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**February 21, 2024**

## SANGUDO HORTICULTURAL CLUB NEWS

Submitted by Arlene Gordon

It was snowing on that day, however, 120 participants were not deterred from attending Sangudo Horticultural Club's 17th Annual Gardeners Day. What a great day! From start to finish, the day was filled with information from four pre-

sentations and a mini Trade Show. Chef Ann from Sangudo's Jaded Chef restaurant catered the perfect menu of assorted soups and sandwiches/wraps. Muffins provided by the club were available for morning and afternoon coffee. A colourful slide show highlighted our members' yards with pictures from the Club's an-

nual photo contest.

The presenters were dynamic and enthusiastic. They included Carmen Lamoureux, Urban Farm Project via Zoom, Clara Qualizza from Meadow and Thicket Farm Flowers, Cassidy Madsen and Jenn Brennan from Sunstar Nurseries; and

*Continued on Page 2*

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## ONOWAY LEGION NEWS



Submitted by Onoway Legion

Onoway Legion Special General Meeting

On Monday, March 25, Onoway RCL Branch 132 will hold a special meeting for elections to fill vacant positions.

All Onoway Legion members are urged to attend this special general meeting so they can have a say about the composition of the board that will guide us through the next few months. We want to ensure

the Legion continues to thrive, so it's important to have as many members as possible present to ensure a balanced board is elected.

If you are interested in standing for a position, please contact Interim President Richard Moses at [mosesjr2@outlook.com](mailto:mosesjr2@outlook.com) or 780-967-2433.

Message from the President

With the resignation of Ed Gallagher as President, and the resulting shifting of responsibilities, we're grateful for the support of the members in stepping up to fill the breach.

Thank you to the many peo-

ple who have agreed to let his or her name stand for a place on our board. Of course, nominations will be accepted from the floor at the meeting, but if you're interested in letting your name stand, please contact me, Richard Moses, at [mosesjr2@outlook.com](mailto:mosesjr2@outlook.com) or 780-967-2433.

We had a great turn-out at the Valentine's dinner for a delicious meal. A hearty thank you goes to Anneliese Becht and her entire team for all their hard work! Thanks to the Summer Village of Nakamun for sponsoring our

*Continued on Page 3*

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## Sangudo Horticultural Club News

### Continued from Page 1

Cherhill's Denise O'Reilly owner of A'Bunadh Seeds. Very inspiring for gardeners of any experience.

SHC appreciates its sponsors. The success of this event was elevated by their participation. A huge "Thank You" goes to Lac Ste Anne

County, TreeTime.ca, Reid's Kitchen, A'Bunadh Seeds, Deana Kastelic, Mitch's Makes, Al's Woodworking and Roberts woodworking. We also thank Sangudo Public Library, George Pegg Botanic Garden and Magnolia Joy of Gardening Club for their displays.

Club meetings are held the 4th Monday of most months, drop-ins are welcome. We have a full line up of presenters for the rest of the year. February's topic is all about fermenting (by Zoom only). For more information about dates, times and locations find the club on Facebook or contact H. Thompson President at 780-674-1575.



**SHANE GETSON**  
MLA for LAC STE. ANNE-PARKLAND

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*Thank you*  
**For  
Your Support!**

Heidi and all the staff at Alberta Beach ATB would like to sincerely thank all of our valued clientele for reaching out to us with your well wishes and concern during our brief closure. Our door has reopened and we are here to serve you with all of your banking needs. Thank you for your patience and understanding. Your continued support means the world to us!

Heidi, Lorraine & Debbie



# Onoway Legion News

## Continued from Page 1

Veteran's Table. Meal sponsor Lafarge donated numerous door prizes, and we also awarded the usual three draw winners. The free meal went to Annette Austin, Pat McEchern won the meat draw of rib steaks on his first visit to our Legion, and Coreen Cerney went home with \$107.50 from the 50/50 draw.

### Greek Dinner!

The Greek Dinner originally frozen out by Mother Nature has been re-scheduled! It is on Friday, February 23, with dinner prepared by Ruth & her crew.

On the menu is pork shish kebobs with lemon roasted potatoes. That's served with pita bread and tzatziki, Greek salad, and dessert. The Veterans' Table is sponsored by Ron Hucal. As usual, take-out meals are available through pre-booking.

If you booked your spot for

the January date, please text 780-967-5361 to confirm that you're still interested. If you weren't booked, but want to attend, text the number above by Wednesday, February 21.

Special St. Paddy's Day Raffle Faith & Begorra! It's a St. Paddy's Day Drink Basket Raffle! Don't miss your chance to win this huge basket containing wine, hard liquors, specialty liquors, and glasses!

Tickets are available at the Onoway Legion for \$5 each or 3 for \$10. The draw will be held March 15 at the St. Paddy's Day dinner.

### Ukrainian Feast!

On Friday, March 1, it's a Ukrainian Feast, with after-dinner entertainment by The Old Amigos. Cooks Donna, Joanne & crew are serving up a special meal of borscht, pampushki (garlic rolls), Mundare sausage, perogies with bacon & onions, and rice & bacon cabbage rolls in tomato sauce. Dessert is lemon

cream angel food cake with raspberries. The Veterans' table is sponsored by Mel & Rita Krause of Mewassin Automotive Ltd.

Please text 780-967-5361 by Wednesday, February 28 to express your intention to attend this unique meal. Take-out orders are always available if pre-ordered.

Wednesday Pub Night and Musical Jam

Our house band strikes up the music for our Wednesday Pub Night & Jam every week. Everyone, member or not, is invited. Doors open at 6:30 pm. Each Wednesday, starting at 7 pm.

You're invited to bring an instrument to play, or to sing along with the band or as a soloist. If you'd rather, just tap your feet, sit, and listen, or dance. Not musical? You can play darts, pool, or cards while you enjoy the music. The bar is open with hotdogs and bar snacks.

### Pool and Darts Clubs

The pool club racks up the balls at the Legion every Thursday. Play begins at 7:30 pm, but please arrive no later than 7:15 pm to be included in the evening schedule. Cost is \$5 each week.

Each Tuesday, the thud of thrown darts fills the hall. Registration is at 7 pm so everyone can be assigned to a team for play to begin at 7:30 pm. Cost for darts is \$3 each week.

You don't need to be a Legion member to take part in either of these regular clubs each week.

### Did You Know ...

Your Legion membership can help you save with MemberPerks® Legion members get access to thousands of offers and deals at stores and restaurants across Canada, including national chains, local businesses, and online stores. It's included free with membership.



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**JOKE of the week**

Three girls walk into a bar; a brunette a red head and a green haired girl. The bar tender asks the brunette how she keeps her hair so brown. The brunette combs her hands through her hair and says, "It's natural it's natural."

Then the bar tender asks the red head how she keeps her hair so red. She combs her hands through her hair and says, "It's natural, it's natural."

Then he asks the green haired girl how she keeps her hair so green. She sneezes into her hands, combs her hands through her hair and says, "It's natural, it's natural."

# REGULAR CERVICAL CANCER SCREENING A KEY PREVENTATIVE TOOL

Submitted by Alberta Health Services

Alberta Health Services (AHS) is recommending cervical cancer screening for those between the ages of 25 and 69 who are or have been sexually active. This screening is with a Pap test and is also frequently referred to as a Pap smear.

A Pap test checks the cervix for any abnormal cells that can lead to cervical cancer. It's important to get screened regularly. You should have a Pap test once every three years

unless your healthcare provider tells you otherwise. Regular Pap tests and follow-up care can prevent about 90 per cent of cervical cancer cases. Pap tests can also detect cervical cancer early. Getting screened can save your life. The earlier cancer is found, the easier it is to treat.

Contact your healthcare provider's office or a women's health clinic to book a Pap test. If you do not have a healthcare provider, such as a family doctor or nurse practitioner:

- Visit Alberta Find a Doctor,

or

- Use the [screeningforlife.ca](https://screeningforlife.ca) locator tool and select "cervical" as the type of test to find screening options near you, or
- Call Health Link at 811.

It's important to have regular Pap tests, even if:

- You feel healthy and have no symptoms of cervical cancer.
- You've only had one sexual partner.
- You've had the human papillomavirus (HPV) vaccine.
- You've been through menopause.
- You're no longer sexually

active.

Almost all cases of cervical cancer are caused by HPV. HPV infections are common, and they usually do not cause symptoms, so most people do not even know they have it.

A Pap test doesn't test for other cancers or sexually transmitted infections, such as syphilis, chlamydia, gonorrhea or human immunodeficiency virus (HIV).

For more information on cervical cancer screening, visit [screeningforlife.ca](https://screeningforlife.ca).

## WHITECOURT TOWN COUNCIL UPDATE

Submitted by Town of Whitecourt

Whitecourt Town Council has adopted the Culture & Events Centre Borrowing By-

law 1574. The Bylaw allows the Town of Whitecourt to borrow up to \$5,595,840 for the construction of the Culture & Events Centre that includes an Administration Office, Library,

and Arts, Culture and Convention Centre.

The Town of Whitecourt, Whitecourt Fire Department and Communities in Bloom Committee will be participat-

ing in the 2024 Whitecourt & District Chamber of Commerce Trade Fair. The Trade Fair will be held at JDA Place on May 11 and 12.

Visit [LSAC.ca](https://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  
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### County News Highlights

**Feb 22 Council Meeting**

**Mar 7 Municipal Planning Commission Meeting**

**Mar 14 Council Meeting**

**STRONG LIBRARIES BUILD STRONG COMMUNITIES**  
Visit your local library online or in person today!  
Lac Ste. Anne County has six charming libraries within our borders – each with innovative collections, inclusive programs and exceptional service.

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

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

**AGRICULTURAL LAND LEASES AND RENTAL AGREEMENTS WORKSHOP**  
Presented in partnership with Woodlands County  
Get hands on help in developing land rental agreements and calculating lease rates for your property. Learn about the requirements of an agreement, types of agreements and which one will work best for you.

**Monday | March 4**  
**1-3 pm**  
**Blue Ridge Community Hall**

To register please call Woodlands County Agriculture Services at 1.866.584.3866.

**DOES THE COUNTY HAVE YOUR MAILING ADDRESS?**  
Make sure your correct contact details are on file  
We send important mail to ratepayers throughout the year. Sometimes this correspondence goes astray due to an incorrect or out-of-date mailing address on file.

Those living in rural areas can have two addresses: a mailing address and a municipal address. Your municipal address is the blue sign at the end of the driveway. While a municipal address helps emergency responders or courier services find your property, it is not a valid mailing address.

The County cannot mail correspondence to a municipal address; a current mailing address is required.

Not receiving County notices by mail? Better call 780.785.3411 or email [LSAC@LSAC.ca](mailto:LSAC@LSAC.ca) to ensure the County has your correct mailing address on file.

Visit [LSAC.ca/address](https://lsac.ca/address) to learn more.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL BODY	APPEAL DEADLINE
24-D0001	Lot 2, Block 1, Plan 1524642 within NW 04-56-01 W5M	Moved-in home on basement with porch, Main 24.0' x 46.0' (1104.0 sq. ft.) 8.0' walls, Basement 24.0' x 46.0' (1104.0 sq. ft.) 9.0' walls, Porch 6.0' x 10.0' (60.0 sq. ft.) 8.0' walls on concrete foundation.	Lac Ste. Anne County – Subdivision & Development Appeal Board	Mar 11, 2024





# #PinkShirtDay

# #Anti-Bullying

**IF MY CHILD IS BEING BULLIED:**

- Listen to your child entirely before reacting
- Involve your child in finding solutions
- With your child's help, create a team of support for you and your child (teachers, school counselors, trusted family members, etc.)
- Help your child learn how to cope with stress and anxiety
- Build your child's capacity to respond effectively to the bullying by:
  - Abstaining from violence
  - Not counter-bullying
- Help your child to build their self-esteem by:
  - Engaging them in activities they enjoy
  - Praising their good efforts and accomplishments
- Remind your child that you love them
- Know when the problem is getting too big for them, and seek appropriate intervention
- To get help: Kids Help Phone 1-800-668-6868 or kidshelpphone.ca





**BULLYING IS NOT A NORMAL PART OF GROWING UP.**

**BUILD SELF-ESTEEM.** Value your child's contributions and achievements. If they are socially isolated at school, get them involved in community activities. Teach your children that if they see someone being bullied, **THEY SHOULD NOT WATCH, LAUGH OR JOIN IN.**







Help kids see the value of offering **EMPATHY AND SUPPORT** to those who are bullied.

**WORK WITH YOUR SCHOOL** to educate others about the problem of bullying.  
**MODEL RESPECTFUL BEHAVIOURS** at home and in your daily interactions.





# #PinkShirtDay

## Stop Bullying

### FACTS

1. Education is the key to making bullying a behaviour of the past.
2. Youth-led bullying prevention programs are associated with an increase in student and staff intervention to stop bullying.

### CYBERBULLYING PREVENTION TIPS

- Review and update existing policies and procedures to include cyberbullying both on and off school property.
- Your computer policy should specifically prohibit using the internet for bullying.
- Implement an effective bullying prevention program.
- Evaluate the bullying prevention program to ensure it is effective.

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# BOILING FROGS AND A COLD EYE REVIEW

Submitted by MLA Shane Getson

It's been a while since I've put fingers to the keyboard to reach out through our little local papers. Honestly, for whatever reason, things just seem to be getting in the way of me finding a half hour to sit down uninterrupted to be able to make it happen in time to make the cut off for printing. Not this week!

I have been slammed full of events, meetings, and other projects that were topped off with a 19-hour day, followed with a solid 4 hours sleep, and back into another 10 hour day. Not getting enough rest, I picked up a bug that wiped me out for what is nearly a week now. Great thinking, apparently my 50-year-old body has limitations, as does my damaged immune system, so getting knocked on my backside gave me the time I needed to spend with the keyboard.

Getting a full dose of humble pie is always good for the soul, I just wish I was a quicker learner, so I didn't have to go through all the other "Joys" the flu has had to dish out to obtain the full benefits. My wife, of 22 years (anniversary not celebrated due to the flu) was not so impressed by me being a damn fool. She does love me, cares for me, and quite honestly worries about me. She has been there so many times for me as I've attempted to be more than superhuman as a workaholic. This is however the first time we never celebrated valentines either, because of me being quarantined in the house...what a gong show. Nothing like being in the middle of a tornado, not seeing the things whirling all around and not being able to hear what others are trying to warn us of.

Which brings me to this week's theme...those boiling frogs, enjoying their warm bath on the stove, not taking stock of those providing comments of warning or caution from a good old cold eyes review. Spoiler Alert...we are the frogs.

Recently this bloke from down south of the 49th parallel came up to Alberta, and held 2 live shows, recorded them, and ended up broadcasting them to his more than 35 million followers about all of his and many others observations of what is happening to

Canada from an outsider's perspective. Further he included a good old Alberta Boy of some notoriety himself, hailing from that peace country, went off and got himself a psychology degree, and dared to say what the heck when the liberal government started making laws about what a person was allowed to say when it came to the use of the English language regarding pronouns. Apparently, having folks like this are considered EVIL by an Edmonton MP of the governing Liberal party.

Now what I find ironic, Dr. Jordan Peterson, and Tucker Carlson are "evil" but that same Liberal MP, whom we now know for certain, his boss and the PM of present, personally invited a SS member into the house of commons so that they all could give him a big standing ovation for being a "Hero". I can tell you full well, there are no Heroes of the SS that any Canadian MP should be celebrating, but here we are, those that provide critical cold eye reviews and commentary on the slippery path the federal left socialist policies are taking us on are evil, but those that are members of organizations who committed crimes against humanity are celebrated.

I struggle with how many folks are dangling their feet outside of the pot enjoying the view, saying things like "Oh that could never happen here, and we would never let that happen again" while the temperature just increases on the stove. The liberals (supported by the NDP) already have put censorship laws in place for the internet. You are unable to receive outside news sources with ease, you have to work for it. The mainstream media has been bought and paid for with your tax dollars, to feed you the narrative they want. The NDP / Liberal coalition is in full effect right now, and they can not stand what Alberta and Saskatchewan stand for in our country. We have grit, self-determination, and the resources to be self-sufficient. They do not want us talking with others, they absolutely do not want us working together and taking our message out of our country. They do not want us to use our energy and sue, and heck, they don't want us to export more energy to international customers, despite that being literally

the only thing that is keeping the countries GDP in a positive position.

It's now with a sense of irony and satisfaction as an example that the Indian Government punted our PM out of their country but are more than happy to have Saskatchewan and Albertan delegations, and our trade offices up and running. The folks in India like the prairie governments, they simply have had more than a belly full of Fancy Socks and his entourage.

So how badly does our own federal government want to gag us on telling our own story now that Saskatchewan and Alberta are countering their pseudo-science when it comes to the "Climate Crisis" and energy file? Remember, Saskatchewan and Alberta, both represented themselves at COP 28. Well enough to table a bill in the house of commons that would make it illegal for any private citizen, or corporation to discuss the positive attributes of our energy sector, or the products we produce, or how they compare to other sources of energy. Fines and jail time for those that don't go along with their ludicrous narrative. In so much the bill states that even if the information being discussed is based on facts, or science. In other words, you can not speak the truth or give your opinion if it does not support their narrative.

This is absolutely spooky; it literally takes away free speech. The fact this whack-a-doo bill even made it out of the caucus room to the house floor shows just how comfortable the NDP and the Liberals are with stifling speech and general rights of Canadian citizens. At this point in my mind, its not if they pass this bill, it's a litmus test on how far they can go with it all. They will pass this type of policy eventually. The "Green Energy Bill" will be on its heels in short order, I will predict, defining what their perverted version of clean energy is, and anything other than that, will be verboten.

Roads, and critical infrastructure are not worthy of spending tax dollars on, it is now encouraged by our little Eco Terrorist turned Environment Minister that Municipalities and Provinces refrain from building any new roads. What?! Why in the

heck does this make any sense? Well, apparently if you live on a steady diet of unicorn sparkles, it is better to throw your cash out the window in a futile attempt to change the weather.

The National Supply Chain Task force produced their final report in 2020 noting the sorry state our infrastructure as a nation was and articulated that it needed a major investment just to keep it functional, let alone expanded to make us competitive. 4.4 trillion dollars, between 2020 and 2070 just to keep what we have functional.

That is a big chunk of change, but, quantifiable, measurable, and yes, helps us produce revenue. The tower Climber and Mr. Fancy socks, they want to have us chasing feelings, because they literally have no measurable metrics of performance, or key performance indicators to make their perceived impact on stopping the climate from "Changing". Instead of building in resilience and adaptability into our infrastructure...incentivize electric scooters and stop cows from burping. I wish I was making this up, and I wish that these folks were where they belong, on the side of road with a sandwich board, a loud speaker, with a guitar case at their feet collecting coins from passersby's. Nope, they are actually in control of the country, and if you disagree with them, they want to take away your ability to voice it, especially when you have the science and the facts to prove your point.

There is no negotiating with them, we are into this one full bore, they have hijacked the system, and its only going to get bumpier until voters can sweep them out of office. They are continuing to make things less affordable for us and more difficult, quite simply put, because they are fundamentalists that are literally detached from reality. They are more than fine with breaking a few eggs to make their omelet, and in case you have not noticed by now, you are the eggs. The water is not fine, get out of the pot, it may be tough to see, but given the cold eye reviews, and the most recent events, it is not getting better for us anytime soon without a fight.

# CONTRACT CAMPGROUND CARETAKER

Submitted by Lac Ste. Anne County

Sangudo Riverside Campground

May 1 – Sept 30, 2024

Lac Ste. Anne County is seeking a motivated couple (or individual with committed personnel support) to join our team as contract caretakers for the 2024 season. The facility offers approximately 20 sites, plus an overflow area, as well as a busy day use area.

Duties include but are not limited to:

telephone monitoring (mobile phone provided), fee collection, bookkeeping, reservations, janitorial duties (cleaning supplies provided), grounds and site maintenance (grass cutting provided), minor repairs, supervision and enforcement of rules, and checking patrons in/out.

Caretaker(s) must provide their own holiday trailer and

live on-site and be readily available for patron(s) to access for the duration of the camping season specified above. A water/power/sewer site (specified by Administration) will be provided.

A valid driver's license, a current first aid/CPR certificate, and a vehicle suitable for hauling garbage and doing grounds checks are required.

Caretaker(s), as well as any support personnel

sub-contracted by the Caretaker(s), must provide a clear criminal record check prior to commencement of the position.

Caretaker(s) will also be required to attend safety orientation training.

For additional information please email Donna Kerr, Community Services Manager at dkerr@LSAC.ca.

## PARKLAND RCMP ARREST 5 PEOPLE IN STOLEN VEHICLE WITH LOADED FIREARMS, WEAPONS AND DRUGS

Submitted by Parkland RCMP

Parkland County, Alta. - On Jan. 27, 2024, Parkland RCMP with the assistance of Enoch RCMP located a stolen vehicle on Highway 16A just west of Stony Plain. In the interest of public safety, a tire deflation device was covertly deployed. The vehicle traveled another 35 kms before coming to a stop, where five occupants were taken into custody without incident. A search of the vehicle located 118 grams of suspected methamphetamine (estimated value of \$7000), 37 grams of suspected cocaine (estimated value of \$3700), \$590 cash, two loaded shot guns, and several other weapons. As a result of the investigation, there was a combined total of 43 charges laid under The Criminal Code of Canada, The Controlled Drugs and Substances Act, The Gaming and Liquor Act and The Traffic Safety Act.

Rocky Mountain House resident, 35-year-old Dallas Goodrunning, O'Chiese

First Nation residents, 30-year-old Chaz Anderson, 19-year-old Leanne Whitford, 21-year-old Lakeisha Strawberry and Sunchild First Nations resident, 38-year-old Courtney Anderson have been jointly charged with:

- Possession of stolen property exceeding \$5000
- Careless use of a firearm
- Possession of a weapon for dangerous purpose (x3)
- Unauthorized possession of a firearm (x2)
- Unauthorized possession of a prohibited/restricted weapon, ammunition and/or device (x2)
- Unauthorized possession in a motor vehicle a weapon, ammunition and/or device (x3)
- Flight from peace officer
- Laundering Proceeds of crime
- Possession of a controlled substance for the purposes of trafficking (x2)
- Illegal consumption of alcohol in a motor

vehicle

Goodrunning has been charged with 12 additional charges under The Criminal Code of Canada, The Controlled Drugs and Substances Act, The Gaming and Liquor Act and The Traffic Safety Act.

Goodrunning has been remanded into custody and is scheduled to appear in the Alberta Court of Justice in Stony Plain on Feb. 7, 2024.

Whitford has been charged with seven additional charges under the Criminal Code of Canada.

Whitford has been released from custody and is scheduled to appear in court on Feb. 21, 2024, at the Alberta Court of Justice in Stony Plain.

Chaz Anderson has been charged with three additional charges under the Criminal Code of Canada.

Chaz Anderson has been remanded into custody and is scheduled to appear in court on Feb. 7, 2024, at the Alberta Court of Justice in Stony Plain.

Strawberry has been charged with one additional

charge under the Criminal Code of Canada.

Strawberry has been released from custody and is scheduled to appear in court on Feb. 21, 2024, at the Alberta Court of Justice in Stony Plain.

Courtney Anderson has been charged with three additional charges under the Criminal Code of Canada.

Courtney Anderson has been remanded into custody and is scheduled to appear in court on Feb. 7, 2024, at the Alberta Court of Justice in Stony Plain.





# *Bridal Guide*

## *Your* Guide to Planning Your Big Day

Filled with helpful planning advice, savvy how-to tips and the latest wedding trends, as well as a host of local wedding vendors here to help you plan the perfect day!

# Bridal Guide



## NAVIGATING AN INTERFAITH WEDDING

Celebrating family histories and traditions is a major component of weddings. During a wedding, two families come together and begin to merge their unique takes on life.

When couples tying the knot come from the same cultural or religious backgrounds, fitting the pieces together may be relatively easy. However, when a wedding must incorporate

two different religions - each with its specific traditions and requirements - a couple may not know where to start. These tips may help the process along.

### Communication

It is important to open a dialogue with all involved parties at the onset to be able to craft a ceremony and subsequent celebration that aligns with the faiths of the couple and their families. This dialogue shares what everyone expects. Ask everyone to rank the rituals they would like to be included by order of importance, and then use this as a guide when planning the ceremony.

### Discuss options

Certain houses of worship may be strict in regard to what they allow during interfaith ceremonies. Conservative congregations may even frown upon marrying outside of one's religion. That may spark an entirely new conversation about converting so couples can be married in the eyes of the church, temple or mosque. More reformed places may be open to blending certain traditions from both faiths. Couples often lean toward having one officiant from each faith at the ceremony to incorporate key rites into the wedding.

### Neutral ground

Interfaith couples may opt to have the ceremony at a neutral location so they do not appear to be paying

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*Continued on Page 13*



# Bridal Guide



## Navigating An Interfaith Wedding

*Continued from Page 12*

favor to one faith over another. Determine if religious officiants can oversee the ceremony outside of a place of worship and still have the marriage recognized by the tenets of that faith.

**Secular officiant**

In instances when it may seem like there are too many obstacles to having faith-guided ceremonies for interfaith weddings, wedding planners may suggest some creative solutions, including work-

ing with a secular officiant. Traditions such as lighting a unity candle or blending two different sands together to signify the blending of two faiths and families can be part of the ceremony, suggests the lifestyle company Sheer-luxe.

**Give others tasks**

Couples may be unfamiliar with each other's religious traditions. Sharing faith-specific wedding planning tasks can help couples and their families become more familiar with

these customs.

Interfaith weddings require extra planning and finesse, but millions of couples get married in such ceremonies every year.

**SOCIAL MEDIA TEXT:** When a wedding must incorporate two different religions - each with its specific traditions and requirements - a couple may not know where to start. These tips may help the process along.

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[www.romanticnotions.ca](http://www.romanticnotions.ca)

**#30 210 McLeod Ave, Spruce Grove**  
**780-962-4944/1-855-962-4944**



# Spread Kindness & Acceptance

## #PinkShirtDay

### DOES YOUR SCHOOL PROMOTE RESPECTFUL BEHAVIOUR?

Are there clear, consistent and fair behavioural norms for the students? How do you address the issue of children and youth who are bystanders?

Is there an anonymous way for children and youth who witness bullying to report incidents?

Do you have clear policies and guidelines outlined to help adults intervene effectively with incidents of disrespectful behaviour (bullying and harassment)?

Have you provided staff with training that includes specific information on supporting LGBTQ2S, disabled or ethnically-diverse youth?

Are you talking about issues of bullying and harassment in classes, seminars, and assemblies and providing easily accessible, ageappropriate information?

**ATB Financial  
-Sangudo**

**785-2737**

**Once  
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**785-2924**

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Crematorium  
786-2533**





# PINK SHIRT DAY ANTI-BULLYING

## IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR:

- Stay calm and be firm—let your child know that bullying is not acceptable
- Find out what motivates your child to bully, and encourage an open and honest discussion
- Use non-violent and age-appropriate consequences; set rules
- Discuss how your child can take steps to repair the damage caused by the bullying behaviour
- With your child's help, create a team of support for the both of you (teachers, school counselors, trusted family members, etc.)
- Be a positive role model in your child's life by being aware of how you use your own power

Victim  
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963-3311

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Chevrolet Ltd.  
963-6121



















## PINK SHIRT DAY



Don't  
forget to  
wear pink!

**IF YOU KNOW SOMEONE WHO IS BEING BULLIED ONLINE:**

- When you see someone being bullied online, stand up for them.
- Write down or save what you see and when you see it.
- Help the person being bullied understand that they don't deserve to be bullied. You could do this by phoning them, sending them a private message, email or text, or by speaking with them at school.
- Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.

<b>Parkland County</b>  968-8888	<b>TD Canda Trust -Spruce Grove</b>  962-0404	<b>Sobeys -Spruce Grove</b>  962-4121	
<b>Grove Collision Repairs Ltd.</b>  962-3755	<b>Royal LePage -Noralta</b>  962-4950	<b>H&amp;E Upholstery</b>  962-3048	<b>The Flooring Store</b>  960-9212
<b>Preshush Jewellers &amp; Goldsmiths</b>  960-4200	<b>NAPA Auto Parts -Spruce Grove</b>   962-4421	<b>Serenity Funeral Services -Spruce Grove</b>  962-2749	<b>Sandy View Farms</b>  962-0067
<b>Crack Master -Spruce Grove</b>  780-782-8282	<b>Family Footcare &amp; Reflexology</b>  984-9774	<b>Parkland Veterinary Clinic</b>  962-6300	<b>B.W. Eavestroughing</b>  699-1880

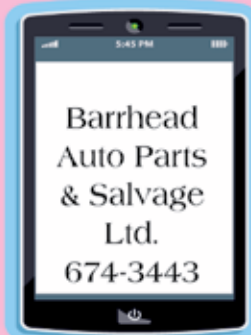
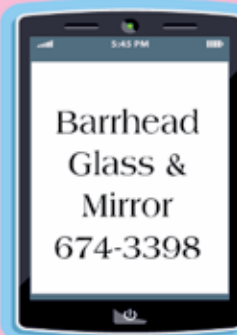
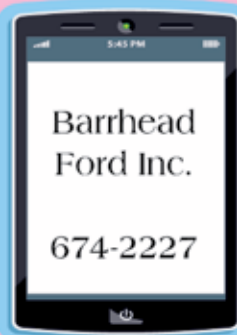
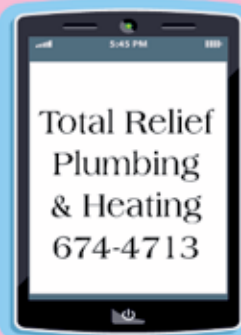
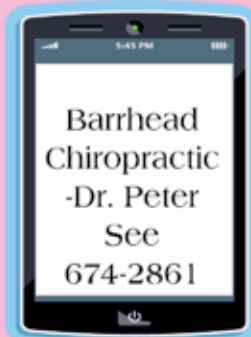
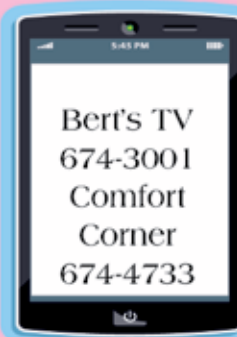
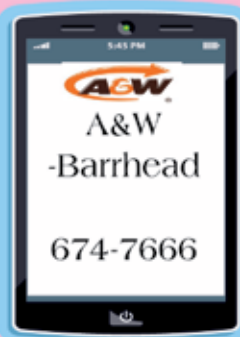
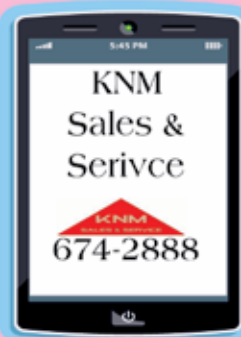
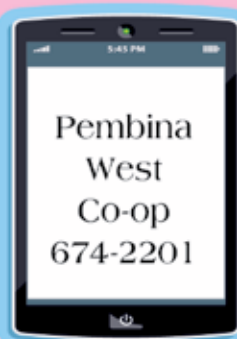
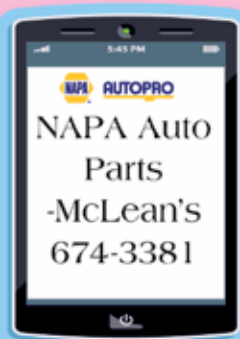
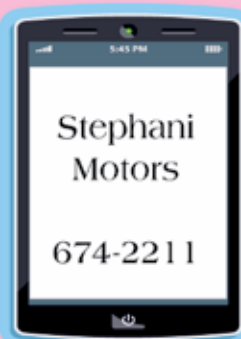




# Pink Shirt Day

## IF MY CHILD IS WITNESSING BULLYING:

- Explore the different options for your child to stand up against bullying
- Educate your child to intervene immediately to stop the bullying, but to get an adult to help with the intervention if it's unsafe to act without an adult present
- Approach the person being bullied to provide support
- Explain the difference between "tattling" on someone as opposed to reporting in order to stop someone from getting hurt
- Encourage your child to come up with creative ways to intervene in a bullying situation, such as changing the subject or starting a game
- Set a good example for your child by showing that you care about others





# #PinkShirtDay

## Stop Bullying

### CYBERBULLYING TIPS

- Familiarize yourself with online activities. Learn about the websites, blogs, chat rooms and cyber lingo that your children are using.
- Keep the computer in a common area so you can monitor activities.
- Recognize that online communication is a very important social aspect in your child's life. Do not automatically remove their online privileges if you find out about a cyberbullying experience.
- Report incidents of online harassment, physical threats and bullying that occur over your child's cell phone to your local police.

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# Classified Ads - Call 962-9228

## Hall Rentals

Alberta Beach Agliplex, Susan 780924-3545

Alberta Beach & District Seniors 50+ Club. Air conditioning! Space Available! Val: 780-690-1655 or Dianne: 780-217-8482

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

Cherhill Community Assoc. Hall, Kevin 780-785-8153

Darwell Centennial Hall, 780-892-3099

Darwell Seniors, Phone Debra 780-785-2907

Glenreagh Community Hall, now with free wifi Bookings call 780-674-4995 Baukje 780-674-1349 Darren

Goose Lake Hall, Contact Deanna (780) 584-3738

Gunn Hall (G.A.R.S.) 780-951-9452

Hathersage Community Centre, Noreen at 786-2946

Lake Isle Community Hall, 780-725-2533 lakeislefarmersassociation@gmail.com Find us on Facebook

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 780-920-3217

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/Classrooms, 967-1015

Onoway Legion, 587-785-3080

Park Court Community Hall, 727-4476

Parkland Village Community Centre, 780-298-9155 @ PVCCentre

Pioneer Centre, Spruce Grove 780-962-5020 or email.

Ravine Community Hall, Dawna @ 325-2460

Rich Valley Community Hall, 967-5710 or 967-3696

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 780-785-3221 or 780-785-2259

Stettin Nakumun Comm. Hall, 967-9198

## Dog Caretaker

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bedrooms with full kitchen available. Starting at \$1050 + tax. Please call for viewing, 780-967-4420 www.onowayinnandsuites.com

## Pasture Wanted

2024 seson, cow/calf pairs, fenced and water required 80 - 320 acres, 780-916-2333

## Looking For

Helping Hand's, Handyman Services Ltd. Property Maintenance, Home Improvements, Complete to-do Lists, Preventative Maintenance, Mark Lemkec - 780-907-2358 or mdgetrdone@gmail.com

## For Sale

sandblast cabinet, 10" 12 amp miter saw, 12" disk sander Bushnel Spotting Scope 12-36 power, John 780-893-8158

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

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

# 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).

Hypnotist Dinner & Show. Saturday, March 23, 2024. Lake Isle Community Hall. Hwy 633 & Rng Rd 55, Lac Ste Anne County. Doors open 5:30 pm with dinner at 6:00 pm. Show to follow. Advance Tickets Only. Limit of 80 tickets. \$40/ person.

Purchase online at [www.showcase.com/hypnotist](http://www.showcase.com/hypnotist) or call Holly at 780-725-2533

Crib Tournament on March 2nd, At the Darwell seniors  
Please call Debra at 780-785-2907 To register  
Thank you

Crib Tournament March 16, Rich Valley, reg. 10am, game 11am, admission is \$25/ person or \$50/team. Lunch will be served. 967-5710

## FARMERS MARKETS

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

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

**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](mailto:onowayfarmersmarket@gmail.com). \*Starts May 1st

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

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

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

## BINGO

**RICH VALLEY COMMUNITY HALL BINGO:** on February 14 & 28 at 7:30PM

**STONY PLAIN SENIOR'S DROP-IN CENTRE,** public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

**WHITECOURT SENIORS CIRCLE,** Every Tuesday. Open @ 5pm, 1st call @ 6:45PM, Nevadas, Concession. 780-778-4950 \*Sept - June

## MEAT DRAWS

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

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

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

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

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

**STONY PLAIN ROYAL CANADIAN LEGION BR# 256:** Saturdays @ 3:00PM-5:00 PM Meat Draw & 50/50.

**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 [bhbourke@icloud.com](mailto:bhbourke@icloud.com)

**WEST END:** Sanguo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: [westendmow@outlook.com](mailto:westendmow@outlook.com)

## JAMBOREES

**SUMMERDALE HALL COUNTRY JAMBOREE** every second weekend of the month. 10.00 fee. Meals for purchase. Sep

to May 3 day jamboree June 6-7-8-9.

**CARVEL:** 2nd Sunday of month. \$6 lunch served. Info 780-991-3001

**SANGUDO:** Sanguo Community Hall Jamborees are on hold until further notice 780-785-4105.

**SPRUCE GROVE:** at Sandhills Community Hall, 3rd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 \*September - June.

**Edmonton Northwest Senior's Center:** 12963 - 120st NW, Every Wed From 1-3:30pm Aug & Sept Admin: \$5 non members \$2 members Yearly membership \$30

**STONY PLAIN:** Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 1st & 3rd Thurs of month, 6:30PM, \$2.

**WHITECOURT SENIORS CIRCLE:** 2nd Sunday of the month 1-5PM, \$5/Adm Door prizes & 50/50 draw. 780-778-4950 \*Nov - June

## TOPS (Take Off Pounds Sensibly)

**SANGUDO:** Tues 5pm at Golden Club. 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 at Anglican Church, 131 Church Road. Sharron (780)962-2722

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

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

## YOUR COMMUNITY

**MAYERTHORPE LEGION BR. #126:** Seniors' Floor Curling - Thurs @ 1pm. Fun Darts - Thurs @ 7pm. Wings Night - Every Wed 5-8pm. Steak & Fish Night - 1st Friday of month 5-8pm. Everyone welcome. For more info please call 780-786-2470.

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

**PROBLEMS WITH DRUG OR ALCOHOL ADDICTION** in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or [www.drugrehabresource.net](http://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](mailto:calp@norquest.ca)

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

## SOCIAL EVENTS

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

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

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

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

**Darwell Public Skating** 7-days weel 8am - 8pm. more details on [Darwellag.com](http://Darwellag.com) or Facebook

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

**"ME, YOU, & EVERYBODY"** Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Aglilex from 10:00-11:00AM starting May.

Funded Lac Ste Anne FCSS.

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

**ONOWAY GOLDEN CLUB:** Cards Tuesdays, 1pm. 5023 49 Ave. 780-967-3436.

**ONOWAY HAVE FUN & GET FIT!** Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

**PANCAKE/BREAKFAST SOCIAL:** 3rd Sunday 9:00-11:30AM, Parkland Village Community Centre. \*except June, July, August

**RIVER TALKERS TOAST MASTERS CLUB,** Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-5040.

**SANGUDO ART CLUB** meets every Thursday morning at 9AM at the Sanguo Community School. New members welcome. For further information call Brenda at 780-785-2402.

**SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St). 2nd Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

**SPIRITUAL LIVING STONY PLAIN GATHERING** at PERC Building (5413-51 St). Every 2nd & 4th Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

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

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

## MEETINGS

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

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

**299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE:** Stony Plain Comm Centre, 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](http://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 780-424-5900

**AA - WOMEN'S GROUP (NEW),** Whitecourt United Church - use side door at 5201-50St. Saturday 11:00 Call (780)424-5900

**AL-ANON** Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205

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

**ALBERTA 55 PLUS:** Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

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

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

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

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

**BARRHEAD & AREA CANCER SUPPORT GROUP:** 4th Thurs. 6:30-8:00PM at Barrhead United Church.

**BARRHEAD ROYAL CANADIAN LEGION,** meeting every 2nd Thurs, 7PM at the Legion

Hall.

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

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

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

**DARWELL & DISTRICT AG SOCIETY MEETINGS,** 7:00PM, 1st Monday, Darwell

**DDRA MEETING,** 7:00PM, 2nd Mon, Darwell Centennial Hall 780-892-3099. \*except Jul/ Aug/Dec

**GriefShare:** Experience the many benefits of a grief support group. GriefShare is held Tuesdays 6:30pm - 8:30 pm, starting February 20, 2024 at Crossroads Community Church, 4419 44 Ave, Mayerthorpe. \$35 includes 12 weekly sessions and your personal journal workbook. Pre-register by calling 780-786-2533. **Girl Guides Embers,** Guides and Pathfinders Saturdays 2-4pm Onoway Heritage Centre On-line Registration [www.girlguides.ca](http://www.girlguides.ca)

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

**KINETTE CLUB OF MAYERTHORPE,** 7:30PM at Kinsmen Hall, 1st Tues of month. Contact: [mayerthorpekinettes@gmail.com](mailto:mayerthorpekinettes@gmail.com), Tracy: 780-786-0161.

**LAC STE ANNE ARMY CADETS,** Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443

**LAC STE ANNE COMMUNITY CHOIR,** Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Sandra @ 780-966-5678

**LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY:** 3rd Fri, 7PM, Alberta Beach Council Chambers.

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

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

**MAYERTHORPE LEGION BR. #126:** Meetings 2nd Mon of month at 7:30PM. For more info please call 780-786-2470.

**MEN FOR SOBRIETY:** Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

**MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP** Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 \*Sept-June

**NA MEETING,** Tuesdays 7:00PM Poplar Valley Church (780)514-6011

**ONOWAY & DIST HERITAGE SOCIETY:** 2nd Wed of each month, 7:00PM, Onoway Legion

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

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

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

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

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

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

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

**WHIST DRIVE, MEADOWVIEW COMMUNITY CENTER,** 1st & 3rd Thursday of Month @ 7pm \$5 Admission



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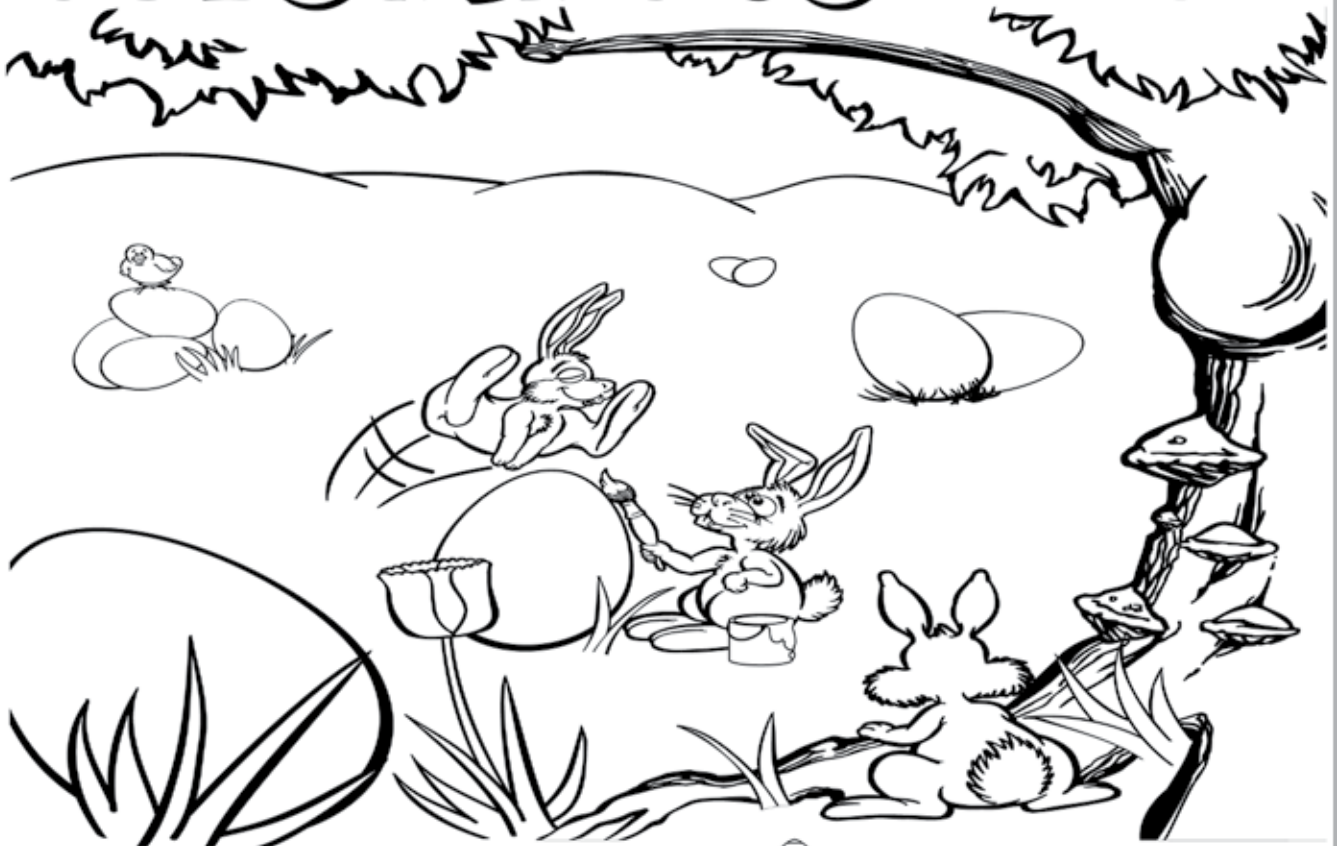
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