



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 14, 2021

RED RIBBON COMMUNITY CLEANUPS: ROCHFORT BRIDGE AND GREENCOURT

Submitted by Lac Ste. Anne County

Team up to clean up from September 20 to October 1

This fall the County is taking steps to pitch in and clean up the communities of Rochfort Bridge and Greencourt. By doing so we seek to improve safety in the area, make streets more

welcoming, attract new business and homeowners, and generally enhance the purpose, functionality and cleanliness of these communities.

ROCHFORT BRIDGE CLEANUP –
September 20 – 24
• Sept 20 – Sept 22: between 8:30 am and 4:30 pm
• Sept 23 – Sept 24: be-

tween 1:30 pm and 7:00 pm
GREENCOURT CLEANUP –

September 27 – October 1
• Sept 27 – Sept 29: between 8:30 am and 4:30 pm
• Sept 30 – Oct 1: between 1:30 pm and 7:00 pm
Need County cleanup help?

Continued on Page 2

ONOWAY LEGION NEWS

Submitted by Onoway Legion

Legion Asking for Double Vaccinations

After a long (and sometimes heated) debate, the Legion membership voted to ask for proof of double vaccination for all Legion events. With the fourth Covid wave heating up, it's

almost the only way the Legion can remain open and still meet all AHS restrictions.

It was not an easy decision. As one member put it, "No matter which way the vote goes, some people will be upset." We apologize to those choosing not to be vaccinated, but this decision means that

those medically unable to be vaccinated will be able to attend Legion events with some measure of safety.

Help Required to fill Legion Positions

As with a lot of businesses, over the past 18 months the Legion has lost people either through attrition or by choice.

Continued on Page 3

Art Of Healing
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jgjackie@gmail.com

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Red Ribbon Community Cleanups: Rochfort Bridge And Greencourt

Continued from Page 1

Residents are encouraged to tie a red ribbon to a visible spot on their house or

property during the scheduled Red Ribbon cleanup drives!

It's not too late to get vehicles and other large items

removed from your property. However, please let the County know about these types of items ASAP so we can plan accordingly.

RE-ELECT

Gerald SOROKA

YELLOWHEAD

- ✓ Together we will rebuild our economy and get Canada heading in the right direction.
- ✓ Canada's best days are ahead of us. But we need to get the country back on its feet and back on track.
- ✓ Now is the time to get to work, to rebuild our economy and secure the future of all Canadians.

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EDMONTON – Capital Region

GUN SHOW

SATURDAY & SUNDAY
September 18 & 19, 2021

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MILITARY ITEMS, PIONEER ITEMS, BOOKS, ECT.

PUBLIC WELCOME - FREE PARKING ADMISSION: \$8.00

SATURDAY 10:00AM-5:00PM
SUNDAY 9:30AM-3:00PM

SET-UP TIME FOR EXHIBITORS - starts Sept 17:
FRIDAY: 3:00PM-8:00PM; SATURDAY: 7:30AM-9:30AM

TABLE RENT: \$50 PER 6' TABLE

Concession provided by the Stony Plain Canadian Legion
***COVID NOTE: ANY/ALL ALBERTA HEALTH REQUIREMENTS
WILL BE ADHERED TO**
(EG. MASKS AVAILABLE AT ENTRY IF REQUIRED)

FOR MORE INFORMATION CALL:
{ BOTH LOCAL EDMONTON }

Darren (780) 473-3032 ; John (780) 455-5036

EMAIL: edmgunshow@hotmail.com

UPCOMING 2021 EDMONTON GUN SHOWS DATES
Dec 4&5, 2021

**Academy Fabricators now offering Equipment Operation
and First Aid training at our Onway Location**

Alberta's Occupational Health and Safety (OHS) legislation requires employers do
everything they reasonably can to protect the health and safety of their employees.

FORKLIFT	SKID STEER	STANDARD AND EMERGENCY FIRST AID	
LOADER	ELEVATED WORK PLATFORM	TELEHANDLER	

EQUIPMENT OPERATION - ONE DAY COURSE INCLUDING PRACTICAL
(Students must have current OSSA Fall protection for Elevated work platform training)

FIRST AID TRAINING - EMERGENCY FIRST AID - ONE DAY / STD FIRST AID - TWO DAYS

CALL 780-967-3111 ext. 252 or Email safety@academyfabricators.ca
FOR SCHEDULING, PRICING OR GENERAL INQUIRIES

Onoway Legion News

Continued from Page 1

That means a number of positions are vacant, and the remaining people are burning out through the stress of handling more than one responsibility.

The legion needs a volunteer coordinator, sports officer, hall rental coordinator, among others. Some positions can be done by phone from your home. If you feel you can help, please contact Neil at 587-785-3080.

Friday Dinner

The meal for Friday, September 17, is still to be set, so watch social media for details. Don't forget to reserve your spot by the evening of Wednesday, September 15 by calling or texting Linda at 780-907-6300.

Dinner Reservations

PLEASE RESERVE ahead of time if you're planning

to come to a Friday dinner. If your plans change, you can always cancel so someone else can take your spot. Without a reservation, you may be asked to wait until everyone who did reserve is served before you can eat. On occasion, there have been so many walk-ins that the volunteers (who eat last) have been the ones going hungry. Call or text Linda at 780-907-6300 up to the evening of the Wednesday before each dinner to ensure enough food is prepared.

Christmas in October

Normally the Legion holds a "Christmas in October" dinner to raise funds for the local food bank. This year, however, because of the reduced numbers attending Friday night dinners, this will not happen. Instead,

the Legion will make a donation directly to the food bank.

Calvin Vollrath Concert Planned

Calvin Vollrath will be holding a concert at the Legion on Saturday, November 13. Watch for details about tickets and time.

Poppy-decorated afghan

to be raffled off

Get your tickets now for the "Lest we forget" patterned afghan being raffled off to raise funds for branch renovations. Raffle tickets are \$2.00 each or 3 for \$5.00, with tickets available at the branch every time it's open. The draw will be held on Remembrance Day.

**Town & Country
Funeral Services**

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

**Employment Opportunity at Rich Valley Public Library
for a Library Programmer and Communication
Coordinator**

The Rich Valley Public Library Board is hiring a Library Programmer and Communication Coordinator. This position is for 6 hours a week: 5 hours on Wednesdays and 1 hour towards a monthly program. Under the direction of the Rich Valley Public Library Board and the Library Manager, the Library Programmer and Communication Coordinator will be responsible for facilitating the Storytime program, a monthly program, and advertising for the Rich Valley Public Library. As well as some light cleaning duties. This position requires the successful candidate to:

- have strong customer service skills. The candidate must be able to interact in an open and friendly manner with all patrons especially children.
- develop and implement theme based programs for all ages.
- develop methods of advertising for these programs.
- create Information notices to mail out.
- have excellent computer and organizational skills. The candidate must have experience with Word, Excel, and Publisher as well as posting on Facebook.
- provide a current criminal record check.

The application deadline is September 30, 2021 at midnight. This position shall remain open until a suitable candidate is found. Please send resumes to:
Rich Valley Public Library
R. R. 1
Gunn, AB
T0E 1A0
Email:rvpublib@yrl.ab.ca

We thank all applicants but only those selected for an interview will be contacted.



MOJO's Fall Festival Fundraiser

To see our story please check out MOJO Garden Centre facebook page

Free Will Offering
September 25, 2021
Starting at 3:00

Featuring:

- Live Music Starting between 6:00 and 6:30
 - Austin O'Keefe (Country)
 - Norman Rice (Gospel and Traditional)
 - Old Town (Contemp, Country)
- Kids Games
- Silent Auctions
- Dunk Tank
- Bouncy Castles
- Concession

Mojo's Ukrainian Platter

- MO+JO's Famous Borscht
- Garlic Sausage
- Homemade Perogies
- Homemade Cabbage Rolls
- Including Desserts







\$20.00
Under 10 and over 60 \$15.00

Hosted by Runnin' Cowboy Church
53310 Hwy 43, Parkland County, AB
780-887-2836

DARWELL PUBLIC LIBRARY

Submitted by Darwell open Library Assistant position at the library. Do you love the library and books?

We are hiring!
We currently have an commitment to your com-

munity and support true intellectual freedom? We are looking for that special person who is flexible and can always provide excellent customer service, deal effectively with diverse people of all ages and is comfortable with technology; this could be the opportunity for you. You will work 5 hours per week with the potential for more hours covering sick days, holidays and programs. A current vulnerable sector check will be required. Please submit your resume, for consideration, to Library Manager Sandra Stepaniuk no later than Monday, September 20, 2021.

Lac Ste Anne County FCSS Grant for providing funding to run this program. We are currently regrouping and planning for the autumn and winter schedule and will start to advertise around the end of September 2021. You can also check the website and Facebook page as well for the most up to date information on hours of operation and programs.

The Darwell Public Library Society will be holding their next regular meeting on Monday, September 27, 2021 starting at 7 pm. All meetings are open to the public and everyone is welcome to attend. The Library is open 11:00 am to 4:00 pm on Monday and Tuesday and from 5:00 pm to 8:00 pm Wednesday and Friday, closed Thursdays, Saturdays, Sundays and Holidays. You can also find out what is happening at the library by checking our Website www.darwellpubliclibrary.ab.ca or like us on Facebook at www.facebook.com/DarwellPublicLibrary

This summer we opted to not run a Summer Reading Club and instead ran the Take and Make Program for children 6 to 13 years of age. Craft kits were supplied by Paulette's Signs & Designs, Debbie Burton aka Fairy Debbie and of course the library staff. We were able to get over 100 kits out to the community and we want to thank those who participated for making the program a success. Thank you to the

JOKE of the week

An airplane was falling from the sky. Four were aboard, a doctor, a vet, the pilot, and a man who thought he was the smartest person in the world. There were only three parachutes.

Doctor: I'm a doctor, so I should jump down first. So he took a parachute and jumped off the plane.

The smartest person in the world: Well, I'm the smartest man in the world so I should jump off next. So he took a bag and jumped off. There were two people left.

Pilot: How will we decide who jumps off next?

Vet: We don't have to, the smartest man in the world just jumped off with my backpack.



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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-D0159	Lot 2, Block 2, Plan 0425099 within NW 35-53-06 W5M 6127 TWP RD 540	Sea Can, Main 40.0' x 8.0' (320.0 sq. ft.) 8.5' high	Sept. 27, 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.

Got Junk??

Our classified section makes it easy to sell without lifting a finger!

Call the Community Voice at 780-962-9229 To place your ad today!





**Form 3
Notice of Nomination Day
Local Authorities Election Act (Section 26)**

LOCAL JURISDICTION: NORTHERN GATEWAY SCHOOL DIVISION, PROVINCE OF ALBERTA

Notice is hereby given that Nomination Day is September 20, 2021 and that nominations for the election of candidates for the following offices will be received at any location set out below within the period beginning on January 1, 2021 and ending at 12:00 noon on Nomination Day.

Office(s)	Number of Vacancies	Ward or Electoral Division Number
School Board Trustee	1	Ward 1, Electoral Subdivision 1
School Board Trustee	1	Ward 1, Electoral Subdivision 2
School Board Trustee	1	Ward 1, Electoral Subdivision 3
School Board Trustee	1	Ward 1, Electoral Subdivision 4
School Board Trustee	2	Ward 2
School Board Trustee	1	Ward 3, Electoral Subdivision 1
School Board Trustee	1	Ward 3, Electoral Subdivision 2
School Board Trustee	1	Ward 3, Electoral Subdivision 3

Nomination Acceptance Locations:

- Division Office, 4816 - 49 Ave, Whitecourt, AB
- Hillside High School, 4701 - 52 Ave, Valleyview, AB
- Fox Creek School, 501 - 8th Street, Fox Creek, AB
- Elmer Elson Elementary School, 4215 - 46 Ave, Mayerthorpe, AB
- Onoway Elementary School, 5108 Lac Ste. Anne Trail North, Onoway, AB

DATED at the Town of Whitecourt, in the Province of Alberta, this 30 day of August, 2021.

Michael Gramatovich
Returning Officer

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For EQUS members Dave and Alyssa Pfaeffli, **EQUS' 99.9% system reliability rating** is vital to power both their family, and their innovative indoor cubic farming business, Swiss Leaf Farms.

Albertans trust the Pfaeffli family to provide fresh, local produce year-round, and **the Pfaeffli family trusts EQUS** to keep the lights on and the lettuce growing.

Contact EQUS to learn more about the benefits of co-operative electric distribution for your home or business.

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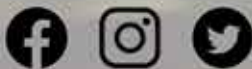
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“ **Reliability is huge for us**

- Alyssa Pfaeffli
Innovative CubicFarm business
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Alberta Beach 100th Anniversary Celebration

Alberta Beach would like to extend our gratitude and appreciation to the Canadian Heritage Grant - BCAH and the many contributors, donators, sponsors and volunteers for their outstanding support and hard work.

Thank you to the dignitaries that participated in the opening ceremonies and unveiling of our new centennial sign; MLA Shane Getson, Lac Ste. Anne County Reeve Joe Blakeman, Onoway Mayor Judy Tracy as well as the Mayors & Councillors of the surrounding summer villages on Lac Ste. Anne.

The 2 day event hosted a range of activities such as old fashioned games, bouncy castles, historical horse and buggy tour, photo booth, numerous prize draws, old fashioned candy bags for the children as well as hot dogs, beverages and cake for all.

Because of your help and support Alberta Beach's 100th Anniversary was a huge success enjoyed by many.



Alberta Beach 100th Anniversary List of contributors, donators and sponsors

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 The Community Voice
 The Lac Ste Anne Bulletin
 The Town of Onoway
 Village of Alberta Beach

Alberta Beach & District Agricultural Society
 Alberta Beach & District Lions Club
 ATB Heidi Letendre
 BCAH Canadian Heritage Grant
 Beachside Market
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 Copper Mountain Construction - Tom Manca
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 Lac Ste Anne County
 Northwest Fire & Rescue Onoway
 Onoway Veterinary Clinic
 St. Albert Enjoy Centre
 Summer Village of Castle Island
 Summer Village of Val Quentin
 The City of St Albert
 The Hodgson Family
 The Liquor Cottage
 Trius Insurance & Registration

\$340 MILLION FOR ALBERTA RANCHERS DUE TO DROUGHT

Submitted by Government of Alberta

Alberta ranchers can apply for up to \$200 per head through a \$340-million support program.

Producers can apply for an initial AgriRecovery payment through the 2021 Can-

ada-Alberta Livestock Feed Assistance Initiative to help cover feed and water access costs for breeding female livestock across the province.

“Alberta’s livestock producers have experienced exceedingly dry conditions for months, putting addi-

tional stress on the very Albertans who feed Canadian families. Alberta’s government is proud to support the delivery of up to \$340 million in much-needed relief to help our livestock producers make it through this difficult season.” Devin Dreeshen, Minister of Agricul-

ture and Forestry

“We’re here to support producers in times like these. This funding helps Alberta’s livestock producers and beekeepers sustain their operations during challenging times.” Darryl Kay, CEO, Agriculture Financial Services Corporation

Payments will flow soon after applications are received. Once applications are approved and processed, those who sign up for the direct deposit option will see payments toward the end of the month.

Taking a feed-need approach, supplemented by receipts, a secondary payment of up to \$106 per head will be available to producers who have experienced extraordinary costs as a result of the drought, in addition to the initial payment.

Cattle and bison will be eligible for an initial payment of \$94 per head and a secondary payment of \$106 per head, for a total of \$200 per head. Other livestock will be subject to a different per head payment.

The program will be administered through Agriculture Financial Services Corporation (AFSC). Program terms and conditions are posted on AFSC’s website.

An AFSC Connect account is required to receive payments. Directions on how to sign up for AFSC Connect are available on AFSC’s website.

Out of School CARE PROGRAM
REGISTRATION OPEN

GRADES K-6 WELCOME

Kids must attend Onoway Elementary School (Kindergarten through grade six for the 2021-2022 school year).

Before school care only: \$15
 After school care only: \$15
 Both before & after school care: \$25
 Day-long care (non-school days): \$50*
 *Maximum of 6:30am – 6:30pm on non-school days.

CALL 780 785 3411 TO REGISTER

MEALS/SNACKS/REFRESHMENTS WILL NOT BE PROVIDED AND MUST BE SUPPLIED BY PARENTS/GUARDIANS. STAFF WILL ESCORT ALL STUDENTS BETWEEN THE SCHOOL AND OUR FACILITY AT THE ONOWAY HERITAGE CENTRE



It's time to fall in love with your home all over again!



fall HOME RENO **GUIDE**

SEPTEMBER 2021





HOW TO PREPARE A HOME FOR ELDERLY RESIDENTS

Upon reaching retirement age, new retirees may face decisions regarding their living arrangements. Some seniors may opt to stay put, while others may want to downsize their homes to save money and relieve themselves of the burdens of maintaining larger homes.

But those are not the only situations seniors find themselves in. Some seniors realize they can no longer care for themselves without assistance. In such instances, seniors may opt for assisted liv-

ing facilities or choose to move in with a relative, such as a grown son or daughter. While assisted living facilities are designed to meet the needs of the elderly, young men and women welcoming seniors into their homes may need to take on some home improvement projects to ensure their homes are as safe as possible for elderly residents.

· Convert a room on the first floor into a bedroom. While this may not apply to all seniors, some men and women struggle

with stairs as they age, and that can make it difficult for them to fully participate in a household. Homeowners with an extra room to spare can convert a room on the first floor of their homes into a bedroom so seniors won't have to climb up and down stairs throughout the day. That ease of accessibility to the primary floor of the house encourages seniors to be active participants in a household. If possible, choose an area that is close to a first-floor bathroom.

· Take steps to make

bathrooms safer. The National Institute on Aging says that more than one in three seniors over age 65 fall each year, and 80 percent of those falls take place in the bathroom. Slippery tile floors can make it difficult for seniors to navigate bathrooms safely, and bathtubs and shower stalls present additional challenges. Install grab bars on bathroom walls and next to toilets to provide support.

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fall HOME RENO GUIDE

How To Prepare a Home For Elderly Residents

Continued from Page 10

In addition, consider installing a shower chair or bench and removable shower nozzle in the shower or tub so seniors can sit down while they bathe and rinse without having to stand up on slippery surfaces. Make sure any mats around bathtubs and sinks are nonskid to reduce the risk of falls even further.

- Install an extra phone line or two. While kids and adults between the ages

of 18 and 50 may never use the landlines in their homes, many seniors still rely on traditional telephones as their primary means of communicating with the outside world. Install extra landlines in your home, including in seniors' bedrooms, so they can more readily access the phone should they fall and need to call for emergency help. Phones in seniors' bedrooms may also provide some additional privacy to seniors who don't want to carry on phone conversations

in busy areas of the home, such as the kitchen or living room. Such lines may also reduce feelings of isolation.

- Prioritize accessibility when storing items. When storing groceries, books, magazines, or other items seniors are likely to use, choose locations that are accessible to seniors. Avoid storing items on the top shelf of pantries, bookcases or entertainment centers, as seniors with limited mobility may not be able to reach them.

Many seniors move in with their adult children to make their golden years safer and more enjoyable and manageable. Such a change in living arrangements may necessitate some changes on the part of homeowners so they can ensure their homes are safe for seniors.

5 Home Ideas
for flipping or forever

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HOW TO ADDRESS CEILING STAINS

Many stains are instantly noticeable. But while a wine stain on a light-colored carpet or a gravy stain on a white shirt tend to jump out right away, other stains sneak past our radars every day. Ceiling stains are one type of stain that tend to go unnoticed for long periods of time. But ceiling stains can be unsightly, and some are even indicative of a larger problem, so it pays for homeowners to address stains on their ceilings as soon as possible.

- Start with the source.

Low kitchen ceilings tend to fall victim to oil stains, which are an unfortunate side effect of cooking. But not all stains can be so easily traced to their origins. Some ceiling stains, such as those in bathrooms, may be a byproduct of mold, while others may be indicative of plumbing problems. Identifying the source of a stain is often the first step toward eradicating it.

- Fix the problem.

Once you have identified what's causing the stain, fix the problem as

soon as possible. Ceiling stains are often indicative of much larger problems, and the longer those problems are allowed to fester, the bigger they become. Some water stains on ceilings result from cracks or joints that have not been adequately sealed or caulked. Reseal or recaulk any cracks you suspect are leading to ceiling stains. If you have determined a leaky roof is behind your stained ceilings, then have the roof inspected for damage, and prepare your-

self to finance a new roof if the inspector determines that's the best solution.

- Cover nearby furniture. If you find ceiling stains above living areas, then be sure to cover the furniture below such ceilings with a tarp. Even if your stain solution will be made primarily of water, you don't want to risk compounding your ceiling stain problem by staining your furniture as well.

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How to Address Ceiling Stains

Continued from Page 12

Remove the stains. Different stains require different treatments. A solution made of water and bleach may be effective at removing ceiling stains, but only apply such solutions on days when you can open the windows and air out your home. Larger stains may require the application of a stain blocker, which may need to be applied with a roller and brush. No matter the

stain, you need to leave time for the ceiling to dry before you can move on. Opening the windows can prevent your home from being overcome by the smell of bleach and also speed up the time it takes the ceiling to dry.

Cover the ceiling with primer. Once the ceiling has completely dried, you can apply a stain-blocking primer to prevent future stains. Allow the primer ample time to dry.

Apply a fresh coat of paint. After the primer

has dried completely, you can then repaint the ceiling. Some paints may blend in even if you only paint the affected areas of the ceiling, but others will require a complete repainting of the ceiling. The eye test will help you determine how much work you have to do in that regard.

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COVID-19 UPDATE FOR WHITECOURT

Submitted by City of Whitecourt

As announced by the Province on August 13, the Government of Alberta has extended select public health restrictions to September 27, 2021.

Some public health measures were set to expire on August 16; however, the Province has decided to keep specific restrictions in place for another six weeks. Measures that will remain in place until September 27

include:

- Mandatory masking orders in publicly accessible transit, taxis and ride shares. This includes school buses.
- Mandatory isolation for 10 days for those with COVID-19 symptoms or a positive test result.
- Testing at assessment centres for any symptomatic individual.

For further information on current public health guidelines currently in place throughout Alberta

please visit

www.alberta.ca/coronavirus-info-for-albertans.aspx Vaccine Program

Albertans aged 12 and over are encouraged to book their first and second dose of COVID-19 vaccination. COVID-19 vaccines help prevent you from being infected, and protect you from getting severely sick if you do get it. All vaccines are safe, effective, and save lives.

- Provincially, 67.9% of 12+ population is fully vaccinated.

nated.

Locally, Whitecourt's vaccination rate is lower than the Provincial average, with only 49.1% of 12+ population fully vaccinated.

The provincial government has compiled information on each of the vaccines available to Albertans, and a listing of facts about the vaccine program on its website. Information is available at www.alberta.ca/covid19-vaccine-myths-and-facts.aspx

WATER QUALITY ADVISORY ISSUED FOR ALBERTA BEACH

Submitted by Alberta Health Services

Due to elevated levels of fecal bacteria currently present in the water at

Alberta Beach area located within the North Zone of Alberta Health Services (AHS), AHS is advising the public not to swim or wade at this beach area, effective

immediately.

Elevated levels of fecal bacteria were detected via testing of the lake water at Alberta Beach. As well, there is the possibility of skin, ear and eye infections with water contact.

As always, visitors and residents are reminded to never drink or cook with untreated water directly from any lake or reservoir, at any time. Water-borne organisms, including fecal bacteria, can cause vomiting and diarrhea.

AHS Environmental Public Health officers will continue to monitor the water at Alberta Beach.

This advisory will remain in effect until further notice.

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

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Golfer's **GUIDE**

DON'T LET GOLFING PAIN BE PAR FOR THE COURSE

) A little know-how can help golfers avoid unnecessary injury. Considering the number of times a swing is repeated during a game, it's not surprising that the season often ends early for those who are not physically prepared.

Below are a few simple stretching techniques that can help prevent or reduce the impact of injuries:

Side bending stretch

1. Stand with feet shoulder-width apart.
2. Hold the golf club above your head with your arms straight.
3. Slowly bend to one side, without rotating, until you feel a stretch in the side of your back.
4. Hold for 15 seconds and repeat twice for each side.

Shoulder stretch

1. Hold the shaft of a golf club vertically behind your back.
2. Gently pull the club up with your top hand until you feel a slight stretch in the shoulder of your lower

arm. Hold for 15 seconds.

3. Gently pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm.

4. Hold for 15 seconds.

5. Reverse hand positions and repeat.

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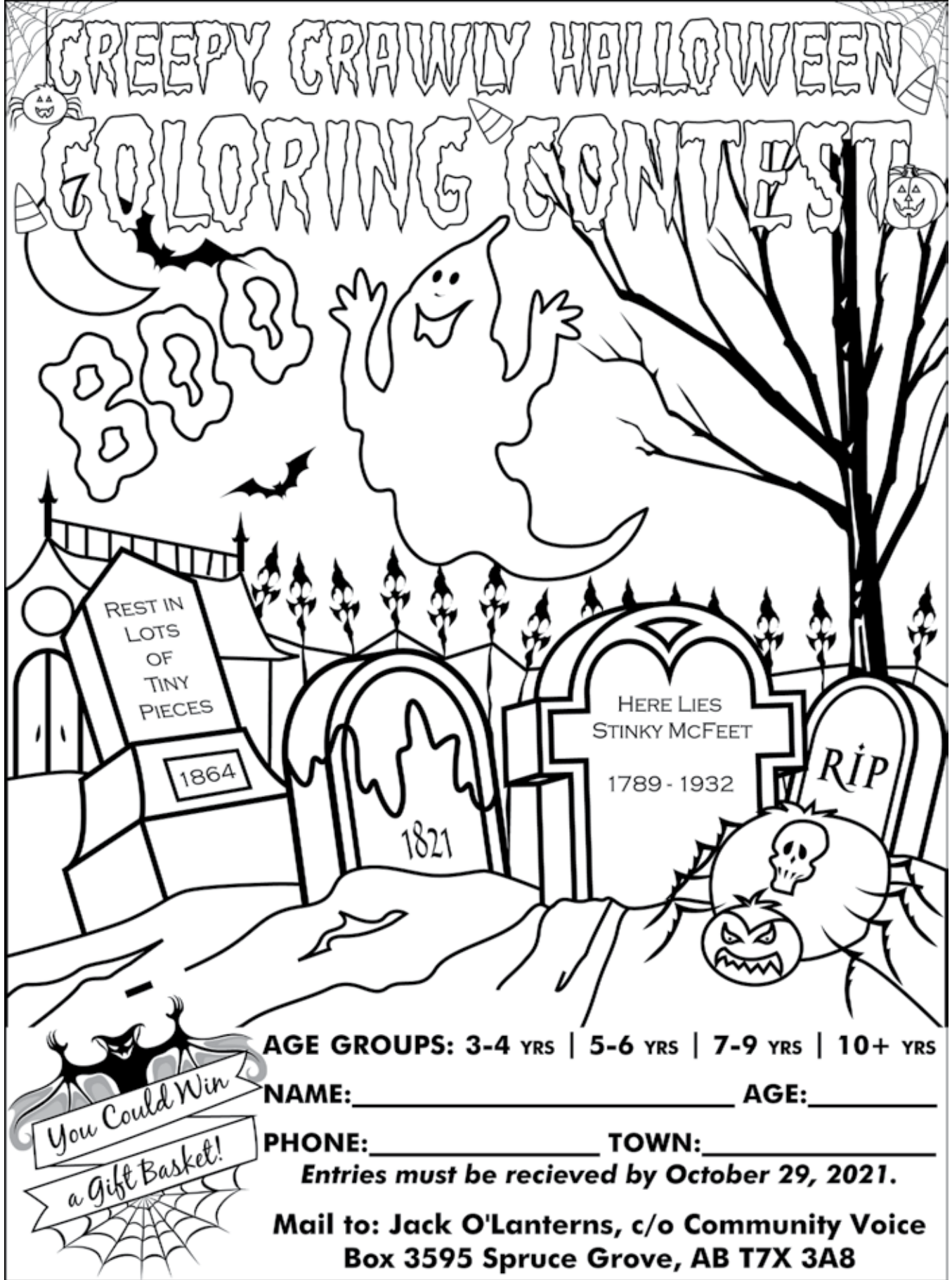
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CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@com-voice.com, dropped off at Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice.com/classified.htm

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- Cherhill Community Assoc. Hall, Kevin 780-785-8153
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- Gunn Hall (G.A.R.S.) 780-951-9452
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- Lake Isle Community Hall,

- PH: 780-892-3121 or Email: lakeislehall@mail.com
- Magnolia Hall, 727-2015
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- Mayerthorpe Diamond Centre, Charlotte at 786-4659
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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:

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

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

Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00 a.m.</p> <p>Worship Service 11:00 a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00 a.m.</p>	<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30 a.m.</p> <p>Children's Church 10:30 a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>	<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00 a.m.</p> <p>Sunday School 10:00 a.m.</p> <p>(780) 924-3282</p>	<p>St. John's Anglican Church</p> <p>Onoway Sunday Service 10:00 a.m.</p> <p>Everyone Welcome</p>
<p>St. John's Lutheran Church</p> <p>Alberta Beach</p> <p>Sunday Service 11:00 a.m.</p> <p>Sunday School</p>	<p>Zion United Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabaman, Darusell & Lake Isle, Onoway & Area (780) 924-3351</p>	<p>Sangudo United Church</p> <p>Christmas Eve Service 6:00 p.m.</p> <p>Worship Service 3rd Sunday 11:00 a.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.</p> <p>at Sangudo United Church</p> <p>Reverend Barry Rose Officiating</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00 a.m. - 11:00 a.m.</p> <p>Worship Service Sunday 11:00 a.m.</p>
<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 2:00 p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>	<p>Trinity Lutheran Church (LC-C)</p> <p>"The Church of the Lutheran Hour" - Rochford Bridge</p> <p>Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00 a.m.</p> <p>Senior's Service & Cottage Bible Study - Phone for locations</p>	<p>Crossroads Community Church</p> <p>P.A.O.C.</p> <p>Rev. Arnold Lothoiz</p> <p>Sunday Service 10:30 a.m.</p> <p>(780) 786-2424</p>	<p>Onoway Baptist Church</p> <p>Sunday Service 10:30 a.m.</p> <p>(780) 967-2266</p>	<p>Roman Catholic Church</p> <p>St. Agnes' Parish, Mayerthorpe</p> <p>Sunday 9:00 a.m.</p> <p>St. Elizabeth Parish, Evansburg</p> <p>Saturday 7:00 p.m.</p> <p>(780) 786-2032</p>
<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00 a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>				

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