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February 23, 2016

GALAXYLAND!

Submitted by Rev. Rick Foster

On behalf of the Lac Ste Anne East Food Bank board of directors and volunteers, I want to thank the Onoway community once again for their support of our Galaxyland fundraiser event. As always, it's your involvement in various ways that allows us to continue to serve the needs of people in our region. This fundraiser was a partnered event with the Parkland Food Bank in Spruce Grove, so we also want to thank Sheri and her board for giving us the opportunity to join in with them. As the saying goes, 'A picture is worth



a thousand words...' so here's a picture to say, "That was fun!"

POLICE REQUESTING ASSISTANCE IDENTIFYING ROBBERY SUSPECT

Submitted by RCMP Spruce Grove/Stony Plain

2016181841
 Spruce Grove, AB - On February 15th at approximately 4:15am the Spruce Grove RCMP were called to a robbery at the Grove Motor Inn, located on Highway 16A in Spruce Grove.

Upon arrival, police learned that the lone male night shift receptionist was working in a backroom when he heard a noise

outside the office. When he exited he was confronted by a male armed with a fire extinguisher. The suspect struck the receptionist in the head and then fled out through a rear exit of the Inn with an undisclosed amount of cash.

The suspect is described as a white male who was wearing:

- a black winter jacket
- blue jeans
- a mask or hat that covered the bottom part of his face
- glasses

gloves

The victim received non life threatening injuries and was taken to hospital.

The RCMP are asking anyone who has any information about this incident to contact the Spruce Grove/Stony Plain Detachment at (780) 968-7267 or contact your local Police Detachment. If you wish to remain anonymous, call Crime Stoppers at 1-800-222-8477 or report it online at www.tipssubmit.com.

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FEBRUARY 16, 2016 – WEEK IN PARLIAMENT UPDATE

Submitted by Jim Eglinski, MP – Yellowhead

This week’s debate in Parliament largely centered on the Liberal Government’s decision to recall our CF-18 fighter jets and refocus Canada’s role in the fight against ISIS, as well as revisited the Bills on transparency of labour unions.

On Tuesday, Bill C-4 was de-

bated at second reading. This Government Bill will repeal Bill C-377 and Bill C-525, which requires labour organizations to file a public information return with the Canada Revenue Agency on an annual basis. Should Bill C-4 pass, organizations such as labour unions will no longer be required to disclose their financial information to the public.

In the House on Wednesday

and Friday, debate concentrated on Canada’s contribution to the effort to combat ISIL. This week, Prime Minister Justin Trudeau officially grounded our CF-18 fighter jets, and decided to expand the ‘advise and assist mission’ of the Canadian Armed Forces (CAF) in Iraq and increase humanitarian aid in the region. This change of commitment was made before Parliament was able to vote on the matter.

Meetings for the Environment and Sustainable Development Committee, of which I am Vice-Chair, are held twice a week. During our meetings, we have discussed our respective interests ranging from clean water, climate change, biodiversity, pollution, and environment assessment/enforcement.

There are a number of issues that are facing our country today and I will continue to work hard to make sure that the government of Canada focuses on issues that matter.

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FEDERAL LIBERAL DEBT

Submitted by Jim Eglinski, MP – Yellowhead

During the federal election, the Liberals suggested that they would take a balanced Conservative budget and transform it into a \$10 billion deficit. Now, a new report by the National Bank of Canada states that the Liberal government could indeed see an

accumulation of \$90 billion in debt over the next 4 years due to their spending promises.

While the government cannot control the uncertainty in the global economy, it can control its actions during these challenging times. As Canadian families are worried about their jobs and financial security, now is not the time for out of control spending

that will lead to waste and higher taxes. Governments need to remember that the money they collect belongs to hard working taxpayers and not to politicians or bureaucrats.

The new Liberal Government seems to be focusing on out of control spending rather than prudent financial management of our national economy.

I will work with the new government in the best interests of Canadians and our riding. Being fiscally responsible in this time of global uncertainty is in the best interest of the constituents in Yellowhead and I will deliver that message loud and clear to the Liberal Government in Ottawa.

JOKE OF THE WEEK

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

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

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

“REBUILD THE RINK” AT BEACHWAVE PARK

Submitted by Anita Theriault

We would like to thank Beachside Market and Fortis Alberta for their generous support and donations making our fundraiser BBQ a huge success. We would also like to thank Grimm's, Stanley Foods, Har-

vest Foods, the Mahler Family and our many volunteers. "Together we can make it Happen" is our motto and because of people and organizations such as you "We will make it Happen"

Thank you
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APPLICATIONS PERIOD FOR CANADA SUMMER JOBS 2016 PROGRAM EXTENDED

Submitted by Jim Eglinski, MP – Yellowhead

The deadline to apply for funding through the Canada Summer Jobs Program has been extended to March 11, 2016. Canada Summer Jobs provides funding to not-for-profit organizations,

public-sector employers, and small businesses with 50 or fewer employees to create summer job opportunities for young people aged 15-30 who are full-time students intending to return to their studies in the next school year.

I strongly encourage all local

employers to apply for funding through the Canada Summer Jobs Program. The program consistently ensures that local employers are able to hire young workers for the summer. It is a great way for employers to hire young and skilled workers and also a great way for students to

gain valuable work experience while also saving money for the following school year.

For more information please go to: www.servicecanada.gc.ca/csj

ROY PRITCHARD - DECORATED WW2 AND D-DAY VET

Submitted by Marty Pritchard

Longtime Onoway and area resident!! On February 8, 2016 my Father Roy Pritchard received the French Medal of Honour at the Legislature. On February 12, 2016 he passed away at 96. Guess he held on for the honour!



ONOWAY ELEMENTARY SCHOOL is accepting registration for the 2016-2017 Kindergarten Program

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Your child's birth certificate and land location or street address are required. Children must be five years of age by December 31, 2016 to qualify for Kindergarten.

Information Meeting for All Kindergarten Parents
Thursday, April 21, 6:30-7:30 pm
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SPRUCE GROVE GUN CLUB DENIED RIGHT TO APPEAL

Submitted by Doug Downs

The Alberta Court of Appeals has denied the Spruce Grove Gun Club the right to appeal the Parkland County Subdivision Development Appeal Board's decision to rescind approval of the Club's Development Permit to operate its outdoor shooting range.

"We're disappointed but we always knew it's difficult to appeal decisions made at the County level," said Club Presi-

dent Rob Hall. "the rules make it hard to overturn these types of decisions."

The Spruce Grove Gun Club (SGGC) began operating in its current location in Parkland County in 1972. In recent years, the County approved continuing operation through the approval of a Development Permit. In 2015, 13 neighbours to the Club, who had moved into the neighbourhood recently, appealed approval of the Development Permit to the County's Subdivision Development Appeal Board

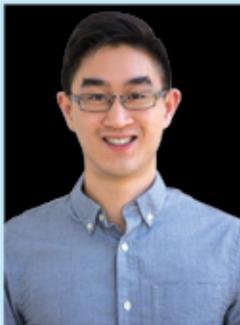
(SDAB). The SDAB found the range was in full compliance with all safety (federal) and noise (municipal) regulations and bylaws but still chose to deny renewal of the Development Permit effectively leading to the shutdown of the shooting range in November of 2015.

"The issue is really about fairness," said Hall. "The County decided it was okay to develop residential homes within hearing proximity of the shooting range and our neighbours bought their homes knowing the range was

there. There are no noise or safety issues with the range – the County has acknowledged that. But the range is still shut down. That's not fair and the Club will now be considering all of its legal options to either get the range re-opened or have the County pay for a new range."

Meantime the SGGC is very interested in continuing to work with the County to find a mutually agreeable way to re-open the range. "We've always tried to be good neighbours, even when we had no neighbours."

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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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ST. ALBERT RCMP INVESTIGATE POTENTIAL THREAT TO SCHOOL UPDATE #1

Submitted by St. Albert RCMP

St. Albert, Alta. - St. Albert RCMP continue to investigate an obscure threat referencing the date of Feb. 22, 2016, and directed at a staff member of the Paul Kane High School in the City of St. Albert. The RCMP were advised on Feb. 19, 2016 of the school having become aware of graffiti being found in the school on Feb.17, 2016. This graffiti appeared threatening toward a school staff member. Investigation began immediately to determine the exact nature of the threat, who may have been responsible for the graffiti, and if there may be any substance to the threat.

This investigation continues and while the RCMP have not been able to substantiate the threat, reasonable and collaborative precautions are being taken according to established protocols by the RCMP and the school and the St. Albert Public School District to ensure the safety of all who attend or work at the school. Until proven otherwise, it is in the interests of public safety to take all such potential threats as a serious matter. Police precautions and investigational steps will not publicized in order not to undermine their effectiveness.

A spokesperson for the St. Albert RCMP will be available on Feb. 22, at 8:30 a.m. at the St. Albert RCMP Detachment to provide an in-person update on this matter. The address of the detachment is 96 Bellerose Drive, St. Albert, AB, T8N 7A4.

If you have information about this, or any other investigation(s), please call the St. Albert RCMP at 780-458-7700 or call your local police detachment. If you want to remain anonymous, you can contact Crime Stoppers by phone at 1.800.222.8477 (TIPS), by internet at [submit.com, or by SMS \(check your local Crime Stoppers \[\[www.crimestoppers.ab.ca\]\(http://www.crimestoppers.ab.ca\)\] for instructions\). You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest\(s\), the recovery of stolen property, and/or a seizure of illicit drugs, you may be eligible for a cash reward.](http://www.tip-</p></div>
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BACKGROUND:

St. Albert, AB - St. Albert RCMP are investigating a threat that was targeted towards a Paul Kane staff person. It appears that the threat was received on Wednesday, February 17, 2016 and it mentioned Monday, February 22, 2016. As the police investigation is ongoing, the level of threat is not known, but safety precautions are being taken. The RCMP are responding

to the threat according to Safe Schools protocols as the safety of students and staff are of the utmost importance. The protocol steps will not be released to the public.

Threats to schools are not a common event in St. Albert, but each and every case will be treated seriously and investigated vigorously.



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RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of February 8 to February 14, 2016.

Total Calls for Service Spruce Grove/Stony Plain Detachment: 441

Total Calls for Service for the Victim Service Unit: 45

Persons Crimes: 36

Property Crimes: 82

Impaired Driving Complaints reported: 5

Impaired Driving Charges Laid: 2

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 53

Property Crimes:

Spruce Grove

1. February 8 – Area of Greenbury Boulevard – Theft from Vehicle, ID, credit cards stolen

2. February 9 – Area of Marlin Street – Break and Enter to Residence, TV stolen

3. February 11 – Area of Hudson Cove – Theft from Vehicle, rear tires stolen

4. February 14 – Area of Spruce Ridge Drive – Theft of Vehicle, 2001 maroon Dodge Ram

Stony Plain

5. February 13 – Area of 49 Street

and 47 Avenue – Theft of Motorcycle, 2015 blue Yamaha XT250

6. February 13 – Area of 48 Street and 57 Avenue – Vandalism, door damaged to outdoor rink change room

Rural

7. February 8 – Area of Township Road 540 and Range Road 24 – Theft of Vehicle, 2001 white Ford F350

8. February 9 – Area of Township Road 520 and Range Road 280 – Theft of Vehicle, 2005 white Ford F250

9. February 9 – Area of Township 545 and Highway 43 – Theft of Fuel

10. February 14 – Area of Township Road 534 and Range Road 14 – Theft of ATV, 2008 Polaris RZR 800

11. February 11 to 14 – Area of Highway 627 – Theft from Mailboxes

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Trim vegetation around your home that can be used by thieves to avoid detection.

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.



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DEPRESSION NOW EQUAL TO HIGH BLOOD PRESSURE AS A TOP REASON CANADIANS SEE PHYSICIANS

Submitted by CNW Group Ltd

TORONTO, Jan. 26, 2016 / CNW/ - New research announced today by Morneau Shepell found that depression is now equal to high blood pressure as a top reason Canadians see physicians. Depression was the top-ranked condition by

24 per cent of physician respondents, equal to high blood pressure, which was the top-ranked condition by a different 24 per cent of physician respondents. The results of the national survey, which polled physicians, employees and employers across Canada, will be presented January 27 at the Company's 5th annual Employers Connect event.

Comparatively, musculoskeletal disorders were the top-ranked condition by 11 per cent of physician respondents. Furthermore, 63 per cent of physicians reported that depression, anxiety disorders or stress-related issues had the fastest increase in cases they had seen over the last two to three years.

The national survey, also found that a large majority (82 per cent) of employees who reported struggling with mental health issues and two thirds (67 per cent) of employees who reported struggling with stress symptoms said it impacts their work. Comparatively, only half (53 per cent) of employees who reported struggling with physical health issues said it impacts their work.

"Each year, we see an increase in employees seeking support for stress and anxiety - conditions that are attributable to everything from the uncertainty of an unstable economy to difficulties in a personal relationship," said Alan Torrie, President and CEO, Morneau Shepell. "These concerns often have a negative effect on workplace productivity. On the other hand, employers who offer mental wellness support often see a strong relationship between mental health and engagement at work."

Workplace engagement levels are strongly correlated with mental health issues

The survey found that more than two thirds (67 per cent) of highly

engaged employees reported excellent or very good mental health, compared to less than half (35 per cent) who are not engaged. Additionally, workplace stress has been found to have a higher impact on engagement than personal stress.

Nearly half (47 per cent) of employees who are not engaged reported extreme workplace stress but less than one in five (18 per cent) of employees who are not engaged reported extreme person-

al stress.

Upon looking further into the reasons for stress at work, employees reported that the sources of workplace stress are due primarily to emotional or interpersonal issues (e.g., office culture, communication, conflict), as indicated by 60 per cent of employees. Comparatively, nearly half (43 per cent) of employees reported that job-related issues (e.g., deadlines) are the source of workplace stress

and only 14 per cent of employees reported that physical work-related (e.g., lifting heavy objects) issues are the source of workplace stress.

Half (51 per cent) of managers surveyed believe they have employees with mental health issues

Continued on Page 11

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Parent Link/Early Childhood Development Coordinator

Lac Ste. Anne County

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[*csteeves@LSAC.ca*](mailto:csteeves@LSAC.ca)



Depression Now Equal To High Blood Pressure As A Top Reason Canadians See Physicians

Continued From Page 9

The survey also found that among managers, 37 per cent believe they have employees with significant stress symptoms, and 27 per cent of employees indicated that they have significant stress issues. Meanwhile, nearly one in four (22 per cent) of managers surveyed believe at least one of their employees has a substance abuse issue. Less than one in 10 (7 per cent) of employees reported substance abuse issues.

“It’s clear that a large number of managers are seeing behaviours such as lowered productivity, increased absences, anxious behaviour or a disheveled appearance that would lead them to this belief,” said Paula Allen, Vice President, Research and Integrative Solutions. “This shows how important it is for managers to know how to respond appropriately.”

The stigma around mental health issues remains apparent in the workplace

Though conversations around mental health are continuing to evolve and become more commonplace, employees are not completely comfortable acknowledging the problems at work. Two thirds (66 per cent) of employees who took time off work for a mental health issue did not report it and, as such, the days were not recorded as an of-

ficial absence. “Unrecorded absences affect employee morale, workplace productivity and the company’s bottom line,” said Adam Kelly, Vice President, Absence Management Solutions.

Almost one third (31 per cent) of employers said support for mental wellness in their organization has improved over the last two to three years, compared to 62 per cent who said it stayed the same.

“It is encouraging to see that

Canadian employers are reducing stigma and increasing their focus on mental health issues,” said President and CEO, Alan Torrie. “Support for workplace mental health is improving but there is still more to be done.”

About the Survey

The purpose of the survey by Morneau Shepell, conducted in October 2015, was to provide insights into workplace mental health from the perspectives of employees, employers and phy-

sicians, with 1,223 respondents in total. The margins of error for the survey are +/- 3.1 per cent for employees, +/- 9.8 per cent for employers and +/- 9.8 per cent for physicians; valid 19 times out of 20.

The Company is presenting the initial survey findings at Employers Connect, its 5th annual summit on workplace mental health being held in five cities across Canada on Wednesday, January 27, 2016.



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.
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We thank all applicants for their interest.

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



FIRST NATIONS STUDENTS TO BENEFIT FROM NEW EDUCATION PARTNERSHIP

Submitted by Government of Alberta

Students from five First Nations in northern Alberta will benefit from an agreement between the Government of Alberta and the Kee Tas Kee Now Tribal Council.

This agreement is the first of its kind in Alberta.

The Kee Tas Kee Now agreement outlines the framework

for establishing a First Nations education authority. It enhances supports and strengthens the capacity to provide education to these students in order to increase attendance and high school completion. Students will continue to receive education in a culturally-relevant environment in their community, while benefitting from improved educational supports similar to those of other students in Alberta such

as curriculum development and technology.

This expands current programs that incorporate traditional skills such as hunting and fishing, by enhancing elements of literacy and numeracy, science and how to be stewards of the environment. The agreement was developed with input from Alberta Education, Indigenous Relations and Kee Tas Kee Now education partners.

“Our government is committed to working collaboratively with our First Nations, Métis and Inuit education partners and with the federal government to strengthen First Nations education in Alberta. We want to ensure First Nations students have the instructional supports they need, while receiving an education that reflects their rich culture and perspectives.”

David Eggen, Minister of Education

This agreement provides a framework for how other school authorities can work together to develop strategies to improve the educational outcomes of First Nations students in their respective jurisdictions. It supports the Premier’s commitment to Truth and Reconciliation and allows Alberta Education to continue to implement its commitments in the Memorandum of Understanding for First Nations Education in Alberta.

“I am pleased with the support being provided by the Government of Alberta as it will help give our children the education they need to build a successful future. I look forward to working together on this important initiative.”

Robert Grey, Kee Tas Kee Now Tribal Council, Grand Chief

“This agreement speaks to our government’s commitment to a renewed relationship with Indigenous communities throughout the province. We are proud of this partnership with the Kee Tas Kee Now Tribal Council to enhance the access and delivery of education for the community’s youth.”

Richard Feehan, Minister of Indigenous Relations

Kee Tas Kee Now Tribal Council has been providing advisory services for 20 years to its members from the Loon River, Lubicon Lake Band, Peerless Trout, Whitefish Lake and Woodland Cree First Nations.

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ONOWAY ROYAL CANADIAN LEGIONS NEWS

Submitted by Lorinda McCool

Greetings from the Onoway Legion. We lost a great soldier last week. Life Member Roy Pritchard was awarded a Service Medal, recognizing surviving WW2 Vets who fought in France, on February 8th and sadly passed away on February 12th at the age of 96. Roy and his regular attendance at our yearly Remembrance Day celebrations will be greatly missed.

Once again close to sixty customers enjoyed the Friday night Chicken Tournedos prepared by Bob, Ron, Marcelle, Jay and new volunteers Jim and Dora Sloan. Scouts Harvey, Dawson, Samantha. Jack and Marshall performed clean up duties and even learned a little bit about washing dishes from our volunteer Ken! Ted Latimer enjoyed his free Birthday Supper and Donna Latimer won the free meal draw. Ken Blacklock took

home the meat draw and Darlene Senum found the six of spades which means the prize is over \$3100.00 with only 18 cards left.

Fred White and the Onoway Healthcare Pharmacy Ltd. sponsored the Healthcare Worker's Appreciation Supper at the Onoway Legion on February 13th. Thank you to Diane Wood for organizing the event and to Bob, Jay, Lorne, Derald, Heike and Pat St. H. for preparing and serving a delicious four course meal while new volunteer Al looked after the kitchen clean-up and dishes. Master of Ceremonies Lorne Olsvik spoke about the gratitude and appreciation Onoway has for the healthcare workers with Ted Latimer, Dale Krasnow and Fred White echoing the sentiment in their speeches. Thank you to everyone who helped make this event a very special and enjoyable evening.

Tuesday Night Darts was very well attended and we would like to warmly welcome Bonny-Lee

Martineau and Fay White as new players. We are hosting a fun tournament on February 27th and invite all dart players to register for the competition. The teams are four person teams, with one person being of the opposite sex, and you do not need to be a Legion member. No more than twelve teams will be accepted so please contact the Legion or Scott Sadler at the numbers below ASAP if you wish to enter a team.

The Legion will be holding a spring garage sale on April 9th and if you would like to rent a table for your personal items please contact Cheryl Sadler @ 780-967-4146. The cost per table is \$10.00 and MUST be prepaid by April 2nd. Hamburgers and hotdogs will be available for lunch but no food or commercial vendors please.

UPCOMING EVENTS:
February 23 - Tuesday Night Darts
February 24 - Masons

February 26 - Friday Night Supper – Glazed Ham with Potato Salad

February 27 - Fun Dart Tournament

March 1 - Tuesday Night Darts

March 2 - 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 2016

Bridal Guide

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

Bridal Guide

CHANGING YOUR LAST NAME

While many brides opt to take their husbands' surnames upon tying the knot, over the years the popularity of such a decision has ebbed and flowed. Recent years have suggested the practice is once again gaining steam.

A 2011 study published in *Names: A Journal of Onomastics* indicates that younger brides are more likely to embrace the tradition of taking their husbands' names in marriage. According to the study, women who married between the ages of 35 and 39 were 6.4 times more likely to keep their maiden names than those who married between the ages of 20 and 24.

Many brides view taking their spouse's name as the natural transition from being a single to being a married woman. Other brides prefer they share the same last name as their future children, making the choice to take their husband's name a logical decision. Some brides feel having the same last name as their husbands helps them feel more like a family.

Changing one's name also may make it easier to deal with various issues. Finances, travel and even parenting concerns may be easier when women take their husbands' last names than when they don't.

But some brides still prefer to keep their maiden names or hyphenate those names with their husbands' surnames. Some may view changing their names as sacrificing their personal iden-

tities, while others may want to hold on to a family name they are proud of. Interesting names also can be hard to give up. Brides who find taking their husband's name would be a tongue-twister may prefer to forego this tradition.

Very often women who occupy

positions of prominence in their professions keep their maiden names, feeling that taking their husbands' names will affect the cache they have built up thus far. Women uncertain of what to do in such situations can keep their maiden names professionally and still change their names le-

gally.

Changing one's last name is a personal preference and a decision that couples should discuss together. Discuss the decision well in advance of the wedding so that both parties are aware of each other's feelings on the subject before tying the knot.

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UNDERGARMENTS CAN MAKE OR BREAK WEDDING LOOKS

As guests' eyes are trained on couples come their wedding days, it is no surprise that both the bride and groom want to look flawless on their big days. Men and women will spend thousands of dollars on clothing, hairstyling, makeup, teeth whitening, fitness classes, and more to ensure they look their best. While couples may be particularly concerned with their wedding day appearance, what they wear under their clothing - particularly for women - can impact how clothes fit and look.

Choosing the right bra or supportive undergarments can play a crucial role in how a gown fits and whether or not brides achieve that picture-perfect look. Wearing the wrong undergarments can negatively affect a bride's appearance and make her extremely uncomfortable.

According to a study done by Swiss lingerie company Triumph, a large number of women are choosing their bras incorrectly. The international survey of 10,000 women found that 64 percent of them are wearing the wrong size bras. If women are wearing the wrong undergarments for everyday looks, it stands to reason that their wedding choices may not be spot on, either.

Undergarments should be purchased and brought to all fittings as soon as a gown is selected. In fact, it often is a good idea to ask the bridal store employees to suggest a bra or corset that will complement the gown and remain invisible beneath the dress. Some shops will make bras available when trying on gowns. Brides are not obligated to purchase undergarments where they purchase their gowns, but take note

of the brand and style and find a similar one elsewhere that fits with your budget if you don't want to buy at the store.

Pay attention to the gown's fabric and how dense it is. Certain shapewear, including bras, that have a lot of boning in them to shape and support the body can show under bridal dresses without a lot of layers. Always try on the bra with the gown to gauge the finished look. You may opt for simpler and plain lingerie styles so that you will be guaranteed a seamless appearance. Nude-colored bras tend to be less noticeable than white. You always can purchase something with more pizzazz to change into for the wedding night. Some dresses with plunging necklines or backless designs may necessitate other options. Sew-in bra cups are another option

that can lend invisible support.

Women with more ample busts may want to select gowns that will allow for bras with supportive straps to be worn. This way there is no worry about strapless bras or other style lingerie slipping down.

In addition to bras, other types of shapewear can enhance certain areas of the body or downplay perceived flaws. Shapewear can smooth and pull in stomachs. Choose boy shorts or thong-style cuts for a seamless finish. Shapers can smooth out bulges on the back, legs and hips, too. There also are special shorts that have some padding in the rear to create a more curvy look.

Bras and other shapewear can make a world of difference in how wedding attire looks and feels. Invest in some quality pieces that will highlight wardrobes to their fullest.



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Bridal Guide



CLEVER TAKES ON THE 'SOMETHING OLD, NEW, BORROWED, BLUE' TRADITION

Wedding day tokens of good luck come in many forms, but “the something old, something new, something borrowed, something blue (a sixpence in your shoe)” adage remains one of the most popular luck-enhancing wedding traditions. According to the bridal resource *The Knot*, this tradition stems from an Olde English rhyme. Something old represents continuity; something new is for optimism for the future; something borrowed stands for borrowed happiness; and something blue is for purity, love and fidelity. The sixpence in your shoe is a wish for good fortune and prosperity, but this is not a tradition widely celebrated outside of the United Kingdom or British territories.

These traditions can add some creative flair and personality to wedding ceremonies. There’s no end to the inventive combinations of items brides can carry to increase their good fortunes.

Something old

Something old is one of the easier mementos to obtain. There is a good chance that someone in the family is willing to pass an item down to the bride that she can include in her wedding wardrobe. It also can be something the bride may have in her own memory box. Beads taken from a grandmother’s dress or a swatch of fabric from a beloved toy doll are creative ideas that can be sewn into inconspicuous places on gowns.

Something new

Brides already purchase many new items for their wedding day looks, so “something new” should not be too hard to find. Couples may want to work together to find something new they can both carry so they have a matching set upon tying the knot. Interlocking charm bracelets or key-chains may work. What about the groom carrying a small padlock and the bride the key? Quirky couples can each wear one sock from a pair. Get clever and have fun.

Something borrowed

Much like something old, something borrowed is yet another way to pay homage to a friend or family member. It’s also one way to add a sentimental twist to everyday items.

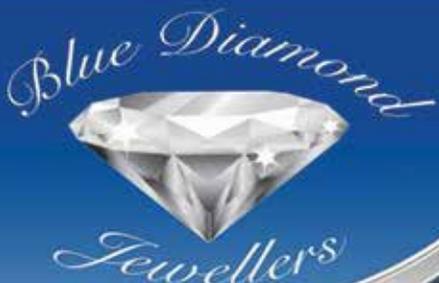
Borrow a grandfather’s handkerchief to wrap around the stems of the wedding bouquet. Exchange vows with the original rings used by a distant relative at their own wedding. Flatter a close friend by wearing the same veil she did.

Something blue

There are many ways to incorporate “something blue” into your wedding ceremony. Brides can paint their toenails blue or wear blue shoes under their gowns. Sew a patch from a pair of denim jeans into the bodice of the dress. Paint the bottom of your shoes bright blue so they stand out

when kneeling at the altar. Blue sapphire or topaz jewelry can add an exotic look to the wedding wardrobe.

With a little ingenuity, brides can easily incorporate “something old, something new, something borrowed, something blue” into their wedding ceremonies.



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Bridal Guide

HELPFUL HINTS WHEN PLANNING FLORAL ARRANGEMENTS

When planning their weddings, couples may find themselves becoming experts on subjects they previously never gave much thought. Thanks to the cost of weddings, today's couples must make each decision carefully, and that may result in hours of research and discussion.

One of the big decisions couples must make when planning their weddings concerns their floral arrangements. The right floral arrangements won't break the bank but will add substantial aesthetic appeal to ceremonies and receptions. It can be difficult for couples to achieve that balance of cost and look on their own, so the following are a few helpful hints for couples when choosing their wedding day floral arrangements.

• Work with a florist you trust and

like. All florists are not the same, so finding one you can trust and will enjoy working with can make all the difference. Many couples have little or no experience with floral arrangements prior to planning their weddings, so it can calm couples' nerves to work with someone they trust in such situations. Florists with significant wedding experience will no doubt make a host of recommendations based on couples' budgets and preferences, so couples might be more inclined to listen to that advice if they are working with someone they trust. Ask relatives, friends or coworkers if they can recommend any florists whose wedding work they are familiar with.

• Choose in-season or native flowers. Couples working with tight budgets may want to choose in-season

flowers or those native to the area where they will be tying the knot. In-season and native flowers won't need to be ordered or shipped in from afar, which can be costly. In-season and native flowers tend to be more abundant as well, and the greater their availability the less couples are likely to pay for them.

• Repurpose floral arrangements. Another way to save on floral arrangements is to repurpose flowers throughout the day. Once bridesmaids no longer need their bouquets, use them to decorate gift tables or cocktail areas. Floral arrangements on display during the ceremony can be removed once you have both said "I do" and moved into the reception area where they can be enjoyed through the night. Go over any repurposing you plan to do with your

reception hall manager prior to your wedding day so he knows where and when to move the arrangements.

• Go big. Some flowers simply bloom larger than others, and choosing such flowers may help you save money since you won't need to buy as many flowers as you would if you were to go with smaller blooms. Once you find a florist to work with, discuss your options with regard to doing more with less. Many florists embrace the challenge to be creative within a budget, so you might just be surprised and impressed by what they come up with.

Floral arrangements can set the mood for a wedding ceremony and reception, and even couples with little or no experience choosing arrangements can end up with stunning displays.

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THE KINDNESS OF STRANGERS

Submitted by Marney Green

The Christmas season has come and gone for another year. Once again Santa's Helpers had another stellar season. As I write this article to thank the generous people of this community for their continued support of this essential program, I am taken aback by the kindness of strangers. Santa's Helpers has been part of this community for over twenty-six years! I've been involved for that long. But it was going on long before that. Every year there are new surprises that make us realize what an amazing town we live in.

The thank you list this year is rather extensive. To start with we would like to thank all of the local business that support us. They assist us in many different ways. From having coin & donation boxes in their business to challenging staff members to raise funds for us. Also the incredible financial donations we receive every year from

them help us out tremendously. Even though tough economic times their support amazes us. We would also like to thank Pastor Rick Foster as well as his helpers, from Onoway Baptist Church and the Lac Ste. Anne East Food Bank for their efforts in coordinating this undertaking. We also would like to thank O.E.S. and O.H.S. students as well as staff for their continued effort to make sure nobody gets forgotten at Christmas. Another well-deserved thank you goes to the Tri Leisure Center in Spruce Grove for their incredibly generous donations of facility family passes that we get to include with our hampers. This year we would also like to thank Joel Magnus of Famosa Pizza in Spruce Grove for his kind donation of movie passes to add to our hampers as well. To add to this list is the Local 1460 Millwright Union for the kind donation of toys. The Onoway Library and our elf Lloyd for his coin rolling ability! There are also a few other individuals we would like to thank for their as-

sistance, Sue Robinson and Dean Popadynetz your generosity is very much appreciated! Last but not least THANK YOU Onoway! Your kindness and giving spirit astonish every year.

But there is one more thank you that I need to include. It began as a little bit of a mystery for us. But with some clarification we were able to solve the mystery. It began with an extremely generous donation from Thompson Brothers Construction on behalf of a wonderful man named Mel Ulan. Mel was a valued employee of this company for nineteen years. He was well liked and respected by his co-workers. When he recently passed away these coworkers from Fort Hills, Poplar, Fort Mac and Suncor jobsites raised funds in his memory. Those donations were then matched by Larry Thompson. Their efforts were the generously donated to us at Santa's Helpers. The mystery was, why us? As it was explained to me Mel had recently purchased property in the area

and was in the process of building his retirement home here when he passed away. His crews fondly remember him always reminding them to "call or go see their moms" when they were leaving on days off. So they thought it would be fitting to donate on his behalf to a charity that would benefit mothers and their children. That's how we became beneficiaries of their generosity. Words cannot express the gratitude we have for Mel and the employees of Thompson Brothers Construction. You have helped 87 children in the area have a much brighter Christmas.

Once again Onoway you amaze us at the generous nature of this great community we live in. The kindness of strangers is truly appreciated by those of us at Santa's Helpers. Thank you for all that you do to keep us going every year. We would like at this time to wish you and yours health and happiness for 2016.

Gratefully yours
Santa's Elves

MARCH 5TH AUCTION
FOR: 3 SENIOR RETIREE'S
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Saturday Afternoon, March 5th at 1:00P.M.

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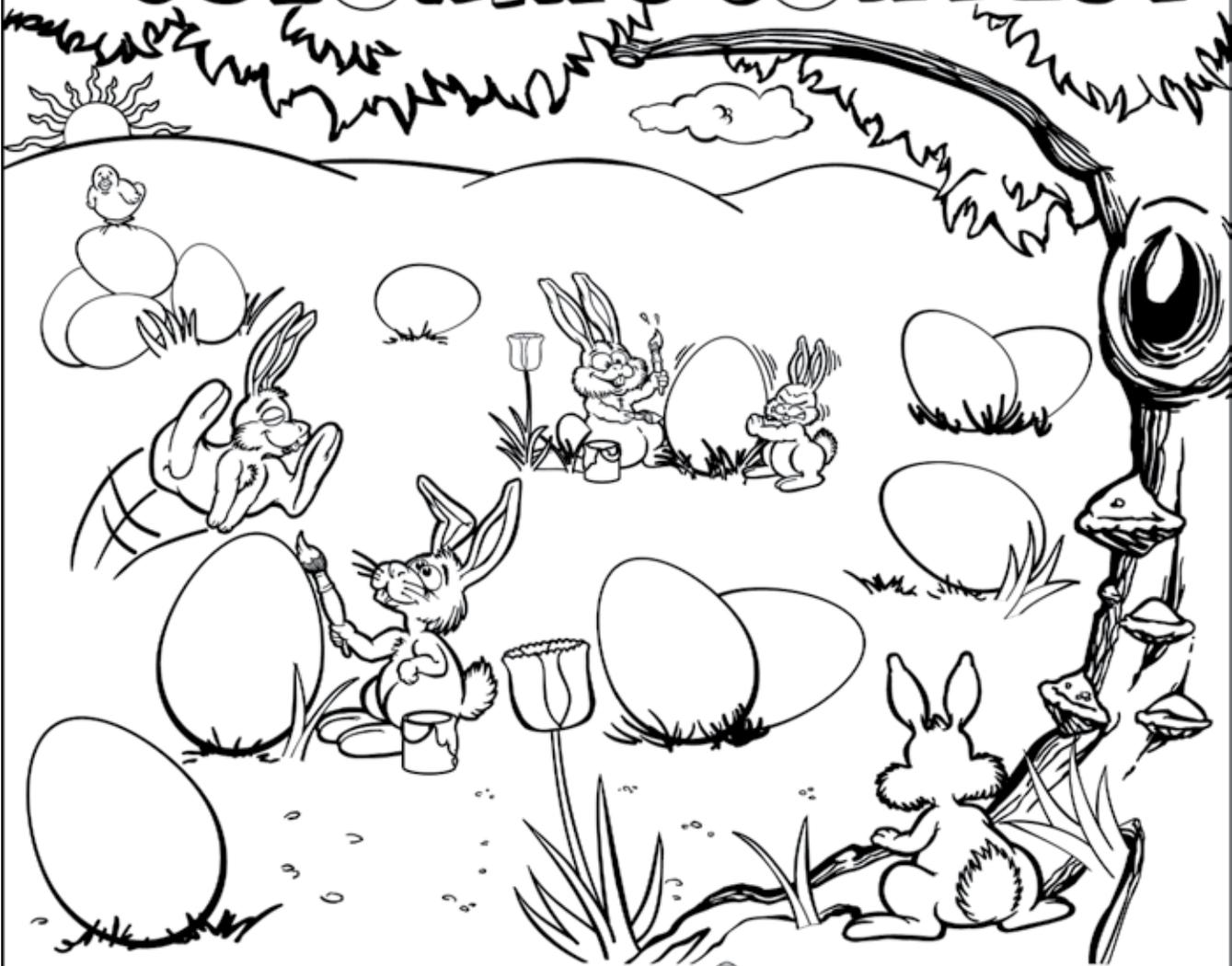
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Mayerthorpe Diamond Centre, Charlotte at 786-4659

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

PROBÍTA

Hydrolyzed Collagen Protein Chew

- ✓ Reduces Wrinkles & Age Spots
- ✓ Tightens & Tones Skin
- ✓ Promotes Hair Regrowth
- ✓ Strengthens Bones, Cartilage & Organs
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Doris after 6 weeks!

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- ✓ No Competition!
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Classified Ads - Call 962-9228

Obituaries



PRITCHARD, Roy
 May 21, 1919–February 12, 2016
 It is with saddened hearts that the family wishes to announce the passing of Roy Pritchard on February 12, 2016 at the age of 96 years in Edmonton, AB.

Roy leaves to remember his legacy his children; Marty (Gail) and Mary-Lee (Dave); numerous grandchildren, great-grandchildren, and great-great-grandchildren, nieces, nephews and extended family. Roy was predeceased by his first wife Doris “ Dixie”, second wife Megan and daughter Dixie Senecal; 2 brothers, 3 sisters and his parents Alice and Sidney.

A service of remembrance will take place on Sunday February 21, 2016 at 1:00 pm at the Onoway Royal Canadian Legion Branch 132, 4808-50 Street, Onoway, AB. In lieu of floral tributes, memorial donations may be made to the Onoway Royal Canadian Legion Branch 132. Written Tributes may be made to www.parklandfuneralservices.com



Auctions

MISCELLANEOUS AUCTION
 - SAT. FEB 27th @ 12:00 Noon. Downtown Evansburg (approx 1 hr. west of Edmonton on Hwy 16 towards Edson) across from OK Tire. Follow the signs!! Furniture/ Appliances/Leather Jackets,

New Ladies Shoes, 2000 Chev Pickup sold as is, 2 Trailer Loads of items as well as a Uhaul Load of product New and Used!! Something for everyone!! Sale conducted by Alberta Surplus Auction. 780-727-2724 for details!! (1)

Business Opportunities

JOIN THE GOLD CANYON TEAM! Have the extra money you need 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.mycg.com/jcazac (S) OG

EXPERIENCE what it's like to be flawless.



Instantly Ageless™

Instantly Ageless™ is a powerful anti-wrinkle microcream that works quickly and effectively to diminish the visible signs of aging. Instantly Ageless™ revives the skin and minimizes the appearance of fine lines and pores for a flawless finish.

A perfect day starts with perfect skin. Meticulously developed, our formula is lightweight and contains a skin-conditioning complex of minerals that evens skin tone. Instantly Ageless™ immediately dissolves into the skin, reducing the appearance of wrinkles. It's specifically designed to target areas which have lost elasticity—revealing visibly toned, lifted skin. Users have seen dramatic results in seconds.

A compact, yet powerful alternative to fortify skin affected by free radicals and environmental damage, Instantly Ageless™ is at the forefront of anti-aging technology.

BENEFITS

- VISIBLY DIMINISHES THE APPEARANCE OF FINE LINES AND WRINKLES
- ERASES THE APPEARANCE OF DARK CIRCLES AND PUFFINESS UNDER THE EYES
- MINIMIZES THE APPEARANCE OF PORES
- HELPS TO EVEN SKIN TEXTURE
- MATTES SKIN FOR A FLAWLESS FINISH
- RESTORES SKIN TO OPTIMUM APPEARANCE



BEFORE AFTER



BEFORE ONE EYE WHOLE FACE

YouTube [youtube.com/watch?v=9g1As1cBjGY](https://www.youtube.com/watch?v=9g1As1cBjGY)

BE YOU. BE FLAWLESS.

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Noreen Hutt
www.noreenhuttrealstate.ca

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LEADING



Amazing 2400 sq ft Commercial Building With the Perfect Downtown Location in Wildwood! A Great Investment Opportunity for **\$159,900!**



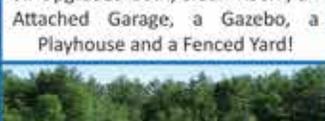
Wow! This 3 Bedroom Home is Only **75,500!** This Home Has a Huge Entry, a Bright and Open Kitchen, a Spacious Living Room, 3 Bedrooms, an Upgraded Bath, a Sun Room, an Attached Garage, a Gazebo, a Playhouse and a Fenced Yard!



What a Deal! 3 Bedroom Home With Addition, Carport, and Double Car Garage. Only **\$69,900**



14.8 Acres With Power, Mature Spruce and Poplar, an Open Meadow is Perfect for Your New Home or a Great Weekend Getaway **\$59,900**



This 9.93 Acres Has the Perfect Building Site or Weekend Retreat. Offering Both Treed & Open Areas & Your Own Private Pond **\$74,500**



Beautiful Cedar Home on 79 Acres! Features Include an Attractive Oak Kitchen, a Dining Area With Bright Windows on All Sides, a Beautiful Living Room, 3 Spacious Bedrooms, 2 Baths, a Full Walk Out Basement, Air Conditioning, 3 Decks, & a Double Car Garage. The Property is Beautifully Treed With an Open Meadow, Walking trails, & Has an Abundance of Wildlife! **\$355,000**



This 5 Bedroom Home With Full Basement Has a Large Kitchen, a Spacious Living Room, a 4 pce Bath, and a Partially Finished Basement. Situated on .49 Acres and Approx. 35 Mins From Edson. **\$85,000**



Totally Redone 1037 sq ft Home Features a Beautiful Kitchen With New Cabinets, Countertops, Custom Tile Work and a Large Island, Bright Living Room, New Flooring, New Fixtures, a Newer Roof and is Located on a Corner Lot! **\$109,900**



Located in The New Subdivision in Evansburg Complete With Walking/Bike Trails is This Perfect Residential Lot To Build Your New Home On. **\$32,500**



This 3.53 Acres is Close to The Lake In Singing Hills Estates. This is a Great Weekend Getaway or Perfect Building Spot! **\$89,900**



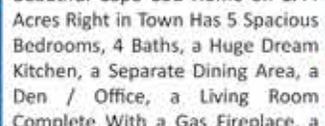
Beautiful Cape Cod Home on 1.44 Acres Right in Town Has 5 Spacious Bedrooms, 4 Baths, a Huge Dream Kitchen, a Separate Dining Area, a Den / Office, a Living Room Complete With a Gas Fireplace, a Massive Rec Room, an Attached Garage, 2 Covered Decks, a Paved Driveway & a Treed Park Like Setting. Also Included is an Older 2 Storey Home & a Garaget! **\$429,900**



This Perfect Year Round Home or Weekend Retreat Right Off Pavement Has an Attractive Updated Home on 1 Acre & is Nestled in the Mature Spruce in a Private Setting. Features are a Large Kitchen, a Spacious Living Room, 2 Bedrooms, a 4 Pc Bath, Office & 2 Decks **\$129,900**



Great 3 Bedroom Family Home With an Open Floor Plan Features a Bright Kitchen, Large Living Room, Updated Bathroom & a Huge Covered Deck. Other Features Include a Double Car Garage, Poured Sidewalks and a Corner Lot! **\$154,500**



This Well Maintained 1400 sq ft Home Built in 1997 To Be Moved Has a Large Country Kitchen, a Spacious Living Room, 3 Bedrooms, 2-4 Pce Baths, a Laundry Room, & a Large Deck **\$64,500**



80+ Acres of Lakefront! This 1246 sq ft Home Has a Bright Kitchen, Inviting Livingroom, 2 Bdrms & 2 Baths. Included is a 1800 sq ft Quonset on the Property, Mature Trees & is Located on Round Lake **\$369,900**



Located on a Double Lot on Main Street in Entwistle is this Great Commercial Building With a Well Established Business on the Main Floor & an Attractive Suite Upstairs **\$279,900**



This Attractive 1217 sq ft Home Features a Huge Country Kitchen, a Bright Living Room, 3 Bedrooms, & 2 Baths. Extras Include a Newer Deck, Great Landscaping, a Garden Spot, 2 Sheds & Fenced Yard **\$169,900**

If you are wanting to buy or sell in the Niton, Wildwood, Evansburg, Entwistle, Drayton Valley or Seba Beach areas, call Noreen, "Your Local Realtor"

Classified Ads - Call 962-9228

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 (S) OG

Services

Experienced & Reliable House Cleaning Lady with references available. Call Margie at 780-924-2229 (15) 23-02

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Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (12) 09-02 OG

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Seed Grain For Sale: Wheat, Barley and Oats. Call 780-967-3075. For Hay/Pasture seed, Phone 780-967-5375

Firewood

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

Wanted to Rent Pasture

Wanted: Pasture to Rent for Spring 2016. Call 780-916-2333 (2) 23-02

Wanted

Classified Ads - Call 962-9228



Wanted: Dead or Alive, Your Old Volkswagon - Splitwindow bus any condition. Have an old splitwindow bus you want to sell? Will pay CASH, Any condition including rust, burned, missing front doors or rotten floor/ceiling and it doesn't even have to be in one piece. Let me know what you have and email a photo or two if you're able, along with a price and I'll call you back immediately with a cash offer \$\$\$, any conditions - Top Dollar PAID. WE pick up from any location. Andrew tel.780-241-0129 awalata@hotmail.com (3) 23-02

Wanted: Old Coins, Paper Money. I pay CASH for single coins, Collections or Estates. Please email mlab2098@gmail.com (4) 23-02

For Rent

House for Rent - 3 bedroom 2 bathrooms, main floor laundry, single attached garage, attached covered veranda, recently renovated.\$1000/month DD same, N/S, N/P, references required. Email dismoole@hotmail.com or call 780-305-7077 (4) 23-02

Cabin for Rent, included all utilities, \$900 per month. Evansburg & Mayerthorpe area. 780-239-0553 (2) 16-02

2 Bedroom House in Sangudo. Renovated, 5 appliances, \$1100/month. Utilities,

Deposit and Pets Negotiable or Included for right client. Call 780-957-2113 or Text 780-512-5120 (4) 09-02

House For Rent - Northside of Onoway Fas Gas on Hwy 43. 2 Bedroom 1 Bathroom. \$1200/month + Utilities. Approx. \$160 in winter, Under \$100 in the summer. \$1200 DD,

Available April 1st, 2016. Call 780-967-0610 or Drop in at station (4) 09-02

Room for rent in Alberta Beach, \$650/month, all included, N/S, N/P. Call 780-893-7679 (4) 23-02 OG

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

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SUDOKU OF THE WEEK

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

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

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
 1st & 3rd 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).

MAR 12 - CRIB TOURNAMENT at Gunn Community Hall. \$20/ person, call 780-951-9452 for details.

MAR 19 - CRIB TOURNAMENT at Rich Valley Community Hall. Registration 10am, play @ 11. \$20/person, \$40/team. Lunch Served. Eileen 780-967-5710.

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

ONOWAY FARMERS' MARKET presented by the Onoway & 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, Myc - Ott. 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.

CERRHILL BINGO Tuesdays at Cerrhill Community Association. Doors Open at 6:30pm, Games at 7pm.

CERRHILL 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, \$8/plate. 3rd Wed of Each Month, Sept - June. For reservations: 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. Sanguo 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 CHOR, accepting all voice ranges. Meets every Wed. 7pm, Sept-June, at the Alberta Beach Heritage Centre. Lois 780-924-3126

ONOWAY GOLDEN CLUB - Bethal United Church. Coffee & Muffin Mondays, 10-12. Cards Tuesdays, 1:00. Crafts Thursdays 10-12. Much Socializing.

ONOWAY 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.

ONOWAY MUSEUM - Gym & classroom 780-967-1015 or 780 - 967- 5263

ONOWAY 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 Loraine 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 Sanguo 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 ONOWAY SCOUTS-Registration, 6:30-8pm, Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.

3053 ROYAL CANADIAN AIR CADETS, Onoway 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 - Sanguo Golden Club, Tues 8pm call 786-4402/785-9214/785-3599

AL-ANON - Tuesday 7pm, Onoway 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, Onoway 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 Kinsmen 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 Onoway 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

ONOWAY & DIST HERITAGE SOCIETY - 2nd Wed of each month, 7:30pm, Chateau Lac Ste Anne

ONOWAY & DISTRICT HISTORICAL GUILD - 3rd Wed 7pm, Onoway Museum. 967-5263 or 967-2452.

ONOWAY QUILTERS, 2nd & 4th Thurs, 10am-4pm, Lac Ste Anne Chateau Activity Room.

ONOWAY ROYAL CANADIAN LEGION General Meetings, first Mon, 7pm (Sept-June).

ONOWAY MASONIC LODGE #138, 4th Wed, 7:30

Onoway Legion

ONOWAY OSPREY JUNIOR FOREST WARDENS Ages 6-18 Develop environmental awareness & outdoor skills. Every Mon 6:30-8pm Onoway 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.drugrehabresource.net.

RICH VALLEY AG SOCIETY BOARD MEETINGS - at the Agplex on the second Wednesday of the month. 7:00pm.

RIVER TALKERS TOASTMASTERS CLUB Build your confidence, your speaking & listening skills in a friendly and supportive environment. Drop in as a guest. Thursdays 7-9pm at the Hilltop Community Church, 30 Whitecourt Ave (downstairs). Or contact Carla Burkell, VP Membership, (780)268-3653.

SANGUDO PAINTING GROUP - Every 1st and 3rd Wed from 9:30am-12:00pm at Sanguo 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

Onoway Royal Canadian Legion - every Fri Ph. 780-967-5361

Whitecourt Legion Every Sat, 4pm. Located downtown behind the CIBC.

MEALS ON WHEELS

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DARWELL area. For info on volunteering or eligibility, call Loraine, 892-2967.

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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 Martene 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 Center, 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, Onoway. Open Fri & Sat, 10am-4pm.

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

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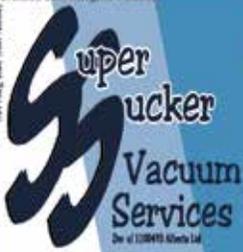
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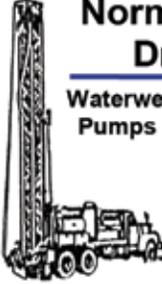
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