



# COMMUNITYVOICE

— YOUR LOCAL NEWSPAPER —

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## March 6, 2024

## COUNTY NEWS HIGHLIGHTS

Submitted by Lac Ste. Anne County

**Sangudo Riverside Campground & Day Use Expansion**

Recreating the area Under direction of Council, the County has initiated improvements to the Sangudo Riverside Campground & day use area.

Improvements include addressing the roughly nine acres of the former Sangudo Speedway raceway area and chattels

– both an eyesore and safety concern. Plans are underway to refurbish the area including expanding the camping capacity and day-use area for County residents and visitors alike.

While planning is in the initial stages, the goal is to improve functionality and build upon the natural beauty as the Pembina River makes an ideal backdrop for camping. Considerations for new perks, accessibility and parking concerns

will be addressed.

The track has been demolished and an initial environmental study has been completed. Next steps include surveying and brushing which will commence within the next few weeks.

The County is excited for the opportunity to develop this area and hopes to open for business in 2025.

*Continued on Page 2*

## ONOWAY LEGION NEWS



Submitted by Onoway Legion

**Pub Night**

On Friday, March 8 there is no meal but come out to the Onoway Legion to enjoy a friendly evening of cards, darts or pool with friends at our Pub Night. 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 choice of refreshment. We even offer specialty cocktails, apple cider, chai latte,

and specialty herbal teas!

**Faith & Begorra – It's a St. Paddy's Day Meal!**

Mark your calendars for Friday, March 15, when Carol & crew will prepare and serve a St. Paddy's Day meal. Enjoy beef Irish stew, cabbage apple salad, Joanne's famous cheese/chive/beer soda bread. Dessert is strawberry rhubarb crumble cake. The Veterans' Table is sponsored by Liane & Randy Wenckowski.

Please text 780-967-5361 by Wednesday, March 13 to express your intention to attend this unique meal. Take-out orders are always available if pre-ordered.

dered.

**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.

Three Winners at the Greek Dinner

On Friday, February 23, we had three more winners in the regular draws.

*Continued on Page 4*

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**March Farm Safety Week**

This week is a great opportunity to stress the importance of keeping our farm families safe and healthy. Inside you will find the latest information to keep yourself, your family, your workers and your operation safe.

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## County News Highlights

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Meanwhile, the existing campground (located in the Hamlet of Sangudo and nestled in the beautiful Pembina River valley) will be open for business for the 2024 camping season, offering 14 power/water sites and 3 unserviced sites as well as a day use area. Construction areas will be clearly

marked and fenced off from the public.

The County thanks residents, campers and day-use visitors for their patience as we work towards an improved camping experience.

To learn more please visit [LSAC.ca/news](http://LSAC.ca/news).

Collection System Investigation

Underway in Isle Lake area Darwell Lagoon Commission and Lac Ste. Anne County are working together with consultants for the design of a low pressure sewer collection system in the Isle Lake area.

Over the next few weeks, topographic surveys and geo-technical investigations will be underway along Hwy 633 and in area subdivisions.

Should area residents have any questions, please contact Brian or Greg at the County Administration Office for further information.

Livestock Emergency Planning Info Session

Hosted by Farming Forward An information session designed to boost preparedness with proactive steps

*Continued on Page 3*

# County News Highlights

## Continued from Page 2

and to provide insight into the knowledge and skills required during a serious non-disease livestock emergency.

Some topics of discussion:

- Farm FireSmart
- Producer experiences
- Disaster management
- Tips to boost preparedness

Tuesday | March 12

7:00 – 8:30 pm

Mayerthorpe Diamond Centre

Register at Eventbrite

Annual Community Volunteer Income Tax Program

County offers help in preparing and filing your taxes for FREE!

Lac Ste. Anne County FCSS is once again offering the Community Volunteer Income Tax Program to eligible citizens. The CVITP is a partnership between the Canada Revenue

Agency and Community Organizations which host tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals.

Volunteers are ready to assist you in preparing your 2023 Income Tax Returns until April 15, 2024.

For more information please visit [LSAC.ca/community](http://LSAC.ca/community).

To book an appointment or for more information, please contact: Taryn Monteith, Community Services Coordinator at 780.785.3411 or 1.866.880.5722 or email [TMonteith@LSAC.ca](mailto:TMonteith@LSAC.ca).



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# Onoway Legion News

## Continued from Page 1

Holly Lynn was the lucky winner of the free dinner, while Emma Dover took home \$42.50 from the 50/50 draw. Ron Huckle collected a large tray of ribs in the meat draw.

### Message from the President

At each Friday dinner, the Legion recognizes veterans and first responders at a special Veterans' Table. Three Veterans or First Responders, and their guests, are invited to enjoy a delicious meal at no cost, thanks to local business and individuals. If you or your business would also like to sponsor a Veterans' Table, the cost is just \$150. Please call or text 780-967-5361 to choose your date.

We support local veterans in other ways too, with confidential help from our local Service Officer. We can provide help with benefit claims, help veterans and their families access mental health supports, and help veter-

ans and their families who might be in financial distress. All programs and services are free of charge, and there is no requirement to be a Legion member. The Service Officer can also help with representation to Veterans Affairs Canada and the Veterans Review and Appeal Board Canada when necessary.

### Wednesday Pub Night and Musical Jam

Our house band strikes up the music at our Wednesday Pub Night every week. Everyone, member or not, is invited to participate in the musical jam. Doors open at 6:30 pm each Wednesday, with music starting at 7 pm. that everyone is invited to join.

Bring an instrument to play, or 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

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.

Then, each Thursday the pool club racks up the balls. 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.

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

### Onoway Legion Special General Meeting

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

All Onoway Legion members in good standing are urged to attend this special general meeting to have a say about the composition of the board. To ensure

the Legion continues to thrive, it's important to have as many members as possible present to have an elected board that is balanced with all viewpoints.

Nominations are still being accepted, and will also be accepted from the floor. 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.

### Did You Know ...

We're always looking for Veterans and/or First Responders for our Veterans' Table. We also welcome individuals or business wanting to sponsor the table. If you or your business are interested in sponsorship, or if you know of someone who would enjoy a free meal at a dinner, please call or text 780-967-5361.



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**JOKE** of the week

Three guys had to cross a lake. The first one prayed to God for the strength, he swam across the lake, but almost died 5 times.

The second guy prayed to God for the strength and the tools, he made a boat, and rowed himself across the lake, he almost died 3 times.

The third guy prayed to God for the strength, the tools, and the brains. He turned into a girl, walked 4 yards, and crossed the bridge.



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## Recruiting Firefighters

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# NFPA 1051 WILDLAND FIREFIGHTER COURSE

This program has been designed to provide basic and advanced theoretical and practical knowledge required for Wildland Fire Fighting.

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Ending April 22nd

With another unprecedented wildfire year ahead of us in Western Canada, here is your chance to help make a difference.



## FARM SAFETY TIPS

- Hire right – hire the right person and pay them fairly rather than hire an unqualified person for less money then pay for their liability and errors.
- Get a check-up – make sure every worker is checked up on at least every two hours
- Know the code – the Code of Practices for Farm Safety (PEI) has set the industry standard for agriculture
- Train for safety

### The following businesses are proud sponsors of Farm Safety & Health Week

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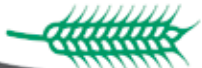
  
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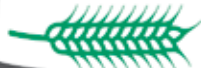
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785-2548



# STANDING AGAINST BULLYING – PINK SHIRT DAY: MINISTERS TURTON AND NICOLAIDES

Submitted by Government of Alberta

Minister of Children and Family Services Searle Turton and Minister of Education Demetrios Nicolaides issued the following statements on Pink Shirt Day:

"I'm proud to join millions of Albertans and Canadians on Pink Shirt Day in taking a stand against bullying in all its forms. Bullying is never acceptable and always preventable, especially when we work together as allies."

"Each and every one of us has the power to make a difference by creating safe and inclusive environments wherever we go. Sometimes it is the smallest actions that make the biggest difference."

By demonstrating kindness and modelling healthy relationships with our friends, family, co-workers and within our community, we can help prevent bullying and the devastating long-term health and social impacts it can have.

"If you are experiencing bullying, please know that help is available by calling or texting the confidential 24-7 Bullying Helpline at 310-1818 or by using the online webchat."

Searle Turton, Minister of Children and Family Services

"All students have the right to feel safe, welcome and included. On Pink Shirt Day, we follow in the footsteps of the courageous

students who started it all back in 2007, standing up proudly to show that bullying has no place in school – or anywhere else."

"When we wear our pink shirts each year, we're reminding ourselves and each other that doing the right thing is even more powerful when you do it together. Whether in the classroom or out in the community, making sure nobody is left out is a simple way to foster a culture of kindness."

Demetrios Nicolaides, Minister of Education



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# Farm Safety & Health Week



Teach small children the rudiments of safety, such as which areas are off-limits. As they grow older, explain why certain things are dangerous. When they start helping with the work, make sure they are properly trained, keeping their limited strength and experience in mind. The safe way to do things is not always obvious to a child, so always explain and enforce the safety aspects of the job.

**The following businesses are proud sponsors of Farm Safety & Health Week**

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# FARM SAFETY WEEK

## Preventing Crushes

- From rolling machinery to falling front-end loaders there are countless crush hazards on a farm. While farm operators and workers can't prevent every hazard on a farm, they should prevent every hazard they can by taking simple preventative measures while working.
- Failure to block-up equipment safely can result in a fatal crushing injury. A jack may slip, a hose or overhead support may break, or the equipment may roll. Always take the precaution of placing support blocks under the equipment prior to working with raised machinery for any reason.





## Farm Safety Tips

When farming please follow these precautions in order to keep yourself, your family and your workers safe:

- When moving large machinery, be sure to check the location of power lines. Make arrangements with your service provider to ensure a safe route along a route you will travel between fields with large implements in travel mode.
- When working with livestock always ensure you have an escape route planned and that you are wearing the appropriate gear for the job. For example – wear a helmet and appropriate footwear when riding a horse.

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Power Inc.  
924-3255

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Homes & Contracting  
Ltd.  
940-6415

# FARM SAFETY & HEALTH WEEK

## Farm Safety Tips

When farming please follow these precautions in order to keep yourself, your family and your workers safe:

- Decrease your risk of being crushed by using lockout procedures before beginning any maintenance or repair work. Lockout means to physically neutralize all energies in a piece of equipment. Machines, devices or power transmission lines can be de-energized by applying blocks to all parts under tension or pressure, bleeding the hydraulic pressure from the lines or by releasing pressure from a coil or spring.
- Provide a safe, fenced play area for all children and supervise closely. The working area of the farm is not a playground any more than a construction site or other industrial area would be a play area. Review the safety rules on your farm with your family often. Fence off all manure, retaining ponds and dugouts, and lock buildings containing hazardous goods.

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# FARM SAFETY & HEALTH WEEK

## Keep an eye for safety

The type of safety eye protection you should wear depends on the hazards in your workplace. If you are working in an area that has particles, flying objects, or dust, you must at least wear safety glasses with side protection (side shields). If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers, or fibre optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for that task.

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 <p><b>Life Med Pharmacy</b> 706-5012</p>	 <p><b>Pembina West Co-op -Whitecourt</b> 778-3239</p>	 <p><b>CJ's Liquor</b> 778-8989</p>	 <p><b>Eagle River Chrysler Ltd.</b> 778-2844</p>
 <p><b>RBC Royal Bank -Whitecourt</b> 778-6895</p>	 <p><b>Whitecourt Insurance Ltd.</b> 778-3003</p>	 <p><b>Carpetown Interiors Ltd.</b> 778-4144</p>	 <p><b>Northern Metalic Sales (WTC) Ltd.</b> 779-4900</p>
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# autoTUNE-UP

## 3 WAYS TO CONSERVE FUEL DURING YOUR DAILY COMMUTE

Commuting is a part of daily life for many working professionals. According to the U.S. Census Bureau's 2011 American Community Survey, the average American spends 25 minutes commuting to work each day. However, Citi's 2015 Thank You Premier Commuter Index says the average commute time in the United States is 45 minutes. The reasons for that disparity are unknown, though if one accepts the latter statistic as more accurate than the years-old Census Bureau data, it's fair to

say Americans spend far more time getting to work than their neighbors to the north. But commutes in Canada also can be lengthy, as Canada's National Household Survey found that, in 2011, commuters in Canada spent an average of roughly 25 minutes traveling to work each day.

While many people enjoy their daily commutes, feeling it's a time to prepare for the day ahead and, if using public transportation, to relax and let someone else do the work, it's fair to say the

majority of commuters would like to spend less time getting to and from work. Many would also like to spend less money getting to and from their offices, and finding ways to conserve fuel is an effective way to do just that.

### 1. Maintain your vehicle.

Poorly maintained vehicles endure undue stress that can be prevented by adhering to routine maintenance schedules. Peruse your vehicle's owner's manuals to determine the recommended intervals to change the oil and replace the air filter and

spark plugs. These simple maintenance tasks are easy and inexpensive, but they make it easier for engines to run smoothly and make efficient use of fuel.

### 2. Keep tires properly inflated.

Properly inflated tires reduce drag on the engine. Engine drag makes the vehicle work hard to move, and that wastes fuel. But the type of tires a vehicle has also can affect how efficiently it uses fuel.

*Continued on Page 15*

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## 3 Ways To Conserve Fuel During Your Daily Commute

*Continued from Page 14*

According to the Transportation Research Board, tires that reduce rolling resistance by 10 percent can improve gas mileage by as much as 2 percent. While that figure might seem insignificant, that 2 percent savings can add up to a substantial amount of money for commuters who spend 50 minutes every day getting to and from work.

3. Drive a vehicle with stop/start technology.

Stop/start systems, in which engines shut off automatically when driv-

ers brake and restart automatically when the driver lifts his or her foot off the brake pedal, can make more efficient use of fuel. Once exclusive to hybrid cars, stop/start technology is now more widely available and can cut back on fuel consumption and vehicle emissions. That's especially attractive to eco-conscious commuters who live in big cities where stop-and-start traffic is unavoidable. What's more, many modern air conditioning compressors operate off electricity and not via a car's engine,

meaning vehicles with stop/start technology will stay cool in the summer even when the engine shuts off.

Commuting to and from work may not seem like the most eco-friendly daily ritual. But there are ways to commute and conserve fuel at the same time.

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

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**962-4421 Fax: 962-3464**





# FARM SAFETY WEEK

## Be SAFE – Plan Ahead Assess Risk

Risk concerns the expected value of results of a situation or event. The value of those results may be positive or negative. In the farming industry, the measure of risk can be rated as high, medium or low. Once the risk has been assessed, through your regular safety checks, employers can determine whether to take immediate action of a hazard or identify those that can be monitored and fixed at a later time. Regular assessment can help with budgeting time and resources for immediate or future repairs.

The following businesses of are proud  
sponsors of **Farm Safety & Health Week**



**KNM Sales  
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674-2888



**McEwen's  
Fuel &  
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674-2146



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**Pure  
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674-0130

# Farm Safety Week

## Entanglements

° The average farm is full of machinery and device that can grab, cut, smash and entangle fingers, hands, toes, and feet causing injury to the extremities and even death. The sad truth is that most of these injuries can be avoided.

° Some of the key entanglement prevention measures to implement when working with or near machinery are:

- Before operating any machine or equipment, ensure that all guards are in place and in good condition.
- Wear tight fitting clothing, such as overalls. Avoid wearing any items that could become entangled, such as long coats or scarves.

- Never step over a PTO shaft or conveyer belt while it is still running.

° Ensure that anyone working with augers, PTOs, and other extremely hazardous machinery receives appropriate safety instruction and adequate supervision.

° Keep young children out of the farm or ranch work site, especially areas where there is moving machinery

Parkland  
County



968-8888

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Foods

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Foods Ltd.

963-5305

Apollo Drug  
Store  
- Stony Plain

968-0066

North  
Central  
Co-op



963-2272

Victim Services  
of Stony  
Plain/Spruce  
Grove District  
825-220-2055

Competition  
Chevrolet  
Ltd.

963-6121

West  
Parkland  
Gas Ltd.

963-3311

Blue  
Diamond  
Jewellers

968-0040

Stony Plain  
Denture  
Clinic

963-2426

Stony Plain  
Royal Canadian  
Legion Br#256

963-9232

L & B Water  
Service

963-8134

Stony Plain  
Auto

963-6297

Summer's  
Drilling

963-1282

Future  
AG

Future Ag  
Inc.

963-7411

# FARM SAFETY WEEK

is a great opportunity to stress the importance of keeping our farm families safe and healthy. The agriculture industry is unique in that so many of its members live, work and play at the worksite. This often increases the level to which farmers and their families are exposed to dangerous chemicals, machinery and livestock. Because of this potentially hazardous environment, it's essential that each and every person on the farm is experienced and knowledgeable in the area of farm safety.

- Handle cattle with respect and awareness. They have the strength and speed to cause serious injury.
  - Never operate machinery when you are fatigued, stressed or highly medicated.
  - Always read and follow owner's manuals and safety decals on all equipment.
  - Outfit all farm buildings with smoke detectors and fire extinguishers.

**This page is proudly sponsored by the following businesses**

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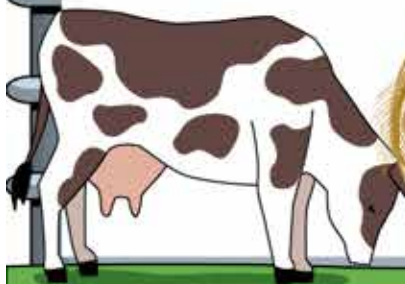
**962-8884**

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**699-1880**

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**960-9212**



# 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 @  
PVCentre

Pioneer Cantre, 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

**Alberta Beach & Surrounding  
Areas, thinking of a Seasonal  
Getaway? Worried about  
leaving your dog in a kennel?**

Don't worry anymore, you can  
leave your pet with me! There  
is a wrap around deck and  
courtyard! I will provide tender  
loving care, with walks every  
day. Best of all, I'm cheaper  
than a kennel! Daily drop in's  
or overnight stays welcome. If  
interested call 780-920-4166

## For Rent

Completely renovated Motel  
in Onoway, AB. offering daily,  
weekly or monthly rentals. All  
utilities included, 55 inch tv with  
Satellite. Double beds, furnished  
bachelors with full kitchen and  
furnished 1 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

2001 Crown Vic, low km, runs  
quiet, \$3,000 or best offer John  
587-337-9437

## Collectables

**I BUY GUNS / GUN  
COLLECTIONS, AMMUNITION  
AND WWI & WWII  
COLLECTABLES. CALL JAY @  
780-686-1350**

# 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:**

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

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

# 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 & Ring 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

Fri. March 8. World Day of Prayer service. 2:00PM, Zion United Church. SW of Alberta Beach in Paradise Estates, lot #15 on TWP RD 542 between RR 35 and 40. Info at 780-902-1850. All are welcome.

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

## FARMERS MARKETS

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

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

**EVANSBURG FARMERS MARKET:** Every Saturday 10am - 2pm located right beside Evansburg 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 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 March 13 & 27 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, 1<sup>st</sup> call @ 6:45PM, Nevada's, Concession. 780-778-4950 \*Sept - June

## MEAT DRAWS

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

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

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

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

**WEST END:** Sangudo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: [westendmov@outlook.com](mailto:westendmov@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:** 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 - 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 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 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 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](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", 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](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

Agilplex 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 Lorainne 286-5040.

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

**SPIRITUAL LIVING STONY PLAIN INSERATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St). Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of month. 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** 1st & 3rd 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](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:** Villenvue 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 Agilplex.

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

**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 Agilplex. 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. 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 Center On-line Registration [www.girlguides.ca](http://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](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:** 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 Agilplex 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.

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

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