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**February 2, 2016**

## ONOWAY GRAD COMPETES ON CHOPPED CANADA!

Submitted by Lisa Bakos

Ashley Dolbec, a graduate of the Onoway Junior Senior High Class of 2008, recently competed on the Food Network's Chopped Canada, which aired on Saturday, January 23.

After graduating from OHS, Ashley took her chef's training in Vancouver. She is currently the Kitchen Manager at Vancouver's Jamjar restaurant.

Contestants demonstrate their cooking mastery through three rounds of mystery basket ingredients from which they produce an appetizer, an entree and a dessert. The winner receives a \$10,000 grand prize and the title of Chopped Canada Champion!

Congratulations to Ashley for following her dream, putting herself out there and participating in this very fun and challenging experience!



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## SANGUDO HORTICULTURAL CLUB NEWS

Submitted by Brenda Ogden

Another Gardener's Day is over for the year. Thank-you for all the audience support, your turn out was awesome! Our speaker on the topic of garlic was a last minute change, so Nick Lysachok didn't have 70 years of experience behind him, but he did a wonderful job as a fill-in. Nick is a garlic grower from the local area and has been an apprentice under Jim Kastelic. Maggie Neilson had a well organized presentation, with an abundant amount of information. I especially enjoyed her list of low maintenance plants that are suited to our growing zone.

I'd also like to give a big

thank-you to Annette and Cathy at the Lac Ste Anne county office for their support of our club, by handling some of the registrations that were filled out and turned into them.

The Connections Coffee House did a wonderful job again this year. There was even a garlic soup that went well with our garlic topic.

There was a display from the Field of Dreams Greenhouse, the Bluebird Hills Farm, Rumballing Acres, A'Bunadh Seeds, and Lac Ste. Anne County/George Pegg Garden at the mini trade fair. These vendors filled out our day even more with their natural artisan soaps, farm fresh honey, herb and vegetable seeds, information and what gardener

doesn't like getting ideas from a greenhouse owner?

On our regular January meeting we had a speaker come out from the Lobstick Garden Club. Carolyn LeClercq gave us a pictorial journey through her own yard. She also gave us some hints for keeping a yard easier to maintain. It definitely made me wish spring were here.

At our next meeting on February 22/16 at 700pm, we will have Tasha Bradsell, owner of Baraka Gardens, as a speaker. She will give us information on what is new in the garden for 2016. Members of the public are welcome to attend. There is a \$5.00 drop in fee which includes the speaker and a light lunch.

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# MISSING MALE FROM MORINVILLE

Submitted by RCMP Morinville

Morinville, Alberta - Morinville RCMP are requesting the public's assistance in locating 26 years old, Tyler Gregory BEST. On January 20th, 2016, Tyler was reporting missing by his family who are concerned for his well being. It is believed that

he may be in the Edmonton area. Tyler Gregory BEST is described as:

- Caucasian male
- 5'11", slim built
- blue eyes, brown hair
- wearing a pair of grey pants, light weight dark jacket
- black high top sneakers
- 2 tattoos on his right arm

Morinville RCMP are requesting the public's assistance in this matter. If you have any information, please contact the Morinville RCMP at (780)939-4520. If you want to remain anonymous, you can contact Crime Stoppers by phone at 1-800-222-8477 (TIPS) or by Internet at [www.tipsubmit.com](http://www.tipsubmit.com). You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest, you may be eligible for a cash reward.

## JOKE OF THE WEEK

A man was driving down the road. He passed a traffic camera and saw it flash. Astounded that he had been caught speeding when he was doing the speed limit, he turned around and, going even slower, he passed by the camera. Again, he saw it flash. He couldn't believe it, so he turned around, going a snail's pace, he passed the camera. Again, he saw the camera flash. He guessed it must have a fault, and home he went. Four weeks later he received three traffic fines in the mail, all for not wearing a seatbelt.

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### You are invited to GOSPEL MEETINGS

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# RCMP BEATS

Submitted by Stony Plain/  
Spruce Grove RCMP

Occurrences for the week of January 18 to January 24, 2016.

Total Calls for Service Spruce Grove/Stony Plain Detachment: 421

Total Calls for Service for the Victim Service Unit: 5

Persons Crimes: 41

Property Crimes: 66

Impaired Driving Complaints reported: 7

Impaired Driving Charges Laid: 2

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 47

Property Crimes:

Spruce Grove

1. January 21 – Area of Millgrove Drive – Break and Enter to Garage, Yamaha 2000 Generator stolen

2. January 21 – Area of Garneau Gate – Theft from Vehicle, cell phone accessories stolen

3. January 22 – Area of Jennifer Heil Way and Westgrove Drive – Theft of Vehicle, 2001 green Dodge Ram

Stony Plain

4. January 19 – Area of Heritage Point – Theft of Tailgate, from 2005 black Ford F350

5. January 21 – Area of Boundary Road – Theft of Utility Trailer, 2010 silver Stirling 48084

6. January 22 – Area of Willow Way – Theft of Tailgate, from 2015 white Ford F350

Rural

7. January 18 – Area of Yeoman Drive, Onoway – Theft from Vehicles, wallet and cash stolen

8. January 18 – Area 50 Avenue and 68 Street Alberta Beach – Theft of Snowmobile, 1997 black and blue Polaris SKS Sport

9. January 23 – Area of 10 Avenue and 10 Street Ross Haven – Break and Entry to Shed, 2014 green Yamaha Viking ATV stolen

10. January 23 – Area of Township Road 532 and Range Road 13 – Theft of Vehicle, 2007 white Ford F350

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Cameras make it easier for the police to ID potential suspects. Home security cameras and/or good quality trail cameras should be considered for installation.

The Spruce Grove / Stony Plain Drug Section Information Tip Line is 780-968-7212. Anyone with drug information is asked to call and leave a message.

**The Rich Valley Public Library Society will be holding our Annual General Meeting on February 23, 2016 at 7:30 pm at the Rich Valley Public Library**

*Everyone is welcome to attend.*  
We will be holding elections and we are seeking 2 new board members. If you are interested in the library and wish to volunteer your time we hold only 4 meetings a year.

**Happy Valentine's Day from The Barrhead & District Adult Learning & Literacy Council**

Check out our Fabulous February Courses: Healthy Chocolate Snacks, QuickBooks, Beginners German, Financial Planning, Depression and Anxiety Awareness, Standard First aid/CPR, SLR Digital Photography, Blankets for Babes, C.F.A.S., Buttercream Cake Decorating, H2S Alive, Literacy tutoring, E.S.L & Coffee & Conversation. barrheadlearn.ca or 780 674 7535

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**- Penny M. Stony Plain**

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the weight which I am doing"  
**- Donna Edmonton**

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# ONOWAY AND DISTRICT MINISTERIAL AND COMMUNITY MEMBERS ARE HOLDING REFUGEE SPONSORSHIP MEETING

**Submitted by Mu Lavin on behalf of the Onoway and District Ministerial Blessings**

There are now over 60 million refugees worldwide.

Churches and community groups around the country have been quietly, patiently and consistently working to bring refugee families into Canada for over 35 years. This year, Onoway and area Churches and community members are joining together to sponsor 2 refugee families ourselves.

Lots of us are feeling the financial crunch of the low price of oil and you may be thinking you have nothing to give right now, but please consider:

A refugee family needs so much more than money to start a new life in Canada. They will need our support learning English, shopping, banking, navigating doctors and dentists, registering children for school and getting school supplies, the list goes on even teaching the children to play hockey.

They will need furniture, dishes, sheets and towels.

Perhaps you have some old things you were getting rid of anyway. Or perhaps you have more time than money right now.

And most importantly, they will need friends and neighbours they can count on the help them overcome the loneliness and trauma of losing their homes and families. They will need us to learn how to fit into life in Canada.

Everyone is welcome to join in this project. In fact, in a community our size, this can only succeed if we all work together.

Q. Why 2 families?

A. It has been recommended by the Refugee Organizations that will be helping us in getting 2 families. This means they will have people with whom they

share common language and culture to help them over the first few months.

Q Will they be Christian or Muslim?

A. We are asking for Christian families as we feel that being so far from a mosque would be a problem. Also Christian families have something in common with the people of this community.

Q Where will they come from?

A The Canadian Government are only bringing Syrian Sunni Muslims but because 2 of our group have knowledge of the terrible horrors the Iraqi Christians have been through in the last 7years we are asking to sponsor 2 Iraqi Families.

These are just a few of the questions we have been asking

ourselves since last September.

Meeting- Monday FEBRUARY 22nd from 7.30pm to 9pm in St John's Anglican Church, opposite Onoway Legion

Looking forward to talking with you at the meeting.

Contact Mu Lavin or Kathleen Arnold and the team: -email onowayrefugeelove@gmail.com



## EXCITING CONTRACT EMPLOYMENT OPPORTUNITY!! Whitecourt/Lac Ste. Anne Support for Adult Learning & Literacy (SALL)

### Community Adult Learning Program Coordinator

We are currently accepting applications for the part-time contract position of a Community Adult Learning Program (CALP) Coordinator. Under the direction of the SALL Board, the CALP Coordinator will be responsible to plan, implement and evaluate adult education & learning programs and maintain the day-to-day operations of these programs within our boundaries. SALL serves the areas of Whitecourt, Lac Ste. Anne County, Mayerthorpe, Alberta Beach, Onoway, Sangudo, Blue Ridge, and Anselmo. SALL endeavors to provide lifelong learning opportunities that strengthen individuals, families and the community.

Duties will include, but are not limited to:

- Plan, develop, coordinate, promote and evaluate programs, and any special events related to adult learning.
- Provide written project/financial reports to the Board at their regular meetings.
- Liaise with the SALL Adult Literacy Coordinator on joint initiatives.
- Create project proposals and meet reporting requirements for funding.
- Promote adult learning programs and opportunities in all communities within our service area.
- Network with community organizations, businesses, agencies and stakeholders.
- Meet the requirements of the Policy and Operating Requirements set out by Alberta Advanced Education & Technology for Community Adult Learning Program (CALP).
- Assist with the development of the Annual Application and the completion of the Annual Report documentation.

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**The position will remain open until a suitable candidate is selected.**

We thank all applicants for their interest.

Only those candidates short-listed will be contacted for interviews.

# LAC STE. ANNE PARENT LINK/EARLY CHILDHOOD DEVELOPMENT INITIATIVE PROGRAMS AND COMMUNITY EVENTS FOR FEBRUARY 2016

Submitted by Cathy Steeves

Tents & Tunnels is back in Onoway starting Feb. 12th! Come check out this 6 week session. This free, active play program, for children under 6 years old, provides a warm, dry, indoor space for children to run and play! We have

tents, tunnels, balls, hoops, potato sacks, a parachute, and more! Sorry – no snacks permitted in the gym please! This unstructured, drop-in program will run Every Friday Feb. 12 – Mar. 18 at Alliance Pipeline Activity Centre (Museum Gym) from 9:00 – 11:00 am. Children MUST be supervised at all times! **INSIDE SHOES RECOMMENDED!!** No outside shoes

permitted!

SANGUDO PARENT & TOT TUESDAYS – 9:30 AM – 11:30 AM in Sangudo Playschool Room (Arena). Parents/Guardians... bring your little ones to this free, unstructured program and have fun! It's a great opportunity to visit with other families and to work on your child's social skills, like sharing and making new friends.

Feb. 2 –Just Play

Feb. 9th & 16th –Let's Build  
February 23rd – Playdough Party  
A light snack will be provided. Inside shoes or slippers recommended! This is a drop in program – hope to see you there!

“Let's Build” Friday afternoons in Onoway, February 12th to February 26th from 1:00-3:00 pm at Onoway Heritage Centre.

Thank you to Cherished Memories Parent & Tot Playgroup for letting us join in their fun on Wednesday mornings!

Wed., Feb. 3rd Valentine Cards & Fine Motor Skills Presentation

Wed., Feb. 10th & 24th Playdough Party

(Sorry, no Parent Link program on Feb. 17th)

10:00 am – 12:00 pm (noon) at Alberta Beach Agplex

This is a drop in program, so no need to pre-register.

Valentine Cards (Includes tips on Fine Motor Skills).

Learn tips for pencil grasp, pre-printing, scissor skills and more! We will also be making Valentine Cards.

Wed., Feb. 3rd 10:00 am – 12:00 pm (noon) Alberta Beach Agplex

Fri., Feb. 5th 1:00 pm – 3:00 pm Onoway Heritage Centre

Ages & Stages Afternoon

Wed., Feb. 24th

1:00 – 3:00 pm

Onoway Heritage Centre

Please contact Cathy Steeves to book an appointment and let your child show you what they can do!

Look at me now! See how I have grown and changed! Ask your parent link coordinator for a FREE ASQ (Ages & Stages Questionnaire). Communication, Fine Motor, Gross Motor Problem Solving, Personal/Social & Emotional Well Being. Available for ALL children (1-66 months of age). Try a different ASQ with NEW activities every 3 to 6 months.

FOR MORE INFORMATION on these programs, or if you have a suggestion for future programs, please contact Cathy Steeves, Parent Link/Early Childhood Development Coordinator, Lac Ste. Anne County, at 780-785-3411 (or 1-866-880-5722) ext. 229 or email [csteeves@LSAC.ca](mailto:csteeves@LSAC.ca)



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# ALBERTA GUNNERS GET WINTER-MOBILE WITH LOSV TRAINING AT ALBERTA BEACH

Submitted by Capt. DB Forsythe  
PAO 41 CBG

More than 30 Soldiers from 20th Field Regiment, Royal Canadi-

an Artillery travelled to Alberta Beach in January to complete the final confirmation checks necessary to become qualified Light Over-Snow Vehicle (LOSV) operators.

This is the first time in the unit's history this course has been offered and is part of an ambitious plan by the Commanding Officer Lieutenant-Colonel Jeff Wilson to prepare his troops to deploy with

81 mm mortars in any environment.

"Canada is a winter nation," Wilson said. "It's imperative our soldiers know how to operate in the cold. Running this course will give 20th Field Regiment the skills necessary to provide highly mobile, fire support to other combat arms during winter conditions."

As part of the training, the Regiment approached the Alberta Beach Snowmobile Club (ABSC) to access the 130 kilometres of groomed trails centred approximately 50 kilometres west of Alberta Beach. The ABSC is a volunteer organization with approximately 150 members who volunteer to prepare and groom their trail network starting in September and running through the winter and spring so long as there is snow.

The decision to work with 20th Field Regiment RCA was a win-win for both parties.

Continued on Page 9

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Dr. Nicholas Teoh was born and raised in Edmonton. He attended the University of Alberta where he graduated with a Bachelor of Medical Sciences as well as a D.D.S. He received several awards during the course of his studies including the Dr. GH Gibb Memorial Prize and the Dr. Stanley S. Kucey Leadership Award.

Nicholas enjoys performing all aspects of dentistry. In his spare time, he enjoys working out, reading and playing board games with friends and family. He is very excited to be a part of the friendly team at Karo Dental as it allows him to provide quality care in a peaceful environment.



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# Alberta Gunners Get Winter-Mobile with LOSV Training at Alberta Beach



Soldiers from 20 Field Regiment RCA prepare to depart the Stanger Hills staging area for a day of trail riding as part of unit LOSV training 16-17 Jan 16 at Alberta Beach.

Continued From Page 8

For the Regiment it was an opportunity to create a positive footprint in the community and build on relationships forged by some members of 20th Field outside of the army.

And for Marvin Eckert, Chair of the Trail Committee for the ABSC, it was an opportunity to introduce the candidates to responsible snowmobiling.

“Public perception of recreation-

al snowmobilers has historically not been highly positive, Eckert indicated. “Our club, which has been in existence for close to 25 years now, advocates responsible riding. We’re very pleased to have soldiers out on our trail network; this is a great place for them to learn how to become safe, confident operators.”

The ABSC trails are well used seeing more than 1,500 users during the 2014-15 season and has gone a long way to reducing conflicts with local land owners.



Stanger Hills Base Camp; start point for 20 Field Regiment RCA LOSV Training 16-17 January 2016 Alberta Beach

A 20 Field Regiment RCA soldier does a final check on his snowmobile prior to heading out on the trails to complete his LOSV training at Alberta Beach 16-17 Jan 16.



“The trail system was completed in 1997,” Eckert said. “Since that time we’ve seen a 90 per cent reduction in the number of complaints from private landowners; last year we had zero complaints from landowners so we’re doing something right.” He smiled.

Eckert also noted that while ABSC helps to contribute to the local economy as riders who come to enjoy the trails often pick up fuel and supplies from local store owners.

For 20th Field Regiment LOSV training will culminate in a weekend Exercise GALLANT TUN-DRA; a two-day confirmation of skills learned on course and is the first opportunity gunners will have to iron out any kinks in preparation for EXERCISE GALLANT VALLEY, a live fire exercise scheduled for Wainwright in March.

w/c 454

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# ALBERTA PREVENTS CANCER - WORLD CANCER DAY

**Submitted by Alberta Health Services**

Cancer affects most of us, either personally or through someone we know. Thursday, Feb 4 marks World Cancer Day; a global effort to raise the awareness of cancer and to encourage prevention, detection and treatment. This year's theme 'WE CAN I CAN', encourages everyone to be a part of working together for increased impact in reducing the global cancer burden.

Communities have an important role to play in cancer prevention. How our communities are designed and how we support individuals within our communities affects the choices people make. Up to 45 per cent of cancer is caused by factors we understand and can influence. Healthy, supportive community environments help to make "the healthy choice, the easy choice".

Here are seven things we can do in communities to reduce cancer risk:

1. Reduce ultraviolet (UV) radiation exposure  
Ask community and municipal leaders, facility operators and schools to set up shade structures in community gathering and play areas to protect against UV exposure. Get involved in identifying unshaded areas and coordinate planting a shade tree.
2. Limit alcohol consumption  
Many wonderful beverage options exist for hosting community

- events. Choose from delicious, refreshing "mocktails", smoothies, flavored waters and other non-alcoholic beverages.
3. Implement tobacco reduction strategies  
Create smoke-free outdoor locations; post no smoking signs in community spaces. Work with municipal leaders to develop and implement bylaws and policies to prevent and reduce tobacco use in your community.
4. Increase the opportunity for physical activity  
Get your community moving with walking paths, community fitness, adult "playgrounds", creating your own walking, hiking, biking and recreational groups.

5. Increase the availability of healthy food  
Encourage healthy food choices, such as fruits and vegetables at community gatherings focus on locally grown produce. Support farmers markets, community gardens, good food box programs and other community initiatives to increase access to affordable, healthy food.
6. Increase awareness and access to cancer screening  
Screening tests allow people who have no symptoms to get checked for breast, cervical and colorectal cancer in order to find changes early – and treat them if necessary. Early detection of breast, cervical and colorectal cancers increase the chances for successful treatment. And in the case of cervical and colorectal cancer, cancer can often be prevented altogether.

7. Become a community champion for Community Cancer Prevention  
Have conversations with others where you live, work and play about working together to take action on health in your community.  
Communities can take action to reduce individual and collective risks for cancer. For more ideas visit [www.worldcancerday.org](http://www.worldcancerday.org) and [www.albertapreventscancer.ca](http://www.albertapreventscancer.ca) Together WE CAN take action against cancer.

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# ONOWAY ROYAL CANADIAN LEGION NEWS

**Submitted by Lorinda McCool**

Greetings from the Onoway Legion. Are you enjoying the wonderful weather we have been having? It is bringing thoughts of spring even closer but apparently reality is shortly going to put an end to the wishful thinking.

Two teams travelled to Morinville on January 23rd to compete in the Division 8 Senior's Mixed

Darts. Congratulations to Rick Potter's team including Sylvia Potter, Harry Ratz and Marlaine Janke for winning second place and going forward to represent our Branch at the Provincial level in Camrose on February 26 & 27. Only the first and second place teams compete at that level so Randy Wenckowski's team including Louise Bambrick, Bob Clark and Lorinda McCool will not be moving forward but enjoyed the fun and the cama-

radierie always present at these playoffs.

We will be hosting a Superbowl Party on February 7th commencing at 3:30 and invite everyone to join us to watch the game on our big screen. You do not need to be a member and the price of admission is either a potluck dish/snack or a donation of \$5.00.

The Scouts will be having their silent auction and dinner on February 19th so please mark that

date in your calendar and join us to support the Scouts and enjoy a fun filled evening with a great meal.

Friday Night's Breaded Pork Cutlet Supper was again sold out as many customers watch for this particular meal and were not disappointed. Bob, Ron, Jay, Marcelle and Terry worked hard all day preparing the meal and Randy and Liane handled the cleanup and dishes while Scouts Harvey, Marshall and Jack helped clear and clean the tables. Darren Petersen won the free meal draw, Ted Latimer took home the meat draw and Darren Sadler picked the three of diamonds leaving 21 cards to choose from and over \$2700.00 waiting as the prize for one lucky person. Will it be you next week?

**UPCOMING EVENTS:**

February 2 - Tuesday Night Darts

February 3 - Wednesday Night Pool and Games

February 5 - Friday Night Supper - Shepherd's Pic

February 7 - Superbowl Party at 3:30pm

February 9 - Tuesday Night Darts - Sweetheart Darts

February 10 - Wednesday Night Pool and Games

The Legion phone number is 780-967-5361. Please contact Ted Latimer @ 780-967-4980 for hall rentals, Bob Clark @ 780-967-3640 to volunteer in the kitchen and for meal inquiries/suggestions, Cheryl Sadler @ 780-967-4146 for membership and Lorinda McCool @ 780-967-3640 to place information in the Legion newsletter. See you at the Onoway Legion and have a great week!

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# February Library Programs



## Inside Out: Family Movie

Saturday, February 13 2PM

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school. Come enjoy this movie with family and friends! All children must be accompanied by an adult.

## Fun at the Library

Friday, February 5 1PM - 5PM

No school? Why not come hang out at the library! Crafts, games and more! All ages welcome, anyone under age 10 requires parent supervision. Registration required. Snacks provided.

## Encaustics

Saturday, February 20 10:30 - 4PM

Learn the Art of Encaustics This beautiful and ancient art form dates back 2000 years and involves painting with wax. A great class for beginner or experienced artists ages 11+. Please be sure to bring a hairdryer, extension cord and a lunch. Registration Required. Instructed by Katherine Hicks.

Sponsored in part by the Town of Mayerthorpe Culture Grant.

## Mother Goose

February 4, 11, 18, 25 10:30 - 12PM

Share friendship, fun, snacks, rhymes, stories and songs at this Parent Link program for children ages 0-6. Drop in program provided by Parent Link & FCSS.

## Genealogy

Wednesdays 9 - 12PM

Are you interested in your ancestry? Join the Genies! Beginners, experts, and all levels in between share information and techniques. An interesting and fun way to spend your morning!

## Writers Welcome

First & Third Wednesdays, 1 - 3PM

Drop in. Develop your writing skills and help others do the same. Share a story if you are ready to, or just sit back and listen.

## Mayerthorpe Photography Club

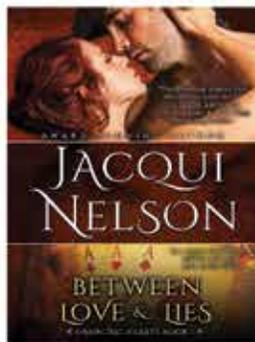
Thursday, February 11 7PM

Like taking pictures? Want to learn more? Do you have knowledge to share? Come to the first meeting of the Mayerthorpe Photography Club. Everyone welcome!

## FINE-FREE FEBRUARY

All fines forgiven in February! Bring us a donation for the food bank and we will make it like it never happened. This is a great time to return all those overdue books and dvds.

## WIN A BOOK!



Win a novel written by award-winning author Jacqui Nelson! Her new adult-fiction novel, *Between Love & Lies*, can be yours by simply telling us the name of your favorite book. Entries can be dropped off at the Mayerthorpe Public Library or can be left as a comment on our facebook page at: <https://www.facebook.com/mayerthorpepubliclibrary>. Make sure to include your name and contact info.

The winners will be announced on March 1st, 2016.

Fun fact! Jacqui Nelson grew up in Mayerthorpe, Alberta!

## FREE ERESOURCES

eResources are available to library card holders from our website: [www.mayerthorpelibrary.ab.ca/eResources](http://www.mayerthorpelibrary.ab.ca/eResources). Take a peek and see everything available to you!

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JANUARY 2015

# *Bridal Guide*

*The Businesses in the following Guide can be your One Stop Solution to all your Bridal Needs!*

# Bridal Guide

## Customize Your Ceremony To Give It A Unique Touch

Steeped in tradition, weddings have featured many of the same components for centuries. Those about to tie the knot may feel somewhat limited in their ability to shape their weddings into unique celebrations of their relationships and love for one another. Although it may not seem like there are many opportunities to put your own stamp on the wedding, there are plenty of ways to do just that.

When looking to personalize your wedding ceremony, determine if there might be anything blocking you from doing so. For example, if yours will be a religious ceremony, there may be certain rites that need to be followed. Secular ceremonies may offer more opportunities to customize.

- Vows: Vows are one of the easiest ways to put a personal touch on your wedding. You can select the words you want to exchange during the ceremony as well as any readings during the service. Work with your officiant to narrow down particular phrasing or sentiments that fit with your vision of the wedding and relationship.

- Participants: Wedding party members fulfill certain roles during the ceremony, but they are not limited to those tasks alone. Consider asking wedding party members or other friends or family members to take on specialized roles in the wedding. They may be able to do certain readings, escort guests to their seats, light candles, or sing and participate in other ways.

- Musical interludes: Choose music that connects with your personalities as a couple rather than selecting standard songs merely because they are the easier route. Work with the organist or other musicians and request that they perform or play musical pieces that you enjoy.

- Candle lighting: Many couples

like to incorporate candle-lighting components to their ceremonies. Lighting unity candles blends two families together into one in a symbolic way. Other couples choose different traditions, such as mixing two different-colored sands in a new

vessel, to represent the joining of two lives together. You can consider these types of additions for your wedding ceremony or come up with your own unique tradition.

Impart a special touch to a wedding ceremony in any num-

ber of ways. Doing so will help set this special day apart in the minds of guests and make it even more memorable to look back on as a couple.

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## Grooms: Look Your Wedding Day Best

Weddings are a chance for couples tying the knot to be the center of attention. All eyes will be glued to the bride and groom on this special day, which makes it even more important for couples to look their collective best.

Brides might garner most of the attention on a couple's wedding day, but dashing grooms also will get their share of attention. As a result, grooms must be just as diligent as their blushing brides with regard to grooming and appearance on their wedding days. To look picture-perfect, grooms may want to include these grooming tips in their wedding day preparation.

### Hair

Schedule a haircut with a pro-

fessional stylist roughly a week before the wedding to get your hair shaped and trimmed. Although trendy hairstyles may show off creativity, keep in mind that photos last forever, and it's often better to stick with a classic cut. A barber or stylist may suggest styles that best suit your face shape and hair texture. Above all, the haircut should be neat. Resist the urge to wash your hair every day before the wedding. Allow some natural oils to build up and make your hair shine in a healthy way.

### Shaving

Shaving is another thing grooms must consider. If you have a beard, make sure it is clean, combed and trimmed.

Men who shave the day of their

weddings may find their skin is sensitive and irritated, which can lead to redness. Unless your facial hair grows especially fast, shave the evening before. This is a good time to splurge on a professional shave with a straight razor at a barber shop. A hot shave from a professional will produce a close shave with the least amount of irritation when done correctly.

### Hands

Grooms also may want to book a manicure. Keep in mind that salons will do men's non-polish manicures and pedicures, and they can be well worth the investment. Photos of entwined hands or close-ups of the ring exchange will have guests zeroing in on your fingers. Have hands look their best with clean, shaped fingernails and trimmed cuticles.

### Skin

Get plenty of sleep the night prior to the wedding. Being well rested will help reduce puffy eyes, dark circles and sallow skin. It will also put you in a more positive mood, which can help you enjoy the day even more.

The day of the wedding, shower using water and a mild soap. Avoid any skin irritation

by patting your face and body dry, rather than rubbing it with the towel. Moisturize your skin to avoid dry patches. Stores sell many moisturizers geared toward men's needs, often in unscented or more masculine fragrances.

Reducing shine is key for wedding day photos. Rely on face and hair products that will not add unnecessary sheen to your skin or hair to avoid making you look greasy. Matte hair waxes and sprays will tame tresses. Also, ask your fiancée to pick you up a package of blotting tissues if you are prone to oily skin. These absorbent, typically rice-paper sheets will remove oil from your face and keep sheen to a minimum.

### Smile

Make sure your teeth have been thoroughly brushed and that you have used a minty mouthwash so you're primed for that first kiss. Many grooms also opt for whitening treatments prior to the wedding so they have a dazzling smile.

On their wedding days, grooms will likely be photographed more than any other time in their lives. That means putting extra effort into personal grooming to look their best.

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## Wedding Veils Complete Bridal Look

The perfect dress is on the wish list of many a bride-to-be, but no bridal ensemble is truly complete until the bride chooses her veil.

Veils have been worn by brides at their weddings for centuries. Veils can be traced back to the Middle East, where veils helped protect against the weather while also preserving the modesty of the bride. In Ancient Greece and Ancient Rome, veils were used as protection against evil spirits.

According to popular wedding website The Knot.com, until Vatican II, all Catholic women were required to have their heads covered in church, including during their wedding ceremonies. Veils were worn for this purpose, but they also symbolized trust in the groom and his love and companionship. Some Christians also see the veil as a visual representation of submission to the Church and to God. Others think of the veil as another beautiful accompaniment to their bridal gown, without attaching any additional meaning to the veil itself.

Veils come in various lengths and can complement the style of a wedding gown. They also tend to add glamour to brides' looks. Here are the types of veils from shortest to longest.

- Blusher: Blushers cover the face, though some extend only to mid-check on the bride.

- Flyaway: Flyaways cover just the back of the head. Shorter veils may work better on pe-

tite women.

- Shoulder: Shoulder veils are about 20 inches in length and will hit at the bride's shoulders or just below.

- Waist: Waist-length veils cascade down to the middle of the bride's waist.

- Fingertip: These veils extend

down 38 to 42 inches, brushing against the bride's fingertips.

- Waltz/Knee: For a dramatic look, many brides may opt for waltz-length veils, which fall to the back of the knees.

- Chapel/Floor: Veils that extend to the floor may be referred to as "chapel" or "floor-length"

veils. Such veils cascade slightly behind the bride.

Veils can complete brides' wedding day looks. Shorter veils may be comfortable to wear throughout the day and evening, but brides may want to consider detachable veils if they are selecting lengthier options.



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# ALBERTA BEACH & DISTRICT 50 PLUS CLUB CELEBRATES FORTY YEARS

**Submitted by Joan Charbonneau, President**

The Alberta beach & District Fifty Plus Club was formed in April of 1976. So this is our 40th anniversary. The founders of our club were very forward thinking and saw the value of having a place for people to come and recreate and socialize together. That was important then and it is equally important now as it was 40 years ago. You may ask yourself why? Well I can give you five good reasons why it is important to join our seniors centre.

First: Our seniors centre offers a range of activities and programs. We have darts, a full fitness program that begins with a stretch and tone segment, followed by an activity segment (aerobics) and then in the winter months a walking segment. (The

sidewalks and roads are slippery and falls can be devastating for seniors). Our generation played a lot of cards so we offer Cribbage, Bridge and Euchre. There is a very active Yoga group with a very well qualified instructor, plus crafts and pool or snooker. Pool and snooker is just getting started again. We also provide social activities, usually once a month. We are in need of people who can help with some of the social activities. We used to host Cribbage and whist Tournaments and would definitely like to continue this event. We do host a Bridge Tournament every September.

Second: In addition to scheduled programs our Heritage centre can offer an opportunity to informally socialize and get to know people. We are always open to new ideas and suggestions to get people together. We

are an active part of the Alberta Beach Community, providing breakfasts and dinner during "Sno-mo-days" and "Poly days", and are an active supporter of the "Beach wave park" programs for children in the community. We also host the Annual "Show and Shine" car show for car enthusiasts.

Third: We can help you get the support you need. We have information available concerning seniors housing and other available supports within the community. We host the flu shot clinics every year to all members of the community. We have a circulating library. Read a book and bring it in, take out another.

Fourth: Within the Heritage centre you can use and enhance your skills. Retired people have acquired an abundance of skills and knowledge over the years. We could provide a ways to use

those skills and contribute to the community. Lead a new activity, organize an event, provide entertainment or even lecture on your topic of expertise.

Fifth: Improve your mood and well being. The University of Manitoba conducted a study called "Social Participation and Its Benefits" that tracked the impact of seniors centre activities on seniors. In the study, 90 per cent of participants indicated that the activities contributed to their emotional wellbeing and 85 per cent reported that the activities helped them relieve stress. The majority of participants thought these activities provided them with social benefits including the opportunity to develop close relationships and be part of a community.

Ib: Amy Hancock

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# DARWELL PUBLIC LIBRARY NEWS

**Submitted by Sandra Stepaniuk, Library Manager**

Here is what's going on at the library for February 2016.

The Colouring Club for all ages continues as an ongoing, free, drop in program during regular library hours. We supply the materials (or you can bring your own); coloring pages, crayons, and markers and you supply the inspiration. Bring a friend, relative or just yourself, create, relax and see what the craze is all about.

Preschool Story Time starts Monday, February 1, 2016 and will run every Monday morning, except holidays, from 10:00 to 11:00 AM at the library until May 30, 2016. We will lead the children through stories, activities, crafts and a snack. This program, designed to promote early literacy, gives preschool children and their parents/guardians an opportunity to explore a love of literacy in a non-judgmental and supportive environment. Parent/guardian participation is mandatory. This is a free drop in program so pre-registration is not required.

The Book Club meeting is Monday, February 1, 2016 at 7:00p.m.;

we will be reviewing "East of Eden" by John Steinbeck. Do you love to read? Do you like to discuss what you have read with others? We have a couple open spots and are always interested in a new perspective to add to our conversation. If you are interested in participating you can register and make arrangements for loan of the current title by calling the library

@ 780-892-3746.

Join us on Tuesday, February 9, 2016 from 7 to 8:30 p.m. for E-resources for Gardeners. We know gardeners just want to be outdoors. But when there's snow on the ground it is time to do some planning and daydreaming. There are garden forums, blogs, how-to videos, seed catalogues & exchanges, webinars, photo galleries, landscape design programs, and problem solving sites. Lac Ste. Anne County Horticulturist, Lorraine Taylor takes you on a whirlwind trip around the internet to highlight some favourite resources. Do you have some always reliable websites? Bring your list to share with fellow gardeners. There is no cost to attend this session and we ask you to pre-registration by February 5, 2016. Minimum registration to

hold this session is 5.

Join us for Family Movie Night, at the Lake Isle Community Hall, on Friday, February 12, 2016. We will be showing the animated pre-release "G" rated title "The Good Dinosaur". The doors will open at 6:30pm and the movie starts at 7:00 pm. Admission is \$ 2.00 and a concession will be available. See you there!

Freedom to Read Week is organized by the Freedom of Expression Committee and the Book and Periodical Council and is an annual event that encourages us to think about and reaffirm our commitment to intellectual freedom. As Canadians, living in a free country, it is easy to forget that the rights of intellectual freedom, which are guaranteed under the Charter of Rights and Freedom, can NEVER be taken for granted. Even in Canada, books and magazines are banned at the border. Books are removed from the shelves in Canadian libraries, schools and bookstores every day. Free speech on the internet is under attack. Few of these stories make headlines, but they affect the right of EVERY Canadian to decide for themselves what they choose to read.

We will be celebrating Freedom

to Read Week from February 22 to 26, 2016 at the library with daily afternoon readings at 2:00pm and evening readings at 7:00p.m. of a challenged book. If you are unable to attend a reading we encourage our patrons to read a banned or challenged book. We will have some challenged titles available in house along with a challenged titles list on our website to help you choose a book; you may be surprised by some of the titles.

The Darwell Public Library Society will be holding their regular meeting on Monday, February 22, 2016 starting at 7 pm. Meetings are open to the public and everyone is welcome to attend. The Library is open 11:00 am to 4:00 pm on Monday, Tuesday and Thursday and from 5:00 pm to 8:00 pm Wednesday and Friday, closed Saturdays, Sundays and Holidays. You can also find out what is happening at the library by checking our Website [www.darwellpubliclibrary.ab.ca](http://www.darwellpubliclibrary.ab.ca) or like us on Facebook at [www.facebook.com/DarwellPublicLibrary](http://www.facebook.com/DarwellPublicLibrary)

All of our programs are sponsored by The Darwell Public Library Society, Darwell Library Friend Society, FCSS and the CLSA Library Grant.

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Leann and Debbie have both lived and raised their families in the greater Alberta Beach/Tri-Village area. Not only do they work here and have a good understanding of all factors that influence the market, but they truly care about the important issues and community members. Over the years, they have given back to their community through countless hours of volunteering in organizations such as the Alberta Beach Library, Alberta Beach and District Museum, the local chapter of the Chamber of Commerce, Girl Guides of Canada, Grasmere and Onoway School Councils and several special interest events. They continue to support the community, not only through volunteering, but also through extensive sponsorship of groups and organizations responsible for enhancing the region.

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CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228 WITH CREDIT CARD NUMBER (otherwise ad cannot be taken), email your classified ad with your CREDIT CARD number included for

payment to: classifieds@com-voice.com, drop off at Onoway Registries, or mail cheque or money order along with your ad to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at [www.com-voice.com/classified.htm](http://www.com-voice.com/classified.htm)

## Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Heritage Centre, We now have air conditioning! Space Available! Call Jeanne (780) 884-7111

Bright Bank Hall, 780-963-6835

Cherhill Legion, Mary 780-284-1703.

Cherhill Community, Taryn 305-9022

Darwell Hall, 780-721-2690

Darwell Seniors, 892-2457

Glenevis Hall, 785-4144 or 721-6188

Gunn Community Hall, 967-2215

Hathersage Community Centre, Noreen at 786-2946

Lake Isle Hall, 892-2998.

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 963-9165 or 916-0146

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Legion, 967-4980

Onoway Museum Gym classroom, 967-5263 or 967-1015

Park Court Community Hall, 727-4476

Parkland Village, 960-5556

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-3221 or 785-3118

Stettin Nakumun Comm. Hall, 967-9198

## Obituaries



Chad Dale Fontaine  
It is with the deepest of sorrow that we announce the passing of our son Chad. Chad predeceases his mom Tanyia, his dad Marty, his siblings Alyshia, Joseph and Jinelle. Chad was blessed to have many relatives and friends whom he leaves to mourn. A celebration of Chad's life will be held February 13th at Aldergrove community hall, 8535 - 182nd street, Edmonton, at 1:00 PM. In lieu of flowers, please consider a donation to the mustard seed church in Chad's memory (1) 02-02

## Business Opportunities

JOIN THE GOLD CANYON TEAM!  
Have the extra money you need

## Sideline Mechanical & Welding Ltd.

E: [smwltd@gmail.com](mailto:smwltd@gmail.com)  
P: 780-967-5658  
780-975-9744

- CVIP, Mechanical & Welding Repairs on Heavy Trucks, Trailers, & Light Trucks
- Truck & Trailer Parts
- Welding & Fabrication
- Aero Quip Hyd. Hose Repairs

### WE HAVE MOVED

Different Location - Same Great Service

**8 KM NE OF ONOWAY  
55109 RANGE RD 20**

**PARTS DEPT.**

Mon. to Fri. 8:00 AM - 5:00 PM  
Sat. 8:00 AM - 12:00 PM

## L A LAW

### BUYING OR SELLING A HOME?

For a Timely, Effective Closing at Competitive Prices

Call for your personalized quote.

Larry D. Ayers, B. Sc., LL. B.  
962-9500

Suite 200 A (Upstairs) 215 McLeod Avenue, Spruce Grove AB

# Classified Ads - Call 962-9228

or own the business you've always wanted! - Your Gold Canyon Business puts you on the path to success on your own terms! Call Independent Demonstrator Jodi Cazac at 780-995-6951 for more info, or go to [www.mygc.com/jcazac](http://www.mygc.com/jcazac)

LOOKING TO HOST A CANDLE PARTY? OR WANT TO DO A FUNDRAISER? EXCELLENT REWARDS!! Call Jodi for more information 780-995-6951 [www.mygc.com/jcazac](http://www.mygc.com/jcazac) (S) OG

## Notices

Notice to Creditors and Claimants - Estate of Renaldo Vachel, MacIntosh who passed away on December 7, 2015. If you have a claim against this estate, you must file your claim by February 23, 2016 and provide details of your claim, with Donald W MacIntosh

(executor) at 417 - 4TH Street, Westcove, AB, T0E 0A2. If you do not file by the date above, the estate property can lawfully be distributed, without regard to any claim you may have. (2) 26-01

## Services

Helping Hands experienced to clean and care for your home needs, Call Carol 780-892-2733 or Cell 780-905-6088. (2) 02-02

Experience & Reliable House Cleaning Lady with references available, call Margie 780-924-2229 (12) 10-11-15

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (12) 10-11-15 OG

## Firewood

Firewood, seasoned, split, birch, spruce/pine, poplar. Pick up and delivery. Woodchuck Firewood, Call 780-288-7247 (12) 26-01

## Wanted

Wanted: 3 good round bales of hay for my goats for reasonable price. Call Steven 780-967-2779 (3) 19-01

I Buy Gun Collections. Call for a quote, Legal Transactions Only. Call Jay at 780-686-1350 (24) 01-09-15

## For Rent

Room for rent in Alberta Beach, \$650/month, all included, N/S, N/P. Call 780-893-7679 (4) 26-01 OG

New Commercial and Residential Downtown Alberta Beach. 2 - 1200 sqft of

Commercial Space overlooking the lake, \$1300/month. 2 - Residential Suites, 2 bedroom, 2 bathrooms, laundry & balcony with lake view, \$1250/month. All Available March 1, 2016. Enquiries, 780-995-2231 (2) 26-01

Alberta Beach Hotel, \$650/month. Shared bathroom, TV, Fridge, Microwave, Pillow top mattress, renovated room. Call 780-924-3005 (4) 12-01

2 Bedroom Fully Furnished, All utilities included, Lake View, Large Deck. \$850/month in Alberta Beach. Call 780-924-3005 (4) 12-01

Rooms For Rent in Onoway. New home, Share whole house. Contact Brad 987-587-4406 (8) 08-12-15

Enclosed Storage For Rent. Call (780) 910-5472 (50) 22-09-15

## SUDOKU OF THE WEEK

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

### 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!

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

# Church Directory

**Rich Valley Community Church**  
 Sunday School  
 10:00a.m.  
 Worship Service  
 11:00a.m.

**Catholic Parish of Lac Ste. Anne**  
 Sunday  
 10:00a.m.

**St. John's Anglican Church**  
*Onoway*  
 Sunday Service  
 10:00a.m.  
*Everyone Welcome*

**Mayerthorpe Baptist Church**  
 Worship Service  
 Sunday 10:30a.m.  
 Children's Church  
 10:30a.m.  
 4606-54 St. Mayerthorpe  
 (780) 786-2677

**St. John's Lutheran Church**  
*Alberta Beach*  
 Sunday Service  
 11:00a.m.  
 Sunday School

**Zion United Church**  
 Sunday Service  
 10:00a.m.  
 Sunday School  
*Serving Alberta Beach, Wabunan, Darwell & Lake Isle, Onoway & Area*  
 (780) 924-3351

**Blank Church Card**

**Sangudo St Mary the Virgin Anglican Church**  
 Sunday Services:  
 2nd & 4th Sunday  
 Holy Communion  
 11:00a.m.

**Blank Church Card**

**Sangudo United Church**  
 Sunday Services  
 1st and 3rd Sun.  
 of each month  
 Worship Service  
 11:00a.m.

**Trinity Lutheran Church (LC-C)**  
*"The Church of the Lutheran Hour" - Rockyfort Bridge*  
**Pastor Dan Hansard**  
 Church (780) 778-2055  
 Sunday Worship  
 9:00a.m.  
*Senior's Service & Cottage Bible Study - Phone for locations*

**Mayerthorpe Pentecostal Assembly**  
**P.A.O.C. Rev. Arnold Lothoiz**  
 Sunday 10:30a.m.  
 Morning Service  
 Tuesday 7:30p.m.  
 Ministry Training  
 (780) 786-2424

**St. Michael Lutheran Church**  
 Sunday Services  
 1<sup>st</sup> & 3<sup>rd</sup> Sunday  
 at 2:30p.m.  
*Rev. Horst Gutsche*  
 (780) 674-3944  
 Mystery Lake

**Onoway Baptist Church**  
 Sunday Service  
 10:00a.m.  
 Youth Group  
 Friday 7:00p.m.  
 (780) 967-2266

**Mayerthorpe United Church**  
**Mayerthorpe: Rev. Alwin Maben**  
 Sunday Worship 9:30a.m.  
 to be held at the Peter Trynchy Community Center at Pleasant View Lodge Until Further Notice.  
 PH: (780) 786-2134

**Alberta Beach Alliance Church**  
 Sunday Worship Service & Kid's Church 11:00a.m.  
 Sunday School  
 10:00a.m.  
 (780) 924-3282

**Cherhill Community Church**  
 Sunday School  
 10:00a.m. - 11:00a.m.  
 Worship Service  
 Sunday 11:00a.m.

**Roman Catholic Church**  
 St. Agnes' Parish, Mayerthorpe  
 Sunday 9:00a.m.  
 St. Elizabeth Parish, Evansburg  
 Saturday 7:00p.m.  
 (780) 786-2032

**Calahoo Alliance Church**  
 Family Worship Service Sunday  
 10:00a.m.  
 For Info Call Jerry  
 (780) 974-7734

**Rock Victory Church Worship Celebration**  
 Sunday Worship w/ Children's Ministry  
 10:00a.m.  
 Wednesday Prayer & Bible Study 6:00p.m.

# COMMUNITY EVENTS 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <small>Grousehog Day</small>	3	4	5	6
7	8	9	10	11	12	13
14	15 <small>Valentine's Day</small>	16 <small>President's Day</small>	17	18	19	20
21	22	23	24	25	26	27
28	29					

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) 962-9229. Please note that all submitted announcements will be edited to fit the 2 line limit. Deadline 12 noon Friday prior to publication (Thursdays on long weekends).

**Feb 6 - SANGUDO COMMUNITY HALL JAMBOREE** starts at 7:00 p.m. \$8.00/person (Entertainers free). Everyone welcome. Info call 785-4105 or 305-3688.

**Feb 10 - SANGUDO GOLDEN CLUB ANNUAL MEETING** for Elections 1:30 p.m. \$5.00/yearly membership due. Regular Meeting to follow. New members welcome. Info call 785-3736 or 785-4105.

**FARMERS MARKETS**

- ALBERTA BEACH** - May - Sept., Contact Joanne 780-690-6392
- BARRHEAD** - Open Saturdays, May - Dec. 10am - 1pm. Sherry 780-674-6802
- DARWELL** - Open Sun. till May-Oct, 11am-2pm. Sue at (780) 892-4754
- MAYERTHORPE & DISTRICT FARMER'S MARKET** - Thurs 11-2pm, except late market last Thurs of every month, 4-8pm. Mayerthorpe Diamond Center
- ONWAY FARMERS' MARKET** presented by the Onway & District Ag Society, Fridays from 4 pm to 9 pm at the Community Hall. Starts May 1st
- SPRUCE GROVE** - at the Elevator, Sat 9:30-2:30, tables avail. 780-240-5821
- STONY PLAIN** - Sat, 9am-1pm, Downtown, Stony Plain. Nancy 780-962-3993.
- WESTLOCK** - 11-3pm, Bargain Shop Mall, Dave 780-954-2437
- WHITECOURT** - Legion, Tuesdays from 11am - 2pm, May - Oct. 779-7002. Little Market - Big Heart

**BINGO**

- BARRHEAD ROYAL CANADIAN LEGION** - Doors 5:30pm, games start 7pm. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.
- CHERRILL BINGO** Tuesdays at Cherrill Community Association. Doors Open at 6:30pm, Games at 7pm.
- CHERRILL LEGION** - First Sunday of Month. Doors Open 12:00 Noon
- FALLIS COMMUNITY HALL BINGO** - Tues, Doors 6:30pm, 7:30 pm. Fallis Comm Assoc.
- MAYERTHORPE ROYAL CANADIAN LEGION** - Tues, doors 6:30pm, bingo 7:30pm
- RICH VALLEY COMMUNITY HALL BINGO** - 7:30pm. Loonie Pots. Next bingos Jan 13 & 27, Feb 10 & 24.
- STONY PLAIN SENIOR'S DROP-IN CENTRE**, public bingo every Tues, 7pm. All ages welcome. Phone (780) 963-6685

**SOCIAL EVENTS**

- 50+ YOUNG AT HEART LUNCHEON** for Parkland County Seniors. 12 Noon at Stony Plain United Church Basement, \$7 per plate. 3rd Wed of Each Month, Sept - June. For reservations call Audrey 780-963-1782.
- ALBERTA BEACH & DISTRICT ACTIVE 50+ Club** activities: Monday, Wed, Fri 10:15 am Aerobics/Fitness (Walking Segment starts October 5th, all Fall & Winter); Tuesday 7:30 p.m. Crib (year round); Wednesday 1:00 p.m. Bridge (year round).
- BADMINTON** - Wed, 7-10pm, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.
- BARRHEAD PHOTO CLUB** -1st & 3rd Wed - email barrheadphotoclub@gmail.com for location or call 780-674-3314 or 780-674-4663
- CARDS, POOL & OTHER GAMES** Tues. & Fri. 1:30 p.m. Sangudo Golden Club. Newcomers welcome. Join us for coffee & socializing. 785-2368 or 785-3736
- 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. Bring your own projects to work on, coffee will be supplied, cutting mats, rulers & irons supplied. Contact Cindy 780-963-7170.
- COWBOY CHURCH** Moon Lake Hall last Thurs,

- 7:30pm. 924-2230.
- JAMBOREE AT SANDHILLS COMMUNITY HALL**, 3rd Sunday, 1-5pm, Sept - June. Info Florence 780-962-3104 Margaret 780-962-3051
- JAMBOREE** at STONY PLAIN SENIORS DROP IN CENTER, 5018 - 51 Ave. Open every Thursday Evening @ 6:30 p.m., Cost \$2. (Winter's -20 of over, NO Jamboree), NO JAMBOREE FEB 11 & 18. Everybody Welcome. Contact 823-0035 or 963-7920.
- JR. SCRAPBOOKING** Wed 4-6pm. Kids ages 10+ are invited to come & complete a project. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404
- LAC STE ANNE COMMUNITY CHOIR**, accepting all voice ranges. Meets every Wed. 7pm, Sept-June, at the Alberta Beach Heritage Centre. Lois 780-924-3126
- ONWAY GOLDEN CLUB** - Bethal United Church. Coffee & Muffin Mondays, 10-12. Cards Tuesdays, 1:00. Crafts Thursdays 10-12. Much Socializing.
- ONWAY HAVE FUN & GET FIT!** Exercise Class with Video La Blast, Dancing with the Stars Choreographer Louis van Amstel. Fridays 10:30am at the Drop in Centre, 5023-49 Ave. Walk ins Welcome. More info, 780-967-2056.
- ONWAY MUSEUM** - Gym & classroom 780-967-1015 or 780 - 967- 5263
- ONWAY ROYAL CANADIAN LEGION** open Tues 7:30pm & Fri 3pm - Friday's Family Friendly Dinner starts at 5:30pm (open to the public)
- PANCAKE BREAKFAST** - Parkland Village Community Centre, last Sun, 9am-12.
- RAVINE COMM. HALL JAMBOREE**, 1st Sat of Every Mth, 780-325-2240
- RIVER TALKERS TOAST MASTERS CLUB**, every thursday from 7-9pm. 32 Whitecourt ave. Hilltop Community Church. Info Lorainne 286-5040.
- SANGUDO COMMUNITY HALL JAMBOREES** - 1st Sat of month 7pm, Oct.-May. Everyone welcome. 785-4105 or 305-3688.
- SANGUDO ART GROUP** - Every Wednesday from 9:00am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops. Potluck. For more information call 780-785-2112.
- SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St. Stony Plain). 2nd Friday of the month at 7pm. Popcorn provided, donations appreciated. Contact 780-940-3032
- SPIRITUAL LIVIN STONY PLAIN GATHERING** at PERC Building (5413-51 St. Stony Plain). Every 2nd & 4th Sunday of the month. Meditation at 10am, inspirational sharing at 10:30am, Children's activities. Contact 780-940-3032
- WRITERS PROGRAM** - Mayerthorpe Library, 1st & 3rd Wednesday at 1pm.
- WILTON PARK COMMUNITY JAMBOREE** - Every 4th Saturday of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.
- VOLUNTEER TUTOR ADULT LITERACY PROGRAM (VTALP)** - Need assistance with reading/writing, English language (ESL) or Basic Computer skills? We offer free one-on-one tutoring! Info: Carla Burkell, 780-554-2940, email: literacy@lsac.ca

**MEETINGS**

- 1ST ONWAY SCOUTS**-Registration, 6:30-8pm, Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.
- 3053 ROYAL CANADIAN ARMY CADETS**, Onway Historical Centre, Thurs, 6:45pm-9:30 for youths 12+

- 967-0443
- 755 PARKLAND AIR CADETS** Thurs, 6:30-9:30pm Muir Lake School, ages 12-18. Info call 405-6585 or www.aircadet.com/755.
- 526 Barrhead Air Cadets, Wednesdays 6:30 - 9:30pm**, High School Ages 12-18 are welcome. 780-674-4058 or 780-674-9003
- AA -Mayerthorpe**, Kingsmen Hall, Thurs, 8pm. (780) 786-2604 or (780) 786-1927
- AA -Sangudo Golden Club**, Tues 8pm call 786-4402/785-9214/785-3599
- AL-ANON** - Tuesday 7pm, Onway Anglican Church (4809-50 St.) 780-967-3356 or 1-800-4AL-ANON.
- AL-ANON** Wed Spruce Grove United Church, 1A Fieldstone Dr, 8pm. 962-5205
- ALBERTA 55 PLUS** - Villeneuve Hall at 10a.m. New Members Welcome. Meetings on second Tuesday of the month. Info from Donna 780-962-5933
- ALBERTA BEACH & DIST LIONS CLUB** meets every 4th Tues 7pm, Alberta Beach Agplex.
- ALBERTA BEACH AG SOCIETY** meets on the 4th Thurs. of month, 7pm, Agplex
- ALBERTA BEACH MUSEUM** meets the 2nd Wed, 7pm at Heritage House 924-3167.
- ALCOHOLICS ANONYMOUS** IF Drinking is a Problem, call 780-236-1043
- BARRHEAD ROYAL CANADIAN LEGION**, general meeting every 2nd Thurs, 7pm at the Legion Hall.
- CHERISHED MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12pm, Alberta Beach Agplex. Sept-June. Info call Andrea 780-924-8323 or Melissa 780-297-1892.
- Citizens Helping In Life's Defence (C.H.I.L.D)** Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.
- CITIZENS ON PATROL** -The Pembina Community Watch Patrol Meets 2nd Thurs of each month at 7:30 pm, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000
- COUNTRY ELEVATOR SOCIETY** Meets last Mon. 786-2713
- DARWELL & DISTRICT AG SOCIETY MEETINGS**, 8pm, 1st Mon, Darwell
- DDRA MEETING**, 7pm, 2nd Mon (except Jul/Aug/Dec), Darwell 892-3099.
- GIRL GUIDES, BROWNIES & SPARKS** Thurs, 6:30pm, Onway Heritage Centre. Info Laura, 780-967-1004.
- GLENEVIS COMMUNITY** meets first Wed. Info 785-4144 or 721-6188.
- GREENCOURT COMMUNITY ASSOCIATION** meet second Tuesday, monthly at 7:30pm at the hall. Info W. Jager (780) 786-4648.
- KINETTE CLUB OF MAYERTHORPE**, 7:30pm at Kingsmen Hall, every 2nd Tues. Want to volunteer? Marilyn (780) 786-9168 or mayerthorpekinettes@gmail.com
- LAC STE ANNE ARMY CADETS**, Thurs, 6:30-9:30 at Onway Museum (780) 967-0443
- LAC STE ANNE WRITERS GROUP**, ages 14 & up, Alberta Beach Library, 1st Tues of month, 6:30-8pm starting May 13. Info Sheree 967-6450
- LAKE ISLE HALL BOARD** - 3rd Tues, 7:30pm, Lake Isle Hall.
- MAYERTHORPE HOSPITAL AUXILIARY ASSOC**, every 4th Mon, 5pm in Hospital Basement Education Room.
- MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP** Are you diagnosed with MS and have questions? This group is for you! Last Tues of month, Sept-June, 7-9pm, Westview Health Centre (4405 South Park Dr.) Contact Cassy 780-471-3034
- NA MEETING** Tues, 7pm Poplar Valley Church (780)514-6011
- ONWAY & DIST HERITAGE SOCIETY** - 2nd Wed of each month, 7:30pm, Chateau Lac Ste Anne
- ONWAY & DISTRICT HISTORICAL GUILD** - 3rd Wed 7pm, Onway Museum. 967-5263 or 967-2452.
- ONWAY QUILTERS**, 2nd & 4th Thurs, 10am-4pm, Lac Ste Anne Chateau Activity Room.
- ONWAY ROYAL CANADIAN LEGION** General Meetings, first Mon, 7pm (Sept-June).
- ONWAY MASONIC LODGE #138**, 4th Wed, 7:30

- Onway Legion
- ONWAY OSPREY JUNIOR FOREST WARDENS** Ages 6-18 Develop environmental awareness & outdoor skills. Every Mon 6:30-8pm Onway Heritage Centre & monthly outings. Martin 780-963-1646
- PROBLEMS WITH DRUG OR ALCOHOL ADDICTION** in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.dugrehabresource.net.
- RICH VALLEY AG SOCIETY BOARD MEETINGS** - at the Agplex on the second Wednesday of the month. 7:00pm.
- RIVER TALKERS TOASTMASTERS** Club 2215739. Thurs, 7:00 - 9:00 pm at Hilltop Community Church, Whitecourt. Carla Burkell 780-268-3653. A mutually supportive & positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills.
- SANGUDO PAINTING GROUP** - Every 1st and 3rd Wed from 9:30am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops, For more information call 780-785-2112.
- SUNDOWNERS TOASTMASTER CLUB** - Mon (excl. Holidays) 7:30-9:30pm. St. Matthew's Church, Spruce Grove. Judy 960-5258
- WEIGHT WATCHERS** Alberta Beach Agplex - Mondays, weigh in 6:30pm. Meeting at 7pm.

**MEAT DRAWS**

- Alberta Beach Museum**. Every Sat 4pm, Alberta Beach Hotel
- Alberta Beach** - 4pm, Every Sun. Jungles Bar & Grill
- Barrhead Royal Canadian Legion**, every Fri 6pm. Also have Queen of Hearts draw & 50/50. Nevada on sale at the bar. Snacks provided during the event.
- Darwell** - Put on by Alberta Beach & District Lions Club, 4:00pm, bi-weekly, Darwell Lounge & Restaurant
- Onway Royal Canadian Legion** - every Fri Ph. 780-967-5361
- Whitecourt Legion** Every Sat, 4pm. Located downtown behind the CIBC.

**MEALS ON WHEELS**

- ALBERTA BEACH** area call (780) 910-0034.
- DARWELL** area. For info on volunteering or eligibility, call Lorraine, 892-2967.
- ONWAY & DIST.** Frozen & hot meals available. Call 967-2338 or 967-5244.
- TOPS Meetings (Take Off Pounds Sensibly)**
- ALBERTA BEACH** - Tues Alberta Beach Lutheran Church, Hwy 633. Weigh-in 6-6:45. Meeting 7. 967-5009.
- ENTWISTLE** - Thurs 6:45pm, upstairs in Lions Hall. Darlene 727-3982
- EVANSBURG** - Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155
- SANGUDO** - Tues, United Church, 6:00pm. Sharon 785-2095 or Marlene 786-4646.

**YOUR COMMUNITY**

- ALBERTA BEACH BADMINTON** - Tues, 7-9pm Grasmere School. Tim 924-3337
- MAYERTHORPE WOMEN'S LEAGUE PRAYER CHAIN** - Everyone with the 786, 785 or 674 ph number is encouraged to participate. Doreen 786-2434.
- SEA CADETS** - 299 Mackenzie, Stony Plain Comm Centre, Wed 6:30 for youths 12-18, 963-0843
- SPRUCE GROVE ELEVATOR TOURS**, Tues-Sat, 9-3pm. Info 960-4600.
- UNITED CHURCH THRIFT SHOP** - North end Curling Rink, Onway. Open Fri & Sat, 10am-4pm.
- WATER SAMPLE DROP OFF** - Tues Onway Aspen Health Services. Drop off 1-2:30 pm.

# SERVICE DIRECTORY



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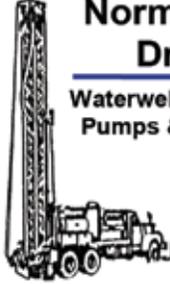


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