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## September 13, 2023

### SANGUDO COUPLE WINS \$250,000 ON EXTRA!



Submitted by Western Canada Lottery Corporation

Sherri Creber could not believe her eyes when she scanned her WESTERN 649 ticket and discovered she had won \$250,000 on the July 1 EXTRA draw. The Sangudo local shared the prize with her husband,

Glenn.

"I had to look at the screen a couple times before it started to sink in," said Sherri. "Once I realized it was real, I jumped up and down and literally yelled out: 'Woohoo!'" Sherri said she made two quick phone calls immediately following her win.

"I called my parents first," she laughed. "Then I gave Glenn a call and let him know."

The new winners said they haven't made too many plans for their winnings but

have a couple ideas to get them started.

"We're going to share with our boys and put some money in the bank," said Glenn. "We'll figure out the rest as we go."

The Crebers purchased their winning ticket from Mayerthorpe Fas Gas, located at 4405 50 Street in Mayerthorpe. They added EXTRA to their WESTERN 649 ticket for \$1. Their EXTRA-winning number was 4687512.

### WHITECOURT RCMP MAKES MAJOR DENT INTO DRUG TRAFFICKING

Submitted by Whitecourt RCMP

Whitecourt RCMP have arrested five individuals from the Whitecourt area on drug trafficking and other Criminal offences. White-

court RCMP GIS (General Investigation Section), and ALERT Edmonton entered into an investigation of the trafficking of cocaine in the Whitecourt area. Over a several month investigation Whitecourt RCMP,

Grande Prairie ALERT, Edson RCMP GIS, and RCMP's Western Alberta District GIS gathered evidence and executed search warrants in the Town of Whitecourt and Woodlands County.

*Continued on Page 2*

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## Whitecourt RCMP Makes Major Dent Into Drug Trafficking

*Continued from Page 1*

Over the course of the investigation, over \$27,000 in cash, 463 grams of Cocaine, and 43.5 grams of Ketamine was recovered and seized.

Five individuals have been arrested and charged.

Jesse Jackson (34), a resident of Woodlands County, Alberta

- o CDSA 5(1) Trafficking Cocaine (x2)

- o CC 355(a) Possession of Property Obtained by Crime over \$5,000

- o CC 355(b) Possession of Property Obtained by Crime under \$5,000

Mariah Jackson (24), a resident of Woodlands County

- o CDSA 5(1) Trafficking Cocaine

- o CC 355(a) Possession of Property Obtained by Crime over \$5,000

Debra Letcher (62), a resident of Whitecourt

- o CDSA 5(1) Trafficking Cocaine (x3)

- o CDSA 5(2) Possession of Cocaine for the Purpose of Trafficking

- o CDSA 5(2) Possession of Ketamine for the Purpose of Trafficking

- o CC 355(a) Possession of Property Obtained by Crime over \$5,000

- o CC 355(b) Possession of Property Obtained by Crime under \$5,000 (x3)

Jeri Jackson (30) a resident of Whitecourt

- o CDSA 5(1) Trafficking Cocaine (x5)

- o CDSA 5(2) Possession of Cocaine for the Purpose of Trafficking

- o CDSA 5(2) Possession of Ketamine for the Purpose of Trafficking

- o CC 355(a) Possession of Property Obtained by Crime over \$5,000

- o CC 355(b) Possession of Property Obtained by Crime under \$5,000 (x5)

Garnet Marcellus (29), a resident of Olds, Alberta

- o CDSA 5(1) Trafficking Cocaine

- o CC 355(b) Possession of Property Obtained by Crime under \$5,000

Matters in this investigation are now before the courts, and no further updates are available at this time.

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**JOKE of the week**

Paul, late for an important meeting, was searching desperately for a parking spot in a parking lot. Looking up to the heaven's he entreated "God if you find me a parking spot, I promise to start going to church again." The words were barely out of his mouth, when a spot opened up right in front of his car. Paul looked back up, "never mind I found one."

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# THE WALKERS ARE ON THE ROAD!

Submitted by Yvonne Slemko

The weather cooperated when members of two walking clubs journeyed to Onoway to trek up and down Onoway's streets and on to a nearby site. Twenty-nine walkers from Barrhead Walkie Talkies and St. Albert Trekkers met at the Onoway Museum where Yvonne Slemko joined them to lead the excursion. The group was made up of walkers of all ages (and walking speeds), some doing a 5km walk and some doing 10km.

The whole group set off from the museum, down

Lac Ste. Anne Trail then turned south toward Salter's Lake. After enjoying the view and peace of the lake, the 5km group headed back to Onoway. The rest of the group were told of the recent wet weather and the boggy condition of the bush trail east of the lake. They were game to try and, although they had to step gingerly around marshy puddles and the muddy trail, everyone came through without any major soaks. When the group reached RR21 TWP544, they turned north and returned to town and the museum past Bretzlaff Park and Elks Park. The walkers

were very impressed by the grader operator who pulled over and stopped in order to let all the walkers go by with no hindrance.

These clubs are part of Alberta's Volkssport walking clubs – an organization that promotes healthy non-competitive activities for all ages that are safe and stress-free. After a walk at their own pace, these walkers take time to relax. Packed in their vehicles were folding chairs and bag lunches so after the walk, everyone settled in under the shade trees at the museum and enjoyed conversation and each other's company.



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## County News Highlights

**THERE ARE SIX LOCAL LIBRARIES WITHIN THE BORDERS OF LSAC**

Visit your local library online or in person today!

Check out their websites, social media pages or stop by a community branch to get your reading on.

Alberta Beach Municipal Library	4815 50 Ave	780.924.3491	<a href="http://albertabeachlibrary.ca">albertabeachlibrary.ca</a>
Darwell Public Library	#54 225B Hwy 765	780.892.3746	<a href="http://darwellpubliclibrary.ab.ca">darwellpubliclibrary.ab.ca</a>
Mayerthorpe Public Library	4601 52 St	780.786.2404	<a href="http://mayerthorpepubliclibrary.ab.ca">mayerthorpepubliclibrary.ab.ca</a>
Onoway Public Library	4708 Lac Ste. Anne Trail N.	780.967.2445	<a href="http://onowaylibrary.ab.ca">onowaylibrary.ab.ca</a>
Rich Valley Public Library	#12 56227 Hwy 33	780.967.3525	<a href="http://richvalleylibrary.ab.ca">richvalleylibrary.ab.ca</a>
Sangudo Public Library	5028 50 Ave	780.785.2955	<a href="http://sangudolibrary.ca">sangudolibrary.ca</a>

LAC STE. ANNE COUNTY

# ROYAL CANADIAN LEGION BRANCH #126 MAYERTHORPE

Submitted by Margaret Thibault

Events and people took a small sunshine break over the summer, but Wing Night, rentals and private functions still kept staff and volunteers busy. Watch for more information on darts, cadets, floor curling, dancing and other events at your Legion!

**UPCOMING EVENTS!  
BE PREPARED!**

Sneaking up on everybody this month are two huge events that many have been waiting for. The first is September 23, and there are only FOUR spaces left for the Legion Ladies Challenge in memory of Diane Olsen. Only the first 16 teams of four

females over 18 years of age who pay their \$400 entry fee will be accepted to take the 12 challenges set up at various unknown locations. First you have to figure out from the clue where the challenge is, then succeed at doing it before you get the next clue to the next challenge. To level the playing field, four of the challenges will be solved mentally, four will be solved physically, and four will be just for outright laughter. The registration bag includes a ticket each to the evening catered dinner. Be prepared for more zanniness after the dinner, with team skits that you will not see anywhere else in the world. Even

if you weren't on a team and you're female, for \$30 you're welcome to join us for the "Ladies Night Out." You deserve it! Last year volunteers said they had as much fun doing their jobs as the competitors did. To register or to volunteer, stop at the Legion on Wing Night Wednesday from 4-8 p.m., or phone the Manager, Kim, at 780-305-6035 to be part of the fun. All proceeds go directly to the Legion.

The second big event at the Legion is the Marathon Bingo on Sunday, Oct. 1. Almost every hand went up last time when Bingo players were asked if the Legion should do another one! Organizers are hoping for another sell-out, but **WARNING!** if there aren't 100 tickets sold by Sept. 17, the event may be cancelled. So those "last-minute people" who think there's time, there's a deadline. Register at the Legion on Wednesday Wing Night, or phone the Manager, Kim, at 780-305-6035. For the Bingo, doors open at 10:30 and Early Birds start at noon. With only \$100 for 16 cards, you have a good chance of

winning the many money games, or the odd/even worth \$1,500 or the Bonanza worth \$4,000! A concession will be open from start to finish. All proceeds go directly to the Legion.

September is the month for Early Bird Legion Membership Renewals. Time to ensure you stay a valued (and valid) member of the Legion, or take the long-awaited step to join your local Legion. Check the Legion website for more information or call the Legion 780-786-2470 and leave a message.

There are many days to pause in remembrance and honor others in September.

Sept. 2 marked a great celebration in our history - the end of World War II. It's never too late to stop and appreciate the huge sacrifices our men and women made during that seemingly endless six years of combat. Sept. 1, 1939, Hitler invaded Poland and Sept 2, 1945, Japan formally surrendered, ending the war.

Sept. 10 marks Firefighters' National

*Continued on Page 5*

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# Royal Canadian Legion Branch #126 Mayerthorpe

## Continued from Page 4

Memorial Day. With the unbelievable number of fires to fight this year in our own Province, we need to give them our thanks and honor them as they sadly stop to remember the loss of their own.

Sept. 11 marks the coordinated suicide attacks on the World Trade Centre in the U.S. where we pause and remember the deaths of so many good and innocent people.

Sept. 15 is the Military Family Appreciation Day. Every military person has to have the support of a good family behind them.

Sept. 17, the third Sunday, is not only a day to revisit the Battle of Britain with remembrance and thanks, but is also the first day of National Legion Week. The last day of National Legion Week, Sept. 23, is the Ladies Challenge!

Sept. 24, the last Sunday of September, Brothers and Sisters gather for the Police and Peace Officers Memorial. There's one at the Legislature grounds in Edmonton, and Legion members and the public are always welcome.

AUG. 14 MEETING NOTES:

At the Aug. 14 meeting, the Board voted to close out its dormant Youth Account, and donate the \$208.75 in it to the Breakfast Club at Elmer Elson Elementary School. Further donations to a Breakfast Club will alternate between the Elmer Elson School and the Mayerthorpe Jr. Sr. High School.

Watch for a new announcement sign in front

of the Legion, as the old one had been knocked over too many times by the strong winds and was broken beyond repair. This new sign will be more heavily anchored, thanks to President James Mack.

Poppy Fund Chair Jon Arsenault informed the Board that in speaking with District, all Veter-

ans need to be aware that there are newly distributed Veteran's Assistance Forms for proper procedure. A Veteran must come to the Legion Board with a need, rather than the Board reaching out to a Veteran.

The Seniors' Floor Curling Club is back in action and on Nov. 2 will host a

Tournament at the Legion.

Until next time: kindness matters, bravery matters, remembrance matters, volunteering matters, and YOU matter.

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) From Hwy 60 to Graminia Road and go West 4 ks to Graminia Hall than turn North on RR 270 for 2ks to location.  
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Antiques and Household

Kochs barber chair, Exercise machine, Peavy amplifier, Large bar, Turbo Hockey (Air hockey game), Birdhouse, Blue Bynou display truck, .....plus much more.

Higher quality images will be uploaded once the products are organized and setup for this auction.

Go to Rainbow Liquidators Auctions.ca Website for pictures and listing, New items listed daily.

ANOTHER RAINBOW SALE


UPCOMING SALES

On-Line - Annual Harvest Consignment Sale Estate Sale for the Wamamun Honey Farm also retirement sale for Mr Glen Holland of Jackfish Lake Also moving Sale for Black Gold Radio Station and more coming in every day!! Starts Monday Sept. 25, 2023 - soft closing Friday Sept. 29, 2023

\*\*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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# CHERRILL 4-H MULTI CLUB SUMMER REPORT

Submitted by Cherhill 4-H Multi Club

We hope everyone has enjoyed this summer so far. This summer has been very busy for our club. Members from our club have broadened their 4-H experience by attending Focus on 4-H, Summer Synergy, Combined and Intermediate summer camps at Battle Lake 4-H Center, and the Archery camp at Carbon. This past weekend we had a stand at the Open Farm days market at the George Pegg botanical gardens. The weekend before we worked the concession at the Darwell Ag Societies Barn Burner. Our Achievement Day highlights from our Beef and Sheep Show and Sale on June 5th are for market steer, Club Grand Champion, Peyton Lovich and Reserve Club Champion Madison Bouius. Our sheep market lamb Grand Champion was John Vanderwell and Reserve Club Champion Abby Erickson. The Supreme Champion and Supreme Reserve Champion sheep female both went to Sydney Carlson. We had no beef females this year. Thank you to all of our buyers, bidders and sponsors, the day

couldn't be done without you. Our Lifeskills Achievement Day was enjoyed by all and many red ribbons were awarded. With our fundraising efforts and the support of Spoke Resources we were finally able to purchase new 4-H jackets

for our club. This club year has been busy but fantastic for everyone! Our reorganizational meeting is September 22 at 7PM. Call Dorothy Carlson at 780-674-1411 for more information. Watch for next year's reports!





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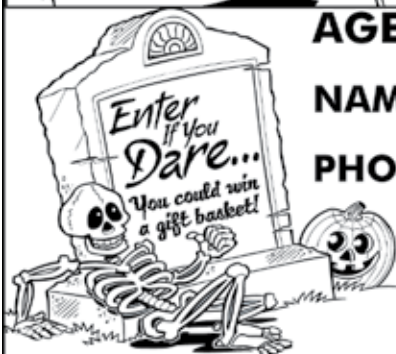
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# THE HIGHS AND LOWS

Submitted by MLA Shane Getson

No matter who you talk to, there are always the “highs & lows.” It’s just the way of life; just the way it goes it seems. The folks that I admire the most are the ones that are able to capitalize on the highs, and learn from the lows. Mathew McConaughey wrote a book called “Green Lights,” I have yet to read it myself, but I did manage to catch an interview of him speaking about it. He basically documented for himself the things that he was doing when he was getting the proverbial “Green Lights” in his life, and conversely, also documented the “Red Lights” he was getting when things were not going his way. The “Highs and the Lows,” as he discovered, were greatly impacted by what he was able to control himself. I thought that was very insightful and helpful.

Although there are far too many things that are out of our control, some things we can influence. We should look at ourselves and see how we can change our behaviors and perception to get the most out of this life, and the road that we are traveling. Cherish the highs, learn from the lows, and get through them as quick as possible. Help others to celebrate their successes and help them to succeed. Sharing the view from the top of a mountain is always better than trying to tell someone else about it. Lending a hand may take a little extra time that day, but over the years and weeks to come, it will be so very worth it, as things seem to come back to those that help others. Paying it forward as it were.

Over the last few weeks in the office, however, we have seen a disconcerting pattern that I’d like to address. I’m not certain if it is the “Fear Biting” effect or the “lashing out” because of stress or

frustration, but beating up on folks that are trying to help is 100 percent counter-productive. Healthcare gets it far too often from what I’ve heard, as do folks in the service industry. Hitting the helping hand that’s extended is not a solid plan. Climbing that mountain is going to be very challenging, to say the least, but slapping it away and berating the person who is pulling you up when you cry for help is just downright counter-productive. My staff will do all that they can to be there for you, but I have directed them over the last few weeks, quite simply that they are not to tolerate any verbal or written abuse. There are lots of folks that need help, that are not abusive, rude, or obnoxious, and quite frankly they will get the priority of time.

There has been several inquiries regarding “Mandates” and “Protocols” for public safety and health as crops are coming off, and as the kids head back to school. I’m not impressed by the media ramping up the fear meter again either, as it does not help anyone to be running around like chicken little, nor does it help to cause undue stress on an already stressed population. We all had a very long three years of it, and quite frankly, want to get our lives back on track. I can let you know that we sure as heck won’t be running back to the place that we just made it out of because some report looking for social media clicks writes some hyper sensationalized article. Despite what they may believe, there is a cold flu season, always has been and always will be. Simple things keep us healthy: wash your hands a lot, don’t touch your face, and if you are not feeling well, stay at home so you can get over it without getting a bunch of other folks sick. Keep positive, eat well, and keep the probiotics up.

Some folks have been very concerned about the amount

of surveillance out there on our highways and side roads. Well, towns, cities, counties, and even the transportation department uses cameras these days for many reasons for gathering data, and enforcement of rules. I’ve had a few that have taken particular interest in my license plate, and I had the honour of paying them for sending me a picture of it in the mail, letting me know that I was too fast for that stretch of road apparently. For those that are really concerned about surveillance, I’ve suggested that the traffic cameras are the least of your concerns if you have a cell phone and a social media account. The information that is mined from our phone, what is given freely without thinking of your social media presence is simply staggering compared to what a traffic camera could provide. One of the joys of living in the country are no traffic lights, and I can leave my cell phone at home if I choose.

The cost of living, inflation, and the federal policies on how we can obtain our electricity is of major concern. The latest end around the CN-tower-climbing federal minister, who is all cozy with the communist party of China, could have folks doing jail time if they don’t comply with what the Liberal/NDP coalition deems to be clean energy. Their haphazard ideological policies are not gaining traction, because those who know how things are made, how they work, and where food comes from won’t jump over the cliff with them. Simply put, we will not let Albertans freeze in the dark while we sit on a huge number of resources, technology, because some fancy sock wearing trust fund baby says so. We will continue to work at the table to negotiate, but we are just not going to do stupid things because others can’t see reality.

I recently was named Parliamentary Secretary for

Economic Corridor Development, reporting directly to the Premier. I’m very happy to continue this file, and to make even more inroads with other provinces, the USA, and globally as well. I’ll be looking to solidify the concept, as well as to ratify memorandums of understanding with other regions, states, and provinces of the concept that will garner real investment and development. I recently met with the Consulate General of India to discuss further. They have a real need for secure energy supply, as well as food security. They are literally the largest democratic country in the world by population, as well as the most populous nation recently surpassing China. In addition, their economy is very strong, and is projected to rival the USA in the next 20 years. They also just landed a spacecraft on the moon. India is definitely on the rise, and they want to do business with us.

Economic corridors are more than just roads, railroads, airports, powerlines, and pipelines. They are literally conduits between people and regions. The corridors facilitate communications, and long lasting mutually beneficial relationships, that encourage economic growth and prosperity in a responsible manner. This is why the model has gained so much momentum, and why it resonates at local and international levels. Alberta needs to continue to lead in this area. It’s policies like this that build nations, that secure our future, and ensure that generations for years to come will reap the rewards. As you can probably tell, this is one of those highs for me. To be able to help create a framework that will be long-lasting, that will create prosperity, and that will help keep us strong and free.

# ONOWAY LEGION NEWS



Submitted by Onoway Legion

## Fish and Chips Anyone?

On Friday, September 22, Donna & Kevin and crew will be serving their famous fish and chips again. The fish is served with fresh-cut fries. It'll also come with coleslaw and dinner rolls, with brownies for dessert.

Cost is \$25 for one (very large!) piece of fish or add a second piece for an extra \$5. The Veterans' Table is back, with Lisa and Blain Johnson sponsor for this week.

Doors open at 4 pm, with dinner served at 6 pm. Reserve your spot by text or phone to 780-909-4558 by Wed., Sept. 21. Pre-ordered take-out meals are welcomed.

## President's Message

The redecorating of the interior of the Legion Hall continues. Executive members Michelle Dentinger and Richard Moses have curated some excellent pieces from our extensive collection so that we can display a wide range of memorabilia, both old and new. I have learned that there is an art to tastefully displaying

these works, and Michelle and her sister Carole DeAngelis are certainly skilled at it. Many thanks to both of them and to everyone who helped us out!

I am looking forward to seeing a cross-section of our membership at the next General Meeting on September 11, 2023, by which time most of this interior refresh will have been completed. At that meeting, we will be considering (among other things) our budget priorities for the coming year, including restoration of the exterior of our Legion Hall, along with upgrading our electrical system and other interior upgrades.

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.

## Pub Night at the Legion

Every second Friday, it's Pub Night from 5 to 7:30 pm. Drop in and enjoy an evening out. You don't need to be a legion member. A full bar service, along with snacks and freshly-cooked hot dogs will be available to enjoy with your cold beer. We even offer some specialty cocktails now! Enjoy a friendly evening of cards,

darts or pool with friends in a formal setting.

## Pool and Darts Start Again

The regular pool and darts clubs at the Legion have started for the fall/winter. Both are drop-in and you don't have to be a member to take part in either of them.

Every Thursday, pool balls are racked up. Play begins at 7:30 pm, so please arrive no later than 7:15 to be included in the evening schedule.

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

## Wednesday Musical Jam

Wednesday night musical jams continue into the fall, starting at 7 pm. Everyone is welcome to 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, just play darts, pool or cards while you listen to the music. The bar is open so you can enjoy refreshments with your fun.

## Hallowe'en Team Trivia Contest

Join us for a Night of Ghoulish Competition and Scary Fun on Saturday, October 28. Test your trivia skills in the Team

Trivia Contest. Don't forget to come in your spookiest or funniest costume, and to give your team a spine-chilling name.

There's a cash prize for the winning team, and there'll also be door prizes and a 50/50 draw. It all costs just \$10/person (with teams up to 6 players). Mulligans will be available for \$5/round.

Doors open at 6 pm; the trivia begins at 7 pm. Pre-register at gorm03@yahoo.com, or text/phone to 780-967-5361.

This Team Trivia Contest is a fundraiser for legion kitchen updates. If you are interested in donating door prizes or sponsoring a round, call 780-967-5361.

## Did You Know?

The Veterans Transition Network is a national non-profit initiative created to help re-integrate Canadian veterans with their families and communities. Their group-based program has helped well over 200 veterans work through their traumas, find fulfilling careers and rebuild relationships with spouses, partners, families, and children. The Legion is a primary provider of funds for this initiative, and we are very proud to support them.

# REDUCE COLD-WEATHER FIRE RISK

Plenty of things heat up when the temperature drops, including the risk for fire hazards. Fireplaces, stoves, heating systems, candles, and even electric lights are used more often during the winter than any other time of year, so it makes sense that the risk of home fires increases when the mercury drops.

The U.S. Fire Administration says 905 people die in winter home

fires each year. Cooking is the leading cause of all home fires and contributes to around \$2 billion in property loss each year. Understanding potential risks and exercising caution can help homeowners protect themselves, their families and their homes from fire.

## Cooking

Home heating fires peak between the hours of 6 p.m. and 8 p.m., when many people are

home preparing dinner. The following steps, courtesy of the American Red Cross, can improve safety in the kitchen and reduce the likelihood of a home fire.

- Never leave cooking food unattended, as it can take just seconds for fires to ignite.

- Keep anything that can catch fire away from the stove or other appliances that generate heat.

- Clean regularly to pre-

vent grease buildup.

- Make sure appliances are turned off before leaving the room or going to bed.

## Heating

The National Fire Protection Association warns that heating is the second leading cause of home fires, deaths and injuries in the United States. The NFPA offers these safety guidelines.

- Install heating appliances according to

*Continued on Page 11*





## Reduce Cold-Weather Fire Risk

### Continued from Page 10

manufacturers' instructions or have a professional do the installation.

- Fuel-burning equipment needs to vent to the outside.

- Never use an oven to heat a home.

- Keep anything that can burn away from heating equipment, including portable space heaters.

- Clean and inspect heating appliances regularly.

- Turn off portable heaters when leaving the room or going to bed.

#### Electric

The National Safety Council estimates that between 600 and 1,000 people die each year from electrocution. Electricity also can contribute to home fires. The Energy Education Council offers these safety suggestions.

- Never force plugs into outlets.

- Check that cords are not frayed or cracked. Do not run cords under carpets or place them in high-traffic areas.

- Use extension cords only on a temporary basis.

- Make sure light bulbs are the proper wattage for fixtures.

- Install ground fault circuit interrupters in

kitchens, baths, laundry rooms, and elsewhere, making sure to test them regularly.

- Check periodically for loose wall receptacles

and loose wires. Listen for popping or sizzling sounds behind walls.

Home fires are no joke and can be prevented with simple safety

checks.

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# Sangudo & District 27<sup>th</sup> Annual Pumpkin & Sunflower

Saturday, September 16th, 2023  
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Judged Bench Show - Fruits & Veggies (Groups Of 3)

Categories Include But Not Limited To:

Apple, Beans, Carrot, Centerpieces/Flower Arrangements, Cherry, Cucumber, Dill,  
Gourd, Herbs, Kale, Lettuce, Odd & Unusual, Onion, Parsnip, Potato, Pumpkin, Raspberry,  
Strawberry, Squash, Sunflower, Tomato, Zucchini

Chili Cook Off (Free Lunch For All Attendees)

Tasters Choice Challenge (Must Contain One Or More Items From Your Garden)

No Fee For Entries

We Can't Taste All Of Your Creations

Everyone Welcome!

9 am to 10am

Pumpkin & Sunflower Entries

No late entries accepted

10am to 11:30am

Tasters Choice Voting

10am to Noon

Pumpkin & Sunflower Judging, Scavenger Hunt,  
Kids Crafts, Axe Throwing, & Kids Activites (Nerf  
Gun War, etc)

10:30am

Water Balloon Nose Race

10:30am to Noon

Archery - Featuring Cherrhill 4H Members 9 years  
and up

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Face Painting

Noon

Free Chili Lunch, Pumpkin & Sunflower Results, &  
Chili Judge Results

Lunch Chili Cook-Off

First Prize \$250

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# *Sangudo & District 27<sup>th</sup> Annual Pumpkin & Sunflower*

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## THE POPULARITY OF THE COLOR WHITE

White is a versatile color in home decorating and renovation. White helps any space look effortlessly chic, blends well with just about any color and can be incorporated into various design styles from modern to traditional.

While the color white is always trendy, the paint manufacturers Benjamin Moore chose white (Simply White OC-117) as their 'it' color for 2016. White can be used nearly anywhere

inside and outside the home. Improving interior and exterior spaces with white elements is easier than you might think, and it instantly can make anything look as good as new.

### Kitchen

While rich cherry-wood cabinets and deeply hued granite countertops have long been popular in kitchens, creamy white cabinets paired with blonde wood countertops can work together

to make kitchens seem open and airy. If all white is not your thing, brighten up kitchen spaces with white canisters, cookie jars and a fresh bouquet of white flowers to add instant appeal.

### Living Room

Use white as a base color for living room spaces so you can build on it with other hues on pillows and draperies, mixing and matching however you see fit.

Homeowners who

have children and/or pets should look for furniture with removable slipcovers. This way they're easily removed and laundered.

### Bathroom

White bathrooms look fresh and are easy to clean and maintain. White tiles provide a classic look. Include colored bath mats, towels and shower curtains to break up the white as you see fit. A neutral white base makes

*Continued on Page 15*

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## The Popularity Of The Color White

*Continued from Page 14*

it easy to switch out color schemes whenever you feel like it.

### Bedroom

Feminine and fresh, white bedrooms may not be the first choice for novice designers. If the prospect of white on white seems too sterile, offset deeper hues on bed linens and walls with white furniture. This provides some pop against the darker contrast.

Keep in mind that do-

ing a bed up in all white means it will always be easy to find matching sheets and pillowcases, making it possible to ensure everything looks cohesive and crisp.

### Outdoors

Use white paint on trims, shutters, mailboxes, and more to provide that pop of contrast against the rest of the home. White complements just about every color, making it a versatile choice on a

home's accents regardless of the main exterior color of that home.

White and other light shades will reflect the sun as well, contributing to cooler temperatures on walkways, decks and other structures, which can be advantageous to homeowners who live in warm climates.

Is it any wonder that white continues to be a classic and popular color to use around the home? Whether you

do so with monochromatic rooms or accent pieces, you can incorporate white into design plans throughout your home.





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## WEEKEND RENOVATION PROJECTS

Some home renovation projects require the expertise of professionals, but there also are many ways for homeowners to improve their homes without hiring a pro or spending too much money. The following are a handful of DIY renovation projects homeowners can tackle in a typical weekend.

• **Closet conversion:** Ample closet space is a big plus for home buyers, but upon moving into a new home, many homeowners may find they don't need as much closet space as they initially thought. Guest room walk-in closets, in particular, may prove to be underutilized resources. Such closets often come with built-in shelving, and therefore, they

make ideal spaces to convert to mini home offices or study areas for kids. Installing an extra shelf to serve as a desk area for remote working or homework stations won't take up much of a Saturday or Sunday afternoon, and before you know it, you will have a fully functioning workspace.

• **Accent wall:** Accent walls can liven up a room by breaking the color pattern of the walls in the room. Accent walls also can be used to divert attention on a particular design element in a room, such as a painting or an elaborate wall furnishing. Painting an accent wall won't take very long, but such a project can give a room an entirely new look and feel.

• **Driveway:** If weather per-

mits, repaving an asphalt driveway can be an ideal weekend project, especially if an existing driveway has endured its fair share of wear and tear. Many driveways can be paved anew in a single day, but larger driveways or those that have endured an extraordinary amount of wear and tear may take a couple of days.

• **Storage and shelving:** Much like some homes come with an abundance of storage areas, others fall short of homeowners' or apartment dwellers' needs. If your home or apartment falls into the latter category, adding some shelving or finding some new furniture that can serve double duty as storage areas is a weekend project that can help

clear up some space. Purchase some wood shelving from a local furniture retailer to mimic the look of traditional built-ins or replace existing single-use furniture with newer items capable of serving multiple functions, including storage.

• **Art:** If the rooms and hallways in your home are bare or in need of new looks but your budget is tight, try your hand at spicing things up by creating some of your own paintings. Parents can encourage kids to create their own colorful masterpieces. Frame the finished works and hang them on the wall and enjoy your inexpensive and homemade "art gallery."

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## WHAT IS A SMART HOME?

Refrigerators that inform their owners when it's time to buy more eggs and thermostats that learn homeowners' heating and cooling preferences may once have seemed like futuristic ideas straight out of a sci-fi movie. However, such products are no longer a dream but a reality.

The term "smart home" refers to a residence that has appliances, HVAC, lighting, entertainment systems, security, and many more devices that communicate with one another. Such devices can be controlled remotely, according to SmartHomeUSA, an automation product retailer. Proponents of smart home technology say features can help people save money on utilities and conserve natural resources, all the while providing peace of mind to homeowners.

In 2016, 80 million smart home devices were delivered worldwide. That marks a 64 percent increase from 2015, according to the research data firm IHS Markit. The smart home trend is only expected to grow in coming years.

Although there's interest in smart home technology, the industry remains fragmented. Consumers are trying to figure out which devices are simply fun and which provide practical benefits. Furthermore, the range of smart devices is expanding rapidly, making potential compatibility

issues a concern. Companies that plan to educate consumers further about the advantages of smart home features and are open to standardization may have the best chances of survival.

Those interested in dabbling in some smart home technology and testing the waters may want to start with the following household items.

•Smart bulbs: Manufacturers offer various types of smart light bulbs. Some are color-changing, others react to doorbells or alarms, and others can simulate typical lighting patterns when homeowners are away. Integrated apps enable remote access to scheduling so people can arrive home to a well-lit house.

•Home security: Wi-Fi enabled doorbells with video capabilities allow residents to see who is at the door without hav-

ing to open it. Cameras can even be accessed remotely, simulating that someone is at home at all times. Never wonder if you've locked the door again with smart locks that can be engaged via a smartphone. Make sure that homes are secured or that pets are behaving while out with smart cameras.

•Flood sensor: Get peace of mind against damaging floods with Wi-Fi flood sensors.

•Appliances: A new breed of smart appliances can make it possible for users to turn on the washing machine while out of the house, close refrigerator doors from afar or even start their vacuum cleaners remotely.

Smart technology is taking over and is likely to continue changing the way people live and work.

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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:**

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

			1		4			
		4	8	2				
9	6					1		
	5			3	6			9
	4					2		
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5							9	
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<b>Rich Valley Community Church</b> Sunday School 10:00 a.m. Worship Service 11:00 a.m.	<b>Catholic Parish of Lac Ste. Anne</b> Sunday 10:00 a.m.	<b>Good Shepherd Lutheran Church</b> Stony Plain Worship Service 10am (780) 963-3131	<b>Mayerthorpe Baptist Church</b> Worship Service Sunday 10:30 a.m. Children's Church 10:30 a.m. 4606-54 St. Mayerthorpe (780) 786-2677	<b>Alberta Beach Alliance Church</b> Sunday Worship Service & Kid's Church 11:00 a.m. Sunday School 10:00 a.m. (780) 924-3282	<b>St. John's Anglican Church</b> Onoway Sunday Service 10:00 a.m. <b>Everyone Welcome</b>
<b>St. John's Lutheran Church</b> Alberta Beach Sunday Service 11:00 a.m. Sunday School	<b>Zion United Church</b> Sunday Service 10:00 a.m. Sunday School Serving Alberta Beach, Wabaman, Darwell & Lake Isle, Onoway & Area (780) 924-3351	<b>Sangudo United Church</b> <b>Christmas Eve Service 6:00 p.m.</b> Worship Service 3 <sup>rd</sup> Sunday 11:00 a.m. 4907-50 Ave. Sangudo, AB	<b>St. Mary's Anglican Church Service</b> Holy Communion 2 <sup>nd</sup> Sunday each month 11:00 a.m. at Sangudo United Church Reverend Barry Rose Officiating	<b>Cherhill Community Church</b> Sunday School 10:00 a.m. - 11:00 a.m. Worship Service Sunday 11:00 a.m.	<b>St. Michael Lutheran Church</b> Sunday Services 1 <sup>st</sup> & 3 <sup>rd</sup> Sunday at 2:00 p.m. Pastor Rick Chappell (780) 282-0183 Mystery Lake
<b>Trinity Lutheran Church (LC-C)</b> <i>"The Church of the Lutheran Hour" - Rockfort Bridge</i> Pastor Dan Hansard Church (780) 778-2033 Sunday Worship 9:00 a.m. Senior's Service & Cottage Bible Study - Phone for locations	<b>Crossroads Community Church</b> P.A.O.C. Rev. Arnold Lotohiz Sunday Service 10:30 a.m. (780) 786-2424	<b>Mount Carmel Spirituality Centre Catholic Chapel</b> Sunday Masses 10a.m. & 2pm Weekdays 9am Saturday 10am 1225 TWP Rd 255 Parkland County	<b>Onoway Baptist Church</b> Sunday Service 10:30 a.m. (780) 967-2266	<b>Roman Catholic Church</b> St. Agnes' Parish, Mayerthorpe Sunday 9:00 a.m. St. Elizabeth Parish, Evansburg Saturday 7:00 p.m. (780) 786-2032	<b>Calahoo Alliance Church</b> Family Worship Service Sunday 10:00 a.m. For Info Call Jerry (780) 974-7734

# 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).

The Pioneer Art Club Celebration Show & Sale, Sat Sept 23, 2023, 1 day only, 10am - 6pm, Royal Canadian Legion 4902 - 44 ave Stony Plain, AB, Free Admission

Service of Decommission and communion for the Sangudo United Church. Please join us at the Sangudo United Church, Sunday, October 1st, 2023, 11 am. Everyone is welcome - light lunch to follow.

## FARMERS MARKETS

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

**BARRHEAD:** Saturdays, 10AM-1PM at Barryhead 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 1<sup>st</sup>.

**SPRUCE GROVE:** at the Elevator, Sat 10:00-1:00PM, Info (780)288-6174 \*April - Dec.

**STONY PLAIN:** Saturdays, 9AM-1PM, Community Centre Downtown, Stony Plain. Nancy 780-962-3993. \*April - Dec.

**WHITECOURT:** Tuesdays 11AM-2PM, Whitecourt Legion Hall, 779-7002. \*May - Oct.

## BINGO

**RICH VALLEY COMMUNITY HALL BINGO:** on September 13 & 27 at 7:30PM  
**STONY PLAIN SENIORS DROP-IN CENTRE,** public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685  
**WHITECOURT SENIORS CIRCLE,** Every Tuesday. Open @ 5PM, 1<sup>st</sup> 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 25 - 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.

**MAYERTHORPE ROYAL CANADIAN LEGION:** June - Fridays from 4 - 8 pm Pub Night/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 hnbourke@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:** 2<sup>nd</sup> 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, 3<sup>rd</sup> Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 \*September - June.

**Edmonton Northwest Senior's Center:** 12963 - 120<sup>th</sup> 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 1<sup>st</sup> & 3<sup>rd</sup> Thurs of month, 6:30PM, \$2.

**WHITECOURT SENIORS CIRCLE:** 2<sup>nd</sup> 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 - 1<sup>st</sup> Friday of month 5-8PM. Everyone welcome. For more info please call 780-786-2470.

**ONOWAY ROYAL CANADIAN LEGION:** Open Tuesdays 7PM to 10PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3PM-10PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).

**PROBLEMS WITH DRUG OR ALCOHOL ADDICTION** in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

**SPRUCE GROVE ELEVATOR TOURS,** Tues-Sat, 9:00-3:00PM. Info 960-4600.

**UNITED CHURCH THRIFT SHOP:** North end Curling Rink, Onoway. Open Fri & Sat, 10AM-2PM.

**FREE TUTORING FOR ADULTS:** Need help with reading, writing, math, English language (ESL) or basic digital skills? Free 1-on-1 and small group tutoring! Odette Lloyd 780-220-6460. calp@norquest.ca

**WATER SAMPLE DROP OFF:** Tues Onoway Aspen Health Services. Drop off 1:00-2:30PM.

## SOCIAL EVENTS

**ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES:** Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.

**BADMINTON:** Wed, 7-10PM, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.

**COME PLAY CRIB:** Fridays, 7:00PM at Darwell Seniors Hall; lite lunch is served. All ages!

**COUNTRY QUILTERS** in Stony Plain house a "Sew in Tuesday", 2<sup>nd</sup> Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.

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

**JR. SCRAPBOOKING** Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library. www.mayerthorpepubliclibrary.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:** 3<sup>rd</sup> 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 Lorraine 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). 2<sup>nd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

**THE ALBERTA WILDLIFE WHITECOURT SENIORS CIRCLE DROP IN CRIB** 1<sup>st</sup> & 3<sup>rd</sup> Sundays 1:00PM. 780-778-4950

**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> 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. 6:45PM. Onoway Heritage Centre contact 3053army@cadets.gc.ca

**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,** Community Service Bldg 4909-49Ave, Thurs 8PM. (780) 648-3903 or (780) 779-0155

**AA - SANGUDO GOLDEN CLUB,** Tues 8PM call 786-4402/785-9214/785-3599

**AA - WHITECOURT,** united church side door, Mon, Wed, Fri 8pm call 780-286-5144

**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 2<sup>nd</sup> Tues of month. Info: Donna 780-962-5933

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

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

**ALBERTA BEACH MUSEUM** meets on the 2<sup>nd</sup> 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:** 4<sup>th</sup> Thurs. 6:30-8:00PM at Barrhead United Church.

**BARRHEAD ROYAL CANADIAN LEGION,** meeting every 2<sup>nd</sup> Thurs, 7PM at the Legion Hall.

**CHERRILL COMMUNITY ASSOC.**

Monthly Meeting 1<sup>st</sup> Wednesday, 8PM at the Hall. 785-2825 \*Except Jan, July, Aug, Sept.

**CHERRILL SILVER & GOLD SENIORS CLUB** Regular Meetings 1<sup>st</sup> Tuesday of month, Cherrill Seniors Hall. Call Rosamy 780-785-2625

**CHERISHED MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12PM, Alberta Beach Agplex. Info call 780-902-4879 or 780-999-7622. \*Sept-June.

**DARWELL & DISTRICT AG SOCIETY MEETINGS,** 7:00PM, 1<sup>st</sup> Monday, Darwell DDRA MEETING, 7:00PM, 2<sup>nd</sup> Mon, Darwell Centennial Hall 780-892-3099. \*except Jul/Aug/Dec

**GriefShare:** Experience the many benefits of a grief support group. Previous participants share, "the discussion time was encouraging and supportive", and "this gives me a sense of hope; that I am not going through this alone". GriefShare is held Tuesdays 6:30pm - 8:30 pm, starting Sept 19 at Crossroads Community Church, 4419 44 Ave, Mayerthorpe. \$35 for 12 sessions. Pre-register by calling 780-786-2695.

**GIRL GUIDES, BROWNIES & SPARKS** Thurs, 6:30PM, Onoway Heritage Centre On-line Registration www.girlguides.ca

**GREENCOURT COMMUNITY ASSOCIATION** meet 2<sup>nd</sup> Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

**KINETTE CLUB OF MAYERTHORPE,** 7:30PM at Kinsmen Hall, 1<sup>st</sup> 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:** 3<sup>rd</sup> Fri, 7PM, Alberta Beach Council Chambers.

**LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS:** 3<sup>rd</sup> Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121

**MAYERTHORPE HOSPITAL AUXILIARY ASSOC,** every 4<sup>th</sup> Mon, 5PM in Hospital Basement Education Room.

**MAYERTHORPE LEGION BR. #126:** Meetings 2<sup>nd</sup> 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:** 2<sup>nd</sup> Wed of each month, 7:00PM, Onoway Legion

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

**ONOWAY ROYAL CANADIAN LEGION** General Meetings, 1<sup>st</sup> Mon, 7PM. \*Sept-June

**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agplex on the 2<sup>nd</sup> Wed of the month, 7:00PM.

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

**SANGUDO PAINTING GROUP:** Every Thurs, 9AM-12PM at Sangudo Community School. Info, call 780-785-2112.

**SUNDOWNERS TOASTMASTER CLUB:** Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy 960-5258

**WESTLOCK & AREA CANCER SUPPORT GROUP:** 3<sup>rd</sup> Wed. 6:30-8:00PM at Westlock Library.



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# Golfer's GUIDE

## 9 WAYS TO IMPROVE YOUR GOLF GAME

Warmer weather sends scores of golfers to their favorite courses each and every day. Golf is a challenging pastime, but a few pointers can help golfers hone their short games, long games and everything in between.

- Choose the right clubs. There is more to selecting clubs than pulling any old iron out of your golf bag and whacking away. Wind, hazards and obstructions in landing areas should influence your de-

cision of which club to use. Novice golfers may want to rely on their caddies to make club recommendations, and as they become more confident in their abilities they can start to make their own choices.

- Anchor your feet. Anchor your foot behind the ball to drive the ball further. Right-handed players will keep the right foot anchored, and lefties will do the opposite. Do not lift your foot prematurely; otherwise, you can lose power

and distance.

- Identify your weaknesses. As with any hobby, identifying those areas that need the most work can help you become a better golfer. Keep track of each shot you take, and then look at the results to see which areas of your game need the most work.

- Fix your alignment. Align your shots by assessing the target from behind the ball. Then set the clubface behind the golf ball and align it with

the target before you enter your stance.

- Use your torso for power. The torso is essential to a solid swing. Practice rotating from your core to control your backswing and then maintain the same spine angle and posture on the downswing.

- Use the wind. Not every golf game will be played in perfect weather. A good player knows how to make adjustments for the wind depending on the shot. Use the wind to your advantage when you can, and adjust your swing when hitting into the wind.

- Become a better chipper. Many players put so much emphasis on their backswings and putt shots that they fail to devote any practice to chips. All shots are important for golfers trying to shed strokes off of their scores.

- Keep fit. Maintaining or improving your physical strength and overall health can help your golf game. Exercise and eat right, and you will have more endurance on the links.



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