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May 2, 2023

MAYERTHORPE ROYAL CANADIAN LEGION

Submitted by Mayerthorpe Legion Branch #126

The Mayerthorpe Legion Branch #126 Board reviewed 2022 with pride at their Annual General Meeting on April 17, 2023. President James Mack gave a positive review of past activities enhanced by increased community involvement. The year's finan-

cial report was given by Treasurer Darla Morrison, which showed the Legion can still carry on for another year, but fund-raisers and donations are always needed.

The AGM was then adjourned, and the regular General Meeting was opened. President Mack spoke on how important Board unity is to the success of any group.

He also presented some ideas for discussion on Event Plans, Budgets and Inventory, and communicating closely on every event with Manager Kim O'Dempsey. Press Releases and Media were discussed, with a big THANK YOU expressed to the newspapers who print our Legion news.

Continued on Page 2

WRITS ISSUED FOR THE 2023 PROVINCIAL GENERAL ELECTION

Submitted by Government of Alberta

Alberta's Chief Electoral Officer, Glen Resler, confirms that Writs were issued today to administer elections across Alberta. The 31st Provincial General Election will be held on May 29, 2023.

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Voter Eligibility

Canadian citizens who reside in Alberta and are at

least 18 years of age or older on Election Day are eligible to vote in the Provincial General Election.

Voter Registration

Electors may register to vote online at www.voterlink.ab.ca until May 17, 2023, by contacting Elections Alberta or their local returning

Continued on Page 6

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FIRE BAN UPDATE

Fire Ban in effect
for
Yellowhead County, Parkland
County, Lac Ste Anne County &
Barrhead County



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Mayerthorpe Royal Canadian Legion

Continued from Page 1

UPDATES:

A new plaque for the Legion Cenotaph is being created and will soon be installed.

The very popular Mayerthorpe Veterans' Banner Program is ready for orders. The Veterans must presently be affiliated with, or have been affiliated in the past with the Mayerthorpe Legion. Call Margaret 780-786-2751 or 780-305-8800 or E-mail fpthib@telus.net for more information, or to order. Firm deadline is JUNE 30, 2023. We presently honor 58 Veterans with banners!

The Popovich Productions Country Variety Show on April 1 was a big hit, preceded by a decidedly delicious five course meal. All present expressed how well they were entertained, and how much laughter was in the room.

The Cadet's 60th Anniversary was well attended on April 22, and an honor for everyone

who celebrated the occasion. Legion President Mack presented a commemorative plaque to the Cadets.

On April 18, close to 100 volunteers from many local community groups enjoyed free wings thanks to the Town of Mayerthorpe's FCSS Department. It was Volunteer Appreciation Night and also FCSS Director Joanne St. Martin's last event before retirement after 21 years on the job. New FCSS Director Duncan Milloy was introduced and welcomed. And Peace Officer Gervais Kasamba was re-introduced and welcomed.

The Roddie Murphy Memorial Dart Tournament was a quick sellout for April 29. It was a huge and successful salute to Roddie, who was an active member of the Legion for many years.

The much-anticipated Marathon Bingo on April 30 was everything the 150 bingo players present were complimentary of: a lot of

money was won, there was a great caller, great organization by Legion Manager Kim O'Dempsey, good food delivered to the tables, and a room full of smiling volunteers. The players vied for many cash prizes, and the final Bonanza of \$4,000 was won by Jeanette Jones of Evansburg. Special thanks went to the door prize donors, and the people from Entwistle and area who came in spite of the dangerous fire in that area. Exciting bingo update also: The next Marathon Bingo has been approved for Oct. 1: same place, same times, same fun! TICKETS WILL NOT BE AVAILABLE FOR A FEW MONTHS. Watch for updates in future reports, and information through posters and the Mayerthorpe Legion site some time in late summer.

NEW!

Pub Nights are coming to the Mayerthorpe Legion, every Friday night 4-8 p.m.,

Continued on Page 3

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JOKE of the week

A man walks into a lawyer's office and asks, "How much do you charge?" The lawyer says, "\$5,000 for three questions." The man asks, "Wow, that's pretty expensive, isn't it?" And the lawyer says, "Yes. Now, what's your third question?"

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NAPA
CERTIFIED BODYSHOP

Mayerthorpe Royal Canadian Legion

Continued from Page 2

from May 5 to the end of June. Relax and visit with friends or play cribbage. Maybe take home a prize, as Meat Draws are being introduced the same nights from 4-5:30. Children are welcome until 8.

Busy times are continuing this month. Join us Friday, May 12 for "A Sweet Night Out" with Hypnotist Shane Lystang. Sweet treats will be served at 7:30 before Shane gets his show underway at 8 p.m. Tickets are \$25

You'll want to put on your dancing shoes for all types of great music by Amanda and Teneille Geinger and Jessi Lesko's "Never Too Late Band" on Friday, June 2 from 8 - 11 p.m. This local group is very well known for their incredible talent. "Pizza and Dance" \$20 / person

It will be an afternoon of

beautiful sounds at the Legion as the Lac Ste. Anne Choir "Sings for Spring" on June 4, starting at 2 p.m. Every note you hear will be well worth your admission

by donation.

Please Note: The Diane Olsen Memorial Legion Ladies Challenge has been moved from Sept. 30 to Sept. 23. We will be looking for com-

petitive teams of four and volunteers for 12 challenge sites. More info available in the summer.

Until next time, be kind, be strong, and be a volunteer!

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May 12, 2023

2:00 p.m. - 7:00 p.m.

Holy Trinity
Catholic Church



**Royal Canadian Legion
Branch No. 132**

Request for Proposals - Construction of Portable Cenotaph

The Onway Legion is seeking proposals to design and produce a portable Cenotaph. (A Cenotaph is a monument to our war dead who are buried elsewhere.) The Onway Legion has a fixed Cenotaph at its Legion Hall facility but requires a portable version for use in Remembrance Day and similar services that are held at locations other than the Legion Hall.

**Proposals will be accepted until 5:00 p.m.
MDT on Friday, May 26, 2023.**

Construction and delivery of the portable Cenotaph must be completed by October 1, 2023.

A fully detailed Request for Proposal document that sets out all necessary information and guidelines is available by emailing: contact@onwaylegion132.com

Questions may also be directed to Richard Moses, 1st Vice President of the Onway Legion, at the email above, or by calling 780-720-7447.

ANOTHER
RAINBOW SALE

ONLINE - ANNUAL SPRING CONSIGNMENT SALE

May 15, 2023
Hwy 16A West
Range Road 11
Stony Plain, Alberta

Auction List -Spring Consignment Sale

Bidding to open Monday, May 15, 2023 @ 6:00 a.m. and starts closing Friday, May 19, 2023 @ 12:00 noon

"Selling Trucks, Cars, RVs, Farm and Heavy Equipment, Tools, and many more items coming in Daily watch Website for daily updates!!"

Load Out: Saturday, May 20, 2023 @ 10:00 a.m. - 5:00 p.m.

Sunday, May 21, 2023 - CLOSED

Monday, May 22, 2023 - Thursday, May 25, 2023

@ 10:00 a.m. - 5:00 p.m.

Additional load out times can be arranged by appointment only.

Contact Rainbow Auctions if you require other arrangements.

This sale will be online internet bidding only.

As new product comes in our online auction catalogue gets updated.

Keep checking in so you don't miss anything.

UPCOMING SALES

October 2, 2023 - Online - Annual Fall Harvest Consignment



****Watch website daily for new additions to auction lists****
Terms and conditions: Cash, Visa, MasterCard, Debit, Interac. Nothing to be removed until paid for. Subject to additions and deletions. A 10% handling fee (plus GST) will be charged where applicable. Please be conscious of the handling fees and factor them into your bidding. Owner Rainbow Auctions & Liquidators or it's employees shall not be responsible for accidents.

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

LAC STE. ANNE COUNTY



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 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

May 3 Municipal Planning
Commission Meeting

May 17 Council Meeting

PROPERTY TAX & ASSESSMENT NOTICES

Payment deadline June 30

Please note that Property Tax Notices will be sent out May 5, with a payment deadline of June 30, 2023, in accordance with Tax Rate Bylaw #04-2023.

For more information about property taxes, please visit [LSAC.ca/taxes](https://lsac.ca/taxes).

COUNTY CAMPGROUNDS OPEN FOR THE SEASON ON MAY 15!

Reserve overnight sites in advance beginning May 1 at 9:00 am

Any calls or voice messages received prior to this will not be accepted.

Due to an anticipated high call volume, all calls will go directly to voice mail, and will be returned by Campground Caretakers in the order they were received.

Please call the following numbers to reserve overnight bookings for the following County-owned campgrounds:

Lessard Lake Public Campground:
780.284.3643

Paddle River Dam Campground - Peter's Pond area:
780.284.1753

Paddle River Dam Campground - Boat Launch area:
780.305.8423

Please note that first night fees are due upon reservation for each site booked.

Please visit [LSAC.ca/campgrounds](https://lsac.ca/campgrounds) for more information.

ROADSIDE CLEANUP PROGRAM

Submit your letter of interest to participate ASAP

Lac Ste. Anne County is seeking interested community groups to perform roadside cleanup on some of our County roads. The date for the roadside cleanup will be in coordination with the Annual Alberta Highway Cleanup on May 6 - rain out date is May 13.

For more details, including which roads, the letters of interest requested to participate, and the payment being offered - please call our Public Works Department or email PublicWorks@LSAC.ca.

While travelling along area highways on Alberta Highway Cleanup Day slow down and be aware of the added foot traffic in marked cleanup areas.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL BODY	APPEAL DEADLINE
23-D0051	Lot 8, Block 6, Plan 7821310 Eagle Ridge NW 15-54-01 W5M 46, 54228 RGE RD 12	Pole shed with no foundation, Main 30.0' x 50.0' (1500.0 sq. ft.) 16.0' walls (with a variance of 1.3ft increase to height of structure at 21.0ft).	Lac Ste. Anne County - Subdivision & Development Appeal Board	May 22, 2023
23-D0068	Lot 17, Plan 0523120 Lakeside Estates NW 02-55-03 W5M 10A, 55022 Ste. Anne Trail	2022 Manufactured Home 16.0' x 40.0' (640.0 sq. ft.), Porch 10.0' x 12.0' (120.0 sq. ft.) and Deck (23.0' x 12.0')	Land and Property Rights Tribunal	May 22, 2023

PLANNING & DEVELOPMENT

NOTICE OF PUBLIC HEARING

of Bylaw 22-2017-01-2023

LOCATION OF HEARING
Lac Ste. Anne County Office
56521 Range Road 65

DATE OF HEARING
May 17, 2023

TIME
10:45 am

Pursuant to the provisions of Section 640 of the *Municipal Government Act*, the Council of Lac Ste. Anne County is considering an amendment to Land Use Bylaw 22-2017, by amending the zoning of the following properties:

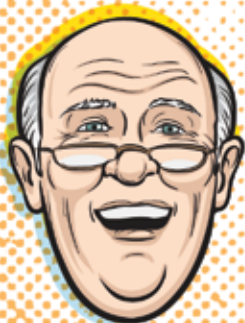
LOT, BLOCK, PLAN, SUBDIVISION NAME WITH LONG LEGAL	CURRENT ZONING	PROPOSED ZONING
Lot 1 Block 1 Plan 2222031 within NE 9-56-9 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)
Lot 4 Block 1 Plan 2220651 within NE 13-56-9 W5	Agriculture 1 (AG1)	Country Residential Ranch (CRR)
Lot 1 Block 1 Plan 2221899 within SE 15-56-5 W5	Agriculture 1 (AG1)	Country Residential Ranch (CRR)
Lot 1 Block 1 Plan 2221999 within SW 29-54-5 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)
Lot 1 Block 2 Plan 2221999 within SW 29-54-5 W5	Agriculture 1 (AG1)	Country Residential Ranch (CRR)
Lot 2 Block 2 Plan 2221999 within SW 29-54-5 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)
Lot 1 Block 1 Plan 2221048 within SE 25-55-2 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)
Lot 1 Block 1 Plan 2221052 within NE 34-55-2 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)
Lot 1 Block 1 Plan 2220863 within SW 14-54-1 W5	Agriculture 1 (AG1)	Country Residential Ranch (CRR)
Lot 2 Block A Plan 2221669 within NE 24-54-2 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)
Lot 3 Block A Plan 2221669 within NE 24-54-2 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)
Lot 1 Block 1 Plan 2220664 within SW 4-55-2 W5	Agricultural Fringe (AGF)	Country Living Residential (CLR)
Lot 2 Block 1 Plan 2220664 within SW 4-55-2 W5	Agricultural Fringe (AGF)	Country Living Residential (CLR)
Lot 1 Block 2 Plan 2220664 within SW 4-55-2 W5	Agricultural Fringe (AGF)	Country Residential Ranch (CRR)
Lot 2 Block 1 Plan 2220997 within SE 18-56-1 W5	Agriculture 1 (AG1)	Country Residential Ranch (CRR)
Lot 1 Block 1 Plan 2220319 within SW 21-56-2 W5	Agriculture 1 (AG1)	Country Living Residential (CLR)

Written comments on the above proposed Bylaw may be provided prior to 4:30 pm, on May 3, 2023 to:

Lac Ste. Anne County
56521 RGE RD 65, Box 219
Sangudo, AB T0E 2A0
Attn: Amy Roberts, 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 Development Officer, Amy Roberts at 780.785.3411.

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).



A landowner/developer has applied to the municipality to subdivide their land. As a part of the subdivision approval the new parcel need to be redistricted to meet the Land Use Bylaw.

In order to amend the Land Use Bylaw for redistricting, a bylaw must be drafted and a public hearing held first under the provisions of Part 17 of the *Municipal Government Act* (Sections 216.4, 606, 632, 640 and 692).

The ad above is to let folks know about when and where the Public Hearing will take place.

Writs Issued For The 2023 Provincial General Election

Continued from Page 1

office before 4:00 p.m. on Saturday, May 20.

Electors can also register to vote at any advance voting location in Alberta or at their assigned voting place on Election Day.

Electors who are already registered to vote at their current address do not need to register again.

Key Timelines

Electors have 28 days to vote by Special Ballot beginning today. Special Ballots may be completed in the returning office, picked up by a designate of the elector, or mailed to the elector anywhere in the world. Applications can be submitted online on the Elections Alberta website.

Candidate nominations are now open and end on May 11,

2023, at 2:00 p.m.

Advance voting begins on Tuesday, May 23, 2023, and ends on Saturday, May 27, 2023.

Election Day is Monday, May 29, 2023. All voting places will be open from 9:00 a.m. to 8:00 p.m.

Unofficial results will be available after voting closes on Election Day.

Official results will be announced on June 8, 2023, at 10:00 a.m.

Returning Offices

Returning offices in all electoral divisions open today across Alberta. Returning offices are open on weekdays from 9:00 a.m. to 6:00 p.m., Saturdays from 10:00 a.m. to 4:00 p.m., and on Voting Days from 9:00 a.m. to 8:00 p.m. Returning Office addresses and contact information can be found at:

<https://elections.ab.ca/current-election-information/returning-offices/>

New for 2023, Satellite Offices are also being opened in six geographically large electoral divisions to provide more service options for electors. These include:

- 54 – Cardston-Siksika
- 55 – Central Peace-Notley
- 59 – Drumheller-Stettler
- 60 – Fort McMurray-Lac La Biche
- 77 – Peace River
- 80 – Rimbey-Rocky Mountain House-Sundre

Satellite Offices are open on Tuesdays and Thursdays from 9:00 a.m. to 6:00 p.m., Saturdays from 10:00 a.m. to 2:00 p.m., and on Voting Days from 10:00 a.m. to 8:00 p.m.

For any questions or concerns regarding the provincial election, visit www.elections.ab.ca, call 1-877-

422-VOTE, or email info@elections.ab.ca.

Information for media will be available throughout the election period at <https://www.elections.ab.ca/resources/media/>, including:

•Information sheets on topics such as Registering to Vote, Voter Identification, Accessible Voting and Tabulators and Voter Assist Terminals.

• Photo and video assets.

• Processes for accessing a voting place on voting days.

Elections Alberta is an independent, non-partisan office of the Legislative Assembly of Alberta responsible for administering provincial elections, by-elections, and referenda



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GOLFER'S GUIDE

FIVE TOP GOLF TIPS TO HELP BOOST YOUR GAME

When it comes to golf, it's the little things that can have the biggest impact on your game. Whether it's your first attempt, or 10th season, golf expert Bob Weeks has got you covered at the links this summer with these five tips:

Choose the right clubs: Regardless of your experience or skill level, choosing the right equipment can be the difference between duffing it and striking the ball straight down the fairway. It's important to work with a professional to get the clubs best-suited to your game and then, to have them custom fit. You should be fit for the length, loft, lie angle, shaft flex and even the grip size. If your clubs aren't custom fit, it will be like walking around in shoes that are the wrong size.

Get on the ball: Choose the right kind of golf ball for your game. While golf balls all look the same, it's what's inside that determines if it's right for you. Golf balls fall into two categories: distance or control. Distance balls are generally two-piece balls with a large core and a cover. They are harder and better suited for higher handicappers or beginners. Control balls, usually three- or four-piece balls, are softer and

spin more meaning they will land on the green and stop. More skillful players should use these.

Consider the elements: Weather is always a factor in golf and dealing with it must always be considered. For instance, in cold temperatures, the ball will travel shorter distances, so take more club. The opposite is true for warmer temperatures. If you're playing into the wind, swing easy as that will keep the ball from spinning too much and rising up into the breezes. And downwind,

make sure to judge the intensity of the breezes so you can choose the proper club. Your ball will roll further than normal on a downwind shot so take that into account.

Putting and chipping is priority: Lots of players like to boom their drives and will spend a lot of time on the range hitting their drivers. But if you want to improve your scores, you should spend more time working on your putting and chipping. Since most average players miss a lot of greens, the best way to save strokes is by

chipping it close and making more putts. Focus more on your short game than your drive and you will improve.

Play the 19th hole: Win or lose, there's no better way to celebrate than hitting the 19th hole. Less is often more in golf and the same applies when considering what to eat and drink after a round. Molson Canadian 67 for example is specially brewed with 67 calories and an ABV of 3% per 341ml, offering a light, refreshing alternative for active players.

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Spring **HOME** **RENO** **GUIDE**

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5 WAYS TO MAKE HOMES SAFER

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

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

1. Improve lighting

One of the easiest ways to reduce the risk of falls is to improve lighting around the home. The National Institutes

of Health state that adequate lighting is important at entrances to the home, stairways, hallways, and other frequently traversed areas. Make sure lighting fixtures are using the highest wattage light bulb allowed. Artificial lighting sources become even more vital in fall and autumn, when natural light is less abundant in a home. In addition, install lighting outdoors by the front door, over the garage and where garbage pails are stored to facilitate safe passage.

2. Eliminate slick surfaces

Improving traction around the house also can minimize falls. Throw rugs and runners can be made more secure with nonslip rubber backings. Bath rugs can reduce slipping on wet surfaces in the bath-

room. Also, nonslip mats can be used inside of showers and bathtubs.

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

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

3. Make needed repairs

Repair loose floorboards and pull carpet taut if it has started to stretch out. Address cracks outdoors and ensure that patio stones, bricks and pavers are secure and level to reduce tripping hazards. Fix areas of

the landscape where water may pool and freeze, creating potential hazards.

4. Declutter all spaces

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

5. Invest in assistive devices

Handrails, grab bars, nonslip stair treads, and many other devices can make homes safer for people of all ages and abilities. Outfit cabinets and closets with organizers that put frequently used items within easy reach. A sturdy step stool can reduce the risk of injury while reaching for items stored on high shelves.

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BOLD COLORS ADD VITALITY TO HOMES

Whether it's Independence Day, St. Patrick's Day or the holiday season, the bold hues that are synonymous with these events add a splash of color to rooms that can use a little design lift.

While some colors may be synonymous with certain times of year, homeowners can employ bold colors in their homes all year long. By embracing bold painting and decorating styles, homeowners can use fresh color palettes to make rooms more inviting and colorful. These popular color combinations can provide inspiration.

Green and pink

Colors on opposite ends of

the color wheel will always complement each other. Green paired with pink (a lighter shade of green's opposite, red) calls to mind the great outdoors. These hues can add a touch of floral spring sunshine even when that season has long since passed. Opt for a deep green and a carnation pink for maximum impact. And don't forget a vase full of fresh blooms as the finishing factor.

Lavender and deep blue

Analogous colors are three colors that sit side-by-side on the color wheel and share a common denominator in terms of shade. Lavender, blue and an orchid pink are examples of

such hues. This cool, regal combination can add femininity to a bedroom or even drama to another space in the house. If painting the walls dark blue or lavender seems scary, opt for a neutral shade on walls and then dress up the space with inky and violet accents.

Turquoise and brick red

Enhance the 'wow' factor with these bold colors. Although they are striking, when they work together, they also can impart a soothing feel, particularly since they are often inspired by Asian influences. Feature a light turquoise sofa with red throw pillows. Or dress up meals with a red tablecloth on the dining table

and turquoise, white and red, patterned place mats.

Gray and yellow

Yellow is a pick-me-up color any time of the year, but, when combined with a gray, it's toned down to be soothing instead of startling. This color combination is popular in kitchens, nurseries and entryways. Have fun in the kitchen with mottled gray stone countertops, pale yellow walls and canary cafe curtains.

Color can affect mood and transform spaces with just a small investment of time and money. Homeowners can experiment with color palettes so rooms remain vibrant all year long.



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COPING WITH CONDENSATION AND OTHER HOME MOISTURE ISSUES

Finding the right moisture balance in a home can be challenging. Too little moisture and a home can be plagued by static electricity and interior spaces that can feel dry and uncomfortable. But too much moisture in a home may make it susceptible to mold, mildew and insect infestations. Moisture also can rot wood and cause unsightly stains on walls and ceilings.

Maintaining humidity in the optimal indoor range helps to keep the home safe, reduce en-

ergy consumption and keep a home's occupants healthy. Damp conditions can lead to the growth of fungi, viruses and bacteria and may exacerbate people's asthma and allergies. The ideal relative humidity range of a home should be between 40 to 50, according to heating and cooling experts and the Environmental Protection Agency. Humidity should be even lower in the winter to prevent condensation on windows and other surfaces. Lower relative humidity also reduces the out-gassing

of volatile organic compounds, or VOCs.

Measure humidity with a hygrometer to get an accurate assessment. If the humidity levels fall above or below the desired range, action should be taken. Homeowners dealing with excessive moisture can try these remedies.

- Ventilate areas of the home. Ventilation can be the first step to reducing indoor humidity. Target the areas that create the most moisture, such as kitchens and bathrooms. Turn on venting fans to

remove moist air from the bathroom during showers and baths. Exhaust hoods can control humidity from cooking in the kitchen. When possible, open windows on dry days to help air out damp spaces.

- Rely on fans. Use fans to circulate the air and prevent moist air from pooling in certain locations. Fans also will help increase ventilation.

- Keep gutters and downspouts clean. Prevent water from pooling around the foundation of a home and infiltrating the

Continued on Page 12

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Living HOME ENO GUIDE



Coping With Condensation And Other Home Moisture Issues

Continued from Page 11

basement or crawlspace. Direct gutter water further away from the house if possible, and keep gutters free of obstructions.

- Service HVAC systems regularly. Routine inspections of heating and cooling systems can identify any problems, such as clogged air-conditioning drain lines or faulty operation, that can contribute to moisture problems.

- Beef up insulation. Insulate cold water pipes and look into insulated toilet tanks that will help eliminate condensation issues.

Sealing out moisture in a basement or crawlspace also can help. Vapor barriers can eliminate a great deal of moisture coming into the home.

- Address any plumbing leaks. Make sure you trace possible leaks to their sources and have them repaired. Constantly dripping water can add to humidity levels and create other problems.

- Use a dehumidifier. If all other efforts have been tried, a dehumidifier unit can help remove excess moisture from the air. Dehumidifiers are particu-

larly helpful in basements where moisture can collect.

Controlling moisture in a home results in a safer and healthier space.



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ROOMS CAN SERVE DOUBLE DUTY

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

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

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

duty.

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

Den/playroom

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

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

Bedroom/home office

In 2015, 24 percent of em-

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

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

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EMPLOY SIMPLE FIRE PREVENTION MEASURES TO MAXIMIZE SAFETY

Did you know that, according to the National Fire Protection Association, most people have a false sense of security regarding house fires, believing that they would have approximately six minutes to evacu-

ate their home in the event of a fire?

In reality, smoke and fire spread rapidly and can overcome occupants in less than three minutes.

When a fire occurs, there's

no question that time is critical. The good news is there are several important steps you can take to maximize your escape time. With the following measures in place, you'll create critical protection for what

matters most; your home and family.

1. Install smoke alarms. You should have one in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.

2. Inspect and clean smoke alarms monthly. Replace batteries in spring and fall. To clean the alarm, open the cover and gently vacuum the interior.

3. Prepare and practice a fire escape plan. Draw a floor plan of your home, marking two ways out of every room - especially sleeping areas. Discuss the escape routes with every member of your household, and agree on a meeting place outside your home in case of emergency. Practice your escape plan at least twice a year.

4. Select building materials that provide passive fire protection. Passive fire protection is part of the core of the building and helps control fire by limiting its spread. One very effective form of passive fire protection is the installation of insulation. When adding or upgrading insulation, look for products made from naturally fire-resistant, inorganic materials. A favorite among builders, contractors and homeowners is a stone wool insulation called Roxul Safe 'n' Sound, which offers fire resistance up to 2,150°F. Its melting point is higher than the temperature of a typical house fire, which means it will stay in place longer to provide passive fire protection when every second counts, allowing more time for safe evacuation and for first responders to arrive.

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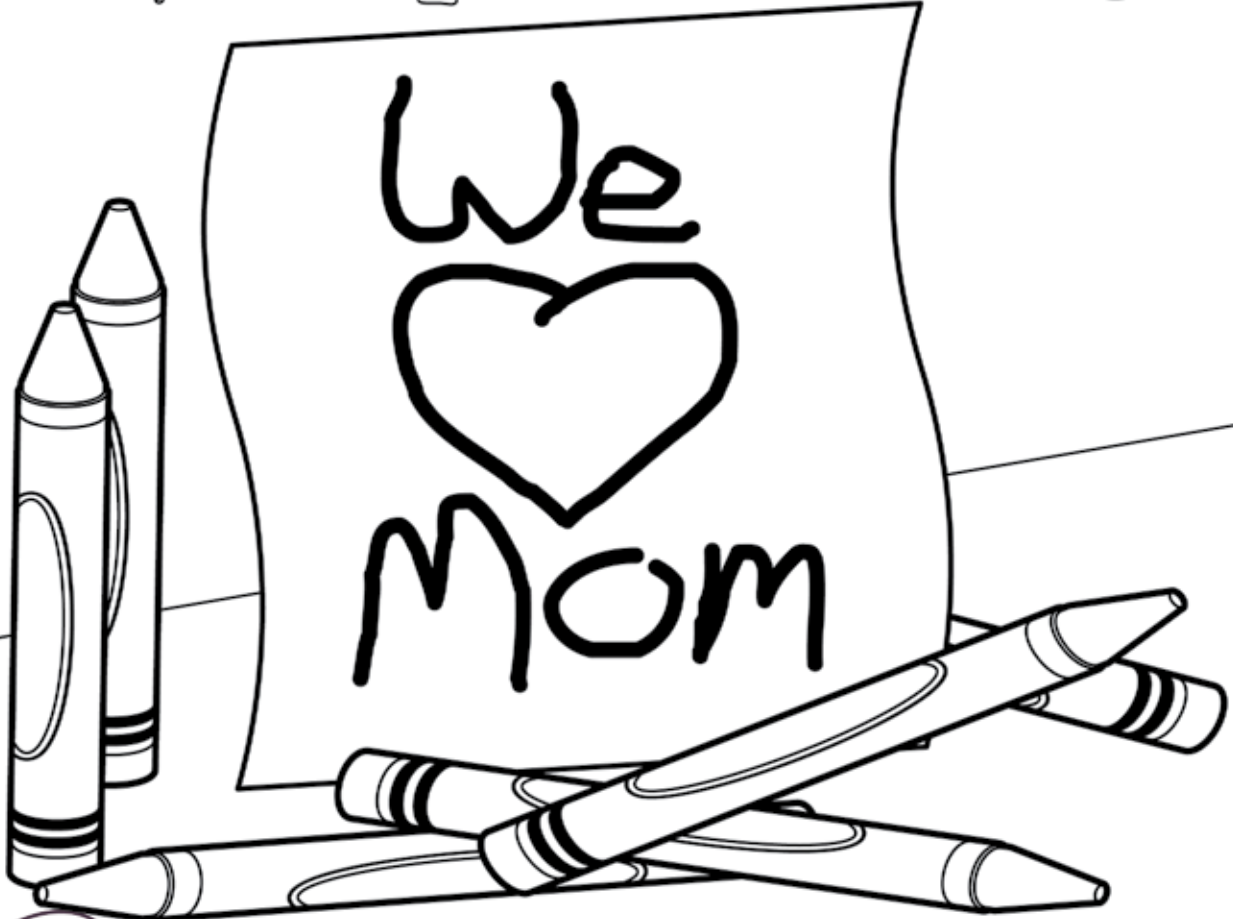
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Mail to: Community Voice
Box 3595 Spruce Grove, AB T7X 3A8



STRUCTURE FIRE ONOWAY FEED AND SEED

Submitted by Onoway Regional Fire Services

At Approximately 0931hrs today Fire Rescue International - Onoway Regional Fire Services was paged to a Structure fire in the Town of Onoway. Within 1-minute fire units were rolling towards the scene. Upon

arrival, the fire department noted flames escaping one of the outbuildings that were threatening the historical landmark – the last-remaining grain elevator in the area. Immediately, crews began to protect the main elevator and secure other exposures. Next up, firefighters secured a water

source and then engaged the fire by way of an offensive attack. The “All Clear” was given, the fire darkened down, and overhaul commenced within one hour. The overhaul was then conducted structure thereafter.

No serious injuries were reported on scene nor were any firefighters injured as a

result of the fire or the ensuing firefight. Fire Rescue International - Onoway Regional Fire would like to thank its partners: Lac Ste Anne Fire Services, Alberta Health Services for medical standby, and CN Rail for responding rapidly to assist.

ALBERTA 55+ GOING TO ALBERTA GAMES

Submitted by Spruce Grove Golden Age Club

Our athletes from the Spruce Grove Golden Age Club are at it again. These fine Athletes are going to Brooks, Alberta on August 17 to the 20th to represent

Spruce Grove and Zone 5 in competition. If you see them on the street or know them --wish them well. The Athletes are as follows:

8-ball: Gerald Topilka and Frank Baker

Crafts: Dianne Soltys

Military Whist: Lyn Wig-

man and Judy Forget; Dianne Soltys and Dominique Paquin.

This is only a small sample of the many activities going on at the Spruce Grove Golden Age Club. Stop by and try a few more activities like bridge, cribbage, shuffle

board, pool, dancing, yoga, floor curling, tai chi, and our newest activity Cornhole. Membership is only \$30 for fun and friendship. Competition helps keep the blood flowing! Hope to see some new members soon.

WHITECOURT RCMP LOCATE LOADED HANDGUN DURING ARREST

Submitted by Whitecourt RCMP

On April 26, 2023, Whitecourt RCMP were dispatched to an assault. Upon arrival the male suspect

male fled on foot and after a foot pursuit was caught and arrested. During the search incidental to his arrest, police located a loaded 9mm semi-automatic handgun in the suspects belongings.

Corey Elly White (43) a resident of Whitecourt was charged with:

- Weapons offences (x9)
- Resist arrest
- Assault

White was taken before a justice of the peace and remanded into custody with his next court date set for May 3, 2023, at the Whitecourt Court of Justice.

WHITECOURT'S WATER SUPPLY SAFE

Submitted by Town of Whitecourt

Alberta Environment and Protected Areas advised the

Town of Whitecourt of an industrial effluent spill in the Athabasca River northwest of the community. The spill has no impact on

Whitecourt's water supply as the water intake for the community is from the McLeod River.

Questions regarding

Whitecourt's water supply can be directed to the Town Office.

MP SOROKA'S STATEMENT ON TRUDEAU'S VACATIONS

Submitted by MP Gerald Soroka

Gerald Soroka, Member of Parliament for Yellowhead, gave the following statement in the House.

“Madame Speaker, the first vacation the Prime Minister went on was to a billionaire's private island, who he claimed was “a close personal friend” –

wasn't this also his first ethics violation? In 2021 the first-ever National Day for Truth and Reconciliation, he and his family jetted off to Tofino for a surfing vacation. This year, before going on vacation at a luxurious Jamaican resort, he received approval from the Ethics commissioner. Well, that luxurious Jamaican estate belonged to the wealthy

Green family – who have made big donations to the Trudeau Foundation.

The Prime Minister stated Peter Green is “a close personal friend.” Wait, wasn't the billionaire also a close personal friend? Oh well, it's different this time -- after all they are both rich donors to the Trudeau foundation. Madame Speaker, I am sure all Canadi-

ans agree they can't wait until this Prime Minister takes a permanent vacation from politics.”

His statement can also be found at: <https://www.facebook.com/watch/?v=3387456974850854>

Lawn & Garden

DESIGN A GARDEN FOR ALL SENSES

Gardens add visual appeal to a yard, but gardens also can appeal to individuals' senses of smell, taste, touch, and sound. Gardeners who want to create gardens that appeal to various senses can do so in the following ways.

Sight

Aesthetic appeal is one of the most sought-after benefits of gardening. However, many homeowners put in so much effort planting for one particular season that they may not give thought to ensuring the garden looks vibrant no matter the time of year.

Gardeners can research planting zones to find plants that will blossom at different times of the year so they can enjoy impressive, aesthetically appealing gardens year-round. Spring bulbs can bloom early

on, while annual and perennial summer favorites will thrive under the summer sun. Beautyberry and caryopteris will fill out in the autumn, while holly or mahonia can look lovely in the winter.

Smell

Gardeners can dot their landscapes with aromatic trees, shrubs and flowers that will make stepping out into the garden that much more special. Some of the more fragrant plants include gardenia, dianthus, calendula, lavender, and jasmine. Shrubs such as fragrant pineapple broom, Anne Russell viburnum and Christmas box can add fragrance as well.

Sound

The lively sounds of the garden are created by the wildlife that come to pollinate and en-

joy the environment gardeners have created. By choosing indigenous plants, gardeners can be sure that insects and small critters will seek refuge within the foliage.

Songbirds also will add character to a yard. The Audubon Society suggests including a water source and a songbird border of shrubs along your property's edge. Provide food sources and make sure they are located a fair distance from the main action of the yard so as not to scare off birds. Wait for musical chickadees, goldfinches, orioles, and cardinals to arrive and enjoy the accommodations.

Taste

Gardeners can expand their gardens to include fruit-bearing trees and rows of vegetables. Produce can be harvest-

ed from early spring through late fall depending on the crops planted.

Touch

Apart from including trees and shrubs of various textures in the garden, look for other ways to stimulate a tactile response. Water features add relaxing sound and beauty. Stones, moss, mulch, and other accents have varied textures that can stimulate the sense of touch in various ways. Don't forget to include a sitting area so that you can immerse yourself fully in the garden.

Go beyond visual appeal when designing a garden. When gardeners tap into all five senses, they can enjoy their landscapes even more than they already do.



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ONOWAY LEGION NEWS



Submitted by Onoway Legion

Pub Night at the Legion

The next Legion Pub Night is Friday, May 5 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-cooked hot dogs will be available to enjoy with your cold beer. You can enjoy a friendly evening of cards, darts or pool with friends.

Pork Loin Dinner

On Friday, May 12, let someone else do the cooking! Carol and crew are serving a pork loin dinner with all the usual fixings. Rich Valley Community Church is sponsoring the

Veterans' table. Watch for more details.

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

President's Message

Many thanks to the Onoway and District Historical Guild for hosting our Friday night supper on April 28, 2023. It was a fundraiser for their fine organization, and they also sponsored our Veterans Table, and installed a marker outside the Legion Hall that explains the fascinating origin of our current Legion Hall. The Guild is packed with highly motivated, experienced and

capable volunteers who individually and collectively have contributed so much to Onoway over many years. What a privilege to work with them!

As always, if you have a question or concern about the Onoway Legion, you can contact me, Ed Gallagher, directly by phone at 780-297-2203 or by email at President@onowaylegion132.com.

Wednesday Kitchen Party!

The Kitchen Parties continue every Wednesday evening starting at 7 pm at the legion. Everyone, member or not, is welcome for this 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 needed. 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?

I heard about the 1-year free membership for Veterans, how do I apply?

There is a one-year free legion membership available to veterans. It is for still serving or retired Canadian Armed Forces or Royal Canadian Mounted Police personnel who have not yet been a member of the Legion. You may apply via: <https://legion.ca/join-us/veteran-welcome-program>

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!

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

ANSWER:

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

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 Hall, Kevin 780-785-8153

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Onoway Legion, 780-907-
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Rosenthal Community Hall,
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Garage Sales

May 13 - Huge garage sale in the wildwood seniors center, 9am - 3pm, Diecast cars & trucks, occupied Japan items, coke collectibles, old tins, and much more. Call 780-621-2548 for info. (2) 05-29

Wanted

looking to rent this summer, Alberta Beach area, lakefront cabins old is fine, 2 to 4 weeks. For professional staff and family, willing to deposit \$500-\$1000 call primary 780-465-7600 (4) 05-16

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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).

Upcoming Events at Sangudo Public Library

DIY Dog Food/Treats Workshop will be held on Saturday, May 6, @ 1 PM. Learn how to dehydrate locally available scrap animal organs and meat to make your own dog chow! Limited space - please RSVP with the Sangudo Library.

Join us for drop-in board games at the Library, with complimentary snacks! Open to the public of all ages. Please feel free to bring your own favourite game(s). For June dates, outdoor yard games will be held near the playground at the Sangudo Sports Grounds instead. Upcoming dates:

Tuesday, May 9, 2023, @ 7PM
Sunday, May 21, 2023, @ 1PM
Tuesday, June 6, 2023, @ 7PM
Sunday, June 18, 2023, @ 1PM
Check the Sangudo Library's website (sangudolib.org) and our Facebook page for contact info and news on other upcoming events.

Seba Beach Farmers' Market
Open: May 13 to September 16 2023
Hours: Saturdays 10:00 am to 12:30 pm
Location: 505 - 1st Ave South, Seba Beach AB
Contact: sebaeachfm@gmail.com
Website: <https://sebaeachfarmersmarket.ca/index.php/home/>

FARMERS MARKETS

ALBERTA BEACH: Sundays, 11:30 - 3pm. Contact Halli 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 Tipple 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 10:00-10:00PM, 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

RICH VALLEY COMMUNITY HALL BINGO: on May 10 & 24 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.

C.A.N. COMMUNITIES OF ALBERTA NETWORKING FOR SENIORS, Spruce Grove At Pioneer Center. first market March 251 - 5:30pm

DARWELL MARKET & MEAT DRAW 4th Sat of the month. till 4:30 (year round) All is welcome Lisa @ 780-233-0700

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 1st & 3rd Thurs of month, 6:30PM, \$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, 7:00PM, 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 wheel 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 CRIB 1st & 3rd Sundays 1:00PM. 780-778-4950

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

MEETINGS

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

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

299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE: Stony Plain 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: Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

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

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

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

ALCOHOLICS ANONYMOUS: The Journey of Hope Group, 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.

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

CHERHILL 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

WESTLOOK & AREA CANCER SUPPORT GROUP: 3rd Wed. 6:30-8:00PM at Westlook Library.

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