



COMMUNITY VOICE

— YOUR LOCAL NEWSPAPER —

Serving: Alberta Beach, Barrhead, Calahoo, Cherhill, Darwell, Glenevis, Gunn, Lac Ste. Anne County, Mayerthorpe, Onoway, Rich Valley, Rochfort Bridge, Sangudo, Whitecourt, Spruce Grove and Stony Plain.

August 30, 2023

WATER QUALITY ADVISORY LIFTED FOR ALBERTA BEACH

Submitted by Alberta Health Services

Effective immediately, Alberta Health Services (AHS) has lifted the water quality advisory that was issued July 28, 2023, for Alberta Beach, located within the AHS North Zone.

Water quality has returned to an acceptable level and the health risk is low for usage of

the beach for recreational purposes.

As always, visitors and residents are reminded to never drink or cook with untreated water directly from any lake or reservoir, at any time.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four

million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

ONOWAY LEGION NEWS



Submitted by Onoway Legion

Chicken Breast on the Menu

On Friday, September 8, Carol and crew will be cooking lemon olive chicken breast. It'll be served with rice, carrots, and broccoli salad. Dessert is apple pudding with orange sauce. Cost for the meal is \$25. The Veterans' Table is back, sponsored by The Diesel Den (Wayne Radbourne).

There's a change now that September is here -- doors will open at 4 pm, with dinner served at 6 pm. Don't forget to reserve your spot by text or phone to 780-909-4558 by Wed., September 6. Pre-ordered take-out meals are wel-

come.

Pub Night Continues

Pub nights continue every second Friday, with the next one Friday, September 15. There will be no dinner but drop in and enjoy an evening out from 5 to 7:30 pm. Everyone is welcome. Enjoy a friendly evening of cards, darts or pool with friends. A full bar service, along with snacks and freshly-cooked hot dogs will be available cold refreshments. We even offer some specialty cocktails now!

President's Message

We have arrived at the end of the summer period at the Legion. I was glad to see various members of our Executive take some well-deserved time off. We move back into full swing after Labour Day. The Pool

League season begins September 7 and our Darts League program begins September 12. We will continue to have pub nights on Wednesdays. Look for details below.

September 1, 2023 is also the start of our new fiscal year at the Legion. Last year the membership approved this change to our Bylaws so that we could develop our operational

Continued on Page 2

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Onoway Legion News

Continued from Page 1

plan, capital plan and budget to match the actual flow of our activities at the Branch. This is the first year of implementation of that. Our new plans will be presented to the membership at our General Meeting on Monday, September 11, 2023.

A related change to our By-laws is that our Annual General Meeting (AGM) will now be held in December, instead of January. By having it timed in this way, the audited Branch financial statements for the year ending August 31 can be presented to the membership at the AGM for review and approval.

Remember, if you have any questions or concerns about our programs at the Onoway Legion, you can contact me, Ed Gallagher, your Legion Branch President, directly at 780-297-2203.

Pool and Darts Start Again

The regular pool and darts clubs at the Legion begin again. They're both on a drop-in basis and you don't have to be a member to take part in either of these sports.

Beginning Thursday, September 7, the pool tables are rolled out. Play begins at 7:30 pm, so please arrive no later than 7:15 to be included in the evening schedule.

The regular Tuesday night darts begin September 12. Registration is at 7 pm so everyone is assigned to a team for play to begin at 7:30 pm.

Wednesday Musical Jam

The Wednesday night musical jams are continuing. Starting at 7 pm, everyone is welcome can join the music-making. Bring an instrument to play, sing along or as a soloist, dance, tap your feet, or even just sit and listen.

If you'd prefer, play darts, pool or cards while you listen to the music. The bar is open and you can also order wings to munch on. There are five different flavours available – hot, salt & pepper (lemon & vinegar), dry rub, honey garlic, or BBQ wings for \$12/pound. Order at the bar and wings will be brought to your table.

Did You Know?

The many events at the Onoway Legion don't happen by magic – it takes volunteers for them to be a success. If you have some time to spare for your community, you'll be welcomed. We need cooks, servers, bartenders, and anything else you're able to turn your hand to. Leave a message on the Legion phone (780-967-5361) to join the fun. Someone will get back to you as soon as they can.



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

JOKE of the week

A couple was dressed and ready to go out for the evening. They turned on a night light, turned the answering machine on the phone line, covered their pet parakeet and put the cat in the backyard. They phoned the local cab company and requested a taxi. The taxi arrived and the couple opened the front door to leave their house. The cat they had put out into the yard scoots back into the house. They don't want the cat shut in the house because "she" always tries to eat the bird. The wife goes out to the taxi while the husband goes inside to get the cat. The cat runs upstairs, the man in hot pursuit. The wife doesn't want the driver to know the house will be empty. She explains to the taxi driver that her husband will be out soon. "He's just going upstairs to say goodbye to my mother." A few minutes later, the husband gets into the cab. "Sorry I took so long," he says, as they drive away. "She was hiding under the bed. Had to poke her with a coat hanger to get her to come out! Then I had to wrap her in a blanket to keep her from scratching me. But it worked. I hauled her downstairs and threw her out into the back yard!" The cabdriver hit a parked car...

EDMONTON – Capital Region

GUN SHOW

SATURDAY & SUNDAY
September 16 and 17, 2023

Located at "The Pavilion at Heritage Park"
5100 -41 Avenue, Stony Plain, AB

~~~~~  
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**SATURDAY 10:00AM-5:00PM**  
**SUNDAY 9:30AM-3:00PM**  
**SET-UP TIME FOR EXHIBITORS - starts Sept 15:**  
**FRIDAY: 3:00PM-8:00PM; SATURDAY: 7:30AM-9:30AM**  
**TABLE RENT: \$60 PER 6' TABLE**

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**FOR MORE INFORMATION CALL:**  
**Darren (780) 473-3032**  
**EMAIL: [edmgunshow@hotmail.com](mailto:edmgunshow@hotmail.com)**

**UPCOMING 2023 EDMONTON GUN SHOWS DATES:**  
**Dec 2 & 3 2023**



# MORINVILLE RCMP INVESTIGATE ROBBERY

Submitted by Morinville RCMP

Morinville RCMP are investigating after receiving reports of a disturbance in a vehicle traveling from Edmonton to Alexander First Nation on Aug. 14, 2023. The victims were driving with the suspect when an altercation occurred. Ulti-

mately, the suspect produced a firearm, threatened the other occupants and discharging a round. The victims exited and the suspect departed in the stolen vehicle.

While RCMP investigate, we are asking for the public's assistance in identifying the suspect who is described as:

- Medium complexion

- 5 foot 10 inches tall
- Heavy Set
- Several Facial tattoos
- Faux Mohawk
- Goes by the nick name "Colby k"
- Possibly from the Paul Band area.

RCMP are also looking for the stolen truck described as a:

- 2012 Dodge Ram Pick

up

- Black
- with Alberta bearing Alberta licence plate CPV7074

If you have information about this crime or those responsible DO NOT APPROACH this suspect maybe armed and dangerous.

## WATER QUALITY ADVISORY LIFTED FOR SUNSET POINT BEACH

Submitted by Alberta Beach

Effective immediately, Alberta Health Services (AHS) has lifted the water quality advisory that was issued August 4, 2023, for Sunset Point Beach on Lac Ste. Anne, located within the AHS North Zone.

Water quality has returned to an acceptable level and the health risk is low for usage of the beach for recreational purposes.

As always, visitors and residents are reminded to never drink or cook with untreated water directly from any lake or reservoir, at any time.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

### EMPLOYMENT OPPORTUNITIES

#### COORDINATOR FOR WEST END BUS EXCURSION PROGRAM



Seeking a West End Bus Coordinator to organize and schedule recreational trips to various locations within North and Central Alberta. The position is one day a week (7 hours) plus attendance on the scheduled trips as a companion.

The incumbent would be required to:

- Liaise with the present institutional users of the West End Bus Program and the general public as to their requirements for recreational outings;
- Obtain information and pricing for recreational destinations. ;
- Coordinate and organize recreational trips, for the institutional users and the general public, by making bookings, arranging for a driver, etc;
- Compile and provide reports as required by the West End Bus Committee;
- Prepare newspaper advertising for upcoming trips in coordination with the Town office.

Require Class 1, 2 or 4 Driver's License, clean Criminal Records Check (vulnerable sector), brief description of driving experience along with name, telephone number and address of two references. Applicant will be required to sign a release to obtain a Driver's Abstract. Applicant would also be required to take orientation on using lift and wheelchair restraints.

#### DRIVER FOR WEST END BUS EXCURSION PROGRAM

Require Class 1, 2 or 4 Driver's License, clean Criminal Records Check (vulnerable sector), brief description of driving experience along with name, telephone number and address of two references. Applicant will be required to sign a release to obtain a Driver's Abstract. Applicant would also be required to take orientation on using lift and wheelchair restraints.

Applications should specify which position being applied for and can be mailed to:

Town of Mayerthorpe  
Box 420  
Mayerthorpe, Alberta  
T0E 1N0

ATTENTION: FCSS Director/Recreation Manager

OR email to [fcss@mayerthorpe.ca](mailto:fcss@mayerthorpe.ca)

Applications will be accepted until the positions are filled.

The Town of Mayerthorpe thanks all applicants for their interest. But only those selected for an interview will be contacted.

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

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

### Sept 6 Municipal Planning Commission Meeting

### Sept 14 Council Meeting

*Council meetings are held the second and fourth Thursday of each month, however, this schedule is subject to change. County Council meetings begin at 9:30 am.*

Visit [LSAC.ca/agenda](http://LSAC.ca/agenda) for meeting agendas. Please note: to address Council, appointments must be booked at least 8 working days prior.

## COUNTY ADMINISTRATION OFFICE CLOSED FOR LABOUR DAY

### Sharing our appreciation to the workers of every industry

A friendly reminder that the County Administration Office will be closed on Monday, Sept 4 for Labour Day. The office will re-open for business on Tuesday, Sept 5. Enjoy the long weekend.

## 11th ANNUAL PHOTO CONTEST UNDERWAY

### Show off your best shots!

Are you an amateur shutter bug? Perhaps a seasoned photographer? Share your take on what makes the County an exceptional place to live, work and play!

Winners will receive one of twelve \$100 prizes or the grand prize of \$250, and the winning photos will be featured in the 2024 County calendar.

All entries must be received no later than Friday, September 29. To qualify, photos must be taken within the Lac Ste. Anne County boundaries. Photo submissions will be posted on our social media channels, where the public can choose their favourites.

Visit [LSAC.ca/photocontest](http://LSAC.ca/photocontest) for all the details!

The theme this year is SCENIC! Send us your best scenic shots day or night, any season; just remember local photos only.



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ANOTHER RAINBOW SALE

## LIVE ESTATE AUCTION SALE FOR MR DOUG STEEVES

of Spruce Grove, AB  
Saturday Sept. 16, 2023 @ 10am  
Where: 51117 Range Road 270 (Graminia area)

### Partial Listing Incl:

Toy Hauler - Stock Trailer - Tools and Equipment  
Lots of Horse Tack, Saddles and Equipment and much more too numerous to list.

Go to [Rainbow Liquidators Auctions.ca](http://RainbowLiquidatorsAuctions.ca) Website for pictures and listing, New items listed daily.

UPCOMING SALES

On-Line - Annual Harvest Consignment Sale  
Starts Monday Sept. 25, 2023 - soft closing Friday Sept. 29, 2023

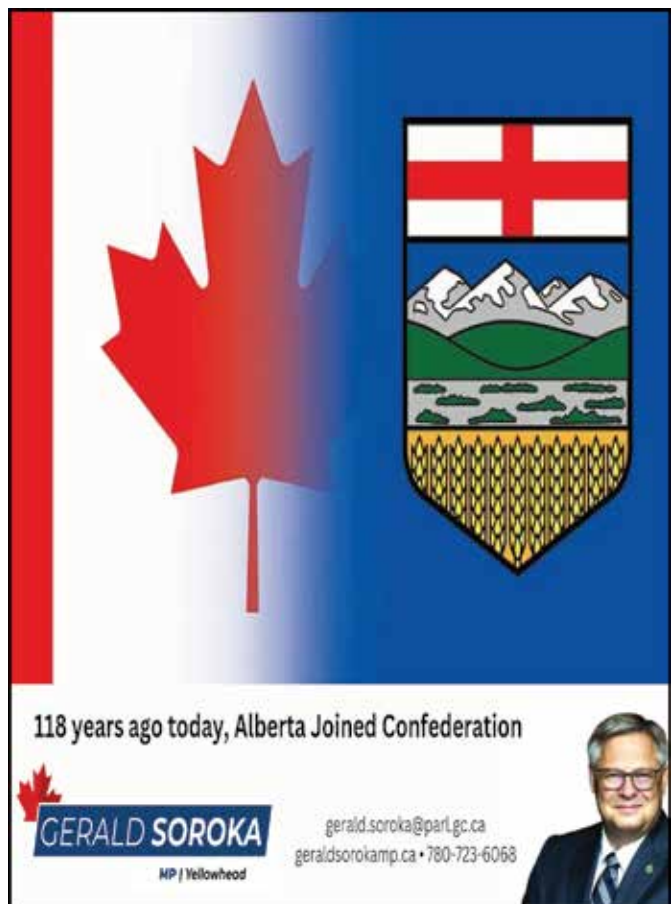
**\*\*Watch website daily for new additions to auction lists\*\***

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# SINGERS WANTED FOR LOCAL COMMUNITY CHOIR!

Submitted by Lac Ste. Anne Community Choir

We want singers interested in joining the Lac Ste. Anne Community Choir!

If you love to sing (whether or not you've ever been part of a choir) you're welcome! Even if you haven't sung for many years, your voice hasn't forgotten how. Both men and women are needed to round out this popular choir.

The choir has been performing since 2011, and most pieces are four-part harmonies. Well-known and popular selections are balanced by newer, and lesser-known, songs. Our members travel from Mayerthorpe, Edmonton, Onoway, Wabamun, Sangudo, Alberta Beach, and rural areas in between to sing with us. Some have musical training and background, but most do not. Many don't even read music.

If you don't have that musical training, mini-lessons at rehearsals help clarify musical terms used. Director Debbie Rosen regularly chooses music that challenges choir members' abilities. The weekly rehearsals are supplemented by practise at home, with each member receiving a CD containing his/her own part, making it easy to practise alone.

Joining a choir is more than just musical fun; it also provides mental and physical benefits. Studies show joining a choir can improve symptoms of Parkinson's, depression and lung disease. Other studies indicate it trig-

gers the release of "happy" hormones such as oxytocin, thought to help lower stress levels and blood pressure. One choir member agrees. "Singing is a wonderful way to improve fitness from the inside out. It stimulates the brain."

The next season of the Lac Ste. Anne Community Choir begins Wednesday,

September 6. Registration begins at 6:15 p.m. at the Heritage Centre in Alberta Beach (5012 - 49 Avenue). At 7 p.m., the first practice begins. All rehearsals are Wednesdays from 7 - 9 p.m., preparing for Christmas-season concerts. If you're a bit hesitant, try the choir for two consecutive weeks with no obli-

gation.

Membership is just \$75 per session (September to December; January to May), with a discount for multiple family members. To keep fees low, we ask that members also help on periodic fundraising projects.

Questions? Call or text Sandra at 780-966-5678.

## EVENING AUCTION Mike Kolasa Wednesday September 13 at 6pm

**Located:** (From Lac La Nonne Store - Go 1 mi E on Hwy 651 to RR25. Turn S for 3/4 mi to Moonlight Bay Estates. Turn into MB Estates and take the 3rd Culde Sac or Westwind Place on the Right Hand Side to No. 416. NB: Lac LA Nonne Store is (From Barrhead - 10 mi S to Hwy 651 then SE on Hwy 651) (From Westlock - 14mi S on Hwy 44. Then 18.5 mi W on Hwy 651) (Plus A Great Place to Buy Ice Cream Cones and Supplies)

**ACREAGE EQ:** \*Mustang 960 Skid Steer w Newer Rubber (Shows 766 hr) \*JD XUV 550 Gator w Winch Mounted Snow Blade \*Roll of New Super Pex Plastic Line \*2 RV Ramos \*3 of 3/8 Plywood \*8 Cement Veranda Support Blocks \*Single Scaffold Set \*Newer Husq ST 124 Snow Blower \*Husq 120 Chain Saw \*Stihl MS 170 Chain Saw \*Cuisinart Meat Smoker \*Chimney Sweep

**YARD ITEMS:** \*Garden Seeder, Water Hose, Alum Scythe, Mantis Mini Rototiller, Push Mower, Gas and Battery Grass Whips, Sewer Snake, Wood Yard Ornaments - JD Tractors & Hay Wagon, Horse & Wagon

**SHOP ITEMS:** \*Elite 2550 PSI/6.75 Press Washer, 135PS Port Air Comp, C/O Saw, King Table Saw, B&D Mitre Saw, HD Eltc Cord, M/M Charger/ Starter, Hand Power Tools, Jack All, Chain Come Along, Shop Wheeler, Bolt Bin & Contents, And More.

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# WHITECOURT TOWN COUNCIL UPDATE

Submitted by Town of Whitecourt

The Town of Whitecourt is preparing for the 2024 budget, and has scheduled the following:

- The 2024 Budget Public Input Session is scheduled for September 25, 2023 at 4:00pm.

• A Special Meeting of Council is scheduled for October 11, 2023 at 4:00pm.

TimberChic Designs has been awarded \$10,000 through the Whitecourt Launch Grant Program to develop a 350 square foot interior design showroom. Whitecourt Launch was

created earlier this year to provide additional financial support for business development projects that stimulate business retention, growth and expansion. Applicants were required to provide a presentation to the Economic Development Committee to compete for the one-

time grant. Thank you to all of the businesses that applied and shared their ideas!


The Whitecourt Indigenous Friends Society is hosting a National Truth & Reconciliation/Orange Shirt Day event in Festival Park on Saturday, September 30, 2023. The event will include a parade, starting and ending in Festival Park through downtown following the standard parade route, to recognize the impacts of the residential school system and honour the children who never returned home and survivors of residential schools. Reminders of the road closures will be posted closer to the event date.

Council has adopted By-law 1567 that closes Road Plan 4273KS to accommodate the future consolidation of Town owned lots north of the Whitecourt Seniors Circle.

35 Street from 34 Avenue to 35 Avenue (in the Hilltop Industrial Park) will be temporarily closed on August 26, 2023 from 8:00am to 4:00pm to accommodate the Ralcomm Whitecourt Car Show.

Council has recognized September 18-24, 2023 as Rail Safety Week.

Councillor Serena Lapointe will serve as Deputy Mayor from September 1 to December 31, 2023.


[Visit LSAC.ca](https://www.lacsteanne.ca) to explore the latest County news and events in greater detail.

**PLANNING & DEVELOPMENT**  
**LAC STE. ANNE COUNTY: NOTICE OF DEVELOPMENT PERMIT APPROVALS**  
 The following Development Permits have been approved or conditionally approved under the provisions of the Land Use Bylaw. This list does not include Permitted Uses. Interested parties are encouraged to contact the Planning and Development department at **1.866.880.5722** or [devassistant@LSAC.ca](mailto:devassistant@LSAC.ca), Monday to Friday 8:30 am to 4:30 pm to request additional information on a permit.


| PERMIT # | LEGAL LAND DESCRIPTION                                             | DESCRIPTION                                                                                                                                         | APPEAL BODY                                                   | APPEAL DEADLINE |
|----------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----------------|
| 23-D0162 | Lot 1, Block 2, Plan 0827230 within NE 5-57-7 W5M 7416 TWP RD 570A | Steel Storage Building 24.0'x60.0' (1440sq. ft.) with 18.0' walls                                                                                   | Lac Ste. Anne County - Subdivision & Development Appeal Board | Sept 11, 2023   |
| 23-D0191 | Within NW 13-55-3-W5M 55218 RGE RD 30A                             | Stick built home with attached garage (Secondary), Main 30.0' x 40.0' (1200.0 sq. ft.) 9.0' walls, Garage 24.0' x 24.0' (576.0 sq. ft.) 9.0' walls. | Lac Ste. Anne County - Subdivision & Development Appeal Board | Sept 18, 2023   |
| 23-D0195 | Within SW 27-53-6-W5M 104 - 6231 TWP RD 534A Lutheran Camp         | Erect a deck cover/gazebo on existing deck, 11.0' x 13.0' (143.0 sq. ft.) wooden structure with metal roof.                                         | Lac Ste. Anne County - Subdivision & Development Appeal Board | Sept 18, 2023   |

Anyone who claims to be affected and who wishes to lodge an appeal against any of the above developments must do so in writing on the applicable form on or before 4:30 pm on the above noted date(s) to Lac Ste. Anne County, Subdivision & Development Appeal Board, Secretary of the Subdivision and Development Appeal Board, c/o Lac Ste. Anne County, Planning & Development, Box 219, Songudo, Alberta T0E 2A0

**PLEASE NOTE:** Lac Ste. Anne County requires that a non-refundable fee of \$250 be paid for every appeal served on the Subdivision and Development Appeal Board. The fee may be paid by Cheque, Visa, MasterCard, Interac or Cash. OR send to: Land and Property Rights Tribunal, 2nd Floor, 1229 91 Street SW, Edmonton, AB T6X 1E9 email: [lprt.appeals@gov.ab.ca](mailto:lprt.appeals@gov.ab.ca), Website: [alberta.ca/subdivision-appeals.aspx#jumplinks-1](https://alberta.ca/subdivision-appeals.aspx#jumplinks-1)

The required appeal form may be obtained by contacting the Land and Property Rights Tribunal or on the LPRT website. The Land and Property Rights Tribunal (formerly Municipal Government Board) hears subdivision and development appeals where there is a provincial interest. Otherwise, the appeals are heard by the local Subdivision and Development Appeal Board. The Tribunal hears appeals of development authority decisions where the land that is the subject of the application is: the subject of a license, permit, approval or other authorization granted by the Natural Resources Conservation Board, Energy Resources Conservation Board, Alberta Energy Regulator, Alberta Energy and Utilities Board or Alberta Utilities Commission; the subject of a license, permit, approval or other authorization granted by the Minister of Environment and Parks.

**THANK YOU**  
**For another successful run of Summer Programs!**  
 The Community Services department would like to thank Alberta Beach and the Town of Onoway for assisting with 2023 Summer Program registrations.  
  
 To our fantastic leaders and participants, thank you! We look forward to planning for next year - creating more smiles and great experiences with AdventureLSAC!


**Support local. Shop the County!**  
**ShoptheCounty.ca** is Lac Ste. Anne's business finder.  
 Registered local businesses can sign up and manage their own profiles for free!

# ARMY CADETS BEGIN TRAINING

Submitted by Captain R Heinz, CD

The staff of 3053 (Lac Ste Anne) Royal Canadian Army Cadet Corps will welcome returning cadets and new recruits on Wednesday September 6th at the Onoway Heritage Centre as we commence a new training year.

It will be another exciting year as the training plan has many events and opportunities for the army cadets to look forward to.

Returning cadets are to arrive in their dress uniforms at 6:45pm as the opening parade will begin at 7pm. All new recruits and their parents/guardians are welcome to come at that time too in order to watch the proceedings. There will be time for questions and answers about this exciting program, and registration forms will be available.

The Canadian Cadet Program is open to all youth 12 ages and older. It is a FREE program that only asks for participation in activities and care of their uniforms (also provided at no cost). The program is organized and overseen by the Department of National Defence and members of the Canadian Armed Forces, along with several valuable partners of the program.

The three main aims of the Cadet program are: 1) develop leadership and community service for all cadets, 2) promote physical fitness and healthy lifestyle, and 3) stimulate an interest in the Canadian Armed Forces.

Some of the other important components of our training involve marksmanship with the Daisy air rifle, map and compass use along with GPS, drill, field craft and camping outdoors, along with hiking expeditions.

We have an active local Cadet Support Group made up of parents/

guardians and other members of the community to fundraise for extra curricular activities of our cadets.

If you are 12 and are looking for something different and adventurous, come and check out our friendly gang any Wednesday evening at the gym behind the old brick

school building at the Onoway Heritage Centre!

For more information you can also contact 3053army@cadets.gc.ca

LAC STE. ANNE COUNTY
Visit [LSAC.ca](https://lsac.ca) to explore the latest County news and events in greater detail.

[f](#)
[t](#)
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PLANNING & DEVELOPMENT

## NOTICE OF PUBLIC HEARING

of Bylaw 22-2017-04-2023


|                                                                                           |                                                      |                                 |
|-------------------------------------------------------------------------------------------|------------------------------------------------------|---------------------------------|
| <p><b>LOCATION OF HEARING</b><br/>Lac Ste. Anne County Office<br/>56521 Range Road 65</p> | <p><b>DATE OF HEARING</b><br/>September 14, 2023</p> | <p><b>TIME</b><br/>10:00 am</p> |
|-------------------------------------------------------------------------------------------|------------------------------------------------------|---------------------------------|

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 following properties:

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 22-2017, by amending NW 16-55-01 W5M through proposed Bylaw 22-2017-04-2023.

- Redistricting the lands within the lot legally described as Lot 15, Plan 7921072, Ardea Park within NW 16-55-01 W5M from County Land (CL) District to Existing Country Residential (CRX) District under Bylaw 22-2017;
- Amending Map 6 Region F to reflect the redistricting of the lands legally described in Schedule "A" to Existing Country Residential (CRX) under Bylaw 22-2017;

**LOCATION SKETCH**




Ardea Park  
Lot 15,  
Plan 792 1072  
Lac Ste. Anne  
County

Written comments on the above proposed Bylaw may be provided prior to 4:30 pm, on September 8, 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](mailto: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. To attend the meeting via zoom please use the link: <https://us06web.zoom.us/j/81549926939>

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).



OK, so what all this fancy language means is that County owned lands have been identified and removed from municipal reserve designation and as a continuation in process now require redistricting to residential parcels in preparation for sale to the public.

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

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## HOW TO IMPROVE INDOOR AIR QUALITY IN WINTER

Plants can improve indoor air quality by helping to remove harmful irritants from the air.

Homes tend to be stuffier in autumn and winter. As temperatures outside dip, windows are closed and air quality inside homes can suffer.

Poor indoor air quality can not only be uncomfortable, causing residents to experience headaches, dry eyes and nasal congestion, but also can be unhealthy. According to the American Lung Association, poor indoor air quality can cause or contribute to the development of infections, lung cancer and chronic lung diseases, such as asthma.

Though it's not feasible or healthy to open windows when temperatures outside dip to near or below freezing, there

are steps everyone can take to improve the indoor air quality in their homes.

- Add to your décor with plants. Plants provide both aesthetic and practical appeal to a home's interior. Houseplants can clean and purify the air in a home, helping to remove formaldehyde, benzene and other toxins that can make indoor air unhealthy to breathe. Benzene is an irritant that can cause dizziness, headache, nausea, and blurred vision, among other side effects. Formaldehyde, which is often found in homes thanks to its widespread use in a range of products, can cause watery eyes, nausea and wheezing.

- Watch what you are lighting up. Many homeowners

*Continued on Page 9*

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## How to improve indoor air quality in winter

### Continued from Page 8

know that smoking indoors drastically reduces indoor air quality, putting even non-smokers at heightened risk of developing various respiratory ailments. Homeowners concerned about the indoor air quality in their homes should ban smoking inside, no matter how low temperatures dip outside. In addition, homeowners with wood-burning stoves and fireplaces should be especially diligent maintaining these features, as they can release harmful soot and smoke if they are not taken care of. Some people may also be allergic to incense and scented candles, so keep a watchful eye on residents and guests whenever you light candles or sticks of incense. If any symptoms of allergies appear,

avoid lighting any more candles or incense, waiting until you can open the windows if you want to light any again.

- Purchase an air purifier. Air purifiers are beneficial year-round, helping to remove allergens and particles from a home. High-efficiency particulate air filters, known as HEPA filters, are extremely effective at removing airborne particulates from the air inside your home.

- Pay attention to pets. Like their owners, pets tend to spend more time indoors during the winter. That means more fur and pet dander, the skin flakes in an animal's fur or hair that can trigger allergic reactions, is likely in your home during the winter than in the summer. To combat this, bathe your pets regularly in the win-

ter, making sure to wash the animal's bedding in hot water on a weekly basis as well.

- Open the windows when possible. Winter does not typically provide many opportunities to open the windows, but you might get a few chances to let some fresh air in through the windows during winter. Make the most of these opportunities, and when possible crack the windows when you're cleaning so dust and other particles that kick up have a path outside of your home.

Clean interior air should be a year-round priority, but homeowners may have to go the extra mile to keep their homes' interior air clean when winter arrives.

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# CALLERS GET DETAILED HELP TO ACCESS THE RIGHT SERVICE ON FIRST TRY

Submitted by Logan Clow

More than 600 calls have been fielded by the Indigenous Support Line since its launch in North Zone in June 2022.

Alberta Health Services' toll-free support line first rolled out in a phased approach, beginning in the northwestern part of the zone, with additional areas brought online in the weeks

afterward.

"Indigenous clients are accessing the right service on the first try and are not left to navigate the system alone," says Donna Matier, Director, Indigenous Health, North Zone.

The toll-free Indigenous Support Line can be reached by calling 1-844-944-4744. It's staffed by Indigenous Health Link staff, who answer callers' questions and help

them to access culturally appropriate care and navigate the healthcare system.

"The Indigenous Support Line is creating a brave space where our people can speak their truth, a place where they can feel supported asking for guidance and help navigating a complex healthcare system," says Casey Eagle Speaker, co-chair of the AHS Wisdom Council.

Early numbers reveal that

from its launch until the end of March this year, the line received 596 calls from the North, with nearly all calls being answered within 10 minutes. Callers received:

Referrals to AHS services and supports

Referrals to community resources, such as the Alberta Indigenous Virtual Care Clinic and 211 Alberta

Cultural supports and resources

Answers to their medical questions and concerns

In a follow-up survey with clients, all respondents said they felt respected and supported by the person who assisted them, and more than 97 per cent said they would use the line again – and would recommend the line to friends and family.

"The information shared with me wouldn't have been available on the Internet. It would have taken more steps. I feel like I would have been more frustrated," one survey client shared.

The line is available weekdays from noon to 8 p.m. Clients can call at any point in their healthcare journey with questions or concerns. The Indigenous Support Line more recently expanded into the South Zone on May 1, and into the Central Zone on Aug. 9.

"The support line connects individuals with someone who listens with patience, spirituality, acceptance, caring and empathy," says Cheryl Sheldon, co-chair of the Wisdom Council, which provides guidance and recommendations to ensure AHS develops and implements culturally appropriate and innovative health service delivery for Indigenous Peoples.

"Those phone conversations build a deeper understanding of the difficulties Indigenous clients face and it makes a difference, it matters to them, and they feel like they matter to AHS."



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 Hall, Kevin 780-785-8153

Darwell Centennial Hall, 780-  
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Goose Lake Hall, Contact  
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Gunn Hall (G.A.R.S.) 780-951-  
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 Centre, Noreen at 786-2946

Lake Isle Community Hall,  
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[lakeislehall@mail.com](mailto:lakeislehall@mail.com)

Magnolia Hall, 727-2015

Manley Goodwill Community  
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Mayerthorpe Diamond  
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# SUDOKU

*of the week*

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

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

ANSWER:

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

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

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Worship Service  
11:00 a.m.

## 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  
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## St. John's Anglican Church

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## Cherhill Community Church

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10:00 a.m. - 11:00 a.m.  
Worship Service  
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## St. Michael Lutheran Church

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# Golfer's GUIDE

## ADJUSTING GOLF SWING GETS EASIER

Golfers rejoice! Those dreaded slices or hooks could become a thing of the distant past thanks to adjustable clubs and drivers. In addition to helping improve accuracy, adjustable clubs also lighten the load in your golf bag.

With a few twists of a wrench or even turning the shaft of the driver itself, golfers can adjust the face angle, loft and lie angle of the driver to hit the ball farther and straighter. Golfers can make small adjustments to

create the right loft and improve distance without having to purchase a new club or visit a club fitter.

Many club manufacturers now offer adjustable drivers and other clubs. According to an informal poll on Golf.com, 34 percent of the 2,337 respondents owned an adjustable driver by the end of 2011. The ability to upgrade shafts has also become popular as golfers respond to what the pros are doing.

Adjustable golf clubs enable golfers to walk out onto

the course with one driver and a few different shafts. With a couple of clicks from a wrench, a person can have an entirely new driver. That cuts down on the equipment that needs to be carried and can fine tune a golfer's accuracy. These high-tech clubs are corresponding to changes being made to golf balls. Engineers have reduced the spin on golf balls to help the balls travel farther. To do so, golf experts advise that the ball needs to be hit

higher into the air. Adjustable drivers can give players the edge they need to produce the right height and trajectory.

According to data from golf club manufacturer TaylorMade, 70 percent of consumers who use the company's adjustable drivers adjust their club at least once to get the desired shot. Afterward, 10 to 15 percent of adjustable driver users report further adjustments as they become comfortable with the features.

Although golfers can now put adjustments into their own hands, it is still advisable to get a professional fitting regardless of which clubs are chosen. A certified club fitter can help a person sort through the myriad options available and make recommendations based on various factors, including the golf ball used.

Those who are not fans of adjustable drivers say that the adjustment mechanisms add weight to the drivers, which can compromise efficiency. However, that isn't stopping larger numbers of golf fans from taking adjustable drivers for a trial run in an effort to improve their game.

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