



FREE

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.

February 15, 2022

CHERRILL 4-H MULTI-CLUB

Submitted by Cherhill 4-H Multi Club

The first month of 2022 is going well for the Cherhill 4-H Multi Club! Things are pretty busy!

Project meetings are well underway:

BEEF: Two Beef project meetings have taken place, including a Health and Feed Tour, and an Artificial Insemination workshop.

SHEEP: Sheep kids at-

tended a Health and Vaccination workshop.

QUILTING: Some members have finished their first project and are starting a bag and/or table runner, while others continue to work on their first project.

VET SCIENCE: Vet Science members visited the Vermeer Dairy farm for a tour, where they learned how a large, commercial dairy runs. They learned about Rotary Milking Par-

lours and the science and technology behind feeding, milking and keeping cows healthy.

FEATHERED FRIENDS: Feathered Friends will be making bird feeders.

FOODS: Foods made four delicious flavours of pancakes, including cinnamon bun, YUM!

Continued on Page 2

TEACHERS WANT NORMALCY, BUT CAUTION IS STILL NEEDED

Submitted by The Alberta Teacher's Associations

In response to the latest COVID-19 provincial update, ATA president Jason Schilling has released the following statement:

Just one month ago, the government decided to extend winter break and provided new, medical

grade masks to all schools. Now just days after those masks have arrived in some schools, the provincial government has decided to eliminate masking requirements entirely. The school community expects that the government will make decisions after carefully considering expert scientific advice and, when ap-

propriate, proceed with a gradual reduction in safety protocols so that students and teachers can continue to learn and teach with confidence that our schools are safe and healthy places.

"A return to a more normal school setting is something that everyone is hoping for.


Continued on Page 2



Affinity
Funeral Service

DRAYTON VALLEY 780.542.3338
WHITECOURT 780.778.3330

www.affinityfuneralservice.ca



PREVAIL MAX
CELLULAR HOMEOSTASIS FORMULA

Nutritional Breakthrough For Your Cells

LIVIN TRIM WITH VALENTUS
(780) 907-8642
www.ValentusTour.com/Ladybug



PURE HEMP PRODUCTS
HEALTHY, SUSTAINABLE, EASY ON THE EYE AND FEELING GOOD ABOUT IT

KEY BENEFITS:
Inhibits Cell Growth in Tumors
Relieves Pain
Promotes Health
Relieves Anxiety
Neuroprotective

(780) 907-8642



SLIMROAST Optimum
DARK ROAST COFFEE

YOUR LOGICAL SOLUTION TO WEIGHT MANAGEMENT

(780) 907-8642



View us ONLINE!
WWW.COM-VOICE.COM

Cherhill 4-H Multi-Club



SHANE GETSON
MLA for LAC STE. ANNE-PARKLAND

**CELEBRATING
FAMILY DAY
IN ALBERTA**

The love of a family is
life's greatest blessing.

LacSteAnne.Parkland@assembly.ab.ca
#18, 4708 Lac Ste Anne Trail, N. (Box 248)
Onoway, AB T0E 1V0 780-967-0760

Continued from Page 1

ENGINEERING: Engineering kids will be building a lego house and try to blow it over with a leaf blower.

TRAPPING: Trapping kids set up squirrel traps.

Christmas Party!

The Club's annual Christmas Party was loads of fun! Everyone enjoyed themselves skating, sledding, and building snowmen outside at the Russell

Farm. Thank you to the Russells for hosting!

Communications Day!

Communications Day is February 5, 2022 at the Cherhill Hall! Can't wait to hear everyone's fabulous presentations!



**Made
You
LOOK!**

See
Advertising
works!
Place your
ad today!




**HAPPY
Valentine's
DAY**

GERALD SOROKA, MP
YELLOWHEAD



**HAPPY
Family
DAY**

GERALD SOROKA, MP
YELLOWHEAD



COMMUNITYVOICE
— YOUR LOCAL NEWSPAPER —

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

**E.J. Lewchuck &
Associates Ltd.**

Box 3595
Spruce Grove, AB
T7X 3A8

SALES TEAM

Elaine
Ashley

TELEPHONE:

Advertising 962-9228
Fax 962-1021

E-MAIL:
comvoice@telusplanet.net

Teachers Want Normalcy, But Caution Is Still Needed

Continued from Page 1

However, we do not want a hasty decision, only to take us a step backwards in a few weeks. We urge the government to take a more cautious approach regarding the safety protocols in schools."

"Teachers, like most Albertans, are tired of the pandemic, but they are also worried about the speed at which the government announced the removal of the one protection that was available to all students—masking."

Throughout the past two years, the minister of education has consistently abdicated the responsibility of the pandemic response to school boards. The minister has stated the importance

of school boards' autonomy and their ability to make decisions and respond to specific local needs. In response, many boards stepped up and made the hard, but necessary, decisions to ensure community safety. However yesterday, this strategy changed, and the minister stripped school boards of their capacity to respond to COVID in their schools and communities.

"Once again, the government has made a decision without consulting educational stakeholders, including the Association and school boards. Consulting those working every day in schools was the bare minimum the government should have done. They didn't."

The government of Al-

berta has repeatedly stated that schools reflect the COVID that is present in the community. Average COVID rates remain at a high level across the province, and students will now be in crowded spaces, many poorly ventilated, without masks.

"We have consistently heard from the government that schools reflect the COVID that is present in the community. Why remove the mask mandate so quickly when community spread has not decreased significantly? What will be

so different next week from this week?"



JOKE of the week

There is a skeleton in our neighborhood who always knows that something bad might happen way before it actually happens. He has actually become quite famous and when a TV crew interviewed about the reason behind this ability, the skeleton finally disclosed his secret: he could feel the bad vibes in his bones.

SERENITY

FUNERAL SERVICE

NEW FACILITY

Chapel & Reception Centre

600 Calahoo Road Spruce Grove, AB

780-962-2749 www.serenity.ca

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

Important Notice

Dangerous Ice Conditions

<p>Hasse Lake NE-14-052-02-W5M; West of Stony Plain</p> <p>Muir Lake NW-32-053-27-W4M; North of Stony Plain</p>	<p>Peanut Lake NE-15-058-03-W5M; South of Barrhead</p> <p>Spring Lake NE-30-052-01-W5M; West of Stony Plain</p>
---	---

Lake aerators create hazardous thin ice and open water.
For your safety, observe these posted warnings at all times:

Lake Aeration in Progress
Danger-Thin Ice and Open Water

Take these extra measures while on an aerated lake:

- Use at your own risk.
- Don't go beyond danger signs or approach the open water.

For inquiries or to report a problem, please call:
780-410-1999.

Alberta Conservation Association

toll free: 1-877-969-9091 • ab-conservation.com

CALL FOR PROPOSALS FOR NATIONAL FUNDERS TO SUPPORT CHARITIES AND NOT-FOR-PROFITS

Submitted by Gerald Soroka MP of Yellowhead

Gerald Soroka Member of Parliament for Yellowhead wishes to advise that Families, Children and Social Development Canada has launched a call for proposals to select national funders to distribute funding to help

diverse charitable and not-for-profit organizations adapt and modernize toward supporting economic recovery in communities across Canada.

The Community Services Recovery Fund is a one-time investment of \$400 million that will help charities and not-for-profits to

acquire the tools they need to modernize and adapt to the challenges the sector faces from the pandemic. The Government will select national funders based on their ability to achieve a wide distribution of funding across the charitable and not-for-profit sector, and to work collaboratively and

efficiently to administer the Fund.

Specifically, national funders will:

- set up open application portals
- reach out to diverse communities across Canada
- assess community-level needs
- distribute the funding

The Government is inviting three organizations who meet the criteria to submit a proposal: Community Foundations of Canada, the United Way Centraide Canada and the Canadian Red Cross. Other organizations can also enquire about the process for selecting national funders or for submitting a proposal.

Once selected, national funders will design their own application processes to select eligible recipients of the Community Services Recovery Fund's modernization and adaptation projects. The call for proposals to become a national funder is open until February 21, 2022.

HIGH-SPEED INTERNET

Submitted by Gerald Soroka MP of Yellowhead

Gerald Soroka, Member of Parliament for Yellowhead wishes to advise that over \$41 million in funding for 21 projects will bring high-speed Internet to 2,676 households in rural Alberta.

Lac Ste. Anne County FCSS is once again offering the Community Volunteer Income Tax Program (CVITP)

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

**Volunteers are ready to assist you in preparing your 2021 Income Tax Returns.
Returns will be completed between February 28th and April 15th.**

Qualification Guidelines for this FREE service are:

Family Size	Total Family Income
• 1 Person	\$35,000
• 2 Persons	\$45,000
• 3 Persons	\$47,500
• 4 Persons	\$50,000
• 5 Persons	\$52,500
• More than 5 persons	\$52,500 plus \$2,500 for each additional person

Returns **cannot** be completed by our Volunteers if any of these situations apply:


- are self-employed or have employment expenses
- have business income and expenses (unless income is in box 048 on a T4A slip and less than \$1,000 with no related expenses)
- have rental income and expenses
- have interest income over \$1,000
- have capital gains or losses
- have foreign property (T1135)
- filed for bankruptcy
- are completing a tax return for a deceased person
- are foreign workers

We require the following information in order to complete your return:

























- Personal information (address, birthdate, Social Insurance Number, marital status)
- Dependents' information (spouse/children's names, birth dates)
- All "T" slips (T4, T4A, OAS, etc)
- All forms, schedules and labels you have received from Revenue Canada
- Receipts for any expenses, such as medical, moving, tuition, sporting activities, etc.
- Previous year's tax return, if available

To book an appointment or for more information, please contact:

Taryn Monteith, Community Services Coordinator
780-785-3411 or 1-866-880-5722



THESE PAGES ARE SPONSORED BY THE FOLLOWING BUSINESSES

 Village of Alberta Beach 924-3181	 Bro Built Homes & Contracting Ltd 940-6415	 Summer's Drilling 963-1282	 Leann Knysh -Century 21 Masters 963-2285
 ATB Finanical -Alberta Beach 924-2211	 Liquor Cottage 924-3385	 Top & Drop Tree Services 924-2014	 Diannes' Tri Village Pizza 924-3132
 Alberta Beach Inn & Suites 587-763-0351	 Beach Comber Beauty & Barber Salon 924-3242	 Jack's Auto Body Ltd. 967-5850	 Beach Front Liquor 669-8650
 Mama's In The Kitchen Restaurant & Catering. 924-2468	 Ecko Marine & Power Inc. 924-3255	 Alberta Beach & District Ag Society 995-7619	 Jeddy's Bar & Grill Ltd 924-2121
 Alberta Beach Esso 924-3707	 Beachside Market 924-3155	 Guardian Beach Pharmacy 924-3647	 Wendy's Neats & Treats 967-0351
 Gunn General Store 967-5550	 Estate's At Waters Edge 1-877-405-1105	 C+D Tank Truck Service -Cherhill 785-3383	 Grande Tire -Onoway 967-3432

FEBRUARY

19TH TO 21TH, 2022

ON ICE EVENTS

SATURDAY:

*10/person

SUNDAY:

*15/person

(10 and under,
are FREE!)

SnoMo Days

ALBERTA BEACH



Saturday

Sunday

50/50 Ticket Sales	All Day
Snowmobile Poker Rally Registration	Agilplex 9 am - 11 am
Snowmobile Poker Rally Event	Designated Trail - 9 am - 5 pm
Freeze Hunger Van	near Beachside Market - 10 am - 6 pm
Snow Sculptures Carving	Across from Lion's Park - All Day
Lake Ice Skating	On the Ice - All Day
Over the Line Snowball	Event Next to Heritage Centre - 11 am
Beachside Market BBQ	Beachside Market - 11 am - 7 pm
Car Racing on Ice	11:30 am to 4pm
Skate Hut & Concession	Beachwave Park - 12 noon - 8 pm
Public Skating	Beachwave Park - 12 noon - 2 pm
Horse-Drawn Wagon Rides	Beachwave Park - 1 pm - 3 pm
Snomo Tatoos	Beachwave Park - 12-5pm
Family & Friends Skate	Beachwave Park - 3 pm - 9 pm
SnoMo BBQ	Beachwave Park - 4 pm - 5 pm
Ice Breaker Party (18+)	On the Ice - 5 pm - 11 pm
Couples Skate Contest	Beachwave Park - 7 pm - 7:30 pm
SnoMo Bonfire	Beachwave Park - 7 pm - 9 pm
Snowmobile & ATV Parade	Boat Launch - 7 pm
Fireworks Boat Launch	- 9 pm

50/50 Ticket Sales	All Day
Lake Ice Skating	on the lake All Day
OHV Novelty Challenge	Registration Agilplex - 9 am - 11 am
Freeze Hunger Lake	Admin Gate - 10 am - 3 pm
Concessions on the Ice	Near tent 10am to 6pm
Ice Park & Kids Zone	Ice Park - 10 am - 4 pm
Car Racing on Ice	11:30 am to 4pm
Snomo Tatoos	Beachwave Park 12-5pm

WWW.SNOMODAYS.COM



FEBRUARY

19TH TO 21TH, 2022

ON ICE EVENTS

SATURDAY:

*10/person

SUNDAY:

*15/person

(10 and under,
are FREE!)

SnoMo Days

ALBERTA BEACH



Sunday Con't

Skate Hut & Concession	Beachwave Park - 11 am - 8 pm
Broomball Tournament	Beachwave Park - 10 am - 3 pm
Snow Dig Ice Park	- 11 am
Beachside BBQ	Across from Beachside Market - 11 am - 7 pm
OHV Novelty Challenge Event	On the ice - 11:15 am - 1:15 pm
Vintage Show and Shine	On the ice - 12 noon - 5 pm
5 km Walk/Run	Starts on the ice - 1 pm
Family & Friends Skate	Beachwave Park - 3 pm - 9 pm

Monday

Freeze Hunger	Ice Entrance - 8 am - 1 pm
Lake Ice Skating	On the Ice - All Day
ATV Poker Rally Registration	Agliplex - 9 am - 11 am
ATV Poker Rally Event	- 9 am - 4 pm
Skate Hut & Concession	Beachwave Park - 12 noon - 7 pm
Public Skate	Beachwave Park - 12 noon - 8 pm

WWW.SNOMODAYS.COM





THESE PAGES ARE SPONSORED BY THE FOLLOWING BUSINESSES

MAD Fitness
-Onoway



886-4851



U.F.A.
-Onoway

967-5340



Assertive
Electric

967-3827



Breadcrumbs
Bakery

566-1037



Trius Insurance /
Onoway
Registries

967-5270



2K Small Engine
Service

952-3956



Suds Up
Car Wash

967-0022



Onoway Timber
Mart

967-2274



XL Graphics
& Design



967-5959



Academy
Fabricators

967-3111



Onoway Bigway
Foods

967-4291



Onoway
Veterinary Clinic

967-2967



C&S
Rentals

967-4254



Burger Baron
-Onoway

967-4488



Town of
Onoway

967-5338



R&S
Towing

967-2492



Standstone Waste &
Water Service Ltd



967-2118



Treeline Well
Services LP

967-1080



Border
Paving

967-3330



Calahoo
Meats

458-2136



Fired Up Industries
Painting &
Sandblasting

967-5933



All Wood
Services

902-8687



Check Mark
Construction

619-4204



WHAT MATTER TO YOU – FREEDOMS

Submitted by MLA Shane Getson

PART I Canadian Charter of Rights and Freedoms Whereas Canada is founded upon principles that recognize the supremacy of God and the rule of law:

Rights and freedoms in Canada 1 The Canadian Charter of Rights and Freedoms guarantees the rights and freedoms set out in it subject only to such reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society.

Fundamental freedoms 2 Everyone has the following fundamental freedoms: (a) freedom of conscience and religion; (b) freedom of thought, belief, opinion, and expression, including freedom of the press and other media of communication; (c) freedom of peaceful assembly; and (d) freedom of association.

Listed above, in the language directly from the Canadian Charter of Rights and Freedoms, states clearly what your constitutional rights are in our country. In following sections, it speaks of the freedom of mobility within the country, and the ability to leave and return to our country, as well as extenuating circumstances where there could be limitations. All of them reasonable, and for most people they are very much common sense. As most people will attest, it's in our soul, we know what freedom is, what it feels like to be free, and when our freedoms have been compromised. Most folks have allowed freedoms to be compromised based on a collective good and know that their freedoms do not supersede others. The language of our constitution captures that.

It is a legal document, but it is easily read, and with that, knowing that every Canadian should be able to read it, hold it true, keep it safe, and near and dear to their hearts.

When I tried to search up a word to describe our current circumstances, a word that allowed for the discrimination of portions of a population based on health history, or sickness I honestly could not find something that fit the bill. Typically, a quarantine is for those that are sick, and remain in effect until better, or, is in effect for a given duration to allow for a potential illness to show effect. When it came to programs that had limitations on freedom of association, not based on physical health, there is no comparison.

When I started to try and define a word of which to call vaccine mandates, vaccination passports, limitation for access to services, manners in which people could receive service or priorities for services, it started to bring up lots of examples for case law indicating that it would be considered discrimination. In fact, there were two basic types of discrimination that could be applied, which addressed at the individual level, and the institutional level. Structural Discrimination, and Individual Discrimination, both of which have demonstrated to have expressly negative effects on society, and individuals. In fact, most jurisdictions have laws expressly written to ensure that these acts are considered unlawful due to their detrimental effects, and in fact, that they are considered most expressly in Canada and the USA as unconstitutional.

Reading the first two parts

of our own constitution, which literally are the most important parts, and which all other parts are written under, being subject too as it were, makes it awful hard to swallow any "temporary measures" that had been accepted not in law, but policy, guiding principles, especially given that there is not substantial evidence for continued use, or efficacy, meeting the objectives for which it was intended.

The REP will now RIP here in Alberta, and those that continue to follow this practice, should really go back to the top of the page, and read those sections again. My personal opinion is that we need to pass real laws, that address the ability for future governments under no conditions to ever institute such a program again. The program was not brought to the floor to be voted upon by MLA's, and it only saw the light of day because of the special powers granted by the house to the government to deal with an emergency, the pandemic. I would also propose that that ability for governments to act under special emergency powers be reviewed, and that if they were to continue past six months in duration, that they needed to be voted upon again by the house.

We are one step closer to normal as of Feb 9, but this strange state of heightened panic and catch phrases does not hold sway on the people of our province and country like it did nearly two years ago any longer. We have been through the worst of it, we have weathered the storm, and oh, by the way the temporary powers that were granted are coming to a close. It took regular honest hard-working folks

to say loudly the ends do not justify the means, and the everchanging rules are no longer relevant or fair. These beliefs are not only written into our constitution, but again, as free people who have been raised in a free country in our hearts, minds, and souls.

Canada however was a spark that brought to the attention of the world that protests can be conducted without violence, can have profound effects, can be large and loud, while respecting those around them, that have determination and resolve that won wars of the past. I have personally met the folks in the convoy that originated in Acheson and ended up in Edmonton a few weeks ago. It was one of the most patriotic things I had seen for a very long time. I support that movement in spirit and intent.

Where I struggle, like many I have heard from directly, and indirectly in our area is that when that protest blocks the border crossing into the USA. I am very empathetic to the feelings of the folks involved, for all the same reasons noted above, however, when the laws that you are protesting, and the way they have been imposed are under protest it is difficult to support those same actions in the name of your right to protest. The Critical Infrastructure Defense Act was brought into effect for just that reason; to mitigate the public, or specific protests, or special-interest groups of causing harm, or taking hostage as it were, or occupying infrastructure that is so important to the common good.

Continued on Page 10

What Matter to You – Freedoms

Continued from Page 9

I had stated that my opinion of the folks on our southern border are that they are good folks that are simply fed up, they have had enough, and that the mandate from the current Prime Minister was just the breaking point. Add onto that, the measures, programs, and restrictions at the provincial level, for this lengthened duration, and

those were the conditions where the most Canadian traits came to the top. “Do not mistake our Canadian kindness for weakness”. I also forgave them for initially not understanding that they were crossing a line when closing the border. That time has past now, those that are doing this now know full well what they are doing. I would strongly encourage them to take some of the small victories they have gained by being heard by so many, but

if you continue to behave in this manner that support, I believe you will find will dissipate, based on the unsolicited feedback I’ve had, as well as the general conversations that are taking place out in the public.

I would also strongly encourage all institutions to look at their vaccination policies, requirements for proof of medical history. Are they relevant? Are they discriminatory? And are they even marginally supported by law or the con-

stitution? Does the data and science of that time even back up such a policy? If you keep them in effect, you may want to lawyer up, because it will be a very tough argument or belief to hold, given our current realities.

Be good to yourselves and each other out there over the next few weeks. Everyone has been through a lot, we are not back to normal yet, but we are finally on the right track, at least out here in God’s Country.

WHITECOURT TOWN COUNCIL UPDATE

Submitted by Town of Whitecourt

A portion of 39 Street, from 55 Avenue to River Valley Estates, will be named in honour of Corporal Cole Bartsch. “Cpl. Bartsch Lane” will be added to the existing street name to recognize and commemorate the Whitecourt native who was serving in the Canadian Armed Forces when he was killed in Afghanistan in 2007.

Corporal Bartsch grew up in the River Valley Estates, which is why this area was

selected.

Whitecourt Town Council has established a new grant program to provide support in the development of tourism-based products and services. The Tourism Product Development Grant, which will be administered through the Whitecourt Tourism Committee, will help enhance tourism in Whitecourt and support business development opportunities with seed funding. Applications are now being accepted and details on the program are available at www.whitecourt.ca/Government/Municipal-Grant-Opportunities.

Whitecourt Town Council has adopted a new policy to formalize the Temporary Traffic Control Permit (TTCP) application process. A TTCP is required so that emergency and critical services departments are aware of temporary road closures that are longer than 30 minutes. Information on the application process is available at www.whitecourt.ca/Services/Construction-Permitting.

A workshop will be held on February 23, 2022 for both Whitecourt and Woodlands County Councils to hear updates from consultants on the Regional Business Industrial Park Feasibility Study and Geothermal Feasibility Study.

Council has scheduled a Special Meeting for 4:00 p.m. on February 2, 2022 to discuss the Culture and Event Centre project and public education campaign. The meeting will be held electronically and will be livestreamed on the Whitecourt YouTube channel.

SUPERCARGE YOUR DIGITAL MARKETING FOR FREE WITH THE DIGITAL SERVICE SQUAD

Submitted by Lac Ste. Anne County News

Innovative new economic development program Local businesses are encouraged to take advantage of a great new pilot program to help them reach new customers, sell things online, and supercharge their digital marketing!

The Digital Service Squad

(DSS) is focused on providing free one-on-one local assistance for digital services to small businesses in the Lac Ste. Anne region. It includes training and advisory support towards digital strategy development, Google My Business assistance, social media posts, taking awesome pictures for your businesses, and more.

- Reach new customers
- Develop a social media strategy
- Search Engine Optimization support
- Create and configure your website or online store
- Streamline business processes with digital tools

To take advantage of this exciting – and free – digital marketing program and other valuable resources

for local business owners, visit LSAC.ca/business.

This pilot program is completely free for all local small business owners that meet the requirements outlined in the program. The program is made available to County businesses thanks to Community Futures Yellowhead East and a grant from the Government of Alberta.

Onoway Regional Fire Services / Fire Rescue International



Is Recruiting New Paid-On-The-Call Firefighters!

No Experience? Dont Worry, We Will
Train You And Pay For Schooling!

- Meet New People
- Earn \$25 - \$30/Hr
- Must Be 30km Within Onoway Or Alberta Beach
- Recieve FREE College Education

For More Information Call 855 710 3473
Or Email Resume To recruitment.nwf@gmail.com

Bridal Guide

February 2022

Your Guide to Planning Your Big Day

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

Bridal Guide

A GUIDE TO HOSTING A DAYTIME WEDDING

Weddings dot the social calendars of millions of people across the globe. The Association for Wedding Professionals International says every year an average of 2.4 million weddings are performed in the United States and approximately 150,000 per year are performed in Canada. Evenings are the most common time of the day to host a wedding, but that does not mean a daytime wedding cannot be a beautiful event and make for a party to remember.

Couples are increasingly customizing their weddings to be a reflection of their personal styles. One of the ways couples are customizing their festivities is by moving the wedding to various hours of the day that meet the couple's needs. A wedding that takes place in the late morning or afternoon may be the perfect fit for some couples. Here's how to navigate the specifics of a daytime wedding.

- Secure accommodations. An early wedding means guests may have to travel from afar the evening before to be able to attend the festivities. Daytime wed-

dings can be complemented by working with a hotel or bed and breakfast to ensure guests will have a place to stay and get ready to arrive at the early wedding in time.

- Don't be afraid to negotiate prices. The wedding resource Bridal Guide says that vendors are typically more amenable to price discounts or offering greater value for daytime weddings. That's because demand for their services is reduced during the day. Similarly, venues may have more availability during the day than at night, and, as a result, they're more flexible on prices, especially since brunch foods generally cost less than dinner entrees.

- Hire the right photographer. Be sure to contract with a photographer who is a pro at handling photos in daylight and natural light. While many photographers are skilled in any light, many are used to shooting in churches and venues with low lighting. Be sure to see picture samples taken during the daytime to gauge a photographer's daytime experience and skill

level.

- Employ color to add dimension. During evening weddings, lighting or candles help set the mood. Those same elements will be ineffective in daylight. Choose bright colors for your decor and flowers to brighten up spaces.

- Choose alternative entertainment. Chances are guests are not going to feel as comfortable dancing during daylight hours. Consider other entertainment, such as lawn games, karaoke, or a comedian. A guitarist or pianist may be a nice musical touch.

- Plan food accordingly. Just because the wedding is early does not mean the food should be. Guests still will need to eat. If you are only opting for light appetizers and cocktails, be sure to mention this on the invitation so guests can plan ahead and won't go hungry.

Daytime weddings can be successful with a little tweaking of traditional evening wedding planning.



ONOWAY REGISTRIES TRIUS INSURANCE

Box 390, Onoway, AB T0E 1V0 Tel: 967-5270 Fax: 967-4303

See us for Marriage Licenses & all your registry needs

OPEN 9:00AM - 5:00PM
CLOSED 12:00AM - 1:00PM
MONDAY - FRIDAY

Clients first...Service Always!

START YOUR Bridal Shopping HERE!

f RomanticNotionsAlberta
 Instagram romanticnotionsboutique

Book your appointment online by visiting www.romanticnotions.ca

For him, for her, for couples, for you!



Romantic Notions Inc. 780.962.4944
 1.855.962.4944
 #30, 210 McLeod Ave. Spruce Grove

Bras, Briefs, Boxers & Bikinis!

2021 OUTSTANDING CUSTOMER SERVICE AWARD OF DISTINCTION WINNER
 (Greater Parkland Regional Chamber)

Bridal Guide

MASTER THE WEDDING SAVE-THE-DATE

Many couples' weddings take more than a year to plan. Couples want all of the special people in their lives to witness their vows, and giving guests advance notice can ensure as many loved ones as possible attend the ceremony.

To be certain that guests have ample notice to clear their schedules, many couples now turn to save-the-date cards, which announce weddings well in advance of the actual wedding day.

Save-the-date cards once were reserved only for weddings that required travel or special circumstances, such

as destination weddings. But such cards have now become commonplace for all weddings. That's because many people plan vacations or business trips anywhere from four to six months in advance. Busy people require plenty of notice to include this important date on their calendars, particularly when wedding dates fall during popular travel seasons or around the holidays.

Kleinfeld Bridal, a premiere New York bridal boutique, says that save-the-date cards are typically mailed six to eight months prior to the wedding, though some are

sent as early as a year before the big day. Once a date and a location is secured, save-the-dates can be ordered and mailed.

Save-the-date cards require couples to assemble their guest lists well in advance of the wedding. The leading bridal resource The Knot notes that everyone who will get a wedding invitation should also receive a save-the-date card. There's no turning back once cards are sent, so couples will need to be certain everyone they want to attend is getting advanced notice.

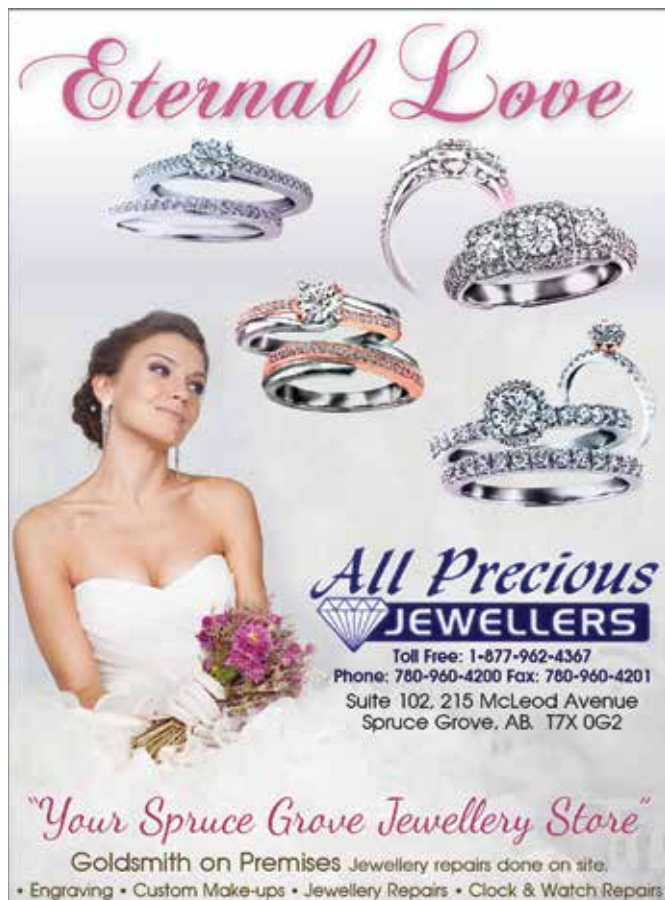
It's acceptable to mail save-the-date cards even if some wedding day details are still up in the air. Guests really only need to know the date and location of the wedding. Couples also can use the save-the-date card to direct invitees to a wedding website where guests can learn the details of the wedding as they unfold.

RSVP information does not need to be included on the save-the-date card.

Save-the-date cards are much less formal than invita-

tions, so couples can have fun with them. They can showcase couples' clever personalities or funny quirks. Keep in mind it is in poor taste to mention gifts or registries on save-the-date cards. There will be plenty of time to direct guests to registries later on. Couples are increasingly turning to save-the-date cards when planning their weddings to make sure busy friends and family will have enough time to make plans to attend their weddings.

Eternal Love



All Precious JEWELLERS

Toll Free: 1-877-962-4367
Phone: 780-960-4200 Fax: 780-960-4201
Suite 102, 215 McLeod Avenue
Spruce Grove, AB. T7X 0G2

"Your Spruce Grove Jewellery Store"

Goldsmith on Premises Jewellery repairs done on site.
• Engraving • Custom Make-ups • Jewellery Repairs • Clock & Watch Repairs

Like Us On facebook



FACEBOOK.COM/COMMUNITY VOICE NEWSPAPER

Celebrations

YOUR ONE-STOP FLOWER SHOP

- Fresh Flowers • Balloons
- Gifts • Wedding Supplies
- Plants

Mon - Fri 9AM-5PM • Thurs - Fri 9AM-6PM
Sat 10AM-4PM • Closed Sundays & Holidays

Phone: (780) 778-6700
5012-50th Ave. Whitecourt, AB



MP SOROKA QUESTIONS THE MINISTER ON FOOD INCREASES

Submitted by Gerald Soroka MP for Yellowhead

Gerald Soroka, Member of Parliament for Yellowhead, asked the following during Question Period.

"Mr. Speaker, according to Canada's 2022 food price report, the overall food price increase is from 5% to 7%. It is the highest predicted increase in food prices in

the last 20 years. This is becoming a concern for many constituents in my riding. The price of food in Alberta is expected to be higher than the national average in 2022.

When will the Liberal government finally admit that its policies have directly affected the two-decade high inflation rate?"

Reply:

Hon. Chrystia Freeland (Deputy Prime Minister and Minister of Finance, Lib.):

Mr. Speaker, as I have already pointed out, and as Canadians understand very well, inflation is a global phenomenon driven by global challenges, like congested supply chains and the fact that there have been very significant crop challenges around the world.

There are concrete things we can do to make life more affordable for Canadians, like building affordable housing and early learning and childcare. That is why I am so astonished that the Conservative Party opposed our early learning and childcare plan, which the Province of Alberta has now done a deal with us on.

QUEEN ELIZABETH II PLATINUM JUBILEE

Submitted by Gerald Soroka MP for Yellowhead

Gerald Soroka Member of Parliament for Yellowhead wishes to advise the launch of Her Majesty Queen Elizabeth II, Platinum Jubilee marking the 70th anniversary of her accession to the Throne.

The deadline to apply for funding for community projects is February 22, 2022.



ARE YOU LOOKING FOR CHILDCARE FOR YOUR FAMILY?

Check out all the local licensed options available for you.

<p>Lac Ste. Anne County Out-of-School Care</p> <p>LOCATION Onoway Heritage Centre 4708 Lac Ste. Anne Trail North, Onoway</p> <p>AGES Before or after school care: Kids must attend Onoway Elementary (K-6 for the 2021/2022 school year). Day-long care (non-school days): Kids can be K-6 students at any local school.</p> <p>TIME 6:30 am – 6:30 pm</p> <p>CONTACT INFORMATION Toll-free: 1.866.880.5722 P: 780.785.3411 E: recreationECSS@LSAC.ca</p> <p>LAC STE. ANNE COUNTY </p>	<p>Mayerthorpe Family Dayhomes</p> <p>AGES All ages welcome</p> <p>CONTACT INFORMATION Lisa Fundak: 780.786.2654 E: lisa_gylander@hotmail.com</p> <p>The MAD House Daycare and Out-of-School Care</p> <p>LOCATION 5459 Lac Ste Anne Trail, Onoway</p> <p>AGES 12 months to 12 years</p> <p>TIME 6 am – 6 pm</p> <p>CONTACT INFORMATION Krystal: 780.884.9804 Jody: 780.886.4851 E: themadhouseonoway@gmail.com FB: The MAD House Onoway Transportation to and from OES and Playschool available.</p> <p></p>	<p>Rural Family Day Homes</p> <p>AGES All ages welcome</p> <p>CONTACT INFORMATION P: 780.962.5919 E: pfdh@outlook.com</p> <p>Little Village Daycare</p> <p>LOCATION 5113 Lac Ste. Anne Trail South, Onoway</p> <p>AGES 2 to 10 years</p> <p>TIME 7 am – 6 pm (Full/Part Time & OSC)</p> <p>CONTACT INFORMATION P: 780.907.4019 E: admin@littlevillagedaycare.ca</p> <p></p>
---	---	---



Are you looking to work in a daycare, dayhome or out-of-school care program?

Connect with the programs listed above to see what opportunities they may have for you!

COVID-19 UPDATE FOR WHITECOURT

Submitted by Town of Whitecourt

As announced on February 8, 2022, the Government of Alberta will begin lifting public health measures using a 3-step plan starting today as the Omicron wave subsides. Alberta will progress through the steps as conditions show the health system's capacity is recovering.

Step 1: Lifting of Provincial

Public Health Measures

Effective February 8 at 11:59 p.m.:

- The Restrictions Exemption Program (REP) ends, along with most associated restrictions.
- Entertainment venues will continue to have some specific rules in place:
 - o Restrictions on sale of food and beverages and consumption while seated in audience settings will be removed.

o Restrictions on closing times, alcohol service, table capacity in restaurants and interactive activities will remain in force.

• For all businesses, venues and facilities, whether they were previously eligible for the REP or not, capacity limits are removed, except for:

- o Facilities with capacity of 500 to 1,000, which will be limited to 500.
- o Facilities with capacity of

1,000-plus, which will be limited to 50%.

Effective at 11:59 p.m. on February 13:

- Masks will no longer be required for all children and youth in schools.
- Masks will no longer be required in any setting for kids under the age of 12.

Alberta is tentatively scheduled to enter Step 2 on March 1, with the decision to move to Step 3 being based on hospitalization rates continuing to trend downwards. Details can be found on the Government of Alberta's website.

Restrictions Exemption Program removed from Allan & Jean Millar Centre and Scott Safety Centre Operations at the Allan & Jean Millar Centre and Scott Safety Centre have changed and both facilities are open to the general public. Adult and youth sport, fitness and performance activities must comply with the following Provincial guidelines:

• Indoor group classes, training and competitions are permitted, but participants are required to screen for symptoms.

• Spectator areas must:

o require mandatory masking (except for children 12 and under as of February 14),

o capacity at both the facilities will be limited to 50% of fire code occupancy.

Forest Interpretive Centre

The Forest Interpretive Centre remains open to the general public. Physical distancing and masking requirements remain in place (masking requirements for children 12 and under will change as of February 14).

Whitecourt Public Library

The Whitecourt Public Library remains open to the general public. As this is an indoor public space mandatory masking remains in effect for everyone and is removed for children 12 and under as of February 14.

Whitecourt Transit

Whitecourt Transit service remains active, and mandatory masking remains in effect for all transit riders. Children 12 and under will not be required to wear masks in all settings as of February 14.

VALENTUS

YOUR LOGICAL SOLUTION TO WEIGHT MANAGEMENT

DARK ROAST COFFEE

SLIMROAST Optimum

Exclusive functional coffee formulated to:

- Crush Cravings
- Increase Energy
- Metabolize fat to Energy
- Help Regulate Blood Sugar
- Improve Mood & Focus
- Boosts Circulation & Oxygen delivery

TO UNLOCK THE SECRET OF WEIGHT MANAGEMENT! PUT THE POWER OF SLIMROAST OPTIMUM IN YOUR CUP!

Testimonials:

- "Thrilled with my results! I lost 9 lbs and an amazing 11 inches off my abdomen! Works wonderfully!"
- "Managed to lose 7 lbs very fast & much more in inches the way my clothes are fitting now! 1 cup a day is all for me!"
- "Down 17 lbs and fitting into clothes that were way to tight before!"
- "No dieting, first month finished. Down 7 ½ lbs 8.5 inches. Awesome product!"

CALL (780) 907-8642 FOR YOUR FREE SAMPLE!

Cupid's Choice

We loved every entry but these are the 2022 Valentine's Day Colouring Contest winners



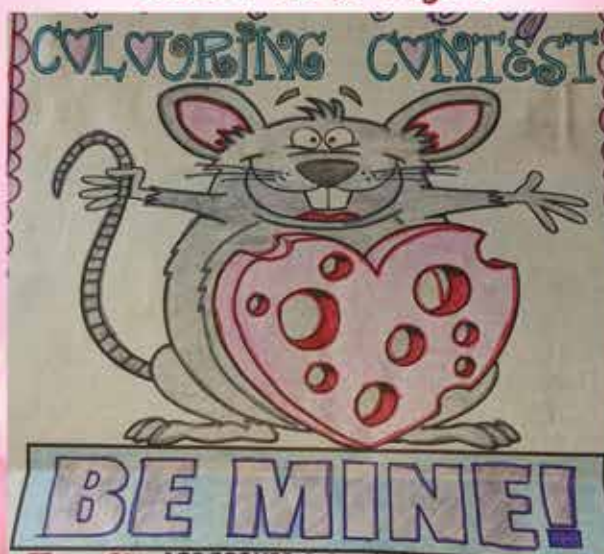
Andrew G. Age 3



Sadie Mae J. Age 6



Taylin H. Age 7



Leisha Age 11

Classified Ads - Call 962-9228

Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

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

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

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

Darwell Centennial Hall, 780-892-3099

Darwell Seniors, Phone Debra 780-785-2907

Goose Lake Hall, Contact Deanna (780) 584-3738

Gunn Hall (G.A.R.S.) 780-951-9452

Hathersage Community Centre, Noreen at 786-2946

Lake Isle Community Hall, PH: 780-892-3121 or Email: lakeislehall@mail.com

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 963-9165 or 916-0146

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/Classrooms, 967-1015

Onoway Legion, 967-4980

Park Court Community Hall, 727-4476

Parkland Village Community

Centre, 780-298-9155 @ PVCCentre

Ravine Community Hall, Dawna @ 780-325-2460

Rich Valley Community Hall, 967-5710 or 967-3696

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 780-785-3221 or 780-785-2259

Stettin Nakumun Comm. Hall, 967-9198

Dog Caretaker

Alberta Beach & Surrounding Areas, thinking of a Seasonal Getaway? Worried about leaving your dog in a kennel? Don't worry anymore, you can leave your pet with me! There is a wrap around deck and

courtyard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop in's or overnight stays welcome. If interested call 780-920-4166

Services

FREE Computer repairs for single parents or low income families. PC Repairs not over \$50- no prepayment. WANTED: Old, used, broken computers, tablets, cell phones, plugs for parts. Will clear data. Good refurbished computer windows 10 available for \$150 loaded. 780-892-2407

For Sale

Equipment Rental Business for sale in Barrhead. Turn key opportunity for a mechanically inclined individual. Will sell or lease shop with the business. Shop is 40x60 with mezzanine and office. Price is negotiable depending on what equipment units are included in sale. Serious inquiries only. For more information please call or text 780-674-7862. Barrheadrentalsales@hotmail.com.

For Rent

Completely renovated Motel in Onoway, AB. offering daily, weekly or monthly rentals. All utilities included, 55 inch tv with Satellite. Double bedrooms, furnished bachelors with full kitchen and furnished 1 bedrooms with full kitchen available. Starting at \$975 + tax. Please call for viewing, 780-967-4420 or 780-945-1723. www.onowayinnandsuites.com

New 2 Bdrm apt on the water in Alberta Beach. Available immediately! \$1350. Text only 780-667-3304

Onoway 1 & 2 bdrm renovated suites, reasonable rent. 780-782-6706. 780-920-3652

Available for Rent. Newly renovated 2 bdrm. home in Alberta Beach. Four appliances included. Utilities extra. No Pets. Non smokers; no smoking in building/on property. Rent and Deposit \$1100 PH: 780-924-3565



PURE HEMP PRODUCTS
AGING IS INEVITABLE - LOOKING AND FEELING OLD ISN'T!

A Health and Beauty Breakthrough!
Cannabidiol, is one of over 80 active cannabinoid chemicals in the hemp plant. Unlike, THC, it does not produce euphoria or intoxication. It targets specific receptors in the cells of your brain & body. There are many physical and mental benefits to using these products for both treatment and prevention of numerous ailments.

Therapeutic Uses For Pure Hemp
Supports healthy blood sugar levels, promotes healthy energy levels, relieves anxiety, aids in digestion, supports optimal immune function and the regeneration of healthy cells, and promotes a sense of serenity and overall well-being.

Anti-Aging Uses For Pure Hemp
Promotes more youthful skin, provides hydration, enhances radiance, lessens age lines as well as the appearance of dark spots.

KEY BENEFITS
PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.
PROMOTES HEALTH: Helps to promote relaxation and overall health.
WELL-BEING: Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

PET PRODUCTS
PET CHEW TREATS
KEY BENEFITS
SYNERGISTIC BENEFITS: Can be used in conjunction with regular medications with no side effects.
NO SIDE EFFECTS: Does not damage the liver, kidney or GI Tract like OTC medication.
DIETARY SUPPLEMENT: Can be administered daily as part of your pet's diet.

ORAL SPRAYS & DROPS
KEY BENEFITS
MANAGES PAIN: Helps to treat inflammation, arthritis and joint pain.
TREATS DIGESTIONAL ISSUES: Helps with loss of appetite, nausea, IBS and gastrointestinal swelling.
GENERAL HEALTH: Helps to manage mood, anxiety and general joint pain. For healthy, happy pets.
CONVENIENT: Can be sprayed into pet's mouth or on food.

For more information, Call (780) 907-8642

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).

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 1st.
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

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: on Feb 2 & Feb 16 at 7:30PM
STONY PLAIN SENIORS DROP-IN CENTRE: public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685
WHITECOURT SENIORS CIRCLE: Every Tuesday. Open @ 5PM, 1st call @ 6:45PM, Nevadas, Concession. 780-778-4950 *Sept - June

MEAT DRAWS

ALBERTA BEACH: Lac Ste Anne Community Choir & Meat Draw - Every second 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: Sanguedo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: westendmow@outlook.com

JAMBOREES

CARVEL: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001
MAGNOLIA: at Magnolia Hall. 2nd Saturday of Month, New Time is 1:00PM. Call to confirm, 727-2015. *October - May, NO Dec.
SANGUDO: Sanguedo Community Hall Jamborees are on hold until further notice 780-785-4105.
SPRUCE GROVE: at Sandhills Community Hall, 3rd 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 2nd & 4th Thurs of month, 7PM, \$2.
WHITECOURT SENIORS CIRCLE: 2nd Sunday of the month 1-5PM, \$5/Adm Door prizes & 50/50 draw. 780-778-4950 *Nov - June

TOPS (Take Off Pounds Sensibly)

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. Sharron (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 CHOIR Meets every Wednesday at 7:00 pm in the Heritage Centre in Alberta Beach & welcomes new members who are fully vaccinated. Please wear a mask & abide by Covid rules.
MAYERTHORPE LEGION BR. #126: Seniors' Floor Curling - Thurs @ 1PM. Fun Darts - Thurs @ 7PM. Wings Night - Every Wed 5-8PM. Steak & Fish Night - 1st Friday of month 5-8PM. Everyone welcome. For more info please call 780-786-2470.
ONOWAY ROYAL CANADIAN LEGION: Open Tuesdays 7PM to 10PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3PM-10PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).
PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

SPRUCE GROVE ELEVATOR TOURS, Tues/Sat, 9:00-3:00PM. Info 960-4600
UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, 10AM-4PM.
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", 2nd Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.
JR. SCRAPBOOKING Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404
"ME, YOU, & EVERYBODY" Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agplex from 10:00-11:00AM starting May. Directed Lac Ste Anne FCSS.
ONOWAY GOLDEN CLUB: Cards Tuesdays, 1PM. 1st Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.
ONOWAY HAVE FUN & GET FIT! Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

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

RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-5040.

SANGUDO ART CLUB meets every Thursday morning at 9AM at the Sanguedo 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). 2nd Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St). Every 2nd & 4th Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

WHITECOURT SENIORS CIRCLE DROP IN CRIB 1st & 3rd Sunday 1:00PM. 780-778-4950

WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd Wednesday at 1PM.

MEETINGS

1ST ONOWAY SCOUTS: Registration, Mondays 6:30-8PM. Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.

2716 ROYAL CANADIAN ARMY CADETS, Wednesdays 6:30-9:00PM at Mayerthorpe Legion. Youths 12-18yrs, Call 780-515-1842

299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE: Stony Plain Comm Centre, 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 2nd Tues of month. Info: Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7:00PM, Alberta Beach Agplex.

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

ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House 924-3167.

ALCOHOLICS ANONYMOUS: The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway

BARRHEAD & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.

BARRHEAD ROYAL CANADIAN LEGION, meeting every 2nd Thurs, 7PM at the Legion Hall.

CHERRILL COMMUNITY ASSOC. Monthly Meeting 1st Wednesday, 8PM at the Hall. 785-2825 *Except Jan, July, Aug, Sept.

CHERRILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherrill Seniors Hall. Call Rosamy 780-785-2625

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agplex. 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, 7:00PM, 1st Monday, Darwell
DARWELL DISTRICT RECREATION ASSOCIATION, Mon. Jan 10, 2022 7:30pm info contact Maria 892-3099
DDRA MEETING, 7:00PM, 2nd 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 2nd Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

KINETTE CLUB OF MAYERTHORPE, 7:30PM at Kinsmen Hall, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443

LAC STE ANNE COMMUNITY CHOIR, Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348.

LAC STE ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 3rd Fri, 7PM, Alberta Beach Council Chambers.

LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3rd Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121
MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5PM in Hospital Basement Education Room.

MAYERTHORPE LEGION BR. #126: Meetings 2nd Mon of month at 7:30PM. For more info please call 780-786-2470.

MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 *Sept-June
NA MEETING, Tuesdays 7:00PM Poplar Valley Church (780)514-6011

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:00PM, Onoway Legion

ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7PM, Onoway Museum. 967-5263 or 967-2452.

ONOWAY & DISTRICT QUILT GUILD: Every 2nd Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Lyla @ 780-967-2629.

ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7PM. *Sept-June

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agplex on the 2nd Wed of the month. 7:00PM.

RIVER TALKERS TOASTMASTERS CLUB Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180.

SANGUDO PAINTING GROUP: Every Thurs, 9AM-12PM at Sanguedo 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: 3rd Wed. 6:30-8:00PM at Westlock Library.

SUDOKU

of the week

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

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!

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

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

Church Directory

Rich Valley Community Church

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

Catholic Parish of Lac Ste. Anne

Sunday
10:00 a.m.

Mayerthorpe Baptist Church

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

Alberta Beach Alliance Church

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

St. John's Anglican Church

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

St. John's Lutheran Church

Alberta Beach
Sunday Service
11:00 a.m.
Sunday School

Zion United Church

Sunday Service
10:00 a.m.
Sunday School
Serving Alberta Beach,
Wabaman, Darwell &
Lake Isle, Onoway & Area
(780) 924-3351

Sangudo United Church

Christmas Eve Service 6:00 p.m.
Worship Service
3rd Sunday 11:00 a.m.
4907-50 Ave. Sangudo, AB

St. Mary's Anglican Church Service

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

Cherhill Community Church

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

St. Michael Lutheran Church

Sunday Services 1st &
3rd Sunday at 2:00 p.m.
Pastor Rick Chappell
(780) 282-0183
Mystery Lake

Trinity Lutheran Church (LC-C)

"The Church of the Lutheran Hour" - Rockfort Bridge
Pastor Dan Hansard
Church (780) 778-2035
Sunday Worship
9:00 a.m.
Senior's Service & Cottage Bible Study - Phone for locations

Crossroads Community Church

P.A.O.C.
Rev. Arnold Lothoiz
Sunday Service
10:30 a.m.
(780) 786-2424

Onoway Baptist Church

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

Roman Catholic Church

St. Agnes' Parish, Mayerthorpe
Sunday 9:00 a.m.
St. Elizabeth Parish,
Evansburg
Saturday 7:00 p.m.
(780) 786-2032

Calahoo Alliance Church

Family Worship
Service Sunday
10:00 a.m.
For Info Call Jerry
(780) 974-7734

SERVICE DIRECTORY

Scerv Construction Ltd.

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

Menko Helmus Cell: **780-305-3864**
 Email: scerv2013@hotmail.com
 PO Box 4795, Barrhead, AB T7N 1A6

JAVORSKY DITCHING
 Onoway, AB
 Phone: (780) 967-5486
 Cell: (780) 906-7469
 Fax: (780) 967-4961

Dennis Javorsky - Owner / Operator

For All Your Excavating Needs
 Sand & Gravel Hauling • General Excavating
 Septic Tanks & Cisterns • Site Prep & Clean Up
 • Install & Repair of Water, Sewer,
 Power & Telephone Lines

2Bros
 Custom Contracting Ltd.

Custom Framing • Concrete Floors • Shingling
 Siding Soffit Fascia • Styrofoam Block System

Jeff **780-717-0520**

CALIBRE DRILLING LTD
 DRILLING AND SERVICING YOUR WATER WELL.

**SPECIALISTS IN AIR
 & MUD ROTARY DRILLING**

- Water Well Drilling • Pump Installations
- Pressure Systems • Well Tests
- Licensed Drillers • Year Round Drilling
- Geotechnical Drilling • Cathodic Protection
- Free Estimates

Quality Workmanship Five Year Warranty

(780) 960-2992
 BOX 4083 SPRUCE GROVE, AB T7X 3B3

ATB Financial™

**ALBERTA BEACH
 INVESTMENTS LOANS**

4824 - 50 Ave, Alberta Beach
 Mon to Thurs 10:00AM - 4:00PM
 Friday 10:00AM - 5:00PM

CALL 780-924-2211

**R & S
 TOWING**

**FREE REMOVAL OF
 UNWANTED VEHICLES**

967-2492  

TRI-LAKES SERVICES LTD.

- Septic Hauling • Drinking Water Delivery
- Portable Washrooms • Steam Truck

www.trilakeservices.ca / office@trilakeservices.ca
 (877) 727-3939 / (844) 967-9176

SERVING: • Lac Ste. Anne County • Parkland County • Yellowhead County East

Pam Fennig Professional Corporation
 Chartered Professional Accountant

Pam Fennig, CPA, CGA

780-893-3421 Office address:
 200, 72 Boulder Blvd
pam@fennigaccounting.ca Stony Plain, AB T7Z 1V7

COMMUNITYVOICE
 YOUR LOCAL NEWSSTREET

**THIS SPACE IS
 RESERVED
 FOR YOU!**

ZEE BEST RENOVATIONS
 Your Complete Line of Renovation Needs:

- Bathroom
- Basements
- Plumbing
- Tileworks
- Drywall & Taping
- Decks & Fencing
- Roofing
- Siding

**FREE ESTIMATES
 26 YEARS EXPERIENCE
 INSURED | GREAT RATES**

JOE LAWRENCE
 MANAGER

BUS: 780-967-3898
 CELL: 780-915-3348
 FAX: 780-967-3798

COMMUNITYVOICE
 YOUR LOCAL NEWSSTREET

**THIS SPACE IS
 RESERVED
 FOR YOU!**

DONALD N. GREENWAY
 Chartered Accountant

Suite 205 Sunrise Professional Building
 215 McLeod Avenue
 Spruce Grove, AB

**(Bus.) 962-6366
 (Fax) 962-3990**

**PEMBINA
 CONCRETE
 PRODUCTS LTD.**

**Manufacturers of
 ONE PIECE SEPTIC
 & HOLDING TANKS**

*** Water Cisterns * Field Systems *
 Pumps and Accessories * Sumps**

**DELIVERED
 TO YOUR SITE**

**1-800-661-3047
 780-727-2702**

PembinaConcrete.com

**New Line of Concrete
 Statues, Fountains and
 Garden Ornaments.**

BOX 123, Entwistle, T0E 0S0

SERVICE DIRECTORY



PaddlePlastics Ltd.
Mayerthorpe, AB

Box 67
Mayerthorpe, AB T0E 1N0

Ph: (780) **786-4408**
Fax: (780) 786-4466



Mo-Bil WASH SERVICES Ltd.

- Steam • Hot & Cold High Pressure Wash • Sewer Thaw & Flush
- Residential • Commercial - Oilfield

24 HOUR SERVICE
Onway Call (780) 991-9466



BACK COUNTRY PIPEFITTING LTD.
Plumbing & Heating

Lee Hicks 780-898-1062
Journeyman Plumber

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



Blakeman Drilling Ltd.

Waterwell Drilling & Servicing
Pumps & Pressure Systems

SERVING LAC STE. ANNE & WEST PARKLAND FOR OVER 25 YEARS

Joe (780) 924-3024



BRO-BUILT
Homes & Contracting Ltd

"We Pride Ourselves In Turning Handshakes Into Hugs"

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



PREVAIL MAX
CELLULAR HOMEOSTASIS FORMULA

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

LIVIN TRIM WITH
VALENTUS (780) 907-8642
www.ValentusTour.com/Ladybug



SLIMROAST Optimum
DARK ROAST COFFEE

YOUR LOGICAL SOLUTION TO WEIGHT MANAGEMENT

(780) 907-8642



COMMUNITYVOICE
YOUR LOCAL NEWS

THIS SPACE IS RESERVED FOR YOU!



H&P Kosik CONSTRUCTION Ltd.

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

No Job too small! We do them all!

Harvey cell. 780-445-9010 ph. 780-892-3532
Box 145, Darwell, AB. T0E 0L0



COMMUNITYVOICE
YOUR LOCAL NEWS

THIS SPACE IS RESERVED FOR YOU!



SANGUDO VETERINARY CLINIC

Box 581, 4916 - 52 Ave. Sangudo, AB. T0E 2A0

Dr. Ralf Sanders DVM

Ph: 780-785-2200
Fax: 780-785-2228
sangudovet@gmail.com

24 HOUR EMERGENCY SERVICE



standstone WASTE & WATER SERVICES LTD.

Proudly Serving Lac Ste. Anne County
1-877-226-5008 780-924-2435 780-967-2118
www.standstonevac.ca or visit our facebook page

The service you need, from people you trust.

- Septic Services: Residential, Commercial
- Holding Tanks and Field Systems
- Effluent Pumps Supplied & Installed
- Portable Toilets: Standard, Wheelchair Accessible
- Products: BioClean, Liquid Enzyme, Potty Treat
- Potable Water

Great Rates & Reliable Service! Call us today!



VILLAGE GLASS & MIRROR LTD.

- AUTO
- RESIDENTIAL
- COMMERCIAL GLASS & MIRROR PRODUCTS

5027 - 50 Avenue • Phone: 967-2127
PO Box 609, Onway, AB T0E 1V0



ROY SHERWOOD
Master Electrician

Ph: 780-968-1425
Cell: 780-908-2287
Fax: 780-968-2211

Email: suretechroy@gmail.com

2-53220 Rge Rd 21
Parkland County, AB T7Y 0C5

SURETECH ELECTRIC LTD.

Control & Automation
Commissioning
Solar Sales & Service

Industrial . Commercial . Residential

SERVICE DIRECTORY

ANOTHER RAINBOW SALE

RAINBOW LIQUIDATORS & AUCTIONS

Farm Sales, Equipment Sales, Estate Sales
BOOK YOUR SALE WITH US TODAY!
Serving the Community since 1978

Ph: (780) 968-1000
Stony Plain, AB 1-866-968-1001
www.rainbowauctions.ca

SMOOLE

- Construction & Septic Installation
- Environmental Wastewater Disposal
- Site Design & Evaluation
- Power, Water & Basement Excavation
- Trackhoe, Backhoe, Bobcat & Dump Truck

For All Your Excavation Needs

Call Ione 780-305-7077 Reid 780-909-0173

Jack's Auto Body & 24 HR Towing

JACK'S CARSTAR

24 Hour Towing Collision & Glass Service

**SPECIALIZING IN COLLISION REPAIR
GUARANTEED WORK • INSURANCE CLAIMS**

CAA BOX 9 SITE 306 RR3, ONOWAY, AB T0E 1V0
(780) 967-5850

H&E UPHOLSTERY

FOR ALL YOUR UPHOLSTERY NEEDS

Convertible tops for cars and boats, custom car and boat interiors, 5th wheel trailer skirts, boat tarps, ATV seats, furniture, kitchen chairs, heavy equipment seats.

WWW.HANDE.CA 4-485 South Ave.
For more information contact: Spruce Grove
kirk@hande.ca **(780) 962-3049**

GRANDE TIRE

5115 LAC STE. ANNE TRAIL N. ONOWAY, AB T0E 1V0

**Full Mechanical Services
Tire Sales & Repairs**

**BUS: (780) 967-3432
FAX: (780) 967-4816**
contact@explornet.com

AMVIC LICENSED

COMMUNITYVOICE YOUR LOCAL NEWSOURCE

THIS SPACE IS RESERVED FOR YOU!

THE CORING GUY

- Concrete Coring & Cutting • Concrete Demolition
- Electric or Diesel Slab Sawing • Core Drilling
- Skid Steer / Mini Excavator Operations

Commercial - Residential

Laurence Markwart Cell: (780) 220-6164
LAC STE. ANNE COUNTY Email: ljmarkwart@gmail.com

COMMUNITYVOICE YOUR LOCAL NEWSOURCE

THIS SPACE IS RESERVED FOR YOU!

Park Memorial Ltd. Funeral Home & Crematorium

Fran Marion
Licensed Funeral Director

Mayerthorpe: 780-786-2533
Whitecourt: 780-779-2533

Serving Mayerthorpe, Whitecourt and area

Edmonton | Lamont | Mayerthorpe | Smoky Lake | Vegreville

SUMMERS DRILLING LTD.

Water well drilling and service
Family owned Business Serving Alberta since 1917

Never run out of water again!

5 year workmanship warranty

Tired of hauling water?
We can install a water well with a permanent water supply for as little as \$150/month OAC

3 Convenient ways to pay
• Visa
• Mastercard
• We now offer full financing

Stop in at our office 4405 - 50 Street, Stony Plain
780-963-1282
admin@summersdrilling.com

High-Performance Lifestyle Products

Call Today! (780) 907-8642
www.bepic.com/elaine1

PURE HEMP PRODUCTS

GOING BEYOND - LOOKING AND FEELING DIFFERENT

KEY BENEFITS:

- Inhibits Cell Growth in Tumors
- Relieves Pain
- Promotes Health
- Relieves Anxiety
- Neuroprotective

(780) 907-8642

TRUIS & ONOWAY REGISTRIES

Box 390, Onoway, Alberta T0E 1V0
Tel: 967-5270 Fax: 967-4303

OPEN 9-5 MONDAY - FRIDAY
Registries Closed from 12:00 pm - 1:00 pm

ALL GENERAL REGISTRY SERVICES

Home - Auto - Farm
- Life and Business

Very Competitive Rates & Convenient Payment Plans.

Clients first...Service Always!

PREVAIL

CELLULAR HOMEOSTASIS FORMULA

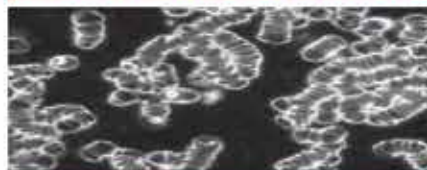
MAX

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

How do you want your
BLOOD to look?



Before PrevailMAX:



poor circulation

low energy

brain fog

dehydration

decreased nutrients

pH imbalance

poor endurance

After PrevailMAX:



better circulation

more vitality

mental clarity

cellular movement

nutrient assimilation

balanced pH

optimal endurance

PrevailMAX™ is a nutritional breakthrough that delivers a rapid increase of internal blood cell pressure to speed absorption, enabling the body to take maximum advantage of the nutrients in foods and supplements. The electrolytes are small enough to penetrate your cell membranes, to bind with your cells, and to be carried wherever they are needed in the body.

At the microscopic level of human cells, **PrevailMAX™** supports healthy cell performance – a nutritional breakthrough for your cells.

When you use **PrevailMAX™**, you will feel more energy and an ability to focus like never before. Take a few sprays today and see just how good you can feel!

LIVIN TRIM WITH
VALENTUS

www.ValentusTour.com/Ladybug

(780) 907-8642