



# 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 21, 2021

### MAYERTHORPE RCMP RESPONDS TO FATAL MOTOR VEHICLE COLLISION

Submitted by Mayerthorpe RCMP

On Sept. 10, shortly after 1 a.m., Mayerthorpe RCMP responded to a report of a fatal pedestrian motor vehicle collision along the West Road, on Alexis Nakota Sioux Nation. Mayerthorpe

RCMP, Alexis Nakota Sioux Nation Emergency Fire Service, Emergency Medical Services ground ambulance and STARS attended. Preliminary investigation reveals a vehicle was heading westbound when it appears to have collided with a female pedestrian.

The vehicle then lost control, went off the roadway, entered the ditch and rolled. The 27-year-old female pedestrian of Glenevis, Alta., was declared deceased on scene.

*Continued on Page 2*

### PARKLAND RCMP RESPOND TO INJURY COLLISION INVOLVING SEMI-TRACTOR TANKER TRUCK

Submitted by Parkland RCMP

Parkland RCMP, Lac Ste. Anne County Fire Services, and Alberta Health Services attended the area of Hwy 43 and Hwy 33, Lac Ste. Anne County in response to a report of a two vehicle motor

vehicle collision involving a panel van and a fuel tanker.

As a result of the collision the fuel was ignited causing a large fire that blocked traffic in all directions.

The fire crews were unable to extinguish the blaze due to the nature of the fuel. Traffic in the area was

closed in all directions due to the size of the blaze.

Both drivers were treated on scene by Emergency Medical Services and transported to hospitals in Edmonton via ground ambulance.

*Continued on Page 2*

**Art Of Healing**  
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1616 Marine Crescent, West Cove, AB

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jgjackie@gmail.com

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

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# Mayerthorpe RCMP Responds To Fatal Motor Vehicle Collision

*Continued from Page 1*

The 44-year-old lone male driver, of Alexis Nakota Sioux Nation, Alta., sustained serious injuries and was airlifted by STARS, to an Edmonton area hospital. The driver sustained serious injuries and remains in

hospital, currently in stable condition. Weather and road conditions do not appear to have been a factor in this collision.

Mayerthorpe RCMP investigation is on-going. Police have been in contact with next of kin. RCMP will continue to liaise with the

family and the community. Alberta RCMP Collision Analyst and a Criminal Collision Investigation Team was engaged and attended the scene and are assisting in this investigation.

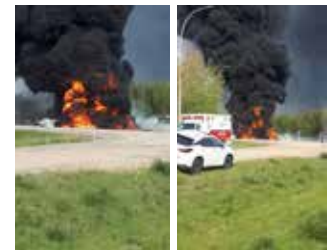
An update will be provided when available.

# Parkland RCMP Respond To Injury Collision Involving Semi-Tractor Tanker Truck

*Continued from Page 1*

Details of the extent of their injuries are not known. Lac Ste. Anne County Fire Services remained on scene to monitor the fire. EMCON is in the area conducting

traffic and local detours. Investigation is active and ongoing. Roads to remain closed at the discretion of Lac Ste. Anne Fire Services.



## ANNUAL GENERAL MEETING of the Gunn Area Recreation Society

#110 – 55022 Ste. Anne Trail

**Monday, September 27, 2021  
7:00 P.M. to 8:00 P.M.**

Welcoming nominee's for all positions.

**For more information, call:  
Ira Austin @ 587-340-2279**

## 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.



To whom it may concern,

As a Non-Profit rescue, we rely on the generosity of all to keep our mission alive. We will be having a silent auction on Saturday October 2nd, 2021 and we are asking for your help. All proceeds collected will be donated to two other Non-Profit rescues we partner with, to continue to help animals in need. If you can provide any assistance that would be greatly appreciated. Silent auction is sponsored by Giving Hope Pakoseyimowin, and Super 8 Spruce Grove. Auction to be held at the Super 7 Spruce Grove in the banquet room.

Regards  
MAVIS DUMAIS-ESSIAMBRE  
Founder  
Frontline Volunteers  
587-591-0163  
givinghopevolunteers.com

# MAYERTHORPE RCMP INVESTIGATING THE DISCOVERY OF HUMAN REMAINS

Submitted by Mayerthorpe RCMP

On Sept 13, 2021, at approximately 5 p.m., Mayerthorpe RCMP responded to the discovery of human remains near Range Road 43, north of Township Road 560.

Mayerthorpe RCMP, with the assistance of the Alberta RCMP Major Crimes Unit (MCU), RCMP Forensic Identification Services, and the Edmonton Office of the

Chief Medical Examiner are investigating this discovery of human remains.

Police are asking anyone who witnessed anything

suspicious in the area in the last 8-10 weeks to please come forward. Police are looking for any information regarding suspicious vehi-

cles, persons, or activity in the area of Range Road 43 and Township Road 560 dating back to approximately mid-July 2021.



**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
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
21-D0263	Lot 103, Block 1, Plan 0726923, Lessard Landing, within NE 34-55-5 W5M 103, 55530 RGE RD 52	Shipping Container - 8.0' x 20.0' (160.0 sq. ft.) and a Recreational Vehicle	Oct. 11, 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.

## 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 (Comtemp, 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

**LIVE AUCTION SALE**

## HARVEST CONSIGNMENT SALE PLUS MANY OTHER

Hwy 16A West, Range Road 11  
**Opens October 4, 2021 @ 6:00 a.m.**  
**Closes October 8, 2021 @ 2:00 p.m.**

Load out TBD

Estate Sale - Courtney Keller - Sangudo AB - well known Guitar Luthier  
Retirement Sale - Jerry & Gladys Chieduch - Lessard Lake Subdivision  
Keller Convenience Sale - Complete Close Out - Fort McMurray AB  
Semi-Retirement Sale - Ernie Thiebeau - Range Road 3103 - Twp Rd. 538, Duffield, AB - Off-site - By Proxy - Contact Erine @ 780-819-2972  
Family Farm Sale - 10B 53304-Hwy 44, County of Parkland, AB - Off-site - By Proxy - Contact Arnie @ 780-962-0123

**UPCOMING SALES**

Online - Pahl Family Farm Sale

**CONSIGN NOW!**

**\*\*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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# COVID-19 UPDATE FOR WHITECOURT

Submitted by Town of Whitecourt

Alberta has declared a state of public health emergency and has implemented new health measures to expand capacity, increase vaccination rates and reduce transmission of COVID-19. Measures in workplaces, indoor private gatherings, places of worship, schools and children's activities, as well as mandatory masking and physical distancing in all indoor public spaces are in effect. For a complete list of all new temporary measures,

please visit [www.alberta.ca/covid-19-public-health-actions.aspx](http://www.alberta.ca/covid-19-public-health-actions.aspx).

The Province has also introduced a Restrictions Exemption Program that will begin Monday, September 20. Discretionary events and businesses (restaurants, recreation facilities, retail businesses, etc.) must either adopt the Program, or follow capacity and operation restrictions that will come into effect September 20. Businesses that implement the Restrictions Exemption Program would operate as usual, provided they are serv-

ing only people who have proof of immunization or who have a recent privately paid negative test, as per the requirements in place. For more information on the program visit [www.alberta.ca/covid-19-public-health-actions.aspx](http://www.alberta.ca/covid-19-public-health-actions.aspx).

Impact to Town Operations  
Allan & Jean Millar Centre

The Town of Whitecourt will be implementing the Restrictions Exemption Program at the Allan & Jean Millar Centre.

Starting September 20, users and spectators at the Allan & Jean Millar Centre will be re-

quired to show proof of vaccination or a recent privately paid negative COVID-19 test. Users and sport spectators will be required to provide:

- Proof of double vaccination (note that for a transitional period between September 20 and October 25, proof of a single dose would be considered acceptable as long as the dose was given two weeks or more before the time of service).

- Documentation of medical exemption for those with a vaccine exemption.

- Proof of a recent (within the previous 72 hours) negative COVID-19 test (either PCR or Rapid Test). Per provincial guidelines, the test may not be from Alberta Health Services or Alberta Precision Laboratories.

Please note:

- Those under age 12 will not need to provide proof of immunization or a negative test to enter the facility.

- For those 18 and under, proof of vaccination is not required when participating in recreational organized sport or school activities (i.e. minor soccer).

The Allan & Jean Millar Centre is being used as a voting station for the 2021 Federal Election on September 20. Those attending the facility to vote will not be required to meet the requirements of the Restrictions Exemption Program.

The Aquatic Centre at the Allan & Jean Millar Centre will reopen to the public on September 20. Please visit the Allan & Jean Millar Facebook page for a current schedule.

As all areas of the facility will be open for use starting next week, Allan & Jean Millar Centre memberships will be re-instated.

Members that will be unable to attend the facility due to the Restrictions Exemption Program should contact the facility at 780-778-3637 to discuss options.

Forest Interpretive Centre

- The Forest Interpretive Centre will operate at 1/3 fire code capacity. The facility will remain available for business and approved support group rentals.

- Masks and 2 metres physical distancing are required.

LAC STE. ANNE COUNTY Visit [LSAC.ca](http://LSAC.ca) to explore the latest County news and events in greater detail.

**PLANNING & DEVELOPMENT**

**NOTICE OF PUBLIC HEARING**  
of Bylaw 22-2017-04-2021

LOCATION OF HEARING	DATE OF HEARING	TIME
Council Chambers, County Office 56521 Range Road 65	October 6, 2021	10:30am

Pursuant to the provisions of Section 692 of the Municipal Government Act, the Council of Lac Ste. Anne County is considering an application for amendment to Land Use Bylaw 22-2017, by amending approximately 62 parcels from agricultural districts to residential districts, and 1, 55108 Range Road 15 on SE 07-55-01 W5M from Country Residential Estates (CRE) to Agricultural 2 (AG2) through proposed Bylaw 22-2017-04-2021:

- Bylaw 22-2017-04-2021 for Redistricting Application 007REDST2021, for Redistricting 1, 55108 Range Road 15 within SE 07-55-01 W5M from Country Residential Estates (CRE) District under Bylaw #22-2017-04-2021 to Agricultural 2 (AG2).
- Bylaw 22-2017-04-2021 for Redistricting Application 007REDST2021, of 62 parcels from agricultural districts to residential districts. For the complete listing of parcels please see Lac Ste Anne County's website or email us.

Written comments on the above proposed Bylaw may be provided prior to 4:30 pm, on October 5, 2021 to:

Lac Ste. Anne County  
56521 RGE RD 65, Box 219  
Sangudo, AB T0E 2A0

Attn: Matthew Ferris, Manager of Planning and Development  
Or email at [mferris@LSAC.ca](mailto:mferris@LSAC.ca)

Interested individuals may attend the Public Hearing to voice their comments. To schedule an appointment please contact Planning and Development Manager, Matthew Ferris at 1.866.880.5722.

The proposed amendment and/or application may be reviewed during regular business hours at the County administration office located at 56521 Range Road 65 or on the County website at [LSAC.ca/Hearings](http://LSAC.ca/Hearings).

**LOCATION SKETCH**

OK, so what this fancy language means is that someone has applied to the County to rezone SE 07-55-01 W5M from Country Residential Estates (CRE) District under Bylaw #22-2017 to Agricultural 2 (AG2) District. Before this can happen, a bylaw must be drafted and a public hearing must be held. The ad above lets folks know about when and where the Public Hearing will take place.

LAC STE. ANNE COUNTY

# WHITCOURT TOWN COUNCIL UPDATE

Submitted by Town of Whitecourt

In light of the current COVID-19 situation, all Council and Council Committee meetings will be held via electronic format until further notice. Meetings will be livestreamed using Zoom via the Whitecourt YouTube channel.

- Council and Policies and Priorities Committee meetings have been temporarily rescheduled to 4:00 p.m.

- Public Input Sessions held at the beginning of Council and Policies and Priorities Committee meetings will be conducted by written correspondence only. Residents are asked to submit comments to Council by email at [administration@whitecourt.ca](mailto:administration@whitecourt.ca) or by regular mail at Box 509, Whitecourt, T7S 1N6. This format will also be used for the 2022 Budget Public Input Session; submissions can be made via the above noted means by 12 noon on September 22. The Ad Hoc Building Steering Committee for the proposed Municipal Centre project presented information to Council on progress the Committee has made in planning the facility. It is proposed that the facility be located in the downtown area, backing onto Rotary Park, to tie into the downtown business corridor and complement components of the Sportfield Master Plan.

- Detailed designs are being completed which will provide cost estimates for the project broken down by component (arts & culture centre, library and Town administration office).

- Once costing is received, the Committee is proposing to roll out a public education campaign to inform the public of the proposed facility and provide a means for community members' questions to be answered. The public education campaign is expected to roll-out in the winter of 2021/2022.

The Oaths of Office Ceremony for the new Whitecourt Town Council is scheduled for 10:00 a.m. on Saturday, Oc-

tober 23. Council Orientation dates have also been scheduled to provide a comprehensive briefing for all new elected officials on municipal operations, policies and procedures.

Whitecourt Town Council has awarded approximately \$18,000 in funding to community organizations via the Vitalization Grant Program. The program assists property owners in the Downtown Core or along the Highway 43 Corridor to upgrade the façade of their building to meet Whitecourt's

stone and wood architectural theme.

Whitecourt Town Council has proclaimed September 18-26, 2021 as National Coaches Week. Community members are encouraged to submit nominations for local coaches as part of the recognition event.

Whitecourt Town Council has proclaimed September 20-26, 2021 as Rail Safety Week. All residents are encouraged to practice safe behaviour around tracks and trains to eliminate

injuries and fatalities.

In partnership with a number of community organizations and agencies, Whitecourt will be sponsoring the 2021 Career and Education Expo on October 21, 2021. The event encourages youth to explore various careers available locally, and provides an opportunity for employers to recruit new employees. The event was originally scheduled for September, but has been postponed due to the uncertainty of the COVID-19 pandemic.

LAC STE. ANNE COUNTY 
Visit [LSAC.ca](http://LSAC.ca) to explore the latest County news and events in greater detail.

**PLANNING & DEVELOPMENT**

**NOTICE OF PUBLIC HEARING**  
of Bylaw 22-2017-05-2021

<b>LOCATION OF HEARING</b> Council Chambers, County Office 56521 Range Road 65	<b>DATE OF HEARING</b> October 6, 2021	<b>TIME</b> 1:00pm
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Pursuant to the provisions of Section 692 of the Municipal Government Act, the Council of Lac Ste. Anne County is considering an application for amendment to Land Use Bylaw 22-2017, by amending Block 2, Plan 7822005 on SE 25-54-04 W5M from Agricultural 2 (AG2) District to Direct Control (DC) District through proposed Bylaw 22-2017-05-20:

- **Bylaw 22-2017-05-2021 for Redistricting Application 008REDST2021, for Redistricting Block 2, Plan 7822005 within SE 25-54-04 W5M from Agricultural 2 (AG2) District under Bylaw #22-2017 to Direct Control (DC) District.**

Written comments on the above proposed Bylaw may be provided prior to 4:30 pm, on October 5, 2021 to:

Lac Ste. Anne County  
56521 RGE RD 65, Box 219  
Sangudo, AB T0E 2A0

Attn: Matthew Ferris, Manager of Planning and Development  
Or email at [mferris@LSAC.ca](mailto:mferris@LSAC.ca)

Interested individuals may attend the Public Hearing to voice their comments. To schedule an appointment please contact Planning and Development Manager, Matthew Ferris at 1.866.880.5722.

The proposed amendment and/or application may be reviewed during regular business hours at the County administration office located at 56521 Range Road 65 or on the County website at [LSAC.ca/Hearings](http://LSAC.ca/Hearings).

OK, so what this fancy language means is that someone has applied to the County to develop a Seniors Housing Development and rezone Block 2, Plan 7822005 within SE 25-54-04 W5M from Agricultural 2 (AG2) District under Bylaw #22-2017 to Direct Control (DC) District.

Before this can happen, a bylaw must be drafted and a public hearing must be held. The ad above lets folks know about when and where the Public Hearing will take place.

# VACCINATION INCENTIVE LAUNCHES

Submitted by Government of Alberta

Eligible Albertans can now register to get a \$100 debit card for receiving a first or second dose of COVID-19 vaccine.

This one-time incentive is for all Albertans age 18 or older who receive either a first or second dose of vaccine between Sept. 3 and Oct. 14.

“Vaccines offer the best protection from COVID-19

– we’ve seen the results of vaccination, right here in Alberta. The more Albertans we can encourage to get vaccinated, the safer all of us will be. This incentive is just the latest in a number of approaches we’ve used to make the vaccines accessible and available to all eligible Albertans. Now is the time to get your shot.”

Tyler Shandro, Minister of Health

After vaccination, individuals can go to [alberta.ca/VaccineDebitCard](http://alberta.ca/VaccineDebitCard) and register online to receive a prefilled debit card. Alberta Health will validate all registrations against provincial immunization data. CIBC will distribute the debit cards on behalf of the Government of Alberta.

The first 15,000 Albertans will receive their debit cards in October. Debit cards for additional eligible registrants will be delivered in November and December.

Albertans who do not have access to a computer or a mobile device can phone 310-0000 for assistance.

Vaccine lottery

All Albertans who have received two doses of vaccine and are aged 18 and over are eligible for the remaining \$1-million draw for Alberta’s vaccine lottery. To register and for complete details, visit [alberta.ca/lottery](http://alberta.ca/lottery). The final draw closes Sept. 23.

Hunt for **GOLD** ...in the Classifieds

**EVENING AUCTION**  
**ROBERT AND BARBARA FURMAN**  
 Friday, Evening Oct 1 at 5 PM

**Located:** From Barrhead - 18mi S on Hwy 33 to Rich Valley School or Twp 564. then 4mi W.  
 From Junction Hwy 43 and Hwy 33 - Go 9mi N on Hwy 33 to Rich Valley School or Twp 564. Then 4mi W

**Acreage Equipment:** \*JD 1830 diesel Tractor w 3pt, JD 146 Loader, Tire Chains \*6ft 3pt Brush Mower \*7ft 3pt Blade \*Good BH Trailer w 20' deck, ramps, 2 axles \*14ft Alum Boat w 15 Gale O/B Motor, 2 Oars, GMC Truck Boat Rack \*2 W Trailer \*6ft Truck Canopy \*3 of 100lb Propane Bottles \*17 Sheets Metals Siding \*SW Cult

**Horses/Livestock EQ.:** \*Western Saddles (@ Regular, 1 Junior, 1 Kids) \*Lots of tack, Bridles, Halters, Horse Care Sulphur, Blue Stone \*\*Good HD Panels (12@12ft Plus Gate) \*New Hay Stack Tarp \*Solar Fencer, 600 W Wind Generator, 110 V Fencer \*Good Cattel Squeeze w palpation cage \*8X16 Calf Shed \*Quality Calf Puller, Dehorner, Wire Stretchers, Sled \*Older 16ft Horse Trailer

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**Antiques:** \*Upright Piano/Air Organ \*Ornate Heater \*3 Cream Cans \*Wool Carter \*Buzz Saw, Stone Sharpener, Pioneer Items \*Dresser

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SERENITY FAMILY SERVICE SOCIETY - YOUR NOT-FOR-PROFIT SOCIETY

# BLUE-GREEN ALGAE (CYANOBACTERIA) BLOOM ADVISORY ISSUED FOR NAKAMUN LAKE

Submitted by Alberta Health Services

A blue-green algae (cyanobacteria) bloom has been identified in areas of Nakamun Lake. Residents living near the shores of this lake, as well as visitors to this lake, are advised to take the following precautions:

- Avoid all contact with blue-green algae (cyanobacteria) blooms. If contact occurs, wash with tap water as soon as possible.
- Do not swim or wade (or allow your pets to swim or wade) in any areas where blue-green algae (cyanobacteria) is visible.
- Do not feed whole fish or fish trimmings from this lake to your pets.
- Consider limiting human consumption of whole fish and fish trimmings from this lake, as it is known that fish may store toxins in their liver. (People can safely consume fish fillets from this lake).

As always, visitors and residents are reminded to never drink or cook with untreated water directly from any recreational body of water, including Nakamun Lake at any time. Boiling of this water will not remove the toxins produced by blue-green algae. An alternate source of drinking water should also be provided for pets and livestock, while this advisory is active.

Blue-green algae is naturally occurring, and often becomes visible when weather conditions are calm. Appearing like scum, grass clippings, fuzz or globs on the surface of water, blue-green algae can be blue-green, greenish-brown, brown, and/or pinkish-red, and often smell musty or grassy.

People who come in contact with visible blue-green algae or who ingest water containing blue-green algae may experi-

ence skin irritation, rash, sore throat, sore red eyes, swollen lips, fever, nausea and vomiting and/or diarrhea. Symptoms usually appear within one to three hours and resolve in one to two days. Symptoms in children are often more pronounced; however, all humans are at risk of these symptoms.

Weather and wind conditions can cause algae blooms to move from one location in the lake to another. As such, this advisory will remain in effect

for Nakamun Lake, until further notice.

Please note that areas of Nakamun Lake in which the blue-green algae bloom is NOT visible can still be used for recreational purposes, even while this blue-green algae Health Advisory is in place.

If you suspect a problem related to blue-green algae or if you require further information on health concerns and blue-green algae, please call Health Link at 811. Additional

information is also available online, at [www.ahs.ca/bga](http://www.ahs.ca/bga).

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.

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**ACCELER8**  
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*Fast-acting, Synergistic Natural Weight Management and Sleep Combo*

**HYDR8**  
with Alkalized Water  
*Natural Coral Mineral Supplement: Great-tasting Alkalized Water*

**"I am super excited! Down 4 lbs / 6.5 inches in 8 days. Feeling GREAT! Awesome product!" - Donna**

**"I had given up on losing weight but 11 days in I dropped enough lbs to fit into a favorite pair of jeans hanging in my closet for the last 5 years - and they are loose, Yeah!" - Kayla M.**

**Begin your epic journey at [www.bepic.com/elaine1](http://www.bepic.com/elaine1)!**

# THE CITY'S RESPONSE TO COVID-19

Submitted by City of Spruce Grove

EMA activated in response to provincial state of public health emergency

The City's Emergency Management Agency (EMA) has been activated in response to the state of public health emer-

gency declared by the Government of Alberta on Sept. 15. New province-wide public health actions are coming into effect, with some starting on Sept. 16 and the remaining on Sept. 20.

These public health actions are targeting the Province's top three priorities: maximizing

healthcare capacity, getting as many Albertans vaccinated as possible, and reducing transmission through contact.

The City's EMA is reviewing the new actions and will share the impacts on our services and facilities in the coming days. As always, the health and safety of our residents, staff

and visitors is our top priority. We are committed to community safety and well-being.

Please visit the Government of Alberta's website for more information on the Provincial public health actions.

# MADE IN ALBERTA, BY ALBERTANS

Submitted by Government of Alberta

July 10, 2021 Media inquiries Alberta's government is supporting our province's eco-

nomie recovery by helping farmers sell and market their products.

Agriculture and Forestry Minister Devin Dreeshen introduces the new Made in Alberta, by Albertans label at the Millarville Farmers' Market.

Agriculture and Forestry has developed a new Made in Alberta, by Albertans label that farmers and processors can use on their products. The label will help shoppers quickly identify food made in our province when choosing an item at their local farmers' market or grocery store. Watch for the Made in Alberta, by Albertans label on Alberta products in the future.

Consultations with farmers, processors and consumers will be held this summer to finalize the proposed label and prepare rules for its use on different types of food products.

### Quick facts

- Food and beverage processing is one of the largest employers in our province's manufacturing sector, with about 28,000 workers and record food manufacturing sales of \$15.5 billion last year.

- In Alberta, local food sales in direct-to-consumer channels (farmers' markets and farm retail) have more than doubled since 2008 and exceeded \$1.2 billion last year.

- In 2020-21, Agriculture and Forestry is supporting Open Farm Days through a \$100,000 grant to the Alberta Association of Agricultural Societies to manage the event.

- In 2020-21, the Alberta Farm Fresh Producers received an \$81,000 Canadian Agricultural Partnership grant to support an online local food directory.

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# *fall* HOME RENO **GUIDE**

SEPTEMBER 2021





# PREPARING YOUR FIREPLACE OR STOVE FOR THE SEASON

Fireplaces and wood-burning stoves not only can be beautiful focal points within a home, but they also provide an additional source of heat and can be used to keep rooms or entire homes comfortable without the need for additional and potentially costly heating sources.

Just like more modern home heating systems, stoves and fireplaces need to be maintained, and that maintenance includes readying them before winter when they

are used more heavily. Ensuring a fireplace or stove is in good working order helps to guarantee efficiency of use and safety during the winter months.

Open-flame heating sources carry with them certain risks. The National Fire Protection Association states that, between 2009-2013, American fire departments responded to 56,000 home structure fires that involved heating equipment. The NFPA notes that the

leading factor contributing to home-heating fires is a failure to keep things clean, principally from solid-fueled heating equipment. The following are a handful of ways to stay safe as you get ready for another cozy season around the fire.

Start with the chimney. Begin by having your chimney thoroughly cleaned and inspected. Creosote can build up inside of the chimney. Creosote is highly flammable and

becomes more difficult and expensive to clean the longer it builds up inside your flue lining. In addition, animals may have created nest inside of the chimney since the last time the fireplace was used. A professional chimney sweep should be hired in this situation. He or she will be able to effectively clean the chimney in a manner that is the least messy and disruptive to residents.

*Continued on Page 11*



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# Preparing Your Fireplace or Stove For The Season

Continued from Page 10

•Install or check smoke and carbon monoxide detectors. Operational alarms are essential to preventing injury or death resulting from smoke or carbon monoxide inhalation. Such detectors are inexpensive safeguards that should be installed on every floor of the house. Batteries should be replaced every six months, and the alarms themselves should be changed every five to 10

years.  
 •Inspect the chimney from outdoors as well. Inspect the mortar around any bricks in the chimney and surrounding areas for cracks. If left unaddressed, these can cause dangerous fires. If there are serious cracks, a professional may need to make repairs or the chimney may need to be replaced. You also can have the chimney capped with a screen to keep animals and debris from entering.  
 •Inspect the damper.

A damper is a valve or plate that stops or regulates the flow of air inside a chimney. It should be checked prior to the first use of a stove or fireplace so homeowners can be certain it opens and closes smoothly.  
 •Clear out flammable items. Move flammable items away from the front of a fireplace or stove. Be sure curtains or other home furnishings are far enough away that they will not catch fire from any errant sparks or flames.

•Order wood now. Be sure there is plenty of wood for the season. Ask a wood supplier to estimate just how much will be needed, and double-check that the wood will arrive in time for the start of the season.  
 By preparing for fireplace and wood stove use now, homeowners can ensure their winters are comfortable and safe.

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# HOME NO GUIDE



## 5 WAYS TO MAKE HOMES SAFER

Injuries that occur around the home contribute to millions of medical visits and tens of thousands of fatalities each year. Falls account for the largest percentage of home accidents, with the U.S. Centers for Disease Control and Prevention reporting that around 30,000 fall-related fatalities occur each year in the United States. Many home accidents are entirely preventable when proper caution is exercised.

As homeowners pre-

pare for home-improvement projects, improving safety inside and outside the home should be a priority.

### 1. Improve lighting

One of the easiest ways to reduce the risk of falls is to improve lighting around the home. The National Institutes of Health state that adequate lighting is important at entrances to the home, stairways, hallways, and other frequently traversed areas. Make sure lighting fixtures are using the high-

est wattage light bulb allowed. Artificial lighting sources become even more vital in fall and autumn, when natural light is less abundant in a home. In addition, install lighting outdoors by the front door, over the garage and where garbage pails are stored to facilitate safe passage.

### 2. Eliminate slick surfaces

Improving traction around the house also can minimize falls.

*Continued on Page 13*

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# fall HOME RENO GUIDE



## 5 Ways To Make Home Safer

Continued from Page 12

Throw rugs and runners can be made more secure with nonslip rubber backings. Bath rugs can reduce slipping on wet surfaces in the bathroom. Also, nonslip mats can be used inside of showers and bathtubs.

Use shoe trays to reduce puddling from melting snow or rain runoff in entryways. Mop up spills quickly, and consider the use of matte- or textured-finished flooring to improve stability underfoot.

Promptly remove snow and ice from driveways and walkways. For those who live in cold climates, heated concrete can help melt precipitation before it accumulates.

3. Make needed repairs  
Repair loose floorboards and pull carpet taut if it has started to stretch out. Address cracks outdoors and ensure that patio stones, bricks and pavers are secure and level to reduce tripping hazards. Fix areas of the landscape where water may pool

and freeze, creating potential hazards.

4. Declutter all spaces  
Remove unnecessary items and furniture from rooms to free up more space to get around. Be sure there are no obstructions in walkways, entryways and near doors. Keep staircases clear at all times.

5. Invest in assistive devices

Handrails, grab bars, nonslip stair treads, and many other devices can make homes safer for people of all ages and

abilities. Outfit cabinets and closets with organizers that put frequently used items within easy reach. A sturdy step stool can reduce the risk of injury while reaching for items stored on high shelves.

Taking measures to reduce the risk of falling around the home is a worthwhile home improvement project.

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# fall HOME RENO GUIDE



## ROOMS CAN SERVE DOUBLE DUTY

Many homes do not have space for guest rooms, kids' play areas and home theater lounges that are possible in homes with substantial square footage. But they may not be missing out at all.

While large homes remain popular, many people are embracing the benefits of smaller residences. Small homes help homeowners save money, require less maintenance, have smaller environmental impact, and reduce the temptation to accumulate "stuff."

Owners of small homes or apartments can still enjoy the benefits of larger spaces, they just need to equip rooms to perform double

duty.

### Living room/guest room

Entertaining guests is easier when there's a dedicated space where visitors can feel at home. When furnishing a living room, keep the guest room in mind. A sofa that opens up to a bed or a convertible sectional can be a comfortable place for guests to lay their heads. Side tables provide guests with places to store their belongings, and an empty storage chest can house bed linens or guests' clothing.

### Den/playroom

Children tend to accumulate toys and games. And as kids grow from children to young adults, their list of must-have items - from

video gaming systems to other electronics - grows along with them. Storage can make a room functional for both adults and children. Devote an entire wall to a closet or drawer system where toys can be stored out of sight when necessary. Storage ottomans can be used for extra seating while also providing somewhere for homeowners to stash stuffed animals or games for easy access. When choosing furniture, look for fabrics that are resistant to stains and modular pieces that can be moved around as necessary to create room for playing or entertaining.

### Bedroom/home office

In 2015, 24 percent of em-

ployed people in the United States did some or all of their work at home, says the Bureau of Labor Statistics. Bringing work home means men and women will need a space to work. In tight quarters, bedrooms may be the only available area. An armoire-style desk will blend in with the decor and can hide paperwork and electronics behind doors. Otherwise, a makeup vanity can serve the dual purpose of providing a place to get ready for a night out and a ready space to house a laptop during the day.

In smaller homes, homeowners may be forced to turn rooms into dual purpose areas.

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# INTERESTING FACTS ABOUT GOLF

Golf is played all over the globe. Golf is one of the world's oldest sports, boasting a rich history. Golf is a sport of skill, that can involve not only ath-

letic prowess, but also brain power. Here are some interesting facts about the game.

- To this date, golf is only one of two games to be played on the moon. The other is a javelin throw.
- Long before the advent of tees, golfers played off of hand-built sand piles.
- In 1889, Ab Smith

inadvertently coined the phrase "birdie," when he hit a shot he defined as a "bird of a shot."

- Making a hole-in-one during a round of golf is quite a challenge. However, the odds of making two are incredibly low, at one in 64 million.
- Only around 20 percent of golfers have a handicap below 18. The United States Golf Teach-

ers Federation defines handicap as "a measure of a player's current ability over an entire round of golf, signified by a number. The lower the number, the better the golfer is."

- The word "caddy" comes from "cadet," the French word for "student."
- A regulation golf ball contains 336 dimples.

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# ST. ALBERT RCMP WARN CITIZENS ABOUT FACEBOOK FRAUD SCAM

Submitted by St. Albert RCMP

St. Albert RCMP received a complaint about a citizen who fell prey to a relationship/dating scam. The individual met the scammer on the Facebook Dating App, and began a friendship for approximately 6 months. They communicated on Facebook and on a App called "Telegram." The male stated he was a doctor in the military on a mission overseas.

After several months of communicating online their friendship moved into a ro-

mantic online relationship. In early June the fraudster indicated he needed money for his son's birthday present (a piano), who resided in the United States while he was overseas. The St. Albert resident wire transferred \$7500 USD, to a bank account in the United States, thinking it was for the birthday present. The citizen realized, after-the-fact, that it was a scam and the money was lost.

This is just one of many relationship scams circulating in Canada. St. Albert RCMP want to warn citizens about such scams and how

to protect yourself from being victimized. Here are a few ways on "How to Spot a Scam:"

- Calls from unfamiliar area codes or numbers.
- Emails from unknown senders or addresses.
- Online or over the phone requests for immediate payments, money transfers, e-transfers, or gifts cards, (this includes individuals one meets through dating apps)
- When personal or financial information is requested via text, or email.

• Pre-recorded phone messages or voice-mails from banks or government agencies.

• Be extra cautious when dealing with cheques from unknown parties.

• If you're unfamiliar with how cryptocurrencies work, you should avoid dealing in them.

If you have been a victim of fraud or would like more information on all the different fraudulent scams in Canada, visit the Canadian Anti-Fraud Centre @ [www.antifraudcentre-centreanti-fraude.ca](http://www.antifraudcentre-centreanti-fraude.ca)

# FIRST NEW TREATMENT FOR ALZHEIMER'S DISEASE APPROVED IN NEARLY TWO DECADES OFFERS HOPE FOR PEOPLE LIVING WITH DEMENTIA

Submitted by Alzheimer Society of Canada

The Alzheimer Society of Canada is hopeful about the U.S. Food and Drug Administration's (FDA) approval of aducanumab, a new treatment for Alzheimer's disease. This news represents an important step forward for people living with Alzheimer's disease. The FDA requires that Biogen complete an additional clinical trial to verify the drug's

benefit. If the trial fails to verify the clinical benefit, the FDA may initiate proceedings to withdraw approval. For aducanumab to be available in Canada, the drug will require regulatory approval by Health Canada to ensure its safety and efficacy. The Alzheimer Society of Canada is urging Health Canada to complete its required reviews swiftly, while maintaining the highest safety standards, so that aducanumab can be made

available as quickly as possible to people living with dementia in Canada.

While this approval is encouraging, aducanumab is not suitable for all people at all stages of dementia. The drug may slow the decline in cognitive skills and functional ability in people living with Mild Cognitive Impairment (MCI) or in the early stages of Alzheimer's disease. Aducanumab is reported to work by clearing harmful amyloid beta

that builds up in the brain, which is thought to result in Alzheimer's disease.

The Alzheimer Society of Canada is committed to funding innovative dementia research focused on prevention, diagnosis, treatment, and finding cures for Alzheimer's disease and other dementias. To learn more, visit [www.alzheimer.ca](http://www.alzheimer.ca).

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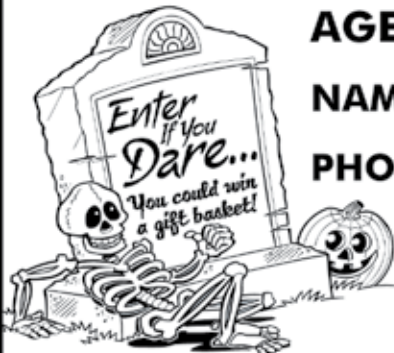
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**For more information, Call (780) 907-8642**

# COMMUNITY EVENTS 2021

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9228. Please note that all submitted event listings must be limited to 200 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

FREE Movie at Roxy Theater in Barrhead by C.A.N. Sept 30th deadline to sign up Sept 25.

**NOTE: Please inquire first as COVID-19 restrictions may still apply.**

## FARMERS MARKETS

**ALBERTA BEACH:** Sundays, 11:30 - 3pm. Contact Hali 780-666-1604 \*May - September  
**BARRHEAD:** Saturdays, 10AM-1PM at Barrhead Agrena. Sherry 780-674-6802 \*May - Dec.  
**ONOWAY:** Thursdays, 5-8PM at Onoway Community Hall. 780-667-6327 or onowayfarmersmarket@gmail.com. \*Starts May 1<sup>st</sup>.  
**SPRUCE GROVE:** at the Elevator, Sat 10:00-1:00PM, Info (780)288-6174 \*April - Dec.  
**STONY PLAIN:** Saturdays, 9AM-1PM, Community Centre Downtown, Stony Plain. Nancy 780-962-3993. \*April - Dec.  
**WHITECOURT:** Tuesdays 11AM-2PM, Whitecourt Legion Hall, 779-7002. \*May - Oct.

## BINGO

**BARRHEAD ROYAL CANADIAN LEGION:** Doors 5:30pm, games start 7PM. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.  
**CHERRILL BINGO:** Tuesdays at Cherrill Community Association. Doors @ 6:30PM, Games @ 7:30PM.  
**CHERRILL LEGION:** First Sunday of Month. Doors Open 12:00PM  
**RICH VALLEY COMMUNITY HALL BINGO:** 7:30PM. Loonie Pots. Next bingos Sept 1st, 15th, 29th.  
**STONY PLAIN SENIOR'S DROP-IN CENTRE,** public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685  
**WHITECOURT SENIORS CIRCLE,** Every Tuesday. Open @ 5PM, 1<sup>st</sup> call @ 6:45PM, Nevadas, Concession. 780-778-4950 \*Sept - June

## MEAT DRAWS

**ALBERTA BEACH:** Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungle's Bar & Grill.  
**BARRHEAD ROYAL CANADIAN LEGION:** Fridays 6:00PM. Queen Of Hearts draw & 50/50.  
**ONOWAY ROYAL CANADIAN LEGION:** Fridays, Ph. 780-967-5361  
**STONY PLAIN ROYAL CANADIAN LEGION BR# 256:** Saturdays @ 3:00PM. Meat Draw & 50/50.  
**WHITECOURT LEGION:** Saturdays 4:00PM. Located downtown behind the CIBC.

## MEALS ON WHEELS

**ONOWAY:** LSAC Div 1 & 2, East of Hwy 43, Hazel Bourke: 780.967.2338 or bhbourke@icloud.com  
**WEST END:** Sangudo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: westendmew@outlook.com  
**JAMBOREES**  
**CARVEL:** 2<sup>nd</sup> Sunday of month. \$6 lunch served. Info 780-991-3001  
**MAGNOLIA:** at Magnolia Hall. 2<sup>nd</sup> Saturday of Month. New Time is 1:00PM. Call to confirm, 727-2015. \*October - May, NO Dec.  
**SANGUDO:** Sangudo Community Hall Jamborees will start the 1st SUNDAY of the month @ 1:00 pm as soon as possible. Current restrictions make Jamborees too risky. Please get fully vaccinated so we can continue these important functions soon. Watch for further updates & keep safe, thanks. Info call 785-4105 or 305-5088.  
**SPRUCE GROVE:** at Sandhills Community

Hall, 3<sup>rd</sup> Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 \*September - June.  
**Edmonton Northwest Senior's Center:** 12963 - 120st NW, Every Wed From 1-3:30pm Aug & Sept Admin: \$5 non members \$2 members Yearly membership \$30  
**STONY PLAIN:** Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of month, 7PM, \$2.  
**WHITECOURT SENIORS CIRCLE:** 2<sup>nd</sup> Sunday of the month 1-5PM, \$5/Adm Door prizes & 50/50 draw. 780-778-4950 \*Nov - June

## TOPS (Take Off Pounds Sensibly)

**SANGUDO:** Tues, United Church, 6:00PM, Toni (780)-786-4612 or Sandy (780)-305-9669  
**STONY PLAIN:** Thurs evening at 5:30PM, Stony Plain Library, Susan (780) 968-0869  
**SPRUCE GROVE:** Mon at 5pm at Anglican Church, 131 Church Rd. Betty (780)-962-3857  
**SPRUCE GROVE:** Tues at 6:15pm at Anglican Church, 131 Church Rd. Sharren (780)-962-2722  
**SPRUCE GROVE:** Wed at 8:45am at Anglican Church, 131 Church Rd. Christianne

## YOUR COMMUNITY

**DUFFIELD COMMUNITY HALL BBQ** steak and Chicken SUPPER Sat September 11 live band info phone 780 892 2425  
**THE LAC STE ANNE COMMUNITY CHOR** is excited to be starting up once again on Wednesday, Sept. 8 at the Alberta Beach Heritage Centre behind the hotel. We welcome anyone Registration from 6:00 pm. Rehearsal @ 7:00 pm-9:00 pm every Wednesday Please bring your own mask to be used when not singing.  
**MAYERTHORPE LEGION BR. #126:** Seniors' Floor Curling - Thurs @ 1pm, Fun Darts - Thurs @ 7pm. Wings Night - Every Wed 5-8pm. Steak & Fish Night - 1<sup>st</sup> Friday of month 5-8PM. Everyone welcome. For more info please call 780-786-2470.  
**ONOWAY ROYAL CANADIAN LEGION:** Open Tuesdays 7PM to 10PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3PM-10PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).  
**PROBLEMS WITH DRUG OR ALCOHOL ADDICTION** in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.  
**SPRUCE GROVE ELEVATOR TOURS,** Tues-Sat, 9:00-3:00PM. Info 960-4600.  
**UNITED CHURCH THRIFT SHOP:** North end Curling Rink, Onoway. Open Fri & Sat, 10AM-4PM.  
**FREE TUTORING FOR ADULTS:** Need help with reading, writing, math, English language (ESL) or basic digital skills? Free 1-on-1 and small group tutoring! Odette Lloyd 780-220-6460. calp@norquest.ca  
**WATER SAMPLE DROP OFF:** Tues Onoway Aspen Health Services. Drop off 1:00-2:30PM.

**SOCIAL EVENTS**  
**ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES:** Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.  
**BADMINTON:** Wed, 7-10PM, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.  
**COME PLAY CRIB:** Fridays, 7:30PM at Darwell Seniors Hall; lite lunch is served. All ages!  
**COUNTRY QUILTERS** in Stony Plain house a "Sew in Tuesday", 2<sup>nd</sup> Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.  
**JR. SCRAPBOOKING** Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404  
**"ME, YOU, & EVERYBODY"** Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach

Aglix from 10:00-11:00AM starting May. Funded Lac Ste Anne FCSS.  
**ONOWAY GOLDEN CLUB:** Cards Tuesdays, 1PM. 1<sup>st</sup> Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.  
**ONOWAY HAVE FUN & GET FIT!** Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.  
**PANCAKE/BREAKFAST SOCIAL:** 3<sup>rd</sup> Sunday 9:00-11:30AM, Parkland Village Community Centre. \*except June, July, August  
**RIVER TALKERS TOAST MASTERS CLUB,** Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-5040.  
**SANGUDO ART CLUB** meets every Thursday morning at 9AM at the Sangudo Community School. New members welcome. For further information call Brenda at 780-785-2402.  
**SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St). 2<sup>nd</sup> Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032  
**SPIRITUAL LIVING STONY PLAIN GATHERING** at PERC Building (5413-51 St). Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032  
**WHITECOURT SENIORS CIRCLE DROP IN CRIB** 1<sup>st</sup> & 3<sup>rd</sup> Sundays 1:00PM. 780-778-4950  
**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> Wednesday at 1PM.

## MEETINGS

**1ST ONOWAY SCOUTS:** Registration, Mondays 6:30-8PM. Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.  
**2716 ROYAL CANADIAN ARMY CADETS,** Wednesdays 6:30-9:00PM at Mayerthorpe Legion. Youths 12-18yrs. Call 780-515-1842  
**299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE:** Stony Plain Comm Center, Wed 6:30PM. Youths 12-18, 963-0843  
**3053 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS,** Onoway Historical Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586  
**526 BARRHEAD AIR CADETS,** Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233  
**755 PARKLAND AIR CADETS** Thurs, 6:30-9:30PM Muir Lake School, ages 12-18. Info call 405-6585 or www.755aircadets.com.  
**AA - MAYERTHORPE,** Kingsmen Hall, Thurs 8PM. (780) 786-2604 or (780) 786-1927  
**AA - SANGUDO GOLDEN CLUB,** Tues 8PM call 786-4402/785-9214/785-3599  
**AL-ANON** Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205  
**ALBERTA 55 PLUS:** Villeneuve Hall at 10AM. Meetings on 2<sup>nd</sup> Tues of month. Info: Donna 780-962-5933  
**ALBERTA BEACH & DIST LIONS CLUB** meets every 4<sup>th</sup> Tues 7:00PM, Alberta Beach Aglixplex.  
**ALBERTA BEACH AG SOCIETY** meets on the 4<sup>th</sup> Thurs of month, 7:00PM, Alberta Beach Aglixplex.  
**ALBERTA BEACH MUSEUM** meets on the 2<sup>nd</sup> Wed, 7:00PM at Heritage House 924-3167.  
**ALCOHOLICS ANONYMOUS:** The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway  
**BARRHEAD & AREA CANCER SUPPORT GROUP:** 4<sup>th</sup> Thurs. 6:30-8:00PM at Barrhead United Church.  
**BARRHEAD ROYAL CANADIAN LEGION,** meeting every 2<sup>nd</sup> Thurs, 7PM at the Legion Hall.  
**CHERRILL COMMUNITY ASSOC.** Monthly Meeting 1<sup>st</sup> Wednesday, 8PM at the Hall. 785-2825 \*Except Jan, July, Aug, Sept.  
**CHERRILL SILVER & GOLD SENIORS CLUB** Regular Meetings 1<sup>st</sup> Tuesday of month, Cherrill Seniors Hall. Call Rosmary 780-785-2625

**CHERISHED MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12PM, Alberta Beach Aglixplex. Info call 780-902-4879 or 780-999-7622. \*Sept-June.  
**Citizens Helping In Life's Defence (C.H.I.L.D)** Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.  
**DARWELL & DISTRICT AG SOCIETY MEETINGS,** 8:00PM, 1<sup>st</sup> Monday, Darwell  
**DDRA MEETING,** 7:00PM, 2<sup>nd</sup> Mon, Darwell Centennial Hall 780-892-3099. \*except Jul/Aug/Dec  
**GriefShare:** Weekly grief support group held on Tuesdays 6:30 - 8:30 pm, starting Sept 14 at Crossroads Community Church, 4419 44 Ave, Mayerthorpe. \$25 for 12 sessions. Pre-registration required. Call 780-786-2695 today.  
**GIRL GUIDES, BROWNIES & SPARKS** Thurs, 6:30PM, Onoway Heritage Centre. Info Laura, 780-967-1004.  
**GREENCOURT COMMUNITY ASSOCIATION** meet 2<sup>nd</sup> Tuesday, monthly at 7:30pm at the hall. Info W. Jager (780) 786-4648.  
**KINETTE CLUB OF MAYERTHORPE,** 7:30PM at Kinsmen Hall, 1<sup>st</sup> Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy 780-786-0161.  
**LAC STE ANNE ARMY CADETS,** Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443  
**LAC STE ANNE COMMUNITY CHOR,** Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348.  
**LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY:** 3<sup>rd</sup> Fri, 7PM, Alberta Beach Council Chambers.  
**LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS:** 3<sup>rd</sup> Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121  
**MAYERTHORPE HOSPITAL AUXILIARY ASSOC,** every 4<sup>th</sup> Mon, 5PM in Hospital Basement Education Room.  
**MAYERTHORPE LEGION BR. #126:** Meetings 2<sup>nd</sup> Mon of month at 7:30PM. For more info please call 780-786-2470.  
**MEN FOR SOBRIETY:** Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.  
**MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP** Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 \*Sept-June  
**NA MEETING,** Tuesdays 7:00PM Poplar Valley Church (780)514-6011  
**ONOWAY & DIST HERITAGE SOCIETY:** 2<sup>nd</sup> Wed of each month, 7:00PM, Onoway Legion  
**ONOWAY & DISTRICT HISTORICAL GUILD:** 3<sup>rd</sup> Wed 7PM, Onoway Museum. 967-5263 or 967-2452.  
**ONOWAY & DISTRICT QUILT GUILD:** Every 2<sup>nd</sup> Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Lyla @ 780-967-2629.  
**ONOWAY ROYAL CANADIAN LEGION** General Meetings, 1<sup>st</sup> Mon, 7PM. \*Sept-June  
**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agriplex on the 2<sup>nd</sup> Wed of the month, 7:00PM.  
**RIVER TALKERS TOASTMASTERS CLUB** Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180.  
**SANGUDO PAINTING GROUP:** Every Thurs, 9AM-12PM at Sangudo Community School. Info, call 780-785-2112.  
**SUNDOWNERS TOASTMASTER CLUB:** Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy 960-5258  
**WESTLOCK & AREA CANCER SUPPORT GROUP:** 3<sup>rd</sup> Wed. 6:30-8:00PM at Westlock Library.

# SUDOKU



**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:**

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

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

## Church Directory

<p><b>Rich Valley Community Church</b></p> <p>Sunday School 10:00 a.m.</p> <p>Worship Service 11:00 a.m.</p>	<p><b>Catholic Parish of Lac Ste. Anne</b></p> <p>Sunday 10:00 a.m.</p>		<p><b>Mayerthorpe Baptist Church</b></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><b>Alberta Beach Alliance Church</b></p> <p>Sunday Worship Service &amp; Kid's Church 11:00 a.m.</p> <p>Sunday School 10:00 a.m.</p> <p>(780) 924-3282</p>	<p><b>St. John's Anglican Church</b></p> <p>Onoway Sunday Service 10:00 a.m.</p> <p><b>Everyone Welcome</b></p>
<p><b>St. John's Lutheran Church</b> Alberta Beach</p> <p>Sunday Service 11:00 a.m.</p> <p>Sunday School</p>	<p><b>Zion United Church</b></p> <p>Sunday Service 10:00 a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabaman, Darusell &amp; Lake Isle, Onoway &amp; Area (780) 924-3351</p>	<p><b>Sangudo United Church</b></p> <p><b>Christmas Eve Service 6:00 p.m.</b></p> <p>Worship Service 3<sup>rd</sup> Sunday 11:00 a.m.</p> <p>4907-50 Ave. Sangudo, AB</p>	<p><b>St. Mary's Anglican Church Service</b></p> <p>Holy Communion 2<sup>nd</sup> Sunday each month 11:00 a.m.</p> <p>at Sangudo United Church</p> <p>Reverend Barry Rose Officiating</p>	<p><b>Cherhill Community Church</b></p> <p>Sunday School 10:00 a.m. - 11:00 a.m.</p> <p>Worship Service Sunday 11:00 a.m.</p>	<p><b>St. Michael Lutheran Church</b></p> <p>Sunday Services 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday at 2:00 p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>
<p><b>Trinity Lutheran Church (LC-C)</b> "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 &amp; Cottage Bible Study - Phone for locations</p>	<p><b>Crossroads Community Church</b> P.A.O.C.</p> <p>Rev. Arnold Lothoiz</p> <p>Sunday Service 10:30 a.m.</p> <p>(780) 786-2424</p>		<p><b>Onoway Baptist Church</b></p> <p>Sunday Service 10:30 a.m.</p> <p>(780) 967-2266</p>	<p><b>Roman Catholic Church</b></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><b>Calahoo Alliance Church</b></p> <p>Family Worship Service Sunday 10:00 a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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