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February 16, 2021

MAYOR'S MESSAGE

Submitted by Town of Mayerthorpe

Well, it's been quite a year! My prediction for May-erthorpe for 2020 was for an awesome year. I'm not sure awesome is the best word to describe 2020. Unbelievable, unprecedented,

and unpredictable are, perhaps, better adjectives.

Like most municipalities, we were faced with bitter fiscal realities, we tested the limits of our staffing capacity and we asked Council to make decisions no one would have imagined possible.

All the while, the day-to-day business of the Town forged ahead, despite a rash of equipment failures, challenges with our potable water infrastructure and projects continuously hampered by weather delays.

Continued on Page 5

GOVERNMENT OF CANADA ADDRESSES CERB REPAYMENTS FOR SELF- EMPLOYED INDIVIDUALS AND ANNOUNCES INTEREST RELIEF ON 2020 INCOME TAX DEBT DUE TO COVID-19 RELATED INCOME SUPPORT

Submitted by Canada Revenue Agency

Since the beginning of the COVID-19 pandemic, the Government of Canada has provided urgently-needed income support to millions of Canadians, which has helped

them put food on the table and keep a roof over their heads during this crisis. The federal government is committed to continuing to support Canadians throughout this crisis.

On Feb. 9, 2021 the Government of Canada announced that self-employed individu-

als who applied for the Canada Emergency Response Benefit (CERB) and would have qualified based on their gross income will not be required to repay the benefit, provided they also met all other eligibility requirements.

Continued on Page 4

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RURAL DUGOUTS FOR RURAL PROPERTIES

Submitted by Lorraine Taylor, Horticulturist/Conservation Coordinator | Lac Ste. Anne County

Over the last 100 years more than 250,000 dugouts have been constructed on rural properties across the prairies. Four counties are partnering to host a two-part Zoom webinar with information about ways to care for these important sources of water on farms and other rural properties.

During his presentation, Shawn Elgert, Agricultural Water Engineer with Alberta Agriculture and Forestry, will cover a wide range of topics including planning considerations, design, construction, operation and protection, water quality issues and treatment solutions, and dugouts for

stocking fish. The sessions also include time for questions.

These water reservoirs serve many uses: for live-stock watering, outdoor and greenhouse irrigation, recreation, and a source of water for pesticide application and fire fighting. Elgert says dugouts are miniature ecosystems and require proper design and maintenance to provide suitable water quality and quantity for the intended uses. Because runoff surface water is usually the source of water for dugouts, the water quality can be poor. However, dugout water quality can be managed, improved, and treated to meet most farm needs. Good dugout management starts with the dugout watershed and extends right through to the final use. As

dugouts age they fill with sediment and their water storage capacity becomes smaller. The life span of a dugout can be extended significantly through effective management.

The webinar series runs Wednesdays on February 10 and 17, 2021 from 7:00 – 8:30 p.m. Admission is free. To receive the Zoom link for the webinar please register before 4:30 p.m. February 10. Register online at www.leduc-county.com/rural-dugouts. For more information residents may call their County Agricultural Services Department or contact Kim at kimb@leduc-county.com or 780-387-6182. Offered in partnership between Leduc County, Lac Ste. Anne County, Parkland County, and the County of Wetaskiwin.



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JOKE of the week

Fred came home from college in tears. "Mom, am I adopted?" His mother replied, "No of course not, why would you think such a thing?" Fred showed her his genealogy DNA test results. He had no match with any of his relatives, and strong matches for a family who lived on the other side of the city. Perturbed, his mother called her husband. "Honey, Fred has done a DNA test, and... and... I don't know how to say this... he may not be our son."

"Well, obviously!" he replied. "What do you mean?" she asked.

"It was your idea in the first place!" her husband continued. "You remember, that first night in hospital when the baby did nothing but scream and cry and scream and cry. On and on. And you asked me to change him."

"I picked a good one I reckon. Ever so proud of Fred."

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County News Highlights

February 25, 2021
County Council Meeting

March 3, 2021
County Council and Municipal
Planning Commission Meeting

March 11, 2021
County Council Meeting

Council meetings are held the second and fourth Thursdays of each month. County Council meetings begin at 9:30 am.

Please visit [LSAC.ca/agendas](https://lsac.ca/agendas) for meeting agendas. To address Council, appointments must be booked at least 8 working days prior.

COUNTY SEEKS HOME SUPPORT WORKERS

Assist seniors in keeping a clean living environment

The Home Support Program is a light housekeeping service offered to area seniors who qualify, helping them remain independent in their own homes. Duties include laundry, dishes, vacuuming, dusting, light snow shoveling of doorstep areas, light weeding of flower pots, etc.

Hours are scheduled Monday through Friday during daytime hours. If you see a fit, we encourage you to apply today! Submit your resume in confidence to Community Services Coordinator Taryn Monteith at tmonteith@LSAC.ca.

Visit [LSAC.ca/homesupport](https://lsac.ca/homesupport) for more details, or to register for the service.

GET CRITICAL COUNTY ALERTS AS THEY HAPPEN

Customized County updates sent to the devices you choose

County Connect is the County's new multi-channel community alert system. Create your account at CountyConnect.ca, then opt in to receive important County news alerts like road closures, fire bans and other regional updates.

This new County-managed platform is free to use by anyone who wishes to stay informed on critical County matters. Once registered, you can configure how you wish to receive alerts (text, phone messages, email, or a combination of all three).

You can also choose the types of County alerts that matter to you. You're always in control of your own account, and can unsubscribe from County Connect at any time.

COYOTE MITIGATION HELP

Assistance with coyotes and other predators during calving/lambing season

Producing livestock has many challenges and coyote predation is one of them. Although they are important to the ecosystem, coyotes can cause problems when they damage or kill domestic livestock or domestic pets, like dogs. If you are dealing with problematic coyotes, there are ways we can help.

Call the County at 780.785.3411 (toll-free 1.866.880.5722) or email agservices@LSAC.ca.

CONTRACT CAMPGROUND CARETAKER OPPORTUNITY

Paddle River Dam Campground (Boat launch Loop)

The County is seeking a motivated couple (or individual with committed personnel support) to join its team as contract caretakers for the 2021 season. The facility offers 35 sites — up to ten of which are available for seasonal use).

Visit [LSAC.ca/careers](https://lsac.ca/careers) to apply for this opportunity. For more details, email Community Services Manager Donna Kerr at dkerr@LSAC.ca.

We're bending the curve on COVID-19. If we stay the course, we can win.

The COVID numbers are trending downward. Let's continue this trend. Phased reopening will only succeed if we ALL continue to follow the mandatory provincial health measures.



Find out how Lac Ste. Anne is doing at bendthecurve.ca

Government of Canada Addresses CERB Repayments for Self-Employed Individuals and Announces Interest Relief on 2020 Income Tax Debt Due to COVID-19 Related Income Support

Continued from Page 1

The same approach will apply whether the individual applied through the Canada Revenue Agency or Service Canada.

This means that, self-employed individuals whose net self-employment income was less than \$5,000 and who applied for the CERB will not be required to repay the CERB, as long as their gross self-employment income was at least \$5,000 and they met all other eligibility criteria.

Some self-employed individuals whose net self-employment income was less than \$5,000 may have already voluntarily repaid the CERB. The CRA and Service Canada will return any repaid amounts to these individuals. Additional details will be available in the coming weeks.

In addition, today, the Honourable Diane LeBouthillier, Minister of National Revenue, announced that the Government of Canada will provide targeted interest relief to Canadians who received COVID-related income support benefits. Once individuals have filed their 2020 income tax and benefit return, they will not be required to pay interest on any outstanding income tax debt for the 2020 tax year until April 30, 2022. This will give Canadians more time and flexibility to pay if they have an amount owing.

To qualify for targeted interest relief, individuals must have had a total taxable income of \$75,000 or less in 2020 and have received income support in 2020 through one or more of the following COVID-19 measures:

- the Canada Emergency Response Benefit (CERB);
- the Canada Emergency Student Benefit (CESB);
- the Canada Recovery Benefit (CRB);
- the Canada Recovery Caregiving Benefit (CRCB);
- the Canada Recovery Sickness Benefit (CRSB);
- Employment Insurance benefits; or
- similar provincial emergency benefits.

The Canada Revenue Agency (CRA) will automatically apply the interest relief measure for individuals who meet these criteria.

Additionally, any CRA-administered credits and benefits normally paid monthly or quarterly, such as the Canada Child Benefit and the goods and services tax/harmonized sales tax credit will not be applied to reduce individuals' tax debt owing for the 2020 tax year. Canadians are strongly encouraged to file their tax returns by the filing deadline to ensure that their benefit payments continue without interruption.

The Government of Canada recognizes that many Canadians continue to face serious financial impacts as a result

of the ongoing pandemic. The interest relief measure announced today will provide an estimated 4.5 million low- and middle-income Canadians with the flexibility required to feel confident about accessing the COVID-19 income support without facing additional stress at tax time.

Quotes

"From day one we said we would be there to help Canadians get through this difficult time. Emergency supports like the CERB helped millions of Canadians pay for things like food and rent. We made the CERB's eligibility criteria as broad and inclusive as possible so that workers who needed support could get it. This announcement is giving certainty to self-employed Canadians who applied for the CERB in good faith, while also protecting their financial well-being. We have gone to great lengths to support workers during this pandemic, and will continue to do so as we build back better together." – Minister of Employment, Workforce Development and Disability Inclusion, Carla Qualtrough

"Our government will continue to do whatever it takes, for however long it takes to get through the current public health crisis. Today's announcement demonstrates the Canada Revenue Agency's commitment to putting Canadians at the centre of everything it does.. We will continue

to provide support to Canadians as they tackle the many challenges of this pandemic until they are able to get back on their feet." - The Honourable Diane LeBouthillier, Minister of National Revenue

Quick Facts

- All individuals are encouraged to file their income tax returns.

- Any amounts owing are determined based on an individual's personal circumstances and the credits and benefits they may receive.

- Like Employment Insurance (EI) benefits, the COVID-19 emergency and recovery benefits, including similar provincial benefits, are taxable. Although 10% of the benefit amount for the three Canada Recovery Benefits (CRB, CRCB, and CRSB) is withheld at source, many other emergency benefits, including the CERB and the CESB did not withhold tax at source. Today's announcement will give those Canadians who owe any taxes as a result of accessing these benefits more time and flexibility to pay those amounts.

- The CRA has not extended the tax filing deadline. Canadians should complete and submit their tax returns by April 30, 2021, the filing due date for most individuals. Canadians are strongly encouraged to file their tax returns to ensure that their benefit payments continue uninterrupted.



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WHITECOURT TOWN COUNCIL UPDATE

Submitted by Town of Whitecourt

FEBRUARY 9, 2021

The Town of Whitecourt is providing Family Day Kits for kids this year instead of hosting a live event. The kits include crafts, colouring pages, stickers, popcorn sponsored by Vista Theatre, and hot chocolate sponsored

by the Rotary Club of Whitecourt. Contact the Allan & Jean Millar Centre to arrange to pick up a kit for your family by February 12. A Family Day Scavenger Hunt is scheduled to start on Monday, February 15, and families will be asked to follow clues to various locations around town to complete a checklist. Details will be posted on the

Allan & Jean Millar Centre Facebook page and at rec.whitecourt.ca.

Whitecourt Fire Department's retired Fire Engine No. 3 has been purchased by the Rotary Club of Lethbridge at a discounted rate for the Los Amigos Project. The Los Amigos Project provides fire trucks and ambulances to Mexico, and the group also trains volun-

teers in emergency services.

Members of the public are encouraged to submit questions and comments on the 2021 budget to administration@whitecourt.ca before February 26. All input received will be considered by Council during final budget deliberations. Information on the 2021 Interim Budget is available at www.whitecourt.ca/Government.

Mayor's Message

Continued from Page 1

You'd think after the list above I'd say my predictions were way off, out to lunch, even. But that's just not the case. It's true, things have not gone as I'd envisioned, but Mayerthorpe has had a pretty darn good year!

2020 saw the completion of several large projects including the addition of street lights in key locations around Town, installation of solar panels on the Mayerthorpe Exhibition Centre/Dick Granley Arena, installation of auto-matic doors on the Arena and the Diamond Centre, and the completion of a critical water line looping project near the hospital that will ensure continuous water supply to key facilities in the event of an emergency.

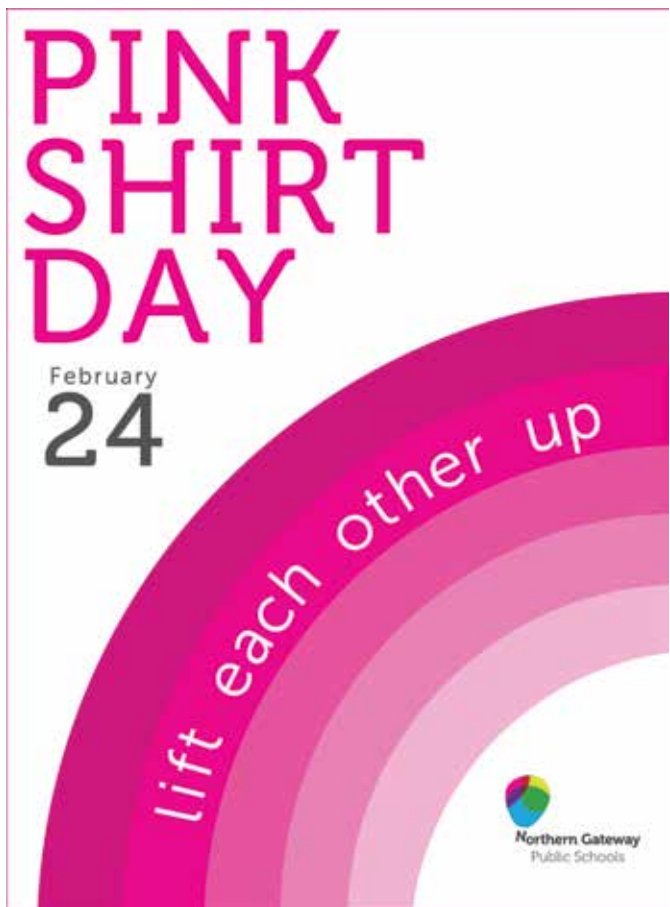
The highway commercial development known as Gasoline Alley North reached a milestone in its construction with the completion of the approach into the subdivision. Three development permits

have been issued and the sale of individual lots can now commence.

The BMX/Skateboard park will see asphalt applied in the spring adding another activity for the youth in our community. Also adding to our facilities for youth and the rest of the community, the Town acquired the assets of the Fallen Four Society and assumed control of the building and grounds. While the Society will maintain the monument and its surrounding grounds, the Mayerthorpe Public Library has found a new home in the building. We're looking forward to the grand re-opening sometime this spring. And, while many municipalities were watching businesses close or leave, Mayerthorpe realized a net gain of new businesses in 2020!

Yes, despite it all, Mayerthorpe's had a pretty darn good year, indeed. Here's to bigger and better things for 2021!

Take care, be safe and, above all, be kind. Mayor, Janet Jabush





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WHITECOURT SHIFTS 2021 BUDGET INPUT ONLINE

Submitted by Town of Whitecourt

Whitecourt is moving its annual budget input initiative online, and invites community members to share their thoughts on the 2021 budget throughout the month of February.

With current public health restrictions, Whitecourt Town Council is unable to host its annual budget information open house. The 2021

Interim Budget Report and a gallery of budget infographics are available online at www.whitecourt.ca/Government to provide community members with information on Council's priorities and plans for 2021. Members of the public are asked to review the information, and forward questions and comments to administration@whitecourt.ca by Friday, February 26.

"Developing a budget, especially one for a municipality with such diverse needs, is

an involved process," stated Whitecourt Mayor Maryann Chichak. "It's unfortunate that we can't host the open house as it offered a great opportunity for Council to share priorities and plans, and have one on one discussions and meaningful interactions with community members. I feel that under current circumstances, this option will give the public the information they need in order to provide feedback to Council prior to final budget deliberations."

The interim budget was passed in late December 2020, and the comments received from community members throughout the month of February will be reviewed and considered by Council during development of the final budget. The final budget is scheduled to be approved in April, once the Provincial budget has been announced and final assessment figures have been established.

CHARGES LAID AGAINST GRACE LIFE CHURCH

Submitted by Parkland RCMP

On February 8, the RCMP swore a charge against James Coates, the Pastor of the Grace Life Church, in contravention of Section 73(1) of the Public Health Act, for being over capacity and failing to adhere to physical distancing requirements. Coates has been served an Undertaking with conditions and is to attend in Provincial Court in

Stony Plain on March 31, 2021.

The RCMP can confirm that in December a violation ticket was issued to the Pastor, and on Feb. 7 the Pastor was arrested and released with a court appearance date.

Since early December the RCMP have been working with AHS in an ongoing investigation into the activities surrounding the non compliance of the church. AHS has maintained a position of being the lead investigating

agency. On Feb. 7, the RCMP, along with the Public Health Inspector with AHS, attended the church and determined that the facility was over double the current restricted capacity level. As a matter of respect, the church proceedings were not interrupted by the RCMP, and Coates was co-operative with the RCMP following the end of the service.

"There are many different discussions and considerations at play in relation to the

Grace Life Church and their non compliance" says Inspector Mike Lokken, Detachment Commander of Parkland RCMP. "We have ensured that the church is well aware of the conditions that they need to follow and they have been afforded repeated opportunities to comply. In collaboration with AHS, we have now followed up with escalated enforcement."

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
21-D0018	Lot 60, Plan 1323364 Lake Arnault within NW 31-54-05 W5M 335, 5519 TWP RD 550	Shed 10.0' x 12.0' (120.0 sq. ft.) and Deck 4.0' x 12.0' (48.0 sq. ft.) Other	March 1, 2021
21-D0019	Lot 7, Block 2, Plan 8020622 Paradise Estates within NW 07-54-03 W5M 22, 3521 TWP RD 542	Addition to Residence: Main Floor 43.0' x 26.5' (1142.0 sq. ft.), Basement 19'7" x 24'2" (400 sq. ft.) and Attached Garage 32.0' x 26.5' (848.0 sq. ft.) with Front Yard Variance Request: Variance Request, Regulation: 10.0m Requested: 8.0m Variance: 2.0m/20%	Feb. 24, 2021

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.

Bridal Guide

February 2021

Your Guide to Planning Your Big Day

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

Bridal Guide

HOW TO AVOID WEDDING RECEPTION SEATING MISTAKES

Weddings are great opportunities for people to gather and celebrate the melding of two families into one. Weddings are a melting pot, and while the ultimate goal is for all guests invited to mingle and have a good time, preexisting relationships may cause some wedding-day interactions to be strained. However, with careful planning and some best behavior on the parts of all involved, getting hitched can go off without a hitch. It's possible for guests who may have tumultuous pasts to keep the peace, but this also can be ensured through careful seating arrangements. This is just one factor couples need to consider when deciding where guests will sit and dine at receptions. It's important to avoid some common mistakes.

Mistake #1: Not having a seating

plan. Let guests sit where they want and chaos may ensue. People may think they're entitled to certain seats, may hop into seats vacated by someone getting up to use the restroom or any number of other scenarios. Seating arrangements also ensure everyone is accounted for across the room.

Mistake #2: Seating families separately. Unless there are rifts between certain family members, it's best to seat parents and children at the same tables.

Mistake #3: Trying to force new friendships. Avoid trying to figure out who will get along by creating a potpourri table. A cousin in a band will not necessarily want to sit next to your coworker who plays guitar simply because they have a shared love of music. A wedding is not the time to try

to create new friendships. If it's meant to be, they'll connect in a more organic way.

Mistake #4: The dreaded kids' table. Young children can probably get away with sitting at a dedicated kids' table, although it may mean their parents have to interrupt their experiences by checking on their kids throughout the night. A bigger faux pas is to sit teenagers or twentysomethings at the kids table even if they seem like youngsters to you. Set a strict cut-off age for a children's table.

Mistake #5: Being too strict in seating. It's one thing to direct couples or singletons to specific tables, quite another to assign specific seats. Do not dictate exactly where at the table a guest should sit. Some people arrive early, others late, and it is up to them to work out how to arrange

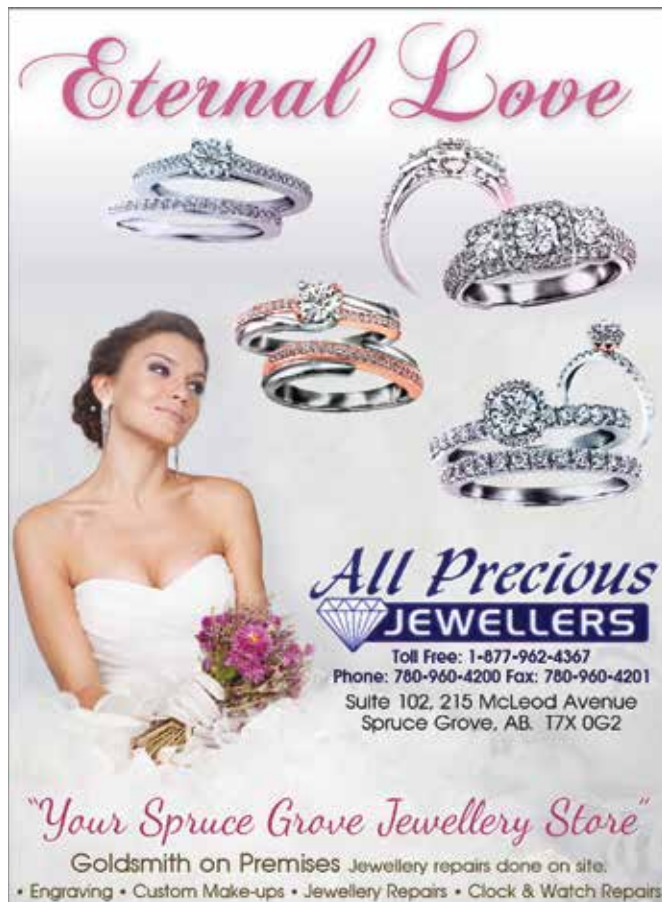
themselves at the table.

Mistake #6: Failing to get family feedback. Always check with your parents and future in-laws as resources about how to seat certain guests. They'll likely know who will make the best table-mates, especially if couples are not familiar with everyone on the guest list.

Mistake #7: Not being aware of disabilities or needs. Be conscious of guests' needs. An elderly relative may not be comfortable in front of the DJ table. A person in a wheelchair may need easy access to and from the reception room. It's important to be mindful of these special needs.

A seating plan for wedding receptions is an important consideration so that every guest can feel comfortable.

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Bridal Guide



SAVINGS STRATEGIES FOR WEDDINGS

The question was popped; the engagement ring presented. What's the next step on the road to the wedding? Saving should definitely be on couples' minds.

A wedding is likely the most costly party couples will ever throw. According to The Knot's 2019 Real Weddings Study, the average cost of a wedding in 2019 was \$33,900. There are many different costs associated with weddings. Some are predictable, while others are unexpected.

Investopedia says the vast majority of couples budget too little for their weddings and also end up spending more than they had planned. Various strategies can make it easier to save for a wedding and avoid a post-wedding financial hangover. Get informed

It's impossible to budget for a wedding and ultimately save without

knowledge of what services and items cost in the region where you live. A wedding in New York City will be expensive, while a wedding in Mississippi will cost a lot less, indicates SuperMoney's guide to wedding costs.

Conduct some research and find out what photographers, florists, transportation providers, reception halls, and wedding wardrobe vendors charge for common services. This will paint a vivid picture of what a wedding may cost in your area.

Flesh out the budget

Once you have gathered estimates, you can then figure out a financial goal. This also is when you can determine where to rein in spending and where you might want to splurge. If having a video memory of the wedding is not a top priority, you can skip videography services. If you have a special

flower that you like, you may want to budget more for that bloom even if it isn't in season.

Set up a dedicated savings account One of the easiest ways to save for big-ticket items like a wedding, home purchase or other financial goals is to use an automatic savings account that may be available through your bank or employer. An automatic savings plan will pull a set amount from a personal checking account into a savings account through auto-draft. The bride and groom can link individual checking accounts to one savings account to contribute jointly.

Avoid overspending

An analysis of your spending habits will likely reveal areas where you can scale back so you can devote more funds to wedding savings. Do you need a takeout coffee in the morning or can you brew a pot at

home? Might you be able to scale back on streaming services? Do you feel comfortable buying less expensive store brand groceries over name brands? Small cost savings can quickly add up.

Add up gifts

Factor in deduction of expenses that other people will commit to covering for wedding expenses, but only if you have concrete confirmation. A parent may host the rehearsal dinner. One's relative may offer to pass down an antique wedding gown to wear. But rather than simply removing these gifts from your savings calculations, keep them as a safety net to put toward unforeseen expenses.

Saving for a wedding can be challenging. But various strategies can help couples plan their dream weddings without breaking the bank.

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EXPANDING COVID SUPPORTS FOR ALL ALBERTANS

Submitted by Government of Alberta

Prior to this expansion, only Albertans in Edmonton and Calgary were eligible for the \$625 payment when they completed self-isolating in their assigned hotel.

Now, Albertans across the province – including First Nations individuals living both on and off reserve and people living on Metis Settlements who cannot isolate safely in their own home – are eligible.

Upon referral by Alberta Health Services, Albertans who must isolate or quarantine and cannot do so safely at home are eligible for a free-of-charge hotel room stay of up to 14 days, complete with culturally appropriate food and other supports.

COVID Care Teams will continue to provide on-the-ground supports and interventions to limit the spread of the virus. Supports include care packages with masks, sanitizers and information translated in multiple languages. Safe transportation to COVID-19 assessment and testing facilities is also available.

“Expanding the isolation supports to include people on First Nations and Metis Settlements is the right thing to do. Everyone should have the chance to isolate safely while having the financial support to cover expenses while they recover.” - Rick Wilson, Minister of Indigenous Relations

“Our community needs this kind of support to stop the spread of COVID. Having come from an area that has

been particularly hard hit, we are grateful to the province for providing a means for our residents to access a place to isolate safely. Knowing they will be able to cover their bills when sick will make a world of difference for the Samson Cree Nation and all other Indigenous communities.” - Chief Vernon Saddleback, Samson Cree Nation

Alberta’s government is responding to the COVID-19 pandemic by protecting lives and livelihoods with precise measures to bend the curve, sustain small businesses and protect Alberta’s health-care system.

Quick facts

- The COVID Care Team program launched in December 2020 as an integrated way to reach communities with

particularly high levels of COVID-19 spread.

- The Government of Alberta also developed an outreach campaign to communicate important public health information directly to Albertans who may have English language barriers through expanded access to translated materials and other supports.

- Messages are being delivered in 10 languages through radio, television and print advertising, as well as through various social media channels and web platforms.

- Since the launch of the COVID Care Teams and outreach campaign on Dec. 15, more than 850 Albertans have accessed hotel accommodations for self-isolation purposes.

MORE HEALTH MEASURES STARTED TO EASE ON FEB. 8

Submitted by Government of Alberta

Step 1 of Alberta’s four-step framework to ease restrictions is based on a COVID-19 hospitalization benchmark of 600, including intensive care patients. This benchmark was reached on Jan. 28.

The full, four-step framework for easing restrictions can be viewed here.

“Albertans have done a great job of bringing our numbers down from our peak in December. We aren’t out of the woods yet, but there are opportunities where we can safely ease restrictions while also protecting our health-care system. This first step is a cautious one, and it will bring relief to many Albertans and Alberta businesses.” - Jason Kenney, Premier

“We are able to ease restrictions on Feb. 8 thanks to the efforts of Albertans. We need to stick to a stepped approach so we don’t risk the steady improvements we’ve made. Al-

though restrictions will remain in place, the path forward gives us all more options in our daily lives.” - Tyler Shandro, Minister of Health

Indoor and outdoor children’s sport and performance

- Children’s sport and performance activities are permitted if they are related to school activities, such as physical education classes.

- This will allow K-12 schools and post-secondary institutions to use off-site facilities to support curriculum-related educational activities.

Indoor fitness

- Only one-on-one training is permitted for indoor fitness activities (e.g. fitness in dance studios, training figure skating on ice, one-on-one lessons).

- One-on-one sessions cannot interact with others and there must be a minimum of three metres distance between sessions in the same facility.

- Sessions have to be scheduled or by appointment.

- No drop-in for individuals

or groups is allowed.

- No sports games, competitions, team practice, league play or group exercise of any kind.

- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.

- Trainers should remain masked during the session; clients are not required to wear a mask while exercising.

- More than one trainer and client ‘pair’ are allowed into the facility, studio, rink, court, pool, ice surface, etc., as long as:

- Each trainer and client stays three metres away from all other trainers and clients at all times, including in entryways and exits.

- Each trainer only interacts with their assigned client, and each client only interacts with their assigned trainer.

- No interaction between cli-

ents or between trainers is allowed.

- No ‘cycling through’ multiple trainers, as in circuit training.

Restaurants, cafes and pubs

- Restaurants, cafes and pubs must collect the contact information of one person from the dining party.

- Up to a maximum of six people per table; individuals must be from same household or the two close contacts for people living alone.

- Liquor service ends at 10 p.m.

- In-person dining must close by 11 p.m.

- No entertainment allowed (e.g., no VLTs, pool tables, live music, etc.)

Alberta’s government is responding to the COVID-19 pandemic by protecting lives and livelihoods with precise measures to bend the curve, sustain small businesses and protect Alberta’s health-care system.

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2008 BMW 335i For Sale, 157,000 kms, Black on black, auto, Brand new tires & rims, Brand new serpentine belt(have receipts), Brand new spark plugs & ignition coils, Power steering & coolant flushed, No rips on seats (MINT), Car sits on coilovers, Downpipes, Tail Q blow off valve, K&N cone air filters, Dinan MHD stage 1+ tune installed, Also a set of winter tires ready to go, Only ever used premium fuel, Car is in amazing condition for the year! \$ 10,900. No trades, no lowballers, serious inquiries only, Not in a rush to sell the vehicle, can only be viewed on week days after 4pm & weekends anytime, if u have any questions text or call 780-908-6659 (5) OG

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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.

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SUDOKU

of the week

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

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

ANSWER:

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

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

Church Directory

Rich Valley Community Church

Sunday School
10:00 a.m.
Worship Service
11:00 a.m.

Catholic Parish of Lac Ste. Anne

Sunday
10:00 a.m.

Mayerthorpe Baptist Church

Worship Service
Sunday 10:30 a.m.
Children's Church
10:30 a.m.
4606-54 St. Mayerthorpe
(780) 786-2677

Alberta Beach Alliance Church

Sunday Worship
Service & Kid's
Church 11:00 a.m.
Sunday School
10:00 a.m.
(780) 924-3282

St. John's Anglican Church

Onoway
Sunday Service
10:00 a.m.
Everyone Welcome

St. John's Lutheran Church

Alberta Beach

Sunday Service
11:00 a.m.
Sunday School

Zion United Church

Sunday Service
10:00 a.m.
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4907-50 Ave. Sangudo, AB

St. Mary's Anglican Church Service

Holy Communion
2nd Sunday each
month 11:00 a.m.
at Sangudo United Church
Reverend Barry
Rose Officiating

Cherhill Community Church

Sunday School
10:00 a.m. - 11:00 a.m.
Worship Service
Sunday 11:00 a.m.

St. Michael Lutheran Church

Sunday Services 1st &
3rd Sunday at 2:00 p.m.
Pastor Rick Chappell
(780) 674-2618
Mystery Lake

Trinity Lutheran Church (LC-C)

"The Church of the Lutheran Hour" - Rockyfort Bridge
Pastor Dan Hansard
Church (780) 778-2035

Sunday Worship
9:00 a.m.
Senior's Service & Cottage Bible Study - Phone for locations

Crossroads Community Church

P.A.O.C.
Rev. Arnold Lotholz

Sunday Service
10:30 a.m.
(780) 786-2424

Onoway Baptist Church

Sunday Service
10:30 a.m.
Pastor Greg Garbutt
(780) 967-2266

Roman Catholic Church

St. Agnes' Parish, Mayerthorpe
Sunday 9:00 a.m.
St. Elizabeth Parish,
Evansburg
Saturday 7:00 p.m.
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