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March 28, 2023

GUNN HALL'S MARCH 18TH CRIB TOURNAMENT

Submitted by Marlaine Janke

At 9:45am the hall started to fill with people to enjoy a full day of crib playing. We provide breakfast snacks, coffee, tea, juice, a full lunch and desserts plus the bar is open. Our volunteers strive to provide everything needed to enjoy a relaxing day of cards and social interaction with others.

We had 50 teams come out to play and we couldn't have asked for better weather. It was such a beautiful day.

A perfect score for 12 games of crib is 1452 points. Following are the winners and the prize allocations were: The 1st place team was Chad & Karen with a score of 1438 points. They received \$350.00. 2nd place for \$250.00 was won by Gord Stoby & Bob Wilson of

Barrhead. They had a score of 1411 points. 3rd place for \$150.00 was won by Wayne & Isabel Noullett of Meadowview with 1401 points. 4th place for \$75.00 was won by Gary Damon & Earl Hawley both of Onoway with 1400 points. We then paid \$25.00 to the last place team as the cards were just not in their favor.

Continued on Page 2

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ONOWAY LEGION NEWS



Submitted by Onoway Legion

Sold-out Easter Dinner

On Friday, March 31, our early Easter Dinner at the Legion is sold-out. Thanks to everyone booking their space for this special meal.

Doors open at 3 pm, with dinner served at 6 pm.

Pre-ordered take-out meals are welcomed.

Pub Night at the Legion


The next Legion Pub Night is Friday, April 7 from 5 to 7:30 pm. There is no dinner that night, but just drop in and enjoy an evening out. A full bar service, along with snacks and freshly-made hot dogs will be available to enjoy with your cold beer. You can enjoy a friendly evening of cards, darts or pool with friends.

Dinner Schedule

Full-course dinners are offered only every second Friday, with the remaining Fridays designated as casual Pub Nights. As always, the legion will be closed on holiday long weekend Fridays.

Continued on Page 2

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Gunn Hall's March 18th Crib Tournament

Continued from Page 1

We also paid out \$10 each to the ten players that had 24 point hands. No one had 28 or a 29 hand so the jack-pot will be carried forward to our next tournament.

Two 50/50 draws were held. The first being \$237.50 won by Shirley Steinke & Jeanette Hutchinson (they shared) of Alberta Beach &

the second being \$282.50 won by Judy Forget of Stony Plain.

The 19 pot in the first 6 games came to \$35.00 and was won by Phil Hnatiuk of Gunn. The afternoons pot was \$35.00 won by Gary Damon of Onoway. Even by winning these small pots, the days entry fee cost is covered.

Our organization is

pleased with the support we get from the surrounding communities and we hope everyone had an enjoyable day. Congratulations to all the winners!!

Also, a special thanks to all of our volunteers who contribute their time into making this event run smoothly. You are important to us and we appreciate all you do.

Onoway Legion News

Continued from Page 1

Mark your calendar for dinners on April 14 & 28; May 12 & 26; and June 9 & 23. Details about each meal will be publicized in the paper and on social media.

Friday Night Supper draws
Our Friday, March 17 draw

winners included Ron Craddock for the Friday night supper gift certificate (\$20). Joanne Gorman won twice in a row! She was the lucky winner of the meat draw, and also the 50/50 draw (\$88.50).

President's Message

Our St. Patrick's Day Fri-

day night supper on March 17, 2023, was very well attended! There was a terrific meal prepared by Anneliese and crew featuring shepherds pie, as well as a dessert cake with Bailey's in it.

Among our attendees were veterans Dave Ritter (Air Force), Hank Henry (Army - artillery) and Dave Roberts (Army Signals) at our Veterans Table along with their guests. These honoured guests enjoyed their meals compliments of the table sponsor, Grande Tire. Many thanks for this generosity!

Next up is our early Easter Dinner on Friday, March 31 - already sold-out! A Veterans Table sponsored by Trius Insurance will provide three veterans

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JOKE of the week

A gawky lad from New England came to New York with his girl, and took her to nearby Playland Amusement Park. They had heard a lot about the Tunnel of Love and were especially anxious to try it out. But when they got home, the kids expressed disappointment.

"Shucks," the boy said, "it was dark and damp and uncomfortable. Besides, we got soaking wet."

"How come?" asked a friend. "Did the boat leak?"

The kid looked amazed. "There's a boat?"

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Onoway Legion News

Continued from Page 2

and guests with complimentary meals. And if that is not enough, there will be a performance from Onoway's own Old Amigos musical group following the dinner.

On the administrative side, our Legion hosted a Food Safe course on Sunday, March 19. There were nine Onoway Legion members in attendance out of a total of 22 people overall. With the course completion, we have our full complement of fully trained food handlers for the next few years at our Legion. Congratulations – and thanks! – to all of you who attended.

Wednesday Kitchen Party!

Everyone is welcome each Wednesday evening start-

ing at 7 pm at the legion for a musical jam. Bring an instrument to play, sing along, dance, tap your feet, or even just sit and listen. You can also play darts, pool, or cards. The bar is open so you and your friends can also enjoy a favourite beverage.

Darts and Pool

Each Tuesday evening is drop-in darts at the legion, with no membership need-

ed. Doors open at 6:30 and play begins at 7:30.

On Thursdays, the legion pool club runs. This is also on a drop-in basis with no membership required. Play begins at 7:30 pm, so please arrive no later than 7:15 to be included in the evening schedule.

Did You Know?

Legion members enjoy many benefits – discounts, magazine subscriptions,

and volunteer activities. They can also participate in local and national events honouring Canada's veterans. If you aren't a member, why not?



LAC STE. ANNE COUNTY
Visit LSAC.ca to explore the latest County news and events in greater detail.
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PUBLIC WORKS

ROAD BAN NOTICE

This Road Ban Notice applies to all Lac Ste. Anne County road surfaces, and supersedes the County's standing weight restrictions on certain chip seal coat roadways.

PURSUANT TO THE AUTHORITY granted under the provisions of Section 18(1) of the Municipal Government Act, the Vehicle Axle Weight Restrictions are effective **Monday, March 27, 2023. This Road Ban will remain in place until early June 2023 or as determined by the County.**

The following allowable weight will be permitted on all local roads in Lac Ste Anne County:

Description	Percentage-Axle Weights
All Gravel Surfaced	75%
Cold Mix Surfaced (unless otherwise posted)	75%
Hot Mix Surfaced	75%
Residential Subdivisions	75%
RR 33 from Twp 535 to Hwy 633	50%
RR 13 Hwy 37 North to Hwy 642	50%
Twp Rd 552 between Hwy 43 to RR40	50%
Twp Rd 544 from RR 11 to RR 21	50%
RR30 from Parkland County North	50%

This Notice shall remain in effect until further notice. If you require further information, please contact the Public Works department.

Dated March 27, 2023.

Mike Primeau, MBA, CLGM
County Manager

Lac Ste. Anne County

Managing and Mitigating Infrastructure Strain

Lac Ste. Anne County is responsible for the preservation and maintenance of all municipal roads, highways and bridges within Lac Ste. Anne County which are under the direction, control and management of the County. A very important part of this responsibility is the protection of roadways during the spring thaw. This time of year can create serious structural damage to roads and bridges if appropriate measures are not taken.

When a road ban occurs, signs indicating the allowed axle percentages are posted on all oiled and paved roadways. Road ban signage is not posted on gravel roads; however, all roads will be monitored and road bans enforced by Lac Ste. Anne County Enforcement Services to ensure compliance.

In conjunction with the road ban, please note that Lac Ste. Anne County, North 43 Lagoon Commission, and Darwell Lagoon Commission are implementing a wastewater hauler rate decrease. The rate will be reduced by 50% from \$75.00 per legal load to \$37.50 per legal load, or from \$5.50 to \$2.75 per meter cubed, until Lac Ste. Anne County spring road bans are lifted.

PARKLAND RCMP ARREST ROBBERY SUSPECTS

Submitted by Parkland RCMP

On March 22, 2023, at approximately 5:35 p.m., Parkland RCMP responded to a report of a robbery in the Calahoo area of Spruce

Grove. The victim, a food delivery person, was robbed at gunpoint by 2 suspects. The victim was not injured.

RCMP attended and located both suspects in the immediate area. A search warrant was executed and the

weapon, which was found to be an imitation firearm, was recovered and seized by police.

Two youth suspects have been charged with Robbery with a Firearm and Unauthorized Possession of a

Prohibited Weapon.

The names of the suspects will not be released due to their ages.

CROCHET CLASSES AT THE ALBERTA BEACH LIBRARY

Submitted by Alberta Beach Library

Crochet classes will once again be offered at the Alberta Beach Library.

Join us any or all Tuesday nights in April (April 4, 11, 18, 25), at 6:30 pm, to learn how to make granny squares and all the inter-

esting things you can make with them!

If you already know how to crochet, join the group for inspiration, pattern swapping, advice, and some social time.

There is no cost for this program; bring your own hook and yarn if you have them (we will provide if

you don't have). Pre-registration is appreciated but not required. For more information please e-mail ablibrary@yrl.ab.ca, call 780-924-3491, or check our website albertabeachlibrary.ca. Be sure to follow us on facebook to keep up to date about all of our programs.

A big thank you to Village of Alberta Beach, SV Sunset Point, SV Val Quentin, SV Castle Island, SV Yellowstone, and Lac Ste. Anne County for providing FCSS funds that enable us to offer these and many other programs to our communities.

Visit 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

Mar 30 Council Meeting

April 5 Municipal Planning Commission Meeting

April 13 Council Meeting

SOLID WASTE UTILITY NOTICES

Will be mailed out in early April
The Solid Waste Utility was created to make billing of this essential service equal for everyone who owns residential properties within Lac Ste. Anne County.

The 2023 Solid Waste Fee is due upon receipt of the bill. Any unpaid utilities amounts, as of July 1, 2023, are subject to a penalty of 3.5%.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

FREE Program available until April 15!

To book an appointment or for more information, please contact **Taryn Monteith, Community Services Coordinator** at 780.785.3411 or email TMonteith@LSAC.ca.

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Lac Ste. Anne County has six charming libraries within our borders. Their shelves are chock-full of reading choices for you. Don't see what you want? Order items in from other sites or try out their ebooks!

Check out their websites, social media pages or stop by a community branch and join your local library today!

Alberta Beach Municipal Library 4815 50 Ave 780.924.3491 albertabeachlibrary.ca

Darwell Public Library #54 225B Hwy 765 780.892.3746 darwellpubliclibrary.ab.ca

Mayerthorpe Public Library 4601 52 St 780.786.2404 mayerthorpepubliclibrary.ab.ca

Onoway Public Library 4708 Lac Ste. Anne Trail N. 780.967.2445 onowaylibrary.ab.ca

Rich Valley Public Library #12 56227 Hwy 33 780.967.3525 richvalleylibrary.ab.ca

Sangudo Public Library 5028 50 Ave 780.785.2955 sangudolibrary.ca

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL BODY	APPEAL DEADLINE
23-D0039	Within SW 10-56-01 W5M 56113 RGE RD 13	Detached Garage 30.0' x 30.0' (900 sq. ft.) on a concrete slab	Lac Ste. Anne County - Subdivision & Development Appeal Board	April 17, 2023

PLANNING & DEVELOPMENT

NOTICE OF PUBLIC HEARING

of Bylaw 14-2009-01-23

LOCATION OF HEARINGLac Ste. Anne County Office
56521 Range Road 65**DATE OF HEARING**

April 13, 2023

TIME

10:45 am

Pursuant to the provisions of Section 692 of the Municipal Government Act, the Council of Lac Ste. Anne County is considering an application for amendment to Land Use Bylaw 14-2009, by amending the following through proposed Bylaw 14-2009-01-23:

1. Removing all references to Lake House:

a. Under Subsection 5.7.1 the (CREC) Commercial Recreation list of permitted uses will not list Lake House.

2. Removing the Figure 6: Lake House Floor Plan and Elevation:

a. Figure 6 will be replaced by a page that reads "This page was left intentionally blank".

b. Figure 6 will be removed from the list of references.

c. And any references to Figure 6 will be removed.

3. Amending or removing the following text under Subsection 5.3 Condominium Facilities:

a. The phrase "common facilities include a building referred to as the lake house (A building styled as a community centre) overlooking the lake and the shower house. These two buildings will be the only permanent buildings on the site." will now state, "The common facility of the Shower House will be the only permanent building on the site";

b. The phrase "Figures 6 and 7 illustrate the floor plans and elevations of both the Lake House and the Shower House respectively. The proposed development plan indicates the proposed locations of these two common amenity buildings." will now state, "Figure 7 illustrates the floor plan and elevation of the Shower House. The proposed development plan indicates the proposed location of this common amenity building.";

c. The phrase "The lake house will be 167.2 sq. m (1800 ft²) of open space with no services other than power." will be removed;

d. And the phrase "The Lake House is located on common property overlooking the north shore of Lake Arnault." will be removed.

4. Amending the text under Subsection 5.4 Visitor Parking:

a. The phrase "Visitor parking will be located adjacent to both the Lake House and Shower House. There will be a minimum of ten parking stalls at each building." will now state, "Visitor parking will be located adjacent to the shower house. There will be a minimum of ten parking stalls at this building."

5. Amending the text under Section 5.6 Common Property since the Lake House is considered a common property:

a. The phrase "The common property will include the two common property buildings with a minimum of ten parking stalls at each" will now state, "The common property includes the Shower House and its existing parking stalls".

6. Figures 5 and 9 depict the originally proposed Lake House location within their plans. The depiction of the Lake House on these figures shall be disregarded.

Written comments on the above proposed Bylaw may be provided prior to 4:30 pm, on April 12, 2023 to:

Lac Ste. Anne County
56521 RGE RD 65, Box 219
Sangudo, AB T0E 2A0
Attn: Mitchell Kofluk, Development Officer

Or email at devassistant@LSAC.ca

Interested individuals may attend the Public Hearing to voice their comments.

To schedule an appointment please contact Legislative Support Services Coordinator, Cindy Suter, at 780.785.3411. While appointments are not necessary, they are encouraged as they will be given priority.

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

LOCATION SKETCH

FIGHTING RURAL CRIME

Submitted by Government of Alberta

Budget 2023 will increase public safety throughout the province with \$27 million to hire more Alberta Sheriffs and by providing new tools to fight rural crime.

The Alberta government is investing \$27.3 million in new funding for the Alberta Sheriffs. Of that, \$10.2 million will go toward adding

new positions in several areas, including courthouse security, prisoner transport and traffic enforcement on provincial highways.

An additional \$4.3 million will create new rural crime initiatives for the Alberta Sheriffs, including two plainclothes teams that will assist RCMP detachments throughout the province with surveillance on criminal targets.

"It is important that Al-

bertans are able to feel safe in their communities. This strategic investment will not only ensure the Alberta Sheriffs can continue the vital work they do every day to keep our communities safe, it builds on strong cooperation with their law enforcement partners to create new and innovative ways of working together to protect Albertans."

Mike Ellis, Minister of Public Safety and Emergen-

cy Services

The new plainclothes teams will enhance the sheriffs' existing surveillance capacity by extending support to rural RCMP detachments for local investigations. The sheriffs' existing surveillance unit is part of Alberta Law Enforcement Response Teams and focused mainly on serious and organized crime investigations.

The Alberta Sheriffs are also receiving funding to add 20 investigators to the Safer Communities and Neighbourhoods (SCAN) unit, which uses civil enforcement to target problem properties where illegal activities are taking place.

Several new positions will be based in regional hubs, which will give the SCAN unit a greater ability to investigate complaints coming from rural communities and provide police in smaller centres with more options for dealing with criminal activity.

"Alberta Crime Stoppers is pleased to see the Alberta Sheriffs working on these rural crime initiatives and strategies that will make our communities safer."

Mark Holik, president, Alberta Crime Stoppers

The government is also bolstering efforts to combat rural crime and support rural policing by expanding the RAPID Response initiative.

Budget 2023 provides funding for the Sheriff Highway Patrol to train and equip its members to assist the RCMP with emergencies and high-priority calls as well.

This initiative builds on the success of a prior move that authorized members of the Sheriff Highway Patrol to investigate

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FIGHTING RURAL CRIME

Continued from Page 6

impaired driving and other criminal offences. The Sheriff Highway Patrol has removed more than 2,500 impaired drivers from Alberta's roads since being given those added powers in July 2021.

"These additional resources for the Alberta Sheriffs will improve our combined ability to suppress criminal activity in rural Alberta. Albertans deserve to feel safe in their communities, and these resources will help us continue to protect the safety and well-being of Albertans."

Deputy Commissioner Curtis Zablocki, commanding officer, Alberta RCMP

Budget 2023 secures Alberta's future by transforming the health-care system

to meet people's needs, supporting Albertans with the high cost of living, keeping our communities safe and driving the economy with more jobs, quality education and continued diversification.



Thank you

The family of George Brown wish to thank everyone for their attendance, well wishes and condolences at George's Celebration of Life on March 18, 2023.

Also, thank you to the kind folks who sent donations in George's memory and to the Cherhill Community Ladies for the excellent lunch.

A special mention and thank you to Colin Zapotoski for being our MC.

It was a meaningful day to remember for our entire family and friends.

The Brown and Brandt Families



BUDGET 2023

Creating jobs and investing in what northern Alberta needs

Education and Post-secondary

Funding school projects in southern Alberta, including:

- Modernizing Westwood Community High School in Fort McMurray
- Replacing Red Earth Creek School
- Replacing Vera M. Walsh School in Lac La Biche
- Planning a new high school north of Grande Prairie
- Planning G.P. Vanier School in Donnelly

Expanding post-secondary facilities and/or programs including:

- Power engineering and instrumentation lab development at Northwestern Polytechnic

Health Care

- Additional funding for the Rural Remote Northern Program to support physician recruitment and retention
- Funding to expand mental health services for youth

Investing in Northern Alberta

- Replacing La Crete bridge
- Replacing Highway 813 bridge
- Twinning Highway 63 north of Fort McMurray
- Twinning Highway 40 south of Grande Prairie
- Widening Highway 40 north of Hinton
- Upgrading Highway 881
- Upgrading Highway 686
- Funding the Northern and Regional Economic Development Program

For the full details visit alberta.ca/budget

Alberta

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6 EASY SPRING CLEANING PROJECTS

Warmer days are here and what better way to spend them than cleaning? Although enjoying the great outdoors is probably high on many a to-do list come spring, by the end of winter, homes can probably do with a much-needed overhaul. Owners and renters can rely on temperate days to throw open the windows and engage in some easy spring-cleaning projects. The earlier one begins spring clean-

ing, the more quickly he or she will be able to head outside and bask in the warm spring sun. Spring cleaning tasks can be stretched out across several days to make the jobs more manageable. While certain spring cleaning tasks can be time-consuming, many projects can be started and completed in 30 minutes or less.

1. Look up

Start by looking up at ceilings, molding and

ceiling fans. Chances are strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top downward so you don't have to clean any tables, countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

2. Blinds and curtains

Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in more light and warmth from the sun. Many curtains can be freshened up right in the laundry, but blinds may require a bit more effort. If the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish soap and water. Allow them to soak and then rinse with the shower nozzle.

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6 Easy Spring Cleaning Projects

Continued from Page 9

Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

3. Change linens

Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or dresser.

4. Grout cleaner

Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices, such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.

5. Vacuum vent intakes

Many houses are heat-

ed by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

6. Clean out the refrigerator

Now is a great time to remove any of those mystery containers growing fuzzy experi-

ments in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisper drawers.

Spring cleaning is a necessary task, but it doesn't have to be a headache. Break up the work into manageable chunks of time, and projects won't feel like such a hassle.



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SAFEGUARD YOUR HOME FROM INSECT INFESTATIONS

The dawn of spring marks the return of many things, including long hours of sunlight and warm temperatures in which to enjoy that sunshine. But homeowners know spring also marks the return of insects, unwelcome guests that can be difficult or expensive to control once they have entered a home.

As problematic as insect infestations can be, preventing such problems can be simple, especially when homeowners are proactive. The following are a handful of ways to keep insects out this spring and summer.

- Consider potential food supplies and cut those supplies off. Insects often enter a home in search of food, so cutting off potential food supplies is a great way to prevent insects from coming inside. Give dining areas a thorough cleaning after meals, vacuuming or sweeping the floors beneath dining tables each night before going to bed. (Parents of young children may want to sweep floors after each meal.) In addition, clean pets' bowls each night to be sure there are no food scraps left that may entice insects, and make sure pet food containers are tightly sealed after each serving. Sinks are another potential food source, so empty food traps after using the sink and run the garbage disposal as well to remove any food that might be lingering.

- Address potential shelters. Insects also seek shelter inside homes, and there are many areas in a home that can provide adequate shelter. Cracks around win-

dows and doors and in the foundation provide both entry points and potential shelters for insects. Seal such cracks with caulk, testing the areas by feeling for any incoming air. If you

still feel air coming in, there is still some sealing to do. Cracks in cabinets or counters also may provide shelter to insects, so address these areas as well.

- Reconsider exterior light-

ing. Exterior lighting may be inviting insects into your home. Insects tend to congregate around lights at nighttime, so avoid placing

Continued on Page 12

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ingHOME ENO GUIDE



Safeguard Your Home From Insect Infestations

Continued from Page 11

lights right outside entryways. Once doors are opened, insects can then fly right into your home. Keep exterior lights as far away from entryways as possible. If you need lights right outside your doors, install motion-sensing lights that only turn on when you come within a few feet of the door. This reduces the volume of insects that congregate outside your entryways, and lowers the risk that insects will follow you in when you arrive home at night.

· React quickly upon seeing insects. Insect infesta-

tions happen gradually, so homeowners should react quickly when seeing a single insect or a handful of insects inside their homes. The slower your response, the more likely one or two intruders is likely to turn into a large infestation. Immediately clean any areas where you see insects, and take more substantial measures if your initial efforts were not enough to prevent more insects from coming in.

The presence of insects inside a home can be a nuisance, but there are many ways to prevent such infestations and keep unwell-

come guests at bay.



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CREATE KID-FRIENDLY SPACES AT HOME

Maintaining a home that is welcoming and kid-friendly can be challenging. Kids are full of energy and oftentimes put fun ahead of tidiness. But no matter how energetic their youngsters are, parents can still employ several strategies to ensure their homes are both sophisticated and child-friendly.

•Consider an open floor plan. Rooms that flow into one another make it easier to keep tabs on children. Such rooms also allow residents and guests to mingle in separate rooms but not be too far away from one another.

•Choose washable fabrics. Upholstery will need to stand

up to the abuse kids can dish out. Sofas and chairs with slipcovers can be advantageous because many slipcovers can be easily removed and laundered. Patterned fabrics will hide some stains, while treated fabrics may resist liquid spills for easier cleanup.

•Create a catch-all spot. Special bins or other organizational tools in the entryway can help to cull clutter when children come in the house from school or play. Be sure the keep cubbies, containers and coat hooks at a child-friendly height.

•Look for high-traffic rugs. Rugs designed for high-traf-

fic areas will be more forgiving when children march across them several times per day. There are no rules that say you can't bring an outdoor rug inside, and these rugs tend to be easier to clean.

•Ensure there is plenty of seating. Sectionals give children ample room to spread out. And ample seating ensures there is enough room for kids to invite their friends over to hang out.

•Think outside pink and blue. For children's rooms, make sure they're colorful, but consider other hues to give the rooms some personality. Focus on a hobby or

activity and borrow the color scheme from the accessories used for decorating.

•Hang whimsical artwork. Employ framing and lighting to make kids' artwork look like professional pieces. Routinely change the pictures when a new look is desired.

•Designate a place for play. Devote an entire room or a nook in a house for imaginative play. Store toys here so these items will not create clutter in individual bedrooms.

Creating child-friendly spaces while ensuring a home maintains a sophisticated feel is easier than parents might think.



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THAT'S ALL SHE WROTE

Submitted by MLA Shane Getson

I'll have to ask your indulgence on this one, as I'm a little more than reflective today, as it could very well be the last time I am going to be speaking in the house as the MLA for Lac Ste Anne Parkland. The last 3.8 years have flown past. I was warned they would, but in the thick of things, you never realize how far you've gone, or how the time has flown until you are near the end of the road.

Truth be told, I kind of dragged out the time before I stood up in the house to deliver my Maiden Speech, I wanted to take the time to do my research on the other MLAs who had represented the same area, and to say I was humbled by the pedigree is an understatement. Some major portfolio ministers, some very solid MLAs, and the longest sitting speaker of the house. Talk about tough acts to follow.

Reading through their maiden speeches, and several others they gave over the years about the characteristics, the people in our area, made me feel a little lest overwhelmed. The same themes were pervasive into present day. It gave me some solace to think of it as not starting at the bottom, but rather continuing in the race, passing of the torch as it were. The benefit I had is that they were still around, and to my disbelief were there in a heartbeat to take my call if I needed advice. Coming to the end of my first term, I get it. It is a fraternity, there is a deep care given to the communities, and the constituency as a whole, and with that you can't help but to give up part of your soul to it as well.

Giving my speech, heck, I was as nervous as a long tailed cat in a room full of rocking chairs... that is no exaggera-

tion. I just took that first deep breath and did my best to tell a story about our area. Where we came from, some of the water features we have, the roads, bridges, industries, but most importantly the people I met over the years, and on the "campaign trail". I've done my best when I'm in there to keep that top of mind, its not my voice, its yours. I am still very humbled that folks gave me this job, and their trust when needed to make the decisions not only that would affect them, but their kids, and grandkids. I have never held back on promoting our area, and our people, more times than not, calling it God's country. I've jokingly said because I said it so many times that the Pope came here to see for himself and blessed our lake to make it official.

Although giving speeches, leading task forces may get some social media play, or even a few seconds on the evening news, the real rewarding work has been often when no one heard at all. I am fortunate to have a solid staff, and not only me, but the folks in our area are so very fortunate to have them. Kristen and Bobby have and will continue to be champions for the folks in our area when they need some help or guidance. Here are just a few of the things we have as a team been able to help with over the last few years.

- Created Bill 31 in short order, that mitigated a potential shortage of supply of clay, gravel, sand, marl by defining them not as mineral, and how they would and could be mined.

- Repealed the provincial Carbon Tax in Bill 1 by proving in a court of law how flawed it really is.

- Engaged Albertans with the Firearms Task Force, addressing concerns related to federal overreach, property

rights, ability to own and use firearms, and proper representation for law abiding Albertans.

- And personally, I got to lead the Economic Corridors Task Force, in which I am also the Parliamentary Secretary. Plus, I led the Career Education Task Force, where I helped develop solid recommendations for career education deliveries.

- I even supported the return of the international airshow in Villeneuve, and further pitched the idea of an accredited aviation course to be taken by local students - in which it is in its second year of operation.

The whole process of politics seems backwards to me in a number of areas, and I'd like to share that with you as well, and now that I've been here for a while, explain to you why it is done. My grandma had told us as kids, there are three things that you don't talk about in polite company, sex, religion, and politics. My parents taught us as kids about manners, and what polite people don't do. You never ask for money, you earn it. You don't bug people on their days off, with their family, or at the supper hour, because they have earned their privacy. You sure as heck don't just drop in on folks unannounced.

Now in Politics, seems like the first three items always come up in conversation, and you are asked to fundraise, door knock, show up at events, and call folks at home to ask for their opinions...on just about everything. I've had to struggle with what I've been taught, vs this industry, and I've had to reconcile with it in the following way for the following reasons.

The Door Knocking and the phone calls are done for voter identification. Parties want to know which way you are leaning, if you are undecided,

or decided, so they know what they need to do to help change your opinion, or to get you the information you need to help you make an informed decision. Additionally, so they can get you fired up enough to pull up your socks and get out and vote on the "Big Day". So really, if we were not so darned apathetic in our democratic freedom to vote, we would not be getting so many random door knocks, or phone calls.

The fundraising, most of the cost goes to advertising and signage. The other large cost centers go for hiring "Professional Door Knockers and Phone Callers", because it is physically impossible to get in touch with folks in such a short timeline as a small team when we are so spread out. If you want to avoid being bothered at home, you could get in touch with the local Constituency Association of the party of your choice (I'm partial to blue myself) and let them know you are on board and will show up to vote. I'll also be out and around...lots, as we are going to be out of session, and obviously heading into an election season very soon. Come on over, tell me what matters to you, and give us your information so we can ID you and not bother you on your door and at home. The biggest thing you can do however, is to come out, and vote. Get everyone you know to vote, get the numbers up so we don't have to call you and remind you, because honestly, we wouldn't have to if we had the majority of the folks in our areas picking their candidates, rather than the historical low numbers. If you want me to be the MLA, and if you think I've done a good job, all the better reason to ensure that I can still be your voice, because I can assure you, all of those that don't want me, will be there in force at the poles and



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HOW TO REDUCE VEHICLE EMISSIONS

Recognizing the threat posed by climate change, many people have resolved to live more eco-friendly lifestyles. Reducing vehicle emissions can have a strong and positive impact on the environment and may even benefit motorists' bottoms lines.

According to the United States Environmental Protection Agency, 26 percent of all greenhouse gas emissions in the U.S. can be traced to transportation. But the task of reducing vehicle emissions is not as difficult as

it may seem, as there are many steps ordinary citizens can take to cut back on the greenhouse gases their vehicles are producing each day.

• Telecommute to work. Recent research from Global Workplace Analytics, a firm that helps organizations understand and communicate emerging workplace strategies, found that 50 percent of the American workforce holds a job that is compatible with at least partial telework. The company also found that as recently as March

2016 a typical business telecommuter per year, while workers who telecommute can save between \$2,000 and \$7,000 per year. But the financial benefits may pale in comparison to the effects that mass telecommuting can have on the planet. Telecommuters consume considerably less fuel than workers who drive or take mass transportation to work, and over time that can greatly reduce transportation-related greenhouse gas emissions.

• Prioritize vehi-

cle maintenance. Poorly maintained vehicles can harm the environment and cost motorists substantial amounts of money. The South Carolina Department of Health and Environmental Control notes that something as simple as replacing a clogged air filter, a task that can be completed in a matter of minutes, can improve gas mileage by as much as 10 percent. In addition, keeping tires properly inflated can reduce drag and improve fuel economy.

Continued Page 17

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How To Reduce Vehicle Emissions

Continued from 16

Such steps also improve vehicle performance and reduce wear and tear on a vehicle's engine, protecting motorists' automotive investments.

• Avoid idling. Conventional automotive wisdom once suggested that idling a vehicle for several minutes can effectively warm up its engine. But the EPA notes that idling is both ineffective and harmful to the environment. Idling for more than 30 seconds can increase air pollution unnecessarily, waste fuel

and money and cause excessive wear and damage to engine components. Auto manufacturers now recommend that vehicles idle for no more than 30 seconds before they begin driving, as modern engines take less time to warm up than the engines of yesteryear.

• Drive less. Perhaps the simplest way to reduce vehicle emissions is to drive less. While walking or cycling can be a great and healthy alternative to driving, driving less does not necessarily mean motorists should

abandon their vehicles entirely. Instead, drivers can organize weekend shopping and errand trips so they accomplish everything in a single trip. This can free up time and greatly reduce fuel consumption and vehicle emissions.

Reducing vehicle emissions is a great way to help the planet, and such a goal is more attainable than many people may think.



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These fittings are clear across all brands John Deere, Case, New Holland, JCB, Fendt, Massey Ferguson. Many of the implements that have been sold in the last few years have also used these predominantly European fittings.

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NEW TOLL-FREE POISON CENTRE NUMBER

Submitted by MP Gerald Soroka

Gerald Soroka, Member of Parliament for Yellowhead wishes to advise that Health Canada has launched a new

toll-free number, 1-844 POISON-X, (1-844-764-7669), in collaboration with four Canadian poison centres, to make it easier for people in Canada to access critical medical advice for

poisonings.

Each year in Canada, over 1,500 people lose their lives and 8,000 are hospitalized due to unintentional poisoning from medications, cleaners, cannabis

products, and many other household items. For this reason, save this toll-free poison centre number in case of accidental poisoning.

SUPPORTING CANADIANS AGING AT HOME

Submitted by MP Gerald Soroka

Gerald Soroka, Member of Parliament for Yellow-

head wishes to advise that as more seniors are living longer, healthier lives many want to continue living independently in their own

homes surrounded by those they care about.

Public consultations are now open between March 20 until April 14, 2023, giving you the opportunity to have your say about sup-

porting those wishing to stay in their homes.



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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!

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

ANSWER:

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

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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-
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Sunday School
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Catholic Parish of Lac Ste. Anne

Sunday
10:00 a.m.

Good Shepherd Lutheran Church

Stony Plain
Worship Service
10am
(780) 963-3131

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

Oneway
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St. John's Lutheran Church

Alberta Beach

Sunday Service
11:00 a.m.
Sunday School

Zion United Church

Sunday Service
10:00 a.m.
Sunday School

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St. Mary's Anglican Church Service

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

Cherhill Community Church

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

St. Michael Lutheran Church

Sunday Services 1st &
3rd Sunday at 2:00 p.m.
Pastor Rick Chappell
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Mystery Lake

Trinity Lutheran Church (LC-C)

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Pastor Dan Hansard
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Oneway Baptist Church

Sunday Service
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Roman Catholic Church

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St. Elizabeth Parish,
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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 25 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

Lac Ste. Anne-Parkland Constituency Association - Volunteers - WE WANT YOU! email: volunteer@Isa-p-ca.ca March 30,2023, 6-9pm Sangudo Community Hall 4924 50 st, Sangudo

Board Games at Sangudo Public Library in Early 2023

Join us for a wide assortment of board, card, and dice games on an informal drop-in and pick-up basis, with complimentary popcorn! Open to the public of all ages. Please feel free to bring your own favourite game(s) as well.

Upcoming dates:

Tuesday, Mar. 28 @ 7pm

If you have any questions, please contact Jamie by email at jamieohler@hotmail.com or by text/phone at (780) 909-9390.

Garden Valley Spring Bingo
March 31 7pm Garden Valley Hall
Ham & Turkey Prizes

FARMERS MARKETS

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

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

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

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 LEGION: First Sunday of month, Doors Open 12:00PM

RICH VALLEY COMMUNITY HALL BINGO: on April 12 & 26 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, 3:00PM at Jungle's Bar & Grill.

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

C.A.N. COMMUNITIES OF ALBERTA NETWORKING FOR SENIORS: Spruce Grove At Pioneer Center. first market March 25 - 5:30pm

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ONOWAY ROYAL CANADIAN LEGION: Fridays, Ph. 780-967-5361

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM - 5:00 PM 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 hbourke@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 5pm at Sangudo United Church. Toni (780)786-4612

STONY PLAIN: Thurs evening at 5:30PM, Stony Plain Library. Susan (780) 968-0869

SPRUCE GROVE: Mon at 4:30pm at Anglican Church, 131 Church Road. Betty (780)962-3857

SPRUCE GROVE: Tues at 6:15pm at Anglican Church, 131 Church Road. Sharron (780)962-2722

SPRUCE GROVE: Wed at 8:45am at Anglican Church, 131 Church Road. Christiane (780)960-1109

WILDWOOD: Thurs at 10am at Wildwood Hall, Bea (780)727-2129

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-2PM.

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.

Darwell Public Skating 7-days weel 8am - 8pm. more details on Darwellag.com or Facebook

JR. SCRAPBOOKING Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404

"ME, YOU, & EVERYBODY" Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agplex from 10:00-11:00AM starting May. 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, 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 WHITECOURT SENIORS CIRCLE DROP IN 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 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

Hope and Help for Family and Friends, New Al-Anon meeting in Spruce Grove Wed @ 11am. 1A Fieldstone Dr Church Library

ALBERTA 55 PLUS: Villenvue 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, Mondays 8PM, Golden Club 5023-49Ave

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, Cherhill 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.

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, at Crossroads Community Church, 4419 44 Ave, Mayerthorpe, \$35 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

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

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

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

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

SANGUDO PAINTING GROUP: Every Thurs, 9AM-12PM at 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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