



# 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.

## September 8, 2020

### SHOW OFF YOUR COVID GARDEN!

**Submitted by Onoway & District Historical Guild**

The Onoway and District Historical Guild is giving creative gardeners an opportunity to share some of the outcomes of their gardening efforts in this exceptional season. Although the Fall Harvest Festival has been cancelled for this year, there are still treasures to be found in local gardens. This is their chance to be recognized!

If you have an extraordinarily large sunflower blooming in your garden, bring it to the Onoway Museum. The sunflower will be measured (end-to-end, seed head + petals) photographed and, if you wish, be kept on site until judgement day on October 13th.

The same thing applies to "off beat" vegetables. Gardeners are invited to bring in the most unique vegetable from their garden. Whether it be the shape,



color, or whatever that makes it extraordinary, it can be part of the fun. Anything will be accepted.

*Continued on Page 2*

### MOBILE MAMMOGRAPHY SERVICE TO VISIT ONOWAY

**Submitted by Alberta Health Services**

Women ages 50-74 – the group most at risk of developing breast cancer – will have local access to mammography services when the Alberta Health Services Screen Test program arrives in the community later this month.

A mobile mammography trailer will be stationed at

the Onoway Heritage Centre (4708 Lac Ste Anne Trail North) on Sept. 21-23. Residents can book an appointment or learn more about the program by calling 1-800-667-0604.

Screen Test is improving access to cancer screening for hundreds of women in northern Alberta communities where mammography is not readily available.

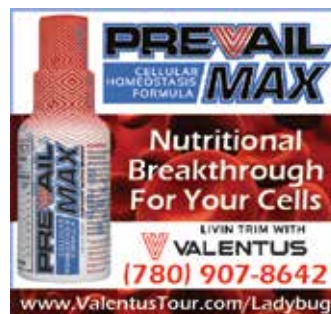
A mammogram is an X-ray

of the breast and has proven to be the most effective way to detect breast cancer. Early detection allows for a greater number of options for treatment and a better chance of survival.

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff.

*Continued on Page 3*

**GRIEFSHARE** weekly grief support group held Tuesdays 6:30-8:30pm, starting Sept 15 at Crossroads Community Church in Mayerthorpe. 13-weekly sessions for \$25. Pre-registration is required. Call 780-786-2695 to join us at GriefShare.





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

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# WHITECOURT PUBLIC TRANSIT PEAK SERVICE RESUMES AUGUST 31, 2020

## Submitted by Town of Whitecourt

Public Transit's peak service will resume August 31, 2020. The relaunch will coincide with the first day of school for many students in the community.

Peak service, which provides 30-minute pickup on weekday mornings and afternoons, was suspended in April 2020. With the start of the 2020/2021 school year,

students throughout the community will be utilizing the service to get to and from school.

Riders are reminded that the use of masks or face coverings (scarf, bandana) are mandatory to use public transit. This provision is in place because 2-metres physical distancing cannot be maintained between riders in the vehicles. To keep transit routes operating on time, riders are required to have a

mask/face covering on prior to entering and for the duration of their time on the bus.

Until September 30, students can purchase an Annual Student Pass for a discounted price of only \$247.50. The pass is valid until August 31, 2021 and can be purchased at the Allan & Jean Millar Centre.

For more information on Whitecourt Public Transit, visit [www.whitecourt.ca/Services/Whitecourt-Transit](http://www.whitecourt.ca/Services/Whitecourt-Transit).

## Show Off Your COVID Garden!

### Continued from Page 1

It doesn't matter how old you are but as long as it was grown in Lac Ste. Anne County, each submission will be looked at equally.

Winners in each category (and this may change depending on the entries) will receive a unique prize from Mitch's Makes.

So look carefully at the vegetables in your garden,

treat that huge sunflower with care, and bring these highlights of your crop to the Onway Museum any time between now and October 13th. Phone 780.967.1015 for more information.

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<p>64x24 SHOP &amp; kitchen/off/bathrm Waterfront BOAT HSE w/roof deck 110ft LAKE front DOUBLE LOT Walk out STONE bung &amp; double GARAGE Bsmt with KITCHEN in law suite Lake Wabamun Seba Beach</p>	<p>Remodeled BUNGALOW 2 decks with one covered NEW kitchen and island Main floor laundry NEW metal roof and siding NEW flooring and painted</p>
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**JOKE of the week**

Two boys were arguing when the teacher entered the classroom. The teacher asked why are you arguing. One of the boys said, "We found a \$10 bill and decided to give it to the person who tells the biggest lie."

The teacher said, "You should be ashamed of yourselves. When I was your age I didn't even know what a lie meant."

The two boys gave the \$10 bill to the teacher.

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- † Traditional Burial & Funeral Services
- † Pre-need Funeral Packages
- † Crematorium & Memorial Services



# NEW TEMPORARY PUBLIC POLICY ALLOWS VISITORS TO APPLY FOR A WORK PERMIT WITHOUT HAVING TO LEAVE CANADA

**Submitted by Gerald Soroka, MP for Yellowhead**

OTTAWA - Gerald Soroka, Member of Parliament for Yellowhead wishes to inform constituents that visitors who are currently in Canada and have a valid job offer will be able to apply for an employer-specific work permit and, if approved, receive the permit without having to leave the

country. This temporary policy change takes effect immediately.

To be eligible, an applicant looking to benefit from this temporary public policy must:

- Have a valid status in Canada as a visitor on August 24, 2020
- Remain in Canada
- Have a job offer
- Submit an application for an employer-specific work

permit that is supported by a Labour Market Impact Assessment (LMIA) or

- Have an LMIA-exempt offer of employment, no later than March 31, 2020 and
- Meet all other standard admissibility criteria

This temporary public policy also provides the opportunity for applicants who meet these criteria and who had a valid work permit in the past 12 months to

begin working for their new employer before their work permit application has been fully approved. To do so, they need to follow the instructions for the process described here: <https://www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit/temporary/after-apply-next-steps.html#visitors>

## Mobile Mammography Service To Visit Onoway

*Continued from Page 1*

Details will be shared when you call to book your appointment.

Visit <https://screeningfor->

[life.ca/breast/screen-test-mobile-clinics/](https://life.ca/breast/screen-test-mobile-clinics/) for more information and a complete listing of Screen Test mobile sites.

Alberta Health Services

is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living

in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



### Lakewell 4-H Multi Club

Join in all the FUN!

**A family friendly, social distancing activity**

We offer HORSE & EXPLORE 4-H Projects.

With Explore 4-H, our club will do multiple mini projects/activities that are chosen by the members in the club year. Experience a little bit of everything.

**Member Ages: 9-20**  
**Cleaver Ages: 6-8**

Registration held @ Lake Isle Hall  
Hwy 633 & RR 55

**Thursday September 10th 2020**

**Time: 6:30 pm**

Contact the General Leader @ (780) 242-2486 for more info.

\*Parents/Guardians are encouraged to become screened volunteers.\*



**ANOTHER RAINBOW SALE**

## LIVE ACREAGE AUCTION SALE

**September 20, 2020 @ 12:00 noon**  
53104 Range Road 13 Lot 18 Parkland County, AB  
Hubbles Lake subdivision

**HIGHLIGHTS:** Assortment of Vehicles • 8N Ford Tractor c/w rear blade • Mechanical and Woodworking Shop Equipment • Antiques • Household • Furniture • Lawn & Garden

**Watch our Website for complete listing, auction pictures and further information.**

**UPCOMING SALES**

**October 10, 2020 - Annual Thanksgiving & Harvest Consignment Sale**

**\*\*Watch website daily for new additions to auction lists\*\***

Terms and conditions: Cash, Visa, MasterCard, Debit, Interac. Nothing to be removed until paid for. Subject to additions and deletions. A 10% handling fee, plus GST will be charged where applicable. Please be conscious of the handling fees and factor them into your bidding. Owner Rainbow Auctions & Liquidators or it's employees shall not be responsible for accidents.

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# AUMA SUSTAINABILITY IN COLLABORATION AWARD - B.A.R.C.C. CONNECT

Submitted by County of Barrhead | <https://countybarrhead.ab.ca>

We are pleased to announce that the Town of Barrhead,

on behalf of B.A.R.C.C., won the AUMA Sustainability in Collaboration Award.

"The Sustainability in Collaboration Award recognizes a group of two or more

municipalities which have demonstrated excellence in collaboration, implementing sustainability initiatives and achieving measurable outcomes in a specified dimension of sustainability that rotates each year."

We are proud of this accomplishment and continue efforts to achieve a safer community.

## SEPTEMBER NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

Submitted by Rich Valley Public Library

The TD Summer Reading Program was offered online only this year and due to the feedback from our patrons, we knew this was going to be difficult for parents. We decided to offer Summer Reading Activity Bags for children ages 5 to 12 to keep them engaged throughout the summer. Each week we had a different activity available for kids to take home with the instructions and materials included. We had 19 children who participated in this program. They made balloon and cup races, a paper kite, a large outdoor Kerplunk game, rainbow snake bubbles, an epic marble run, 3 different pool noodle games, and a mini microscope. We

hope these bags were as entertaining to build as it was for our Summer Student to make and assemble.

We had 4 teens participate in the Teen Club where we had a free Wi-Fi Night with our own devices, played on an Xbox 360 Kinect, made checker boards out of duct tape and a plastic bag, created art by book folding, painted with a Bob Ross tutorial, made dreamcatchers, and made personalized key chains and accessories. Our most successful nights were when the teens had creative liberty to make something personalized, such as the Bob Ross Painting Night and the Personalized Key Chains. They loved being able to take their own spin on a project as long as there were clear instructions and guidelines

to follow. Teen Club was also a great opportunity for the teens to get out of the house after having to stay home during quarantine since the middle of March.

We hosted a Summer Reading Outdoor Activity to wrap up our Summer Reading Activity Bag Program. We had 13 children attend where they got to play ring toss, hula hoop croquet, balloon pop, pick a pop, chalk road, and a dice game. They also got to compete in a "Guess How Many" jar and colour a section of our Rich Valley Public Library logo. They received tickets for every activity they completed and got to exchange the tickets for prizes. We were so glad the weather was beautiful as we hosted this event outside.

The Rich Valley Public Li-

brary will be holding our meeting on September 14, 2019 at 4:00 pm at the Library. If you are interested in the Library and wish to volunteer your time or have great ideas, we invite you to attend our meeting. Everyone is welcome and we look forward to seeing you there. Physical distancing will be maintained.

We are located in the basement of the Rich Valley Community Hall. We have installed a stairlift in the Yellow Room so all our programs and services are accessible to everyone. If you are in need of the stairlift please press the buzzer at the front door and the library staff will assist you.

The Rich Valley Public Library will be offering curbside pickup for our patrons on Tuesday from 5:00-8:00 pm, Wednesday from 1:30-2:30 pm, Thursday from 5:30-6:30 pm, and Friday from 11:00 am-12:00 pm. Please contact us during library hours to book a time slot. The library will be closed to the public at these times.

Rich Valley Public Library is open to the public on Wednesday from 10:00 am-1:30 pm, Thursday from 2:00-5:30 pm, and Friday from 9:00-11:00 am. The library will be closing an hour early to clean. We look forward to seeing you!

Please check out our website at [www.richvalleylibrary.ab.ca](http://www.richvalleylibrary.ab.ca), Facebook, and Instagram for all our programs and news.

### 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](mailto: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-D0161	426, 55109 Hwy 777 L:2 B:3 P:8122209 NW 1-55-2-W5M	Detached Garage 30.0' x 40.0' (1200.0 sq. ft.), walls 18.0' with East Side Yard Variance Request, Regulation: 6.0m, Requested: 4.0m, Variance: 2.0m	September 21, 2020
20-D0162	136, 54425 Ste. Anne Tr, Lac Ste. Anne County L:7 B:6 P:0121251 RL21 26-54-3-W5M	Sea Can (shipping container), Main 8.0' x 40.0' (320.0 sq. ft.)	September 21, 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 & Development department, Box 219, Sangudo, Alberta, T0E 2A0.

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

# BARRHEAD RCMP MONTHLY REPORT

**Submitted by (R.W. Dodds) Sgt. NCO i/c Barrhead Detachment, RCMP**

Members received a suspicious vehicle complaint on August 20 just North of Barrhead. Patrols were made and a male on an ATV was observed who matched the description given. When police attempted to stop the male, the suspect fled into a canola field but got stuck almost immediately. The male surrendered and is charged with Flight From Police and Mischief. A 32 year old Parkland County male will be in court on October 27.

Two people are charged with Theft Under \$5000 following an incident on August 21. A member observed two well known locals loading a wagon into a vehicle. They were checked but no offence was being committed at the time. That

changed the following day when the wagon was reported stolen. A 44 year old woman and a 62 year old male are now charged and the wagon was returned to its rightful owner.

On August 20 police attended a residence on Range Road 41 to make inquiries regarding an ongoing investigation. Three people were found with a car parked in the driveway. When members checked the car they determined that it had been reported stolen. A 45 year old Barrhead woman will be in court on October 27 and a 32 year old Sturgeon County male will appear on September 22.

On August 25 members attended a frequently visited property in Barrhead County to make inquiries on an unrelated matter. A male was found sleeping in a car on the property. When the car was checked it had been reported stolen from

Athabasca and the plate on it was stolen out of Edmonton. The male was breaching several conditions and is charged with Breach and Possession of Stolen Property. First appearance was set for November 18.

On August 27 members attended the same Range Road 41 property to check for a car which had been reported stolen in Kelowna. The car was located and the 28 year old male suspect surrendered to police. The male remains in custody on numerous charges. When the male was arrested, he was already facing eleven charges on two files out of Athabasca.

August 14 a store in the Lac La Nonne area was targeted. Liquor and a small amount of cash was stolen. The suspect vehicle was located a few miles away and had been burnt by the suspect. The truck had been stolen from an Edmonton

address on July 29.

On July 18 an abandoned truck was reported at a property on Range Road 14. The truck had been reported stolen from the Morinville area on July 13. When the property was examined a sea can was found damaged. It appeared that the suspects had used the truck to try to pull the doors off without success. The sea can sustained minor damage and the truck had been left behind.

On July 19 a business in the Fort Assiniboine area had a window smashed and a small amount of cash stolen. These files remain under investigation.

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## SERVICE CANADA

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Program	More Info
• Canada Emergency Commercial Rent Assistance (CECRA)	<a href="https://bit.ly/3g3DTE0">https://bit.ly/3g3DTE0</a>
• Work Sharing Program	<a href="https://bit.ly/2Czw9f5">https://bit.ly/2Czw9f5</a>
• Canada Emergency Wage Subsidy (CEWS)	<a href="https://bit.ly/2T0cKJl">https://bit.ly/2T0cKJl</a>

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# RURAL BEAUTIFICATION & GREEN ACREAGES

Submitted by Lorraine Taylor, Horticulturist, Lac Ste. Anne County

Record sales for garden seeds, line ups at greenhouses, and lawn mower parts in short supply are all evidence of people spending lots of

time at home tending their yards this year. For September Lac Ste. Anne County has two programs to celebrate and support this enthusiasm for our rural landscapes.

Instead of the annual Rural Beautification Contest and Tour, for 2020 we're encouraging our gardeners to stay close to home with our theme: "Explore Your Own Backyard." We have partnered with the Canadian Plant Hardiness Project and are asking people to submit an inventory of their trees, shrubs, and perennials. With this information you're helping National Resources Canada create plant profiles for gardeners in western Canada. There are prizes! Each participant receives a package of gardening resources and is eligible to win one of 10 small prizes or the grand prize. Check out the Lac Ste. Anne County website for more details on how to submit your inventory. The deadline to participate has been extended to September 30, 2020.

Working in partnership with Land Stewardship Centre, Lac Ste. Anne County is hosting a Green Acreages Workshop on Tuesday, September 15, 2020, at 7:00PM. This live, online workshop provides information on stewardship for small acreages. Sign on to learn how to better manage and improve your property, evaluate your acreage, and access up to \$2,500.00 in funding to help with stewardship projects that qualify. You will receive a copy of the Green Acreages Workbook plus an air photo to help you map your property assets and plan your activities. You'll find more details about the workshop and how to register on the Lac Ste. Anne County website [www.LSAC.ca](http://www.LSAC.ca), or call the County office at 1-866-880-5722.

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# **fall HOME RENO GUIDE**

SEPTEMBER 2020







## Fall HOME RENO GUIDE



# TYPES OF HOME INSULATION AND WHERE TO INSTALL THEM

When thinking about renovating their homes, homeowners may imagine changing wall colors, expanding room sizes or upgrading appliances and fixtures. However, unless people take inventory of the less glamorous components of the home, such as structure, plumbing, heating and cooling, and insulation, other improvements may be for naught.

A home insulation project certainly doesn't offer the wow factor of a kitchen remodel, but insulation serves a vital function in the house that helps keep people comfortable and reduces energy consumption. Insulation is typically placed in areas where air escapes, such as between the stud cavities inside the walls and in the attic, and serves to slow and reduce

heat transfer.

The U.S. Department of Energy says between 50 and 70 percent of the energy used in homes is for heating and cooling. By improving home insulation, homeowners can make their homes more comfortable, consistent and efficient. In fact, the ENERGY STAR program overseen by the U.S. Environmental Protection Agency says homeowners stand to save an average of 15 percent on heating and cooling costs by adding proper insulation. To do so, homeowners can take a crash course in home insulation and find the products that fit their needs.

Blanket batts and rolls

Blanket batts and rolls typically are constructed with fiberglass, so proper safety gear,

such as a mask and gloves, is needed when handling them. Installing this type of insulation is relatively easy since the materials are designed to fit the standard width between studs, rafters and floor joists.

Loose fill

Loose fill is usually made of fiberglass or cellulose (recycled paper fiber). It is blown or sprayed into place with pneumatic equipment, according to The Home Depot. Loose fill can be ideal for hard-to-reach areas in attics or inside wall cavities. It's good for adding insulation to irregularly shaped areas. Since it requires special equipment, this is a job best left to professionals.

Sprayed foam

Sprayed foam is just as the name implies, a foam made

from polyurethane, polyisocyanurate, cementitious, or other materials that are applied by a spray container. DIYers who need only small applications can use canned products. Large quantities are pressure-sprayed by professionals.

Foam board/rigid foam panels  
Ideal for unfinished walls, such as basement or foundation walls, floors and ceilings, these are boards of polyurethane or polystyrene. Foam boards tend to reduce energy consumption more effectively than other types of insulation.

Homeowners considering upgrading their insulation or amending existing insulation should do their homework on the type of insulation that will be most effective for their homes.


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## Fall HOME RENO GUIDE



# WOODCRAFT ENCOURAGES 'SAFETY FIRST' IN PROJECT PLANNING

Make personal safety a top priority for home improvement and do-it-yourself projects. Think each project through carefully to be aware of which machines and tools will be needed and what protection is necessary to maintain a safe work environment. Then check out the many safety-related products at Woodcraft.

Personal Protective Equipment

"Keeping safe in the shop starts with some basic protection devices," Jessica Douglas, Woodcraft Power Tool Sales Manager/Drop Ship Manager said. "With ears, eyes, lungs and

hands all covered and some tool-specific safety items, like featherboards and pushsticks, you will be all set to work in your shop safely and have a good time, too."

Lungs/Face - The RZ Dust Mask 2.0 is constructed of moisture wicking, lightweight, breathable mesh that keeps the skin cool during any activity. The RZ F1 Standard Active Carbon Filter has an outer layer capable of trapping particulates down to 0.1 micron and an inner active carbon layer that is effective against fumes, odors, smoke, and organic material. A single-strap system makes it

easy to remove the mask quickly without interfering with other personal protective equipment.

Eyes - Lightweight Sitecore and Fyxate Safety Glasses from Pyramex are ANSI Z87.1 certified - they offer UV ray protection up to 99 percent -and won't shatter if something hits the lens. Sitecore Glasses feature a half frame that blends the breathability of a frameless design that offers an unobstructed line of vision with the durability of a full frame. Fyxate Glasses have a single wraparound lens that is ideal for the shop or other dusty or windy environ-

ments. Glasses are dielectric to protect from electric arcs and scratch-resistant for sanding.

Ears - SensGard ZEM Hearing Protection features a patented design that uses the mechanical energy of sound waves (not electronics) to minimize sound before it reaches the human ear. Rather than blocking sound like conventional hearing protection, the ZEM directs sound away from the ears. Noise reduction rated at 26db blocks harmful noise by lowering the noise level but allows speech and other useful sounds to be heard with no distortion. At

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## Fall HOME RENO GUIDE



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Woodcraft carries a line of Festool® Dust Extractors like the CT 15 E HEPA Dust Extractor that can easily handle cleanup at a construction site, production shop or a home workshop. Move it to "the mess" with the wheel system or park it under a tool for exclusive use. The 15-liter (3.96 gallon) container volume allows plenty of dust, dirt or water to be picked up and con-

tained over a long job without changing the bag.

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Woodcraft Product Manager Kent Harpool offered this safety advice: "Always read the label on anything from the finish or glue group. Everything is there, from proper application to information important to your safety."

To learn more about these and other products, visit your local Woodcraft store, call (800) 535-4482 or visit [www.woodcraft.com](http://www.woodcraft.com). You will also find safety articles and product videos on [woodcraft.com](http://woodcraft.com).

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# fall HOME RENO GUIDE



## SIMPLE WAYS TO IMPROVE A KITCHEN PANTRY

People have been spending more time at home in 2020 than in years past, and certain projects around the house have become a priority. One home improvement idea that serves the double benefit of creating organization and making cooking at home more efficient is to reimagine the kitchen pantry.

A pantry is a room or closet where food, beverages and linens or dishes are stored. Pantries can be highly useful spaces that provide ancillary storage in kitchens. Many modern homes are equipped with pantries, but older homes may require some modification to create more useful pantries. Whether starting from scratch or

modifying an existing pantry, these tips can help projects go more smoothly.

- Maximize vertical storage. Utilizing vertical areas can help increase storage capacity. Build in extra nooks by investing in undershelf storage baskets. These baskets can instantly create designated areas for different types of ingredients. Homeowners also can look for ways to use the inside of cabinet doors or add extra shelves on walls or in eaves.

- Consider your needs. Figure out which items you would like to store in the pantry and then shop for corresponding storage systems. For example, storage solutions may feature wine bottle

racks, baskets for potatoes and other produce, shelving for small appliances, and even pull out racks for baking pans or cutting boards.

- Use clear storage. Put ingredients in clear, airtight containers of similar dimensions so that you can easily find items you need. Transfer bulky items, like cereals and baking supplies, to storage containers for uniformity.

- Store bulk items elsewhere. Bulk shopping can be cost-efficient, but bulk items can quickly eat up real estate in the pantry. Designate another area for non-perishable bulk products, like paper goods or canned items, such as in a garage or utility room.

- Pull out drawers are con-

venient. Pull-out drawers can reduce the need to seek and reach for items. These drawers conveniently roll out so items in the back can be accessed without disturbing foods in the front. Drawers can be custom built for any pantry space.

- Make it accessible. Think about who will be taking items from the pantry. Put children's snacks on the bottom pantry shelf where they can reach them, and then organize other shelves for adults in the home.

A pantry remodel can add valuable storage space and make one of the busiest rooms in the house operate more efficiently.

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## HOW TO DESIGN A FITNESS ROOM AT HOME

People exercise for many different reasons. Exercise can improve one's appearance, reduce the risk for illness, alleviate stress or anxiety, and even help pass some time. Exercise is often a social activity, but in the wake of social distancing guidelines issue in response to the COVID-19 outbreak, many people have found themselves looking for ways to exercise at home.

Building a home fitness room has never been a more timely project, and such a project can continue to provide rewards even when life returns to some semblance of normalcy. Here's how to successfully stock a home gym.

- Find a dedicated space. A home gym will be limited by the amount of space that can be

devoted to workouts. Possible fitness room locations include a spare bedroom, a garage, a basement, or an enclosed patio. Measure the space so you can pick and choose equipment that will fit. Leave some floor space empty for movement exercises or mat activities.

- Keep the space bright. Darkness can sap energy levels, so invest in mirrors and adequate overhead lighting to make the space inviting. Natural light can make the exercise area more enjoyable.

- Consider the flooring. New flooring can protect against damage and make an area more conducive to working out. Rubber mats can offset echoes and reduce the noise of running on a treadmill or setting down heavy weights.

- Use space-saving equipment. A home gym space will likely not be as expansive as the space inside a traditional fitness center. Thankfully, many activities do not require a lot of space or equipment. Classic exercises like squats, lunges, push ups, and sit ups require little gear but still produce results. Figure out which equipment you like the most and invest in two or three key pieces. Dumbbells of various weights, a medicine ball and a yoga mat can be all you need to create a versatile, effective workout. A TRX system and a door-mounted pull-up bar also are great space-saving options.

A home gym is beneficial year-round, and can be especially valuable when social distancing guidelines are put in place.

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## HOW TO REMOVE MILDEW FROM YOUR HOME'S EXTERIOR

Homeowners want their residences to look inviting inside and out. Part of keeping an attractive property involves addressing issues that can compromise not only the appearance of a home, but even its integrity.

People who live in regions with high humidity may find their

homes are vulnerable to exterior mildew growth. Mildew is a kind of mold. Molds include all species of microscopic fungi that grow in the form of hyphae, which are multicellular filaments, according to the Environmental Protection Agency. Mold thrives on any organic matter and surfac-

es with moisture management problems. Mildew, in particular, lives on shower walls, window-sills and other places where moisture levels are high. Mildew also can grow on home siding as well as fences and other exterior structures. While typically gray or white, mildew can be various

colors.

Experts recommend various cleansers to help combat the issue of mildew on a home. One of the first products that homeowners tend to reach for is sodium hypochlorite, which is a standard bleach used in laundry and pool sanitation. While sodium hypochlorite seems to make mildew vanish, those at This Old House say that chlorine evaporates too quickly to get to mildew's roots on porous surfaces, such as wood or vinyl siding. Bleach also can stain clothing and damage foliage around the house. Hydrogen peroxide, or oxygen bleach, is less volatile, will not affect foliage and can clean mildew, algae and dirt on and below the surface.

Trisodium phosphate is another effective cleanser. Commonly known as TSP, it often succeeds where other solutions fail in regard to stubborn stains and mildew. TSP also works well on various exterior surfaces. TSP needs to be used with extreme caution. When using TSP, wear long sleeves, gloves, goggles, and a respiratory mask, says Today's Homeowner. The product also requires adequate ventilation. There also are some environmental concerns, as TSP can damage foliage. In addition, if the product ends up in lakes and streams, it can trigger an overgrowth of algae that results in the depletion of oxygen levels in the water. Eco-conscious homeowners may want to try oxy cleansers before TSP.

Mildew shies away from bright sunlight, so it tends to grow on the north side of homes. Removing trees or other foliage that can further block sunlight to areas of the house can help eradicate mildew growth and stop it before it starts. Another tactic is to clean out gutters regularly and thoroughly to reduce moisture and to prevent decomposing debris from running over the edge of the gutters. This runoff can drip down the home's siding and spread the mildew to other areas.

Mildew can be problematic any time of year. Clean up mildew when the weather cools down to spruce up the look of a home.

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# HOMICIDE ON PAUL BAND FIRST NATION

Submitted by Alberta  
RCMP

Parkland RCMP and the Alberta RCMP Major Crimes Unit are investigating after an adult male was located deceased inside a residence on Paul Band First Nation.

On August 30, 2020 at approximately 3:25 a.m., Parkland RCMP were dispatched to a report that a male had been shot inside a residence.

An autopsy will be completed at the Office of the Chief Medical Examiner on September 2, 2020. RCMP Major Crimes Unit has carriage of this matter and are investigating this as a homicide.

Investigation has determined that this was a targeted incident and not random.

The Alberta RCMP Major Crimes Unit continues to investigate and are asking anyone with information regarding this homicide to contact the Parkland RCMP Detachment at 825-220-7267. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at [www.P3Tips.com](http://www.P3Tips.com) or by using the "P3 Tips" app available through the Apple App or Google Play Store.

No further details are available at this time. An update will be provided when more information becomes available.



## SEPTEMBER 19 AUCTION FOR: RETIRING SENIORS LOCATED: Barrhead Rodeo Grounds

**Saturday Afternoon, September 19<sup>th</sup> at 1:00PM**

**VEHICLE:** \* 2000 GMC Yukon XL w (276,000km), Clean, Looks Good, Runs Good

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## SEPTEMBER 24 AUCTION FOR: ESTATE OF ALBERT MCMILLAN

**LOCATED:** (From Mayerthorpe – Go 15 mi W on Hwy 43 to NOJACK Turnoff. Then 2 mi S on Hwy 751 to TWP 584. Turn E for 1.5 mi to 101003 Twp Rd 584A)

**Thursday Evening, September 24<sup>th</sup> at 5:00PM**

**SPECIAL:** \* CAT D8H Crawler w (30,000 spent on under carriage), canopy, 14 ft hyd dozer blade, winch \* Home Made HD pto Root Rake w HD 10ft x 3ft rotating drum, 2 tandem R Tire hyd trans \* Antique CS Breaking Plow w hyd lift

**TRACTORS AND HAY EQ:** \* Kubota M135 GX Tractor w (5155hr), 380/85 R24 FWA, 3 pt, Kubota M56 FE Loader, bucket, grapple \* JD 567 Silage Mega Wide Baler \* 10ft JD 925 MoCo Flail Disc Bine \* JD 4430 Hay Rake Tractor \* 8W Vicon V Rake on trans

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# LAKEWELL 4-H REGISTRATION MEETING

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

With September here and schools starting up again, our thoughts turn to what kind of extracurricular activities that are available for kids to attend this year? Have you given any thought to joining a 4-H club? This international organization has been active in Alberta for over 100 years and pro-

vides a safe family friendly environment for kids from 6 to 20 to learn a multitude of skills. In order to complete their year members must attend 70% of club activities, they must take part in a Communications Day by delivering a Presentation or a Speech, as well as participate in a Community Service and attend the year end Achievement Day. The fifth requirement is that

they complete a Project and hand in a Record Book.

Which brings us to the subject of Projects. Although 4-H was originally an agricultural club that is no longer the case. While there are still opportunities to learn animal husbandry such as Beef, Sheep, Horse, there are over 50 formal projects ranging from Quilting to Photography to Archery to Mountain Biking to Foods. This year Lakewell 4-H Multi Club is offering a project called Explore 4-H which is an introduction to 4-H. Members will choose a number of projects that they are interested in and the club will set up a one day mini learning session on each of the projects chosen. We will also be

offering Horse with rides at the Darwell Arena. Many thanks go out to the Darwell Ag Society who supports us by providing the space.

We are a relatively small club which we hope will allow us to implement safe social distancing measures while still allowing kids to play and interact and learn. Our next meeting will be held on Sept 10 starting at 6:30 pm. We hold our monthly meetings on the first Thursday of the month at the Lake Isle Hall on the corner of Hwy 633 and Range Road 55. Please feel free to join us and learn more about what we hope our year is going to look like in this ever-changing environment.



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*of the week*

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

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

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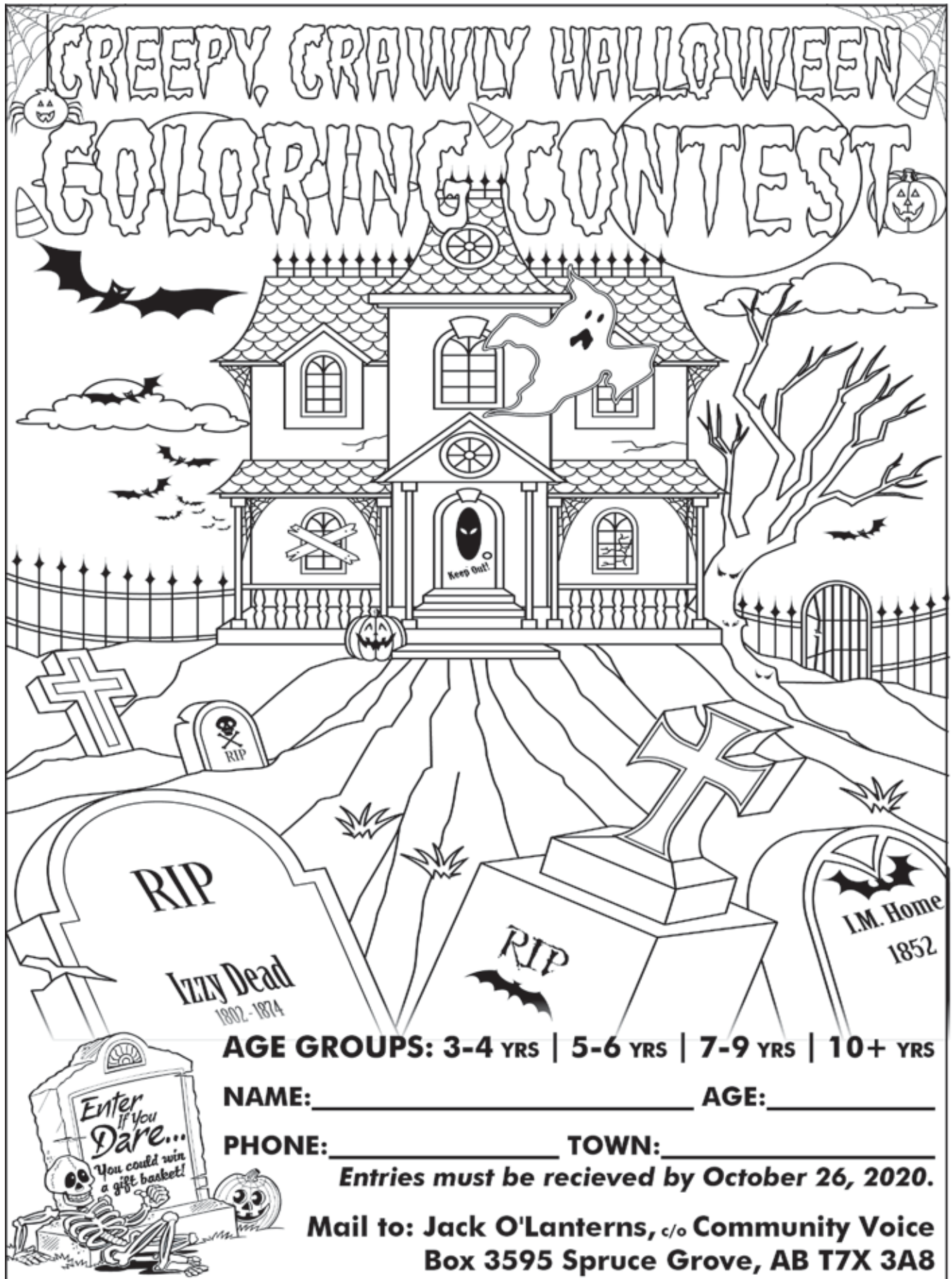
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# COUNTY NEWS HIGHLIGHTS

## Submitted by Lac Ste. Anne County

### COUNCIL MEETINGS

- September 10, 2020 - County Council Meeting
- September 22, 2020 - Agricultural Service Board Meeting
- September 24, 2020 - County Council Meeting

Council meetings are held the second and fourth Thursdays of each month unless otherwise noted. Meetings begin at 9:30 am. Please visit [LSAC.ca/agendas](http://LSAC.ca/agendas) for meeting agendas. To address Council, appointments must be booked at least 8 working days prior.

### PUBLIC NOTICE

Council meeting moved back to original date. Pursuant to Section 193 of the Municipal Government Act, be advised that the County Council meeting previously rescheduled to Monday, September 21, 2020 will now be held on its originally scheduled date of Thursday, September 24, 2020. The meeting will commence at 9:30 am in the County Council Chambers at 56521 Range Road 65, Lac Ste. Anne County, Alberta.

### UTILITY PAYMENT DEADLINE APPROACHES

Please be advised that af-

ter September 30, 2020, any unpaid Solid Waste Utility amounts will be transferred to standard utility collections where the customer is the property owner.

**AIRPORT DEDICATION:** Mayerthorpe Airport renamed in honour of Peter Trynchy.

Lac Se. Anne County Council has scheduled an unveiling ceremony to commemorate the renaming of the Mayerthorpe Airport to the Peter Trynchy Airport in honour of the long-standing community leader and municipal/provincial politician's many contributions to the region.

Friday, September 25  
10:00 am - 12 noon  
Mayerthorpe Airport

A new airport sign will be unveiled, and Councillors from the County and neighbouring municipalities will be in attendance. Refreshments will not be served, but the public is welcome.

**GREEN ACREAGES WEBINAR:** Free webinar teaches stewardship for small acreages. If you have an acreage, hobby farm or recreational property, this webinar is for you! This live online workshop takes place Tuesday, September 15 from 7:00 to 8:30 pm. Join us and learn how to:

- Better manage and improve your property
- Evaluate your acreage
- Map your property assets and plan your activities
- Access funding to help with a stewardship project and the projects that qualify

As a participant you'll receive a copy of the Green Acreages Workbook, plus an aerial photo of your property! Visit [bit.ly/3ISdzcb](http://bit.ly/3ISdzcb) to register by September 11, or call 1.866.880.5722 for more info. Presented by Land Stewardship Centre and hosted by Lac Ste. Anne County.

**PAID-ON-CALL FIREFIGHTER RECRUITMENT UNDERWAY:** Submit an expression of interest form at [countyfire.ca](http://countyfire.ca)

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Darwell Seniors, Phone Debra 780-785-2907

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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](mailto: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

## Events

Please join us at the Gazebo in the Darwell Fair Grounds to celebrate the 80th Birthday of John Reynolds. We are encouraging those more vulnerable to Covid to come during the hour of 12:00-1:00PM and from 1:00 to 4:00PM for everyone

else. Cake and coffee will be provided. Hand sanitizer will be on site. (1) 08-09

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# Church Directory

<b>Rich Valley Community Church</b> Sunday School 10:00 a.m. Worship Service 11:00 a.m.	<b>Catholic Parish of Lac Ste. Anne</b> Sunday 10:00 a.m.		<b>Mayerthorpe Baptist Church</b> Worship Service Sunday 10:30 a.m. Children's Church 10:30 a.m. 4606-54 St. Mayerthorpe (780) 786-2677	<b>Alberta Beach Alliance Church</b> Sunday Worship Service & Kid's Church 11:00 a.m. Sunday School 10:00 a.m. (780) 924-3282	<b>St. John's Anglican Church</b> <i>Onoway</i> Sunday Service 10:00 a.m. <b>Everyone Welcome</b>
<b>St. John's Lutheran Church</b> <i>Alberta Beach</i> Sunday Service 11:00 a.m. Sunday School	<b>Zion United Church</b> Sunday Service 10:00 a.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 6:00 p.m.</b> Worship Service 3 <sup>rd</sup> Sunday 11:00 a.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 10:00 a.m. - 11:00 a.m. Worship Service Sunday 11:00 a.m.	<b>St. Michael Lutheran Church</b> Sunday Services 1 <sup>st</sup> & 3 <sup>rd</sup> Sunday at 2:00 p.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 - Rockfort Bridge</i> Pastor Dan Hansard Church (780) 778-2035 Sunday Worship 9:00 a.m. Senior's Service & Cottage Bible Study - Phone for locations	<b>Crossroads Community Church</b> <b>P.A.O.C.</b> Rev. Arnold Lothoiz Sunday Service 10:30 a.m. (780) 786-2424		<b>Onoway Baptist Church</b> Sunday Service 10:30 a.m. Pastor Greg Garbutt (780) 967-2266	<b>Roman Catholic Church</b> St. Agnes' Parish, Mayerthorpe Sunday 9:00 a.m. St. Elizabeth Parish, Evansburg Saturday 7:00 p.m. (780) 786-2032	<b>Calahoo Alliance Church</b> Family Worship Service Sunday 10:00 a.m. For Info Call Jerry (780) 974-7734

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