES INC.

FULL SERVICE PLUMBING & HEATING
 SEPTIC TANK & FIELD REPAIR & REPLACEMENT
 FULLY INSURED & BONDED
 COMMERCIAL & RESIDENTIAL
 WARRANTY ON ALL WORK

780-655-5683
LOVE AT FIRST SERVICE CALL!
SPEAK DIRECTLY TO A SERVICEMAN

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

ALL AROUND FENCING RENTALS
 Fence Panels • Barricades
 Installation by Collin Toilet Rentals

Whitecourt, AB
780.706.7978

PEMBINA CONCRETE PRODUCTS LTD.

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



BACK COUNTRY PIPEFITTING LTD.
Plumbing & Heating

Lee Hicks 780-898-1062
Journeyman Plumber

Residential and Commercial Plumbing and Heating.
SERVING: YELLOWHEAD, PARKLAND, LAC STE. ANNE & BRAZEAU COUNTIES.



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



PREVAIL MAX
CELLULAR HOMEOSTASIS FORMULA

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

LIVIN TRIM WITH
VALENTUS (780) 907-8642

www.ValentusTour.com/Ladybug



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 @ 403-896-8170



COMMUNITYVOICE
YOUR LOCAL NEIGHBOUR

THIS SPACE IS RESERVED FOR YOU!



H&P Kosik CONSTRUCTION Ltd.

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

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

SURETECH ELECTRIC LTD.

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



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

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

BREAKFAST SPECIAL

2 large eggs,
hashbrowns, toast,
bacon or ham

\$7

BREAKFAST SERVED ALL DAY
COFFEE IS ALWAYS FREE



2 FOR 1 PIZZA

DRIVE-THRU NOW OPEN!
TAKE-OUT, DINE-IN

(780) 674-2050
Monday to Saturday: 10am-10pm
Sunday & Holidays 11am-8pm