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**April 26, 2022**

## WALKING WEDNESDAYS AT ALBERTA BEACH LIBRARY!



Submitted by Alberta Beach Library

Starts Wednesday, May 4, at 6:45 pm

Join us Wednesday nights in May and June (last one is

June 22) for a walk around our communities. Walkers will meet at the library and head out for a community walk at 6:45 pm. If you are new to the area, ...

*Continued on Page 2*

## LOW-INCOME SENIORS WILL NOT FACE A REDUCTION IN THEIR GIS OR ALLOWANCE BENEFITS

Submitted by Gerald Soroka, MP for Yellowhead

Wishes to advise low-income seniors that they will not face a reduction in their

GIS or Allowance benefits if they received pandemic benefits in 2021, or if they find they need to access any related benefits in the future.

These payments will alleviate the financial hardship of seniors who qualified and received pandemic benefits in 2020, ...

*Continued on Page 2*

## ONE-TIME GRANT PAYMENT THIS WEEK FOR GUARANTEED INCOME SUPPLEMENT RECIPIENTS WHO RECEIVED PANDEMIC BENEFITS

Submitted by Government of Canada

The Government of Canada is committed to supporting vulnerable, low-income

seniors who are experiencing financial hardship due to COVID-19.

The Government of Canada is providing a one-time grant payment this week

to Guaranteed Income Supplement (GIS) and Allowance recipients who received the Canada Emergency Response Benefit ...


*Continued on Page 3*



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## Walking Wednesdays At Alberta Beach Library!

*Continued from Page 1*

... you may find a new route to walk and a walking partner. If you are not new, maybe you will catch up with a friend or meet someone new. Don't be shy

- have a little social time while getting some fresh air and exercise. This program is free and everyone welcome. So sorry - no pets for this walk. The walk will be cancelled in case of snow (this is Alberta!) and

rain. For more information, call 780-924-3491 or ablibrary@yrl.ab.ca. You can also check our facebook page (Alberta Beach Municipal) for updates. See you soon!

## Low-Income Seniors Will Not Face A Reduction In Their GIS Or Allowance Benefits

*Continued from Page 1*

... but who subsequently saw that they counted as income and impacted their GIS or Allowance benefits.

This automatic one-time payment was issued by direct deposit on April 19, 2022. Clients who have not signed up for direct deposit will receive a cheque by mail no later than the end of

April 2022. These payments will support those who saw a loss of GIS or Allowance by compensating them for the full annualized amount of that loss.

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## JOKE of the week

Why do we tell actors to "break a leg?"

Because every play has a cast.



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# One-Time Grant Payment This Week For Guaranteed Income Supplement Recipients Who Received Pandemic Benefits

*Continued from Page 1*

... or the Canada Recovery Benefit in 2020. This measure was announced in the 2021 Economic and Fiscal Update.

The one-time grant payments will alleviate the financial hardship of seniors who qualified and received pandemic benefits in 2020, and who faced a reduction or loss of GIS benefits in July 2021. The one-time grant payment compensates eligible seniors for the full loss of their GIS or Allowance benefits. The amount is equal to the annualized amount of their reduced payment. For example, if an individual's monthly GIS was reduced by \$100, the individual will receive a \$1,200 one-time grant payment.

Seniors do not need to take any action to receive the one-time grant payment; they will automatically receive it in the same

way they receive their GIS payments. These one-time grant payments will be issued by direct deposit on April 19, 2022; clients who have not signed up for direct deposit will receive a cheque by mail by no later than the end of April 2022.

The Government has taken action to prevent future reductions in GIS or Allowance benefits for seniors who received pandemic benefits in 2021 by introducing Bill C-12. Bill C-12, which received Royal Assent on March 3, 2022, amends the Old Age Security Act to exclude any income received under the Canada Emergency Response Benefit, the Canada Recovery Benefit, the Canada Recovery Caregiving Benefit, the Canada Recovery Sickness Benefit and the Canada Worker Lockdown Benefit for the purposes of calculating the amount of GIS and Allowance payable beginning in July 2022.



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ANOTHER RAINBOW SALE
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## ONLINE AUCTION SALE

# SPRING CONSIGNMENT SALE PLUS MANY OTHER CONSIGNORS

START OF RETIREMENT SALE FOR NRG GROUP OF COMPANIES ALBERTA-BASED, RETIREMENT SALE FOR DONNA HAYDUK AND RON Klapstein of Spring Lake, Retirement Sales for a Commercial Electrical Contractor, Plus Many Other Consignors

### STORAGE WAR CONTAINERS FROM VARIOUS ESTATES

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Sunday April 24, 2022 at 6am -  
Friday, April 29, 2022 at 2pm  
Load out: Saturday, April 30, 2022 at 10am - 5pm  
Sunday, May 1, 2022 - CLOSED

This sale will be online internet bidding only.  
As new product comes in our online auction catalogue gets updated.  
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## AUCTIONS

Rainbow's Consignment Centre  
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May 15<sup>th</sup> - Closing May 26<sup>th</sup>  
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# POSSESSION AND PERCEPTION

Submitted by MLA Shane Geston

There is a famous old saying that states "Possession is 9/10 of the law" so if you have it in your hands or caught with it in your hands it can go one of 2 ways for you. When it comes to politics, "Perception is 100 percent of the Law" the real challenge that I've found over the last few years is how that perception is created in the first place. The public memory can be short however, when the narrative subtly changes, and given time, can turn a full 180. George Orwell illustrated this perfectly in his book 1984. It's all about wording and timing and the public is none the wiser. Friends turn into enemies, and saviors turn into sinners.

In Alberta, we have a long

fuse but also a hot temper. When Albertans have had enough, it is enough! There are a number of values that the vast majority hold near and dear to their hearts. Honesty, trust, showing respect, and having a strong Work Ethic. Albertans can forgive mistakes, heck even blunders, and are very empathetic when leaders are given extremely difficult circumstances to navigate, but if they can't trust you, or you drive wedges and disrespect them, they will seldom forget, or forgive.

Over the last year, I have seen some of the worst characteristics from political leaders and corporate media come to the forefront and help form perceptions that literally have pitted family members against each other. I have seen a population that has been stressed and

fearful not only for their safety, but financial security, being fed information that formed their perceptions, and it will take many months more to appreciate the negative consequences on our communities. Trust has been eroded, confidence in our leadership, and in many of our institutions.

If you don't support certain leaders, agree with their messaging, their style of management, well then you are a Fringe Minority, A racist, you indeed are an Anti (pick the subject) and are downright going to tear down the system. Beware of the boogey man, look over there, not here, and let's all turn on that other group they are the problem. The "Woke" style of perception forming and opinion making is not new, nor is it simply reserved for one polit-

ical camp or another, it has become institutionalized. I am counting on Albertans to do the right thing, and never forgive that behavior, that style of leadership. It has been used to cover up shortcomings and mistakes of the leaders, with the hope to lengthen their careers to the detriment of our province, and our country.

There is a change coming for the better I believe when it comes the calibre of people becoming involved in their communities, and as well as the politics as a whole. This is starting to upset the establishments, and the "Traditional" organizations that have been in behind the scenes for years giving you the population the candidates to choose from. I believe that we have a chance of making ...

*Continued on Page 6*



## Our Apology

For inadvertently stating that Barrhead and District 4H show and sale was held virtually on April 23.

The Beef & Sheep Sale will be held in person on May 30 at the Barrhead Ag. More info to follow

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**PLANNING & DEVELOPMENT****LAC STE. ANNE COUNTY: 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 8:30 am to 4:30 pm to request additional information on a permit.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL BODY	APPEAL DEADLINE
22-D0051	Lot 11, Block 1, Plan 0821529, Tuscany Hills within SE 34-54-01 W5M 22, 54514 RGE RD 12	Project management consulting home-based business	Lac Ste. Anne County Subdivision & Development Appeal Board	May 9, 2022
22-D0068	Lot 5, Block 1, Plan 0726923, Lessard Landing within NE 34-55-05 W5M 5, 55530 RGE RD 52	2 RVs Tiffin Mortorhomes, Allegro Open Road 36' long and Trailer 29.0' long	Lac Ste. Anne County Subdivision & Development Appeal Board	May 9, 2022
22-D0064	SW 30-54-02 W5M 2522 TWP RD 544	Additional Residence Main Floor 38.0' x 60.0' (2310.0 sq. ft.), 2nd Floor 38.0' x 37.0' (1410.0 sq. ft.), with Attached Garage 38.0' x 40.0' (1520.0 sq. ft.), Wall Heights 9.0'	Land & Property Rights Tribunal	May 9, 2022
22-D0022	Lot 7, Block 1, Plan 752 1407 Spruce Lane Estates within SW 04-54-02 W5M 27, 2320 TWP RD 540	Minor Home Based Business - Counselling Home Occupation	Lac Ste. Anne County Subdivision & Development Appeal Board	May 9, 2022
21-D0229	SW 27-57-03 W5M 3220 TWP RD 574	Commercial Seasonal RV resort - Addition of 30 RV sites	Land & Property Rights Tribunal	May 16, 2022

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 4:30 p.m. on the above noted date(s) to Lac Ste. Anne County, Subdivision & Development Appeal Board, *Secretary of the Subdivision and Development Appeal Board*, c/o Lac Ste. Anne County, Planning & Development, Box 219, Sangudo, Alberta T0E 2A0

**PLEASE NOTE:** Lac Ste. Anne County requires that a non-refundable fee of \$250 be paid for every appeal served on the Subdivision and Development Appeal Board. The fee may be paid by Cheque, Visa, MasterCard, Interac or Cash

OR

send to: Land and Property Rights Tribunal, 2nd Floor, 1229 91 Street SW, Edmonton, AB T6X 1E9  
email: [lpert.appeals@gov.ab.ca](mailto:lpert.appeals@gov.ab.ca), Website: [alberta.ca/subdivision-appeals.aspx#jumplinks-1](https://alberta.ca/subdivision-appeals.aspx#jumplinks-1)

The required appeal form may be obtained by contacting the Land and Property Rights Tribunal or on the LPRT website. The Land and Property Rights Tribunal (formerly Municipal Government Board) hears subdivision and development appeals where there is a provincial interest. Otherwise, the appeals are heard by the local Subdivision and Development Appeal Board.

The Tribunal hears appeals of development authority decisions where the land that is the subject of the application is: the subject of a license, permit, approval or other authorization granted by the Natural Resources Conservation Board, Energy Resources Conservation Board, Alberta Energy Regulator, Alberta Energy and Utilities Board or Alberta Utilities Commission; the subject of a license, permit, approval or other authorization granted by the Minister of Environment and Parks.



# Possession and Perception

*Continued from Page 4*

... some extremely positive changes going forward, as long as we keep engaged, as long as we hold onto our beliefs and values. We can no longer justify compromising our values, it is because of this that we have reached this inflection point, we are at a point where we can make a very positive change in the right direction.

In a recent townhall I received feedback from a gentleman that was not from our constituency, but still had business connections in our area. He was extremely surprised to hear the discussion focusing on positive items, managing some challenging issues.

The panel taking questions from the audience consisted of 2 levels of government, local businesses, and even a school board chair. The audience was engaged, had their questions answered, and even if they didn't like the answers were appreciative for the information, and that the panel was working towards a solution.

That same gentleman asked me if I could go to his constituency and put on a townhall, because they too needed to hear about all of the other things happening other than the current division items that have his community fighting amongst each other. Honestly, I was a little taken aback from the request, but

was at the same time very happy to hear that our approach of engagement truly had left such a positive impression.

I attribute that tone and that feel of the townhall to the folks in our community who are engaged, stepped away from the computers to express their concerns, and get the feedback in an open environment. There are always going to be a few in the weeds, who have other motivations who want to hijack conversations, but typically they won't do that on an open microphone, they prefer hit and run engagements, with letter writing campaigns afterwards.

The folks who are showing up, who are pitching in, who

are making a difference, who are starting to change the perceptions, who are not the keyboard warriors, but are the lead by example crowd, they are the ones who gave such a great impression to the gent who was visiting. There were a good number that I had only met for the first time, and this was their first "Townhall". That was extremely encouraging, because with that, we will have a chance of turning things around. Working together we can make some real progress, regardless of who may be the current leaders may be, new leaders are emerging, bucking the system, for all the right reasons.

## WHITECOURT TOWN COUNCIL UPDATE

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Submitted by Town of Whitecourt

Whitecourt will be applying to become a designated community under the Alberta Advantage Immigration Program. If approved, Whitecourt would assist local businesses in recruiting and retaining foreign nationals to live, work and settle in our community.

The 2022 Street Improvement Program contract has been awarded to E-Construction Ltd. Work this year, valued at over \$1 million, includes overlay and concrete work at locations throughout the community:

- Trading Post Trail,
- Kimzey Crossing,
- Chickadee Drive (cul de sac),
- Beaver Drive (from Whitecourt Avenue to Pine Road),
- Park Drive (from Park Heights to Park Circle),
- 38 Avenue (from Highway 43 to 39 Avenue),
- Park Drive/Kepler Street intersection,
- Whitecourt Avenue and Mc-

Leod Drive.

Is your community group or organization wanting to raise funds? Whitecourt's Community Clean Up Program offers cash for waste collection, and groups are encouraged to contact the Infrastructure Services Department to be awarded an area in town to clean. There are still spots available for community groups to participate; visit our website at [www.whitecourt.ca/Government/Municipal-Grant-Opportunities](http://www.whitecourt.ca/Government/Municipal-Grant-Opportunities) for more information.

The Whitecourt & District Chamber of Commerce will be hosting the Carnival in downtown Whitecourt May 6-8. To allow for set up and take down, area roads will be closed to traffic from May 4-8. Details on the road closures will be posted closer to the event date.

Whitecourt Town Council has proclaimed May 9-13, 2022 as Economic Development Week.

Whitecourt Town Council has proclaimed May 14, 2022 as Apraxia Awareness Day.

The image is a cover for a 'Spring Home Reno Guide'. The background is a collage of home improvement items: a paint color wheel on the left, a paint roller with a red handle, a paintbrush with a wooden handle, and several pieces of wood flooring. In the upper right, there is a logo of a house with a green roof and a green outline, containing a green hammer and a green wrench. The title 'Spring HOME RENO GUIDE' is prominently displayed. 'Spring' is in a green script font, 'HOME' is in a blue serif font, 'RENO' is in a large blue serif font, and 'GUIDE' is in a white serif font inside a blue rectangular box. Below the title, the date 'MARCH 2022' is written in a green sans-serif font. A text block in the center-right encourages readers to get started on their home improvement to-do list and check out the guide for ideas, inspiration, advice, and local advertising.

# Spring HOME RENO GUIDE

MARCH 2022

**Spring to it! Get started on your Home Improvement To-Do list!**

*Check out our Spring Home Reno guide for ideas, inspiration, advice and valuable local advertising!*





## HOW TO ENSURE A SUCCESSFUL BASEMENT REMODEL

Americans continue to fuel remodeling spending across the country, driven by upward growth in real estate prices and the rising cost to trade up to a larger home. Basement renovations are expected to be a hot trend in 2016, as buyers look to maximize available living space rather than move, and as young buyers look to offset the cost of home-ownership with potential income suites.

While finishing a basement can be a great al-

ternative to moving -- especially if you love your neighborhood - there are some challenges homeowners must be aware of when tackling below-grade living spaces. Choosing the right products is vital to the comfort, safety and function of your new living area. Look for products that help to maximize energy efficiency and protect against moisture, fire and noise.

Here are the top points to consider to ensure a successful basement ren-

ovation.

Waterproof it. Check the interior foundation and floors to make sure there are no existing moisture issues, water damage or mold problems. Address any primary moisture issues before finishing the space. Examine grading to ensure water runs away from your foundation.

Insulation is key. Insulation plays a critical role in making your basement feel comfortable, while keeping it safe and dry. For the best results, install

a rigid board insulation, like Roxul ComfortBoard IS, against the concrete foundation before you stud the wall. The board is mechanically fastened or adhered to the concrete foundation wall, which prevents thermal bridging through the studs, providing better thermal performance. Finish with a moisture-resistant and dimensionally stable insulation between the studs, like R14 Comfortbatt,...

*Continued on Page 9*

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## How To Ensure A Successful Basement Remodel

*Continued from Page 8*

... to protect against common basement issues such as mold, mildew and rot.

Choose a functional design. Draw out plans, carefully taking into consideration any low ceilings or small windows. Try to incorporate structural features, such as attractive wood beams, into your design. Keep the space as open as possible. Select lighting that provides a bright, airy feel.

Don't forget to soundproof it. Soundproofing

is the ultimate solution to maximize your basement's quiet and privacy. Whether your newfound space will function as a home theatre, music room, home office or playroom, it will benefit from quality acoustic insulation, like Roxul Safe 'n' Sound. Not only is it highly effective, but it's also easy to install.

Consider fire safety. Since many basements are now being renovated as income suites, fire protection is also a vital consideration. Whenever

possible, select building materials with a high fire-resistance rating and look for products that will not off-gas or contribute to toxic smoke in the event of a fire. Include additional exits in your renovation plan and educate yourself on your local fire code.

Before you start your renovation, be sure to check with your municipality to secure the right permits and to ensure that you're complying with local bylaws and building codes. Finishing a base-

ment can be a smart renovation, if done properly, adding to a home's value, increasing its function and providing greater enjoyment or income potential.



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# Spring HOME RENO GUIDE



## TOOLS OF THE HOME RENOVATOR'S TRADE

Home renovation projects can be both exciting and tricky. Do-it-yourselfers are inspired by designs showcased in magazines, websites and their own communities. When DIY enthusiasts see a design they like, it's understandable that they may want to emulate these looks at home.

Remodeling is one of the larger DIY undertakings, and it goes beyond simple carpentry. Considering demolition, reconstruction, electrical, plumbing, and

masonry work may be part of the DIY package, homeowners who are thinking about renovations must first stock up on the tools and other supplies of the trade. Having the right tools can mean the difference between a job well done and a job that needs to be redone.

- **Crowbar or prybar:** Before you can put in new construction, you might have to get your hands dirty with some demolition. Crowbars or prybars can be used to pry up wood slats, remove nails or remove old

decking.

- **Tool pouch:** A tool and fastener pouch gives DIYers a place other than their pockets to store fasteners and hand tools. Pouches can be attached to tool belts for added storage capacity.

- **Stud finder:** Invest in a more fool-proof method of locating studs behind drywall then knocking on the wall. Stud finders can provide a picture of studs, pipes and other hidden items inside an entire length of wall. This is essential to

driving nails where they belong and can also prevent sending fasteners into wires or nearby plumbing.

- **Level:** A level is an essential tool for everyone from casual decorators to more involved renovators. Whether hanging pictures or ensuring molding is parallel, levels are must-have tools for DIYers.

- **Safety glasses:** Invest in a pair of safety glasses so no one working on a project deals with obstructed vision.

*Continued on Page 11*



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## Tools Of The Home Renovator's Trade

*Continued from Page 10*

Safety glasses also provide ample eye protection.

- **Extension cords:** If power tools are part of the renovation picture, extension cords can safely extend power where it is needed. Be sure to invest in a gauge that is large enough to handle the amperage of your most powerful tool.

- **Measuring tape:** The "measure twice, cut once" mantra is key to

home improvements. To measure accurately each and every time, no tool chest is complete without a sturdy measuring tape.

- **Ladder varieties:** Home improvements aren't always at ground level. Purchase ladders of various heights so you can safely reach various areas of the home and avoid injury. Step stools, a step ladder and an extension ladder all have their purposes on the job.

- **Digital inspection**

scope: A scope lets you see inside walls, floors and ceilings to find the exact location of pipes, wires and joists. It also can be used to seek out the source of clogged drains or anywhere you desire sight into hard-to-manuever areas.

In addition to these tools, brooms, shop-vacs, hammers, screwdrivers, wrenches and pliers can complete a DIYer's basic toolbox.

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## THE PROBLEM WITH HARD WATER

Hard water can cause scaling, deposits inside of pipes, reduced cleaning ability, and several other problems.

Home ownership opens people's eyes to many new experiences, even requiring homeowners to familiarize themselves with certain things they never encountered as renters. Homeowners become novice plumbers, electricians, horticulturists, and even chemists as they wade through the projects and repairs involved with owning a home.

Outside of high school chemistry class, you may

never have given thought to water composition and how it changes. However, once you become a homeowner, you may have to pay special attention to the type of water bubbling out of your faucets. Hard water is a common concern, and it can affect appliances and other parts of the home.

What is hard water?

Hard water affects about 85 percent of the United States, according to the Water Quality Association. Although not harmful to human health, hard water can impact one's daily life in

other ways.

Hard water is formed when water moves through soil and rock. It dissolves very small amounts of minerals and holds them in a solution. Calcium and magnesium are the most common minerals to turn water "hard." The more magnesium and calcium water dissolves, the harder it becomes.

From nuisance to damaging

Hard water can not only be a minor headache, but also something more serious. Hard water can interfere

with various cleaning tasks and also personal grooming. Clothes washed in hard water may not be fully clean and may appear dingy. Hard water can cause a film on surfaces, such as bath tiles and tubs. Some people find that their hair and skin can appear dull and sticky due to hard water.

Hard water can have other effects, too. Over time, the water can deposit minerals on the inside of pipes, reducing water flow. If these deposits grow thick, ...

*Continued on Page 13*

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## The Problem With Hard Water

*Continued from Page 12*

.... you may have a plumbing issue on your hands. Furthermore, mineral deposits can harm appliances, such as water heaters, washing machines and dishwashers. Eventually, hard water may render these appliances ineffective, and they will need to be replaced.

Treatment options

Considering hard water is such a common concern, a number of treatment options exist. The main types of water-softening systems use either a packaged wa-

ter softener or a mechanical water-softening unit.

Packaged water softeners are chemicals that bond with the calcium and magnesium ions in the water so that they cannot interfere with cleaning efficiency. These chemicals fall into two categories: precipitating and nonprecipitating. Precipitating softeners are borax and washing soda and can affect pH levels of water and make water cloudy. Nonprecipitating softeners use phosphates. Alkalinity won't be increased, and usually there

is no cloudiness or buildup. These products are typically added to laundry loads and the like and are not recommended for drinking water.

Mechanical water-softening systems are hooked up directly to the plumbing of the house. They are ion-exchange systems that will add salt to the water. Although it can be safe to drink, softened water may not be recommended for those who are on low-sodium diets.

Hard water is a problem many homeowners have to face. It can affect a home's

appliances' performance and cleaning abilities. Water hardness can be managed, and it is best to consult with an expert water-softening system manufacturer about your options.



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# ANNOUNCES ADDITIONAL EASING OF BORDER MEASURES EFFECTIVE APRIL 25

Submitted by Government of Canada

The Government of Canada continues to take a risk-based and measured approach to adjusting and easing Canada's border measures. Today, the Government of Canada announced further changes to Canada's border measures for certain eligible travellers.

Effective April 25, 2022, at 00:01:00 EDT, the following

easing of border measures will come into effect:

Unvaccinated or partially vaccinated children aged 5-11 who are accompanied by a fully vaccinated parent, step-parent, guardian or tutor will no longer be required to complete a pre-entry COVID-19 test for entry to Canada. Pre-entry tests will still be required for partially vaccinated or unvaccinated travellers 12 and older who

are currently eligible to travel to Canada. Children under 5 years of age are not required to provide a COVID-19 test result.

Additionally, all fully vaccinated travellers will no longer be required to provide a quarantine plan upon entry. This requirement will also be removed for children aged 5-11 who are accompanied by a fully vaccinated parent, step-parent, guardian,

or tutor and travellers with a medical contraindication to a COVID-19 vaccine.

Furthermore, fully vaccinated travellers arriving to Canada on or after April 25, 2022, will no longer be federally required to do the following for 14 days after arriving:

- mask while in public spaces;
- monitor and report if they develop signs or symptoms;
- quarantine if another traveller in the same travel group exhibits signs or symptoms or tests positive; and
- maintain a list of close contacts and locations visited.

As a reminder, all travellers are still required to use ArriveCAN (free mobile app or website) to provide mandatory travel information within 72 hours of their arrival to Canada and/or before boarding a plane or cruise ship destined for Canada, including:

- contact and travel information, and
- vaccination information and proof of vaccination (if applicable).

Fully vaccinated travellers who do not submit their information into ArriveCAN:

- won't be eligible for the fully vaccinated traveller exemption (i.e., they may have to submit a pre-entry test result and suitable quarantine plan, quarantine and undergo testing in Canada);
- may face additional delays at the border for public health questioning; and
- may be subject to fines or other enforcement action.

All travellers, regardless of vaccination status, must also continue to wear a mask throughout their entire travel journey.

While some federal requirements are being lifted for certain eligible travellers, all travellers entering Canada by air, land or water must adhere to the federal requirements along with those outlined by their province or territory.

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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, 780-920-  
 3217

Mayerthorpe Diamond  
 Centre, Charlotte at 786-

4659

Mayerthorpe Legion, 786-  
 2470.

Onoway Community Hall,  
 967-4749.

Onoway Heritage Center -  
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Onoway Legion, 967-4980

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 Hall, 967-5710 or 967-3696

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# SUDOKU

of the week

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

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

**ANSWER:**

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

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

## 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.  
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### St. John's Lutheran Church

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

### Zion United Church

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### Sangudo United Church

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

### St. Mary's Anglican Church Service

Holy Communion  
2<sup>nd</sup> Sunday each  
month 11:00 a.m.  
at Sangudo United Church  
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### 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 1<sup>st</sup> &  
3<sup>rd</sup> Sunday at 2:00 p.m.  
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Mystery Lake

### Trinity Lutheran Church (LC-C)

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### Crossroads Community Church

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

### Onoway Baptist Church

Sunday Service  
10:30 a.m.  
(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

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# COMMUNITY EVENTS

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

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**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 Apr 13, & Apr 27 at 7:30PM  
**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, 1st call @ 6:45PM, Nevada's, Concession. 780-778-4950 \*Sept - June

## MEAT DRAWS

**ALBERTA BEACH:** Lac Ste Anne Community Choir & Museum Meat Draw/Prizes - Every 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: westendmow@outlook.com

## JAMBOREES

**CARVEL:** 2nd Sunday of month. \$6 lunch served. Info 780-991-3001  
**SANGUDO:** Sangudo 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

**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.  
**THE LAC STE ANNE COMMUNITY CHOIR** Spring Concerts - EVERYONE WELCOME Saturday, May 7 @2:00 pm Onoway St. John's Anglican Church Friday, May 13 @7:00 pm Alberta Beach Alliance Church Sunday, May 15 @2:00 pm Mayerthorpe Legion  
**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, 7:00PM 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 eve. 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. Funded 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 Loraine 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). 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

**THE ALBERTA WILDLIFE CARVING ASSOCIATION** Images of Nature Show, Featuring wildlife carvings. Whitecroft Hall, 314 52313 RR252, Sherwood Park, Saturday Apr.30 2:00 - 5:00 pm, Sunday May 1, 10:00 am - 2:30pm, See beautiful hand carved wildlife sculptures

**WHITECOURT SENIORS CIRCLE DROP IN CRIB** 1st & 3rd Sundays 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 Community 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 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 Tarcen, (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:** 3rd Wed. 6:30-8:00PM at Westlock Library.



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