



COMMUNITY VOICE

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September 27, 2022

ONOWAY LEGION NEWS

Submitted by Onoway Legion

A short but dignified memorial service for Her late Majesty, Queen Elizabeth II, was held at the Onoway Le-

gion Hall on Monday, September 19, 2022. In attendance to jointly lay a wreath alongside Legion Branch President Neil Gorman were Sergeant-at-Arms Remington Heinz, Ms. Kris-

ten Tavner (representing MLA Shane Getson), Mayor Len Kwasny (Town of Onoway), Mayor Angela Duncan (Alberta Beach) and Deputy Reeve Nick Gelych

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PARKLAND RCMP INVESTIGATE THEFT FROM CHURCH IN LAC STE ANNE COUNTY

Submitted by Parkland RCMP

Parkland RCMP are investigating a break and enter and theft that occurred sometime over the last four weeks. Unknown suspects broke into the Ukrainian Orthodox Church

on Range Road 22 in Lac Ste Anne County. Suspects stole a number of religious items with some believed to be around 100 years old. It is likely that the artifacts were taken due to their perceived gold and copper content.

Members of the church are devastated over the loss and would like the items returned, or given information leading to their location so they can be recovered.

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Colleen Waddell

COVID-19 IMMUNIZATION TO MOVE TO HEALTH CENTRE

Submitted by Alberta Health Services

Alberta Health Services (AHS) is moving its COVID-19 immunization

centre, currently located at the Heritage Centre (4708 Lac Ste Anne Tr.), to Onoway Community Health Services (4919 Lac Ste Anne Tr.), starting tomorrow

(Sept. 21).

With the change in location, AHS encourages clients to be mindful of the instructions

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Onoway Legion News

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and Councillor George Vaughan (both from Lac Ste. Anne County). Our sincere thanks to these provincial and municipal representatives for participating in this event.

FRIDAY NIGHT DINNERS - SEPTEMBER

September 30 - BBQ
Burger night with Scott & Crew!!

FRIDAY NIGHT DINNERS - OCTOBER

October 7 - No dinner due to the Thanksgiving weekend

October 14 - Taste of Mexico

LEAGUE START UP - UPDATE

Dart Club - Tuesday September 20 - 6:30pm

Pool Club - Thursday September 22 - 6:30pm

PUB NIGHTS

Back by popular demand! Wednesday September 21 at 6:30pm. Come out and join the fun!

SPECIAL EVENTS

Dart Club FUN Tournament - Oct 1

Trivia Night - Oct 29 - More details to come!!

Remembrance Day - November 11

COVID-19 Immunization To Move To Health Centre

Continued from Page 1

provided when booking online.

Alberta Health Services is the provincial health au-

thority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to

provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

PARKLAND/ENOCH RCMP CONTINUE SEARCH FOR MISSING PERSON

Submitted by Parkland/Enoch RCMP

Parkland RCMP continue to seek public assistance in locating a historical missing person. William (Billy) Jay Sharphead now 54 years old was last heard from in Sept. of 2003. At the time of his disappearance he was known to travel between Stony Nakoda First Nation and Edmonton.

Billy's family continue to hope that he will be found and continue to conduct searches for their missing loved one.

Billy was described as:

- Medium complexion
- Brown eyes
- Brown Hair
- 5'7" tall
- Slim build

An age progression was prepared in 2018 depicting what Billy would look like now.



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

JOKE of the week

Doctor: I have some bad news and some very bad news.

Patient: Well, might as well give me the bad news first.

Doctor: The lab called with your test results. They said you have 24 hours to live.

Patient: 24 hours! That's terrible! What could be worse? What's the very bad news?

Doctor: I've been trying to reach you since yesterday



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SEPTEMBER BOARD GAMES NIGHTS AT THE SANGUDO LIBRARY

Submitted by Sangudo Library

The Sangudo Public Library will be hosting two evenings of board, card, and dice games, on Fridays 23 and 30, starting at 7 PM, open to the public of all ages.

Games will be played on an informal drop-in and pick-up basis - whether you're alone or you bring your friends and family along, you'll be sure to find good company and a game to meet your liking! We have a wide assortment of games available to play, but

if you have some favourites of your own that you'd like to bring, please feel free to do so.

Complimentary popcorn will be provided!

If you have any questions, please contact Jamie by email at jamieohler@hotmail.com or by text/phone

at (780) 909-9390.

Please visit the Sangudo Public Library webpage (sangudolibrary.ca) and our Facebook page for news on other programs and events.

PARKLAND RCMP INVESTIGATE COUNTERFEIT CURRENCY

Submitted by Parkland RCMP

Between Sept. 19 and 21, 2022, Parkland RCMP received four separate reports of a person passing counterfeit Canadian currency. The counterfeit currency seized includes several denominations consisting of \$10, \$20, \$50 and \$100 bills. All of the counterfeit currency has the same serial number of LGQ03229158.

Parkland RCMP ask local businesses to be extra vigilant when handling cash and to keep the counterfeit serial number in mind. If anyone receives a counterfeit bill, please contact your local detachment to report the incident.



ANOTHER RAINBOW SALE

LIVE AUCTION SALE

ESTATE SALE FOR AL PRESTON AND RETIREMENT SALE FOR KAREN PRESTON

Saturday, October 8, 2022
52313 Range Road 15
County Of Parkland, Alberta

Live Auction to start Saturday, October 8, 2022 @ 12:00 noon

Al was a well known farrier - lots of equipment related to this industry plus horses, tack and equipment.

Acreage related equipment

The 10-acre parcel, located outside of a subdivision will also be sold by auction. Including barns, shops and home. Property is fenced and cross fenced.

Auction List to come

ONLINE AUCTION SALE

ANNUAL HARVEST CONSIGNMENT SALE

October 10, 2022
Hwy 16A West
Range Road 11
Stony Plain, Alberta

Auction List

Estate Sale for An Equipment contractor & Towing company plus A Retirement sale for Barter Bob's Hobby & Liquidation Centre and much much more coming daily!

Bidding to open Monday, October 10, 2022 @ 6:00 a.m. and starts closing Friday, October 14, 2022 @ 12:00 noon

Sunday, October 16, 2022 - CLOSED

Load Out Monday, October 17, 2022 - Thursday October 20, 2022 @ 10:00 a.m. - 5:00 p.m.

Komatsu E102 Backhoe

John Deere 315 Skidsteer c/w bucket

2008 Cadillac Escalade fully Loaded

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****Watch website daily for new additions to auction lists****

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MP SOROKA CALLING ON THE NDP-LIBERAL GOVERNMENT TO CANCEL THEIR PLANNED TAX INCREASE

Submitted by MP Gerald Soroka

Gerald Soroka, Member of Parliament for Yellowhead, asked the following question in the House:

"Mr. Speaker, Roy, a senior who lives close to Drayton Valley is worried about the high cost of living. He told

me it is difficult for him to have a dollar left at the end of the month. Increases for gas, groceries, and even his prescriptions went up. Roy is now wondering how he will heat his home this winter.

Mr. Speaker, will this Liberal government cancel their planned tax increases

on gas, home heating, and groceries and help not only Roy, but all Canadians?"

In response, Hon. Kamal Khera (Minister of Seniors, Lib.) replied:

"Mr. Speaker, we recognize the challenges seniors are facing, and our government has been there for them.

Now, to help seniors who

are struggling, we are doubling the GST tax credit. That means seniors will receive \$700 back in their pockets. Nearly two million low-income renters who are struggling with their rent will receive \$500. We also increased the old age security for seniors aged 75 by 10%. For seniors, for a full pensioner, that means \$800 in their pocket.

While the Conservatives oppose every affordability measure, we will remain focused on delivering for seniors."

CALL FOR PROPOSALS FOR COMMUNITY PROJECTS TO SUPPORT SENIORS

Submitted by MP Gerald Soroka

Gerald Soroka, Member of Parliament for Yellowhead, wishes to advise that the Government of Canada has launched the 2022-2023 call for proposals for community-based projects through the New Horizons for Seniors Program (NHSP). Organizations are invited to submit project proposals to support seniors and encourage them to play important roles in their communities.

ARE YOU LOOKING FOR CHILDCARE FOR YOUR FAMILY?

Check out all the local licensed options available for you.

Lac Ste. Anne County Out-of-School Care LOCATION Onoway Heritage Centre 4708 Lac Ste. Anne Trail North, Onoway AGES Before or after school care: Kids must attend Onoway Elementary (K-6 for the 2022/23 school year). Day-long care (non-school days): Kids can be K-6 students at any local school. TIME 6:30 am – 6:30 pm CONTACT INFORMATION Vivian McDonald Childcare Programs Supervisor P: 780.284.9399 E: childcare@LSAC.ca	Mayerthorpe Family Dayhomes AGES All ages welcome CONTACT INFORMATION Lisa Fundak : 780.786.2654 E: lisa_gylander@hotmail.com The MAD House Daycare – including Kindercare LOCATION 5459 Lac Ste. Anne Trail, Onoway AGES 12 months to 6 years TIME 6 am – 6 pm 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.	Rural Family Day Homes AGES All ages welcome CONTACT INFORMATION P : 780.962.5919 E: pfdrh@outlook.com Little Village Daycare LOCATION 5113 Lac Ste. Anne Trail South, Onoway AGES 2 to 12 years TIME 7 am – 6 pm (Full/Part Time & OSC) CONTACT INFORMATION P : 780.907.4019 E: admin@littlevillagedaycare.ca
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LAC STE. ANNE COUNTY

Provincial subsidy is available, for those who qualify

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!

Visit [LSAC.ca](https://lsac.ca) to explore the latest Lac Ste. Anne County news and events in greater detail.

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LAC STE. ANNE COUNTY



56521 RGE RD 65, BOX 219, SANGUDO AB T0E 2A0
 OFFICE HOURS: 8:30AM TO 4:30PM MONDAY THROUGH FRIDAY
 phone 780.785.3411 toll-free 1.866.880.5722 lsac@lsac.ca

County News Highlights

Oct 5 Municipal Planning Commission Meeting

*Oct 18 Council Meeting (rescheduled from Oct 13)

*Oct 25 Council Meeting (rescheduled from Oct 27)

*Meetings take place on Zoom. Visit [LSAC.ca/agenda](https://lsac.ca/agenda) for meeting agendas. Please note: to address Council, appointments must be booked at least 8 working days prior.

PROGRAM EXPANSION Home Support and Preventative Counselling

The County's Home Support Program (subsidized light housekeeping program for seniors) and Preventative Counselling Subsidy Program are expanding into other local communities.

If you live in the Town of Onoway, Village of Alberta Beach, Summer Village of – Val Quentin, Sunset Point, Castle Island, West Cove, Sunrise Beach, Silver Sands or Southview; your municipality has partnered with Lac Ste. Anne County to provide these programs for their residents.

To apply, please connect with Taryn Monteith, Community Services Coordinator today!

COUNTY ADMINISTRATION OFFICE CLOSURE FOR NATIONAL DAY FOR TRUTH AND RECONCILIATION Friday, September 30

A friendly reminder that the County Administration Office will be closed Friday, September 30 in observance of the National Day for Truth and Reconciliation.

This day honours the survivors of residential schools as well as those who never returned home. A time to reflect on the profound impact of residential schools on Indigenous families, culture and communities.

It's also Orange Shirt Day – an Indigenous led grass roots movement to promote the concept that "Every Child Matters".

Join us in wearing orange on September 30 and paying respect to those who suffered. As we acknowledge this tragic legacy may we grow forward in reconciliation.

Visit canada.ca for further information on reconciliation and our part!

WORK THE BY-ELECTION Help the County run the 2022 Division 4 By-Election

Do you live in Division 4 and would like to work the upcoming By-Election?

Contact Returning Officer Reanne Springer at 780.305.9013 or email returningofficer2022@LSAC.ca.

2023 SEASONAL CAMPGROUNDS Opens October 3

County Council has finalized the process for seasonal sites at the Lessard Lake Public Campground and Paddle River Dam Campgrounds – Peter's Pond Area and the Boat Launch Loop Area.

2022 Seasonal Site Holders are being offered the right of first refusal to return to the same site for the 2023 season. Any remaining sites will be released on a "first come first served" basis by calling the LSAC Administration office starting Oct. 3 at 8:30 am. All calls will be time stamped and returned in the order received.

For more information, please visit our website at [LSAC.ca/campgrounds](https://lsac.ca/campgrounds).

MUNICIPAL BY-ELECTION Represent your Division 4 communities!

Now is the time to throw your hat in the ring.

Nominations end October 24, at noon, for the By-Election scheduled to take place November 21.

Refer to [LSAC.ca/Election](https://lsac.ca/Election) for information about running for Council.

You can also contact Returning Officer Reanne Springer at 780.305.9013 or email returningofficer2022@LSAC.ca.

RED RIBBON COMMUNITY CLEAN UP COMING TO RICH VALLEY

Team up to clean up October 11 –14

This fall the County is taking steps to pitch in and clean up the hamlet of Rich Valley. By doing so we seek to improve safety in the area, make streets more welcoming, attract new business and homeowners, and generally enhance the purpose, functionality and cleanliness of this community.

Dump Bins — Available all week

Labour Available — Oct 11 – 8:30 am - 1:30 pm Oct 14 – 1:30 pm - 6:30 pm

Vehicle/Large Item Removal — Please let the County know about these types of items ASAP so we can plan accordingly.

Need County clean up help? Residents are encouraged to tie a red ribbon to a visible spot on their house or property during the scheduled Red Ribbon Clean Up drive!

Call Amy Roberts for more information at 780.785.3411 or email aroberts@LSAC.ca.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL BODY	APPEAL DEADLINE
22-D0239	Lot 2, Block 6, Plan 7821310 Eagle Ridge Estates within NW 15-54-01 W5M 30, 54228 RGE RD 12	Home Based Business – Massage Therapy	Lac Ste. Anne County - Subdivision & Development Appeal Board	Oct 10, 2022

MAYERTHORPE ROYAL CANADIAN LEGION BRANCH #126

Submitted by Mayerthorpe Royal Canadian Legion

The Mayerthorpe Royal Canadian Legion Branch #126 opened its Sept. 12 meeting with two minutes of silence in tribute to Her Majesty, Queen Elizabeth II who died Sept. 8, 2022.

The meeting then continued with deciding to order 40 Legion Lawn Signs for community members to purchase. The signs, which read "We Will Remember Them – Thank You," are 24" wide by 16" tall, and have wire legs to put them in the ground. They will last several years. They are \$20 each, and available through the Legion or by phoning Laura 780-785-8047 or Margaret 780-305-8800. First ordered and paid for, first served when they arrive.

These lawn signs will show our pride in our Veterans, in

addition to the 58 Veterans' Banners that will go up in late October. Our Legion and our Town will proudly lead the way in remembering and honoring all who fought for us.

Another step the Mayerthorpe Legion is taking to say "Thank You," is to add a Facebook post honoring local Indigenous Servicemen and Servicewomen for National Day for Truth and Reconciliation on Friday, Sept. 30. The Legion invites friends and relatives to share names of local First Nations Veterans on the Legion site, and include where they served and when.

The whole month of October will be busy, starting with the MARATHON BINGO Sunday, Oct. 2 at the Legion. Tickets are \$100 each, which includes 6 Regular Game Cards, 3 Early Bird Game

Cards x 2 games, 2 Bonanza and 2 Odd / Even Cards. Bring your good luck charms to help you win the \$4,000 Bonanza or the \$1,500 Odd/Even just in time for Christmas shopping! Doors open at 10:30 a.m.. For further info or for tickets, call Kim 780-305-6035 or come to the Legion on Wednesday Wing Night. Please do not leave messages on the Legion phone.

Wednesday Wing Night will be busy as tickets will also be available there for David James and the Big River Band's "A Tribute to Johnny Cash" Dinner and Show on Friday, Oct. 14. Doors will open at 5:30 for visiting and refreshments, followed by dinner at 6:30 and the exciting show at 8 p.m. Black is the fun color of the night to wear with enthusiasm, to honor The Man In Black. The \$45 tickets are also available at


Crockett Motors, or by phoning Mo at 780-284-4151, Deb at 780-674-0952, or Margaret at 780-305-8800. Again, please do not leave messages on the Legion phone.

On October 29, Legion members will be taking their annual trip to the Mayerthorpe Cemetery for their "No Stone Left Alone" project. The Mayerthorpe Cadet Corp #27116 has been invited to join them to place a small Canadian Flag and a poppy on each Veteran's Grave.

This month, a presentation of \$2,000 will be made to the Cadets Corp from the Legion Poppy Fund. Also from the Poppy Fund, the Legion voted to present \$2,500 to the Lac Ste. Anne Foundation to assist in the purchase of their chosen needed items for the Pleasant View Lodge.

Continued on Page 7

HAPPY NATIONAL
seniors day
OCTOBER 1, 2022



Gerald Soroka, MP
Yellowhead

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Mayerthorpe Royal Canadian Legion Branch #126

Continued from Page 6

Starting immediately, the Mayerthorpe Legion Darts Club has changed to Monday nights at 7:30. For a small fee of \$5, it is an evening of fun for all levels of dart players, right from beginners on up.

Just a reminder, come Fly With The Eagles Tribute Band Dinner and Show on Saturday, Nov. 26. We chose that date so people can plan it as their early Christmas party and businesses can plan it as their early Staff Christmas Party. Tickets should be available in late October. Watch this column for information and watch for posters.

Wednesday Wing Night is still welcoming many patrons for fun and good food. If you haven't yet experienced the camaraderie, we encourage you to join us. If you wish to volunteer for this or any other event, please call the Manager, Kim O-Dempsey at 780-305-6035 – just not Wednesday Wing Night as she's crazy busy looking after everything else that night!

The Mayerthorpe Legion Remembrance Day Committee is planning a Service on Nov. 11, barring any changes in Covid rules. The public is invited and encouraged to be seated by 10:30 for the 11:00 a.m. Moment of Silence to celebrate the signing of the Armistice at the 11th hour of the 11th day of the 11th month. Since we have so many great bakers in the community, men and women are again requested (not a rule) to bring sweets or squares for desserts. They have been immensely enjoyed by all ages in the past.

Unbelievably, the Mayerthorpe Legion has been operating for 89 years, thanks to many previous dedicated members who were committed to building it (twice!), operating it, fundraising, and keeping it alive. Because of Covid, it was challenging the

last few years, but children, grand-children and friends have put their hearts into it, and kept it alive to honor the Veterans of all wars.

To keep the present momentum going, and to aim for a lofty goal of 100 years of service, the Legion encourages you to become involved. It's again time for Election of Officers, including: President, Vice-President, Secretary, Treasurer, Sports Officer, Ser-

vice Officer, Entertainment Officer, Poppy Chair, Sergeant-at-Arms, and Executive Committee. If you don't want an Executive position, there are several non-Executive and ad-hoc Committees that arise at Board meetings that we would be very happy to see you volunteer for. All questions are to be directed to Kim Nelson prior to the Nov. 14 meeting. If a little voice in your heart is telling

you to help out, check out 126mayerthorpe@gmail.com for descriptions of positions and an application form.

We look forward to seeing your smiling face at least a couple times this month, next month and in December. A great Thanksgiving wish to all of you from all of us! Next meeting is Oct. 17 at 7 p.m. at the Legion.

Onoway and District Historical Guild

extends a huge

THANK YOU

to all for making our Fall Harvest Festival a success!

- Volunteers set-up, threshing, signage, food service, children's activities, clean-up, demos
- Threshing crew - Ray Brown, Adam Turnbull, Dave Gilbert and all who pitched in to help
- Less Ertman, Milton Breitreuz, Charlie Parker UFA Equipment Shed volunteers

- EQUUS sponsor of children's games
- Fortis sign installation

- Jack's Auto Body use of BBQ; water, condiments, tables

- SANG use of the grill; volunteers

- Treasury Branch volunteers

- Environmental Services Calahoo dumpsters

- Town of Onoway barricades

- Market tables locals

- FCSS grants

- Kevin Henry rope tricks and illusionist

- Todd Butler entertainment

- Ken Bowman use of threshing machine

- Fegyverneki team – rope making

- Scott Quinell – blacksmith demo

- Owners of antique tractors and cars on display

- Charlie Parker grain grinder

- Grant Johnson MC

- Garth Hatch & crew horse rides

- Henry Powell wagon rides

- Pat Langelier beading demo

- Bob Winterford fall festival display

- Onoway Fish and Game birdhouse building

- Onoway Cadets manning the gates

- LDS elders ready to help anywhere / everywhere

This is truly a community event and we could not do it without all your help.
The Guild welcomes new members. Meetings are held the third Wednesday each month at 7:00 p.m. Volunteers are always welcome.

MLA UPDATES AND THE NIMBY SYNDROME

Submitted by MLA Shane Getson

It's been a while since I've had an article published in our local papers. It's not for lack of writing but rather, timing. Conferences, special projects, some holiday time with my family, and the passing of Her Majesty the Queen unfortunately haven't allowed me to get the articles out to the paper.

For those that have expressed a deep concern about my articles in the past, I hope that you enjoyed the break. For the large majority who have been asking why I have not been writing, well, I'm happy to be back, and here we go!

Politics:

There is a new federal Conservative Party leader and it does look like the sparks are going to fly this fall session. He garners a very broad demographic of support and participation from all walks of life and age groups. I personally believe that we will have some western representation again, but more importantly, someone leading our Official Opposition who gets the big picture of what Canada can do on the world stage and how we need to contribute.

We also have a leadership race underway for the UCP that will determine the direction and tone for the upcoming spring election. It is not surprising that there are some strong candidates, and there are some very similar themes between all of them. The nuances on the execution of their ideas is where they differ: I've endorsed Travis Toews as leader because I know him from working with him for the last 3 years, and I trust him to get the job done. He has experience and has delivered on several items in the past. A handshake still means something to him.

The US Senators and Representatives I met this summer from both parties want to work with Alberta. I'll be heading down to Detroit as I sit on the

Energy and USA / Canada Relations Subcommittees. I'll be following up with representatives and even potentially the Governor of Michigan to talk about the importance of our energy sector, mining, manufacturing, agriculture, and logistics. They will be showing us their manufacturing capabilities, inclusive of the automotive sector and EV segments. Alberta is of strategic importance to the USA and North America regarding energy, food, and supply chain security. Again, it's up to us to give our messages, taking a play from my Quebec colleagues and the advice they offered: Tell your story, don't let the Feds do it for you.

New Task Force

I was asked by the Minister of Education to lead the "Career Education Task Force" that we recently kicked off. The initial report is due this December, and the final report due in February. The vision is that it will be a clean sheet recommendation and will allow for cross jurisdictional scans and review of existing systems / programs. It will include an implication plan with near-, mid-, and long-term deliverables. It will also integrate well into the work I did as a team member of the Skilled Trades Task Force for Advanced Education in 2021. The pitch I gave to the minister was that we need to review how we address career paths, how we can most efficiently launch kids into meaningful careers, and how we can ensure that there is an industry here that they can work in. It also gives industries the talent pool needed to grow our economy.

When the rubber hits the road, we need to have home-grown solutions at our fingertips, and not be afraid to look to other areas in the world for inspiration on their own career orientated education programs. We can once again be extremely competitive if we stop saying that we are num-

ber one, while ignoring all the indicators to the contrary.

I'll be announcing the members of the task force at a later date, but I'm all ears when it comes to those who would like to step forward to offer input, or to advise as subject matter experts. I need a good mix of educators, industry leaders in health, engineering, agriculture, manufacturing, computer science, and aerospace. In need to know how career education paths were created in the past, and to see how they are implemented now. We need to identify gaps not only in competencies after the education is achieved, but also of the inefficiencies of time in the system to produce final results.

There is a great opportunity for streamlining, as well as identification of overlaps. The goal will also be to reduce the amount of time taken to determine that first career, and ensure it is a springboard to the next career: to break the cycle of snakes and ladders as it were. We need the ability to recognize transferable skill sets and micro credentials to allow people to adapt, and change paths as needed.

NIMBYISM:

I am not sure if this is top of mind for many of you, but in my office, and apparently in many offices in Canada and the USA it is an impediment across the board. Not In My Back Yard (NIMBY)! The hypocrisy around supporting a policy, or ideology isn't apparent in some cases until it is applied in your back yard. One such notable example of this is the immigration policy as it applies to borders in the USA. Border state Governors had enough of the arguing...so they just bought some seats on transport, and sent the crux of the issue to the jurisdictions that were promoting the policies. Point made. Hypocrisy exposed. Yet this still persists in many places: energy policy, the EV rage, freedoms of speech, freedom to protest, freedom of travel

and movement...nothing is immune to the NIMBY monster.

There is another item that compounds this issue, and literally chews up inordinate amounts of tax dollars, service hours, and quite frankly causes personal stresses. Have we come so far from the playground where being a tattletale is no longer frowned upon, but outright encouraged and rewarded? You would not believe the number of people who simply can not just pick up the phone, or even talk face to face with the person that they are having an issue with. They prefer to call into my office, the MP's office, or a number of other agencies and lawyers, you name it, rather than just start by trying to solve the issue for themselves. I've asked a number of times a simple question "Did you ask them to stop? Did you ask them why? Did you ask them if you did something to them first? Did you do anything so far to see if you can fix the problem? Do you have a proposed solution or remedy you are wanting?"

If folks have heard me ask this, you are not the only one. The vast majority of folks are just frustrated, and I get it. However, most of the folks that have taken the first steps, are amazingly surprised with the immediate results that they can garner themselves...without the government, or the agencies getting involved. People worry that these conversations would be too confrontational if they make their concerns known directly to the possible offending parties or industry...they would rather have a third party, such as the government, solve their problem. No matter what you do, sometimes you just can't win, and you can guarantee that such people will continue to be disappointed and will continue to stir pots in the future.

GOLFER'S GUIDE

HOW TO MAKE THE MOST OF YOUR DAY ON THE COURSE

Most great golf games are filled with sun, competition and camaraderie, but you can enhance the experience with a few tips that have less to do with your swing, and a lot to do with your 18-hole enjoyment:

Dress for success: The right golf apparel can be as important as the clubs you carry. Check the weather in advance to make sure you'll be as comfortable as possible during play. Determine if you're dressing to impress or to elevate your game. Light, non-restrictive clothing will allow you to swing freely and keep you comfortable and cool in the heat, or warm if the temperature drops. If you're a guest, always check out the dress code at the club you'll be visiting to ensure you comply with the rules.

Choose your company carefully: Your playing partners can have a lot to do with how you play and how you socialize on the golf course. If you're out with friends, you can relax and enjoy the day knowing what to expect. But if it's a game with your boss or clients, always make sure to test the waters. Will they play by

the rules or is it just a relaxed day? Are your clients there to play golf or do business? Understanding the landscape on the first tee will alleviate any awkward moments later on.

Create friendly competition: Sure, there's already a scorecard, but you can add more competitive fun to your game by creating a little friendly rivalry. For example, try a little Bingo Bongo Bongo - a points based game that awards a total score based on three kinds of achievement: Bingo - first

person on the green gets a point; Bango - the player whose ball is closest to the pin when all balls are on the green gets a point, Bongo - the player who is first to hole out gets a point. Add up the points and the person with the highest total for the round wins.

Walk it off : Make a small 'healthy' tweak to your game by walking vs. taking a cart. When you choose to walk rather than drive 18 holes, you'll cover approximately six kilometres and burn around

1,500 - 2,000 calories. Golfers that ride carts will burn only about 1,100 - 1,300 calories.

Say cheers and enjoy: The 19th hole remains one of the best holes on the course. Cap off a great day by enjoying a light meal or a light beer such as Molson Canadian 67, which is brewed to 67 calories per 341ml bottle and 3% ABV. This crisp, refreshing beer can be paired nicely with a protein boost of chicken or fish.

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VARIABLES TO CONSIDER WHEN CHOOSING A MEDIA ROOM

The term “home theater” once made homeowners who love movies and sports dream of the day when they could dedicate a large area in their home to watching the big game or their favorite films. Such rooms are now widely referred to as “media rooms.” Though the terminology may have changed, media rooms are not all that different from home theaters.

Before choosing an area of their home as

their designated media room, homeowners must consider a host of variables to ensure they get as much out of the room as possible.

• **Location and shape:** Of course the location of the room is of the utmost importance. Media rooms tend to be more social settings than traditional home theaters, which were often designed to be isolated from the rest of the home so noise and natural light did not adversely

affect the film-watching experience. Homeowners may not want their media rooms to be in high traffic areas of their homes, but they needn't be completely secluded, either. The renovation experts at the DIY Network note that the shape of a room should be considered before designating it as the media room. In general, square rooms are not ideal, as such rooms can produce harmonic distortions. A rectangular room likely

won't produce such distortions, especially when homeowners place their screens and primary speakers on short walls. It's important that homeowners do not downplay the importance of sound, as media rooms, unlike traditional home theaters, may be used for listening to music just as much as they are for watching films or sports. Viewers may not recognize distortions when watching

Continued on Page 12

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Variables To Consider When Choosing A Media Room

Continued from Page 11

something, but homeowners may notice these abnormalities when listening to music.

• **Windows:** Media rooms are multi-purpose rooms, so homeowners don't need to remove rooms with windows from consideration. But the experts at the DIY Network note that windows are hard surfaces that can reflect sound and distort audio, and the light that gets in through windows

can produce reflections on the viewing surface. Each of those factors can adversely affect your listening and viewing experience. A room with windows can still make for a good media room, but you may want to invest in some blackout curtains to mitigate some of the disadvantages of having windows in the room.

• **Wall colors:** The colors of the walls in the room is another variable homeowners will have

to consider. Homeowners won't want to host guests for the big game in rooms with darkened walls, as that can create a dreary atmosphere and potentially make people tired. But especially bright colors will reflect light and adversely affect the viewing experience. Neutral colors should not affect the colors on the screen, making them the ideal color choice for media room walls.

Media rooms are high

on many homeowners' renovation lists. Considering a host of variables prior to designating an area for a media room can ensure the finished product is as enjoyable as possible.



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SAFETY FIRST WITH DIY ELECTRICAL WORK

Home improvement projects can help homeowners transform their homes. Such projects are costly, but many homeowners save money by doing some, if not all, of the work themselves.

The Electrical Safety Foundation International, a nonprofit organization dedicated to promoting electrical safety, recommends that homeowners leave electrical work to the professionals. Licensed elec-

tricians are well-trained, whereas homeowners may not be skilled enough to avoid accidents or injuries, which can prove fatal when working with electricity.

Homeowners who take the do-it-yourself route with electrical work should consider these safety tips, courtesy of the ESFI, before beginning a home electrical project.

Learn your home electrical system. Home electrical systems may

include power lines, electric meters, service panels, subpanels, wiring, and more. These systems are complex, and homeowners who intend to do some DIY electrical work should familiarize themselves with their home electrical systems prior to beginning any work. The ESFI notes that knowledge of their home electrical systems can help homeowners more safely navigate them and make maintenance eas-

ier.

Honestly assess your skills. An honest assessment of skills is absolutely necessary prior to working on an electrical system. According to the National Safety Council, injuries relating to electrical incidents typically fall into one of four categories: electrical shock, electrocution, falls, and burns. Each of these injuries is significant. For example, electric shock, which occurs when

Continued on Page 14





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Safety First With DIY Electrical Work

Continued from Page 13

electrical current passes over or through a person's body, involves burns, abnormal heart rhythm and unconsciousness. Given the potential for serious injury, the ESFI urges homeowners to make an honest assessment of their skills before they begin working on their home's electrical systems. Little or no experience working with electrical systems should be considered a significant hurdle

to any DIY project.

Turn the power off. It's essential that the power to the circuit that will be worked on be turned off prior to starting any work. This can be accomplished by switching off the circuit breaker in the main service panel. Similarly, when working on appliances or lamps, make sure the products are unplugged prior to working on them.

Do not touch plumbing or gas pipes when doing electrical work.

The experts at the Indiana Electric Cooperative note that the risk for electrocution is significant when water comes in contact with electricity. It's imperative that homeowners do not touch plumbing and gas pipes when performing a DIY electrical project. Professionals know how to work around such pipes while minimizing their risk for electric shock or worse, and homeowners must familiarize themselves

with the techniques professionals rely on to stay safe if they intend to begin DIY electrical projects.

Homeowners are best served by leaving electrical work to the professionals. However, those who insist on doing such work themselves should do their homework and get to know their systems and safety protocols prior to beginning a project.

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HOW TO DESIGN A FITNESS ROOM AT HOME

People exercise for many different reasons. Exercise can improve one's appearance, reduce the risk for illness, alleviate stress or anxiety, and even help pass some time. Exercise is often a social activity, but in the wake of social distancing guidelines issue in response to the COVID-19 outbreak, many people have found themselves looking for ways to exercise at home.

Building a home fitness room has never been a more timely project, and such a project can continue to provide rewards even when life returns to some semblance of normalcy. Here's how to successfully stock a home gym.

- Find a dedicated space. A home gym will be limited by the amount of space that can be devoted to workouts. Possible fitness room locations include a spare bedroom, a garage, a basement, or an enclosed patio. Measure the space so you can pick and choose equipment that will fit. Leave some floor space empty for movement exercises or mat activities.

- Keep the space bright. Darkness can sap energy levels, so invest in mirrors and adequate overhead lighting to make the space inviting. Natural light can make the exercise area more enjoyable.

- Consider the flooring. New flooring can protect against damage and make an area more conducive to working out. Rubber mats can offset echoes and reduce the noise of running on a treadmill or setting down heavy weights.

- Use space-saving equipment. A home gym space will likely not be as expansive as the space inside a traditional fitness center. Thankfully, many activities do not require a lot of space or equipment. Classic exercises like squats,

lunges, push ups, and sit ups require little gear but still produce results. Figure out which equipment you like the most and invest in two or three key pieces. Dumbbells of various weights, a medicine ball and a yoga mat can be all you need to create a versa-

tile, effective workout. A TRX system and a door-mounted pull-up bar also are great space-saving options.

- Have a TV hookup. A home gym may benefit from a smart TV that you can use to stream workout videos or catch up on the latest news

while running the treadmill or using the stationary bike.

A home gym is beneficial year-round, and can be especially valuable when social distancing guidelines are put in place.





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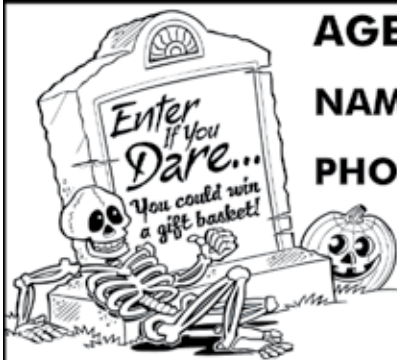
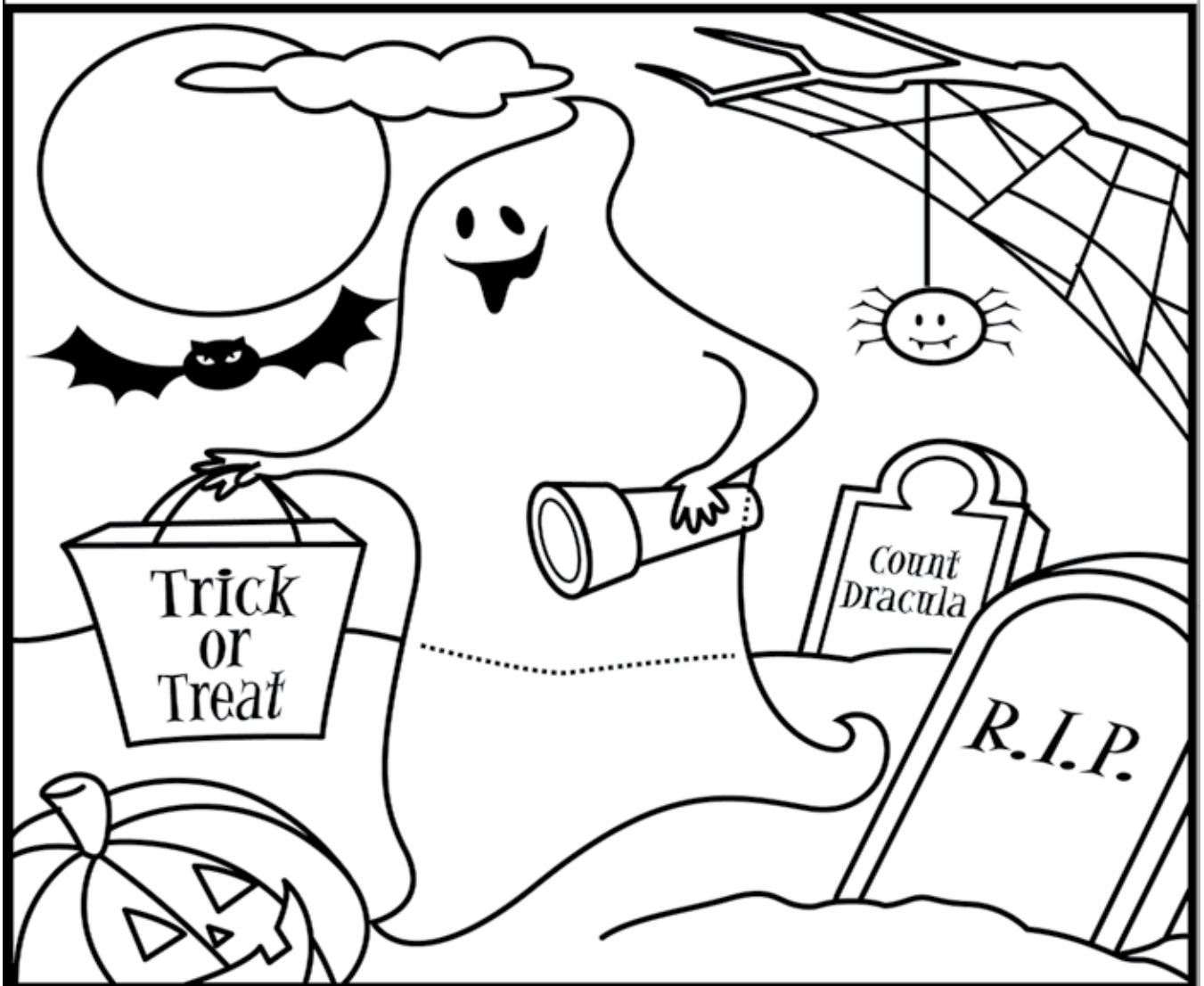
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6	1	3	2	4	5	7	8	9
9	8	5	6	1	7	2	4	3
5	9	6	7	8	4	3	1	2
2	4	7	1	3	6	5	9	8
8	3	1	5	2	9	6	7	4
7	5	9	4	6	2	8	3	1
1	2	4	3	5	8	9	6	7
3	6	8	9	7	1	4	2	5

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

Church Directory

Rich Valley Community Church

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Worship Service
11:00 a.m.

Catholic Parish of Lac Ste. Anne

Sunday
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Stony Plain
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FARMERS MARKETS

ALBERTA BEACH: Sundays, 11:30 - 3pm. Contact Hall 780-666-1604 *May - September

BARRHEAD: Saturdays, 10AM-1PM at Barrhead Agrena. Sherry 780-674-6802 *May-Dec

EVANSBURD FARMERS MARKET: Every Saturday 10am - 2pm located right beside Evansburg Tipples Museum 780-505-0905 *May-Sept

LAC CTE ANNE COUNTY: Sat. Aug 13. Rural Roots Farmer Showcase. 10:00-4:00. Local Food Market, face painting, crafts. Alberta Open Farm Days. George Pegg Garden, Glenview. Free admission. PeggGarden.org. 780-203-0331.

Sat. Aug 13. Rural Roots Farmer Showcase. 5:30-9:00. Dinner & Concert. Chef Lindsay Porter, music with Erin Haley. Open Farm Days. George Pegg Garden, Glenview. Tickets PeggGarden.org. 780-203-0331.

Sun. Aug 14. Open Farm Days 10:00-4:00 + 30th Anniversary Celebration & pie! 1:30-3:00. Antiques displays, scavenger hunt, free admission. George Pegg Garden, Glenview. PeggGarden.org. 780-203-0331.

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 Sept 14 & 28 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, Nevadas, Concession. 780-778-4950

*Sept - June

MEAT DRAWS

ALBERTA BEACH: Lac Ste Anne Community Choir & Museum Meat Draw/ Prizes - Every Sundays, 3:00PM at Jungle's Bar & Grill.

BARRHEAD ROYAL CANADIAN LEGION: Fridays 6:00PM. Queen Of Hearts draw & 50/50.

DARWELL MARKET & MEAT DRAW 4th Sat of the month, except Dec 10th. 1 till 4:30 (year round) All is welcome Lisa @ 780-233-0700. Opens Sept 24

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 3:00PM. Located downtown behind the CIBC.

MEALS ON WHEELS

ONOWAY: LSAC Div 1 & 2, East of Hwy 43. Hazel Bourke: 780.967.2338 or bbourke@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. Sharren (780)-962-2722

SPRUCE GROVE: Wed at 8:45am at Anglican Church, 131 Church Rd. Christianne

YOUR COMMUNITY

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 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 Agriplex from 10:00-11:00AM starting May. Funded Lac Ste Anne FCSS.

ONOWAY & DISTRICT HISTORICAL GUILD: Every Wed, 9-4pm at Onoway Golden Club Onoway Museum. 967-4485

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 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 RR232, 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 6:30-9:00PM. Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.

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

299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE: Stony Plain Comm Center, Wed 6:30PM. Youths 12-18, 963-0843

3053 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS, Onoway Historical Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586

526 BARRHEAD AIR CADETS, Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233

755 PARKLAND AIR CADETS Thurs, 6:30-9:30PM Muir Lake School, ages 12-18. Info call 405-6585 or www.755aircadets.com.

AA - MAYERTHORPE, Family Link Centre, Thurs 8PM. (780) 648-3903 or (780) 706-0605

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 Agriplex.

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

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

ALCOHOLICS ANONYMOUS: The Journey of Hope Group, Mondays 8PM, Golden Club 5023-49Ave. 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 Rosmary

780-785-2625

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agriplex. 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

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 On-line Registration www.girlguides.ca

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 Sandra @ 780-966-5678

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

OPTPS 2022 Farmer's Day Tractor Pull June 11 & 12 at Deep Creek Camping, Sangudo. Antique & Classic Tractor Pulls, both days. Sat. pulls begin approx. 11am Sun. pulls begin at 10am

Free Admission. Sat only, Silent Auction 11am-1pm & Artisan Market Booth 9am - 4pm For more info: Darcy 780-785-2655

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 Agriplex 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 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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