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March 29, 2016

ASSIST POLICE TO IDENTIFY A SUSPECT IN ALBERTA BEACH ARMED ROBBERY

Submitted by RCMP Spruce Grove/Stony Plain/Enoch

File # 2016-340727

Alberta Beach, AB - Spruce Grove/Stony Plain/Enoch RCMP are seeking the public's assistance to identify a male suspect responsible for an armed robbery at the "Off the Beach Foods" Convenient Store in Alberta Beach, Alberta.

On March 23, 2016, at approximately 12:50 PM the RCMP Spruce Grove / Stony Plain / Enoch Detachment were dispatched to a complaint of an Armed Robbery at the "Off the Beach Foods" Convenient Store, located at 4743 - 50 Ave in Alberta Beach. A lone male suspect

entered the establishment, brandished and pointed a handgun at the employee and demanded money and cigarettes. The suspect obtained an undisclosed amount of cash and cigarettes at which time he fled in a silver Sedan style vehicle.

The suspect is described as a male with fair skin, possibly brown/auburn hair and a stocky build. At the time of the robbery he was wearing a dark grey or faded blue sweat pants and a dark blue hoodie.

No one was injured during the incident.

If you have any information about this, or can ID the male suspect please call the Stony Plain RCMP Detachment at 780-968-7267, or if you want to re-



main anonymous, you can contact Crime Stoppers by phoning 1-800-222-8477

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LAC STE. ANNE COUNTY TO FILE INJUNCTION AGAINST NORTH WEST FIRE RESCUE - ONOWAY

Submitted by Lac Ste. Anne County

Sangudo, Alberta, Thursday, March 24, 2016 - By motion of Council today, Lac Ste. Anne County opted to pursue a court injunction against North West Fire Rescue - Onoway that, if granted, would prevent this private vendor from responding to incidents in Lac Ste. Anne

County (and those municipalities contracting the County for Fire Services), unless assistance is specifically requested by Lac Ste. Anne County. This decision has been made in order to end the increasingly dangerous situation created by the actions of North West Fire Rescue - Onoway as a result of their unsolicited excursions into Lac Ste. Anne County.

The situation in Lac Ste. Anne County has been grown increasingly dangerous since January 2016 when North West Fire Rescue - Onoway was engaged as the Fire Service Organization contractor for the Town of Onoway and a partnership of eight other municipalities.

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Continued on Page 4

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MILLAR WESTERN'S POSITION IN SUNDANCE C POWER PURCHASE ARRANGEMENT TERMINATED

Submitted by CNW Group Ltd

EDMONTON, March 24, 2016 / CNW/ - Today, Capital Power Corporation (Capital Power) gave notice of its intent to terminate its role as Buyer of the Sundance C Power Purchase Arrangement (Sundance PPA, the Arrangement), effective March

24, 2016. As a result of Capital Power's termination, Millar Western's role as a member in the Power Syndicate Agreement (Sundance C) is also terminated.

In 2001, Millar Western joined a multi-party syndicate headed by Capital Power to enter into the Sundance PPA. Capital Power has announced it is exercising its right to

terminate the Sundance PPA under the Arrangement's Change in Law provisions, following amendments to the Specified Gas Emitters Regulation that became effective in 2016.

At February 29, 2016, the net book value of Millar Western's position in the Sundance PPA was \$21.0 million. The company expects to record a non-cash charge of \$21 million in the first quarter of 2016 to reflect the termination. There are \$11.1 million in loans associated with the PPA that are now due and payable on June 30, 2016. Between now and 2020, the termination is expected to have a positive impact on the company's EBITDA.

About Millar Western Forest Products Ltd.:

Millar Western is a family-owned forest products company headquartered in Edmonton and operating a high-yield pulp mill in Whitecourt and dimension lumber mills in Whitecourt and Fox Creek, Alberta.

SOURCE Millar Western Forest Products Ltd.

GROCERY AUCTION

Saturday, April 2nd, 2016
 11:00 AM | Rich Valley Arena
 South of Barrhead (Hwy 33 - North of Hwy 43)

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JOKE OF THE WEEK

A man was in his front yard mowing grass when his beautiful, blond, female neighbor came out of the house and went straight to the mailbox. She opened it, looked inside, slammed it shut, and stormed back into her house. A little later she came out of her house again, went to the mailbox, again opened it, and slammed it shut again. Angrily, back into the house she went. As the man was getting ready to edge the lawn, here she came again. She marched to the mailbox, opened it and then slammed it closed harder than ever. Puzzled by her actions, the man asked her, "Is something wrong?"

To which she replied, "There certainly is! My stupid computer keeps telling me I've got mail!"

Richard Charles Mills
 March 29, 1955 - March 18, 2016

On March 18, 2016 after a lengthy battle with cancer, it is with heavy hearts we say goodbye to Rick.

Rick grew up in Sangudo and resided in the area his whole life. He enjoyed hunting, stock car racing, motorcycles, being on the river but most importantly time with his family and friends.

Rick was preceded in death by his parents, Pope & Hildred and one sister, Dixie.

Rick will be missed by all who knew him.

Memorial to take place at Sangudo Community Center on April 1st at 1 pm.

ONOWAY ROYAL CANADIAN LEGION NEWS

Submitted by Lorinda McCool

Greetings from the Onoway Legion. The snow was a bit of a surprise but the moisture certainly was a bonus. Welcome to springtime in Alberta with the geese and crows arriving, the gophers frolicking and even the odd robin making an appearance. I hope everyone had a nice Easter break and is eager to enjoy our journey toward summer.

Patrons that didn't attend the March 18th St. Patrick's Day supper of corned beef and cabbage missed an awesome meal! (If you check out the Onoway Facebook site you will see pictures of our meals and menus.) The kitchen staff consisting of Bob, Ron, Jay, Pat St. H., Lynn, Wayne, Dee, Jim and Dora prepared and served the supper which included Irish Soda-bread Biscuits prepared and baked by Sherry Brown. Scouts Dawson, Samantha and Marshall thankfully performed table clean-up duties. We are going to try a few different ideas such as starting dinner ticket sales at 4:30PM instead of 5:30PM and encouraging customers to phone Bob Clark @ 780-967-3640 to reserve their places for

the Friday Night suppers. This will allow the Legion to be more accurate on the amount of food required and hopefully allow customers to be more relaxed with the knowledge their meals are secured. We will also have a signup sheet for the following meal available at the current Friday night supper. Scott sold draw tickets to three lucky winners namely Dave Roberts with the free meal voucher, Val O'Toole taking home the meat draw and Dora Sloan turning up the King of Clubs but taking home the ten dollar consolation prize.

March 19th and 20th were very busy with a dart tournament and a pool tournament on Saturday and Sunday respectively. Six teams competed in the fun dart tournament with a Fort Saskatchewan team placing first, St. Albert placing second and Neal Gorman's team from Onoway taking third place. Thanks to Jay, Ron, Bob, Marcelle and Cheryl for their kitchen duties by keeping the teams well fed and to Val and Bernie for making sure everyone was hydrated with their favorite beverage. Twelve players competed in the fun pool tournament with first place won by Kim Koroll of Edmonton, second place won by

Cory Gyman of Onoway and third place taken by Brad Ewart of Edmonton. Thanks to Sports Officer Larry Villneff for the information on both tournaments and congratulations to the winners and the competitors. Special congratulations to Jay Krause on running the kitchen for his very first time. The beef dips and reuben sandwiches were very well prepared and enjoyed by both competitors and customers who dropped in to watch the action and have a bite to eat. Well done, Jay!

As a reminder the Legion will be holding a spring garage sale on April 9th. 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 6th. Space is limited so it is recommended that you reserve your table(s) as soon as possible. Hamburgers and hotdogs will be available for lunch but no food or commercial vendors please. All members of the public are welcome and we hope to see you checking out the merchandise, enjoying the social atmosphere and having lunch on April 9th at our spring garage sale.

UPCOMING EVENTS:

March 29 - Tuesday Night Darts
March 30 - Wednesday Night Pool and Games

April 1 - Friday Night Supper - Navy Rum Ribs with entertainment by cowboy poet Ken Blacklock. Reservations recommended and meal sales begin at 4:30PM

April 4 - General Meeting @ 7:00PM

April 5 - Tuesday Night Darts

April 6 - Wednesday Night Pool and Games

April 8 - Friday Night Supper - Crispy Chicken Supper. Please phone Bob Clark @ 780-967-3640 to reserve your places or sign the sheet at the Friday Night Supper on April 1st.

The Legion phone number is 780-967-5361. Please contact Ted Latimer @ 780-967-4980 for hall rentals, Bob Clark @ 780-967-3640 to reserve your place at the Friday Night Supper, for meal inquiries/suggestions or to volunteer in the kitchen, 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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Wildwood Community Hall
4916 51st Ave

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The courageous and heartfelt story of being married to
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doors 6pm
admission 7pm

Dawna Heske 1-780-325-2460
Margaret Riehl 1-780-325-2391
Admission \$15

Lac Ste. Anne County To File Injunction Against North West Fire Rescue - Onoway

Continued From Page 1

Shortly thereafter, this contractor began to interfere with the emergency response of the Lac Ste. Anne County Fire Service. The fourth – and to date most concerning – incident of interference occurred on March

21, 2016, leading to a formal complaint being filed with the RCMP earlier this week.

When pressed about the arrangement between the Town of Onoway and its private Fire Services vendor, Town of Onoway Mayor Dale Krasnow stated in writing to Lac Ste. Anne County Mayor Bill Hegy that “I just want to clarify that the con-

tract that the Town of Onoway has with North West Fire Rescue – Onoway is ONLY within the Town of Onoway limits and those of Alberta Beach and the summer villages contracting to Onoway for fire services. Chief Ives had been verbally instructed by the Town of Onoway that anything he does outside of those municipal limits is done strictly on his own and NOT at all endorsed or encouraged by the Town of Onoway.”

To address the rapid escalation of the dangerous actions by North West Fire Rescue – Onoway, Lac Ste. Anne County is filing complaints and requests for support with both government and industry agencies. These actions by the County follow the March 21, 2016 incursion made by North West Fire Rescue – Onoway into an emergency response in the County without appropriate dispatching as reported

earlier this week.

The actions of North West Fire Rescue – Onoway continue to needlessly endanger the lives of County Residents, the Travelling Public, Emergency Services Personnel and County Firefighters. Despite the County’s best efforts to mitigate this increasingly dangerous situation with the Town of Onoway, the Town has claimed that it is unable to put an end to its vendor’s activities. As such, Lac Ste. Anne County has been left with no option but to address this issue without the Town of Onoway’s support, and shall be filing a court injunction to legally prevent North West Fire Rescue – Onoway from responding to incidents within Lac Ste. Anne County (and other municipalities that contract the County for Fire Services) without a direct request from Lac Ste. Anne County.

CANADIAN FIREARMS SAFETY COURSE
This is the course you need to get your Firearms License.
Saturday, April 2, 2016 - 8AM
 Onoway Heritage Center - 4708 Lac Ste Anne Trail North
 Lunch will be provided!

Non-Restricted Firearms Course & Exam	\$120
Restricted Firearms Course & Exam	\$100
Combined Non-Restricted & Restricted	\$200

To Register Please Call Guy (780) 461-7686



Summer Village of West Cove
Summer Grounds Maintenance
 (salary or contract position)

The Summer Village of West Cove is seeking applications from those individuals or companies interested in summer grounds maintenance work for the 2016 year (approximately 22 weeks). This position can be compensated on a salary or contract basis, and Council may give consideration to a multi-year contract.

Please note that the deadline for submission of resumes/proposals is Friday, April 8th, 2016, however, the position will remain open until a suitable candidate is found.

For more details, please visit the Summer Village website: www.westcove.ca (under 'What's New & Alerts')



We thank all candidates for their interest, however, only those selected for interviews will be notified.

Summer Village of Yellowstone
Summer Grounds Maintenance
 (salary or contract position)

The Summer Village of Yellowstone is seeking applications from those individuals or companies interested in summer grounds maintenance work for the 2016 year (approximately 22 weeks). This position can be compensated on a salary or contract basis, and Council may give consideration to a multi-year contract.

Please note that the deadline for submission of resumes/proposals is Friday, April 8th, 2016, however, the position will remain open until a suitable candidate is found.

For more details, please visit the Summer Village website: www.summervillageofyellowstone.com



We thank all candidates for their interest, however, only those selected for interviews will be notified.

ONOWAY REGIONAL FIRE SERVICE LAC STE ANNE COUNTY FILES UNTRUE GRIEVANCES REGARDING ONOWAY REGIONAL FIRE SERVICES

Submitted by Fire Chief David Ives

It has come to the attention of North West Fire Rescue – Onoway Ltd (Operating as Onoway Regional Fire Services) that the Lac Ste. Anne County has issued a media release alleging various unprofessional acts performed by Onoway Regional Fire Services (ORFS). Simply put, there is no truth to these allegations. We would like to make this clear: no actions of North West Fire / Onoway Regional Fire Services and / or its members have ever endangered county residents, travelling public, emergency services crews, or the county.

North West Fire Rescue – Onoway Ltd (operating as Onoway Regional Fire Services) continues to provide first-rate fire and rescue services to the residents, guests, and travelling public within the municipalities it serves and the provincial highways around them. ORFS does this via a dedicated crew of fulltime, part-time, and paid-on-call professionals embedded within the community. Our crew receives excellent and thorough training using the National Fire Protection Association’s curriculum that has been approved by the Alberta Office of the Fire Commissioner. ORFS has a commitment to public service and first-responder safety that will not change. Our focus remains on safety and serving our community.

It is regrettable that Lac Ste. Anne County Fire Services (LSACFS) directed by Fire Chief Randy Schroeder has decided to use the media as a conduit for grievances regarding Onoway Regional Fire Services and its members. To suggest that anyone within ORFS would act recklessly in an emergency scene is wholly untrue. ORFS members pride themselves on their professionalism and first

rate responder safety. All member responses to emergency incidents are carried out with the ability and skill required of a fire and rescue responder. ORFS members work with our brothers and sisters in other fire and rescue services to provide a team approach when multiple emergency vehicles are on scene.

ORFS remains wholly dedicated to public safety. We encourage and welcome questions

about our organization, training qualifications, and experience in the industry. As our goal is to serve the municipalities we operate in, we want to maintain open and honest lines of communication. We encourage Randy Schroeder and the LSACFS to contact us to engage in an open dialogue. All fire and rescue responders should be working together to ensure the safety of the communities we serve.

Media outlets are also invited to contact ORFS for comment on the above and any further releases provided by LSACFS Fire Chief Randy Schroeder.

For more information or an interview, please contact Fire Chief David Ives directly - 780-777-4688 or davidives.nwfr@gmail.com

SUMMER VILLAGE OF SUNSET POINT Proposed Bylaw Amendment No. 303

BEING A BYLAW TO AMEND SECTION 42 OF LAND USE BYLAW NO. 272 IN THE SUMMER VILLAGE OF SUNSET POINT GOVERNING THE TOTAL AREA OF ACCESSORY STRUCTURES PERMITTED PER PROPERTY

That Sub-section (b) of Section 42 (Garages and Accessory Structures) of Land Use Bylaw No. 272 should be amended as proposed below:

The Summer Village of Sunset Point is considering an amendment to Section 42 of Land Use Bylaw No. 272 governing the total area of accessory structures (ie. detached garages and sheds) permitted per property. The proposed amendment would continue to limited the “total floor area of all accessory structures to no greater than 93.0 m2 (1,000 ft2)” on any lot up to 929 m2 (10,000 ft2) in total area – while – then being amended to allow a maximum of 186 m2 (2,000 ft2) on any lot greater than 929 m2 (10,000 ft2) in total area.

As part of the Bylaw process the Summer Village is holding a statutory Public Hearing as noted below and you are invited to participate:

NOTICE OF PUBLIC HEARING NO. 303

When: April 15, 2016 at 10:00 am

Where: Summer Village of Sunset Point Offices
4719 Sunset Drive

If you are unable to attend you may forward written comments regarding the proposed amendment to the Summer Village’s CAO (Paul Hanlan) at least 48 hours prior to the commencement of the Public Hearing at:

Summer Village of Sunset Point
Site 202, Comp 89, RR# 2
Onoway, Alberta T0E 1V0
office@sunsetpoint.ca
(780) 717-6843 (office)
(780) 967-5651 (fax)

Copies of the proposed Bylaw can be obtained through an e-mail forwarded to office@sunsetpoint.ca or calling the Development Officer at (780) 717-6843.

DARWELL PUBLIC LIBRARY NEWS

Submitted by Sandra Stepaniuk, Library Manager

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

Preschool Story Time continues Monday mornings, 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 is designed to promote early literacy and gives preschool children and their parents/guardians an opportunity to explore a love of

reading 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 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. We have had a couple of requests to formalize the colouring club so that people can learn new techniques such as shading and adding dimension, etc. to your colouring. If you are interested please contact the library for further information.

Wednesday evenings is Family Games Night at the library. We have a selection of games for all ages and encourage you to come and join us for some good old fashioned fun and refreshments. This is a drop in program so registration is not required.

The next Book Club meeting is Monday, April 4, 2016 at 7:00p.m. we will be reviewing "An Astronauts Guide to Life on Earth" by Chris Hadfield. Do you love to read? Do you like to discuss what you have read with others? We have a few 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.

The next Family Movie Night, at the Lake Isle Community Hall, will be held on Friday, April 1, 2016. We will be showing the pre-release "PG" rated title "Star Wars Episode VII: The Force Awakens". 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! All of our programs are sponsored by The Darwell Public Library Society, Darwell Library Friend Society, FCSS and the CLSA Library Grant.

The Darwell Public Library Society will be holding their Annual General Meeting followed by the regular meeting on Monday, April 25, 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 or like us on Facebook at www.facebook.com/DarwellPublicLibrary

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LAC STE. ANNE COUNTY FILES COMPLAINT AGAINST NORTH WEST FIRE RESCUE – ONOWAY WITH RCMP

Submitted by Lac Ste. Anne County

Sangudo, Alberta, Wednesday, March 23, 2016 – Following direction from Council, Lac Ste. Anne County has filed a formal complaint with the RCMP against North West Fire Rescue – Onoway, the vendor engaged by the Town of Onoway to provide municipal fire services to a nine-community partnership they lead. The formal complaint stems from the increasingly dangerous situation created by the actions of North West Fire Rescue – Onoway due to their unsolicited excursions into Lac Ste. Anne County.

“The reckless and self-serving behaviour exhibited here is unlike anything I’ve witnessed during my extensive career as a professional Fire Fighter,” stated County Fire Chief Randy Schroeder. “The actions of North West Fire Rescue – Onoway have repeatedly compromised the efforts of our First Responders to safeguard County residents, and as a result we must invoke serious measures. Today’s actions are the continuation of our efforts to ensure our residents and firefighters are safe.”

On March 21, 2016, while responding to a motor vehicle collision on Hwy 37, Lac Ste. Anne County Fire apparatus with sirens and lights on were impeded in responding to the site of an accident by a North West Fire Rescue – Onoway fire truck which failed to yield to an emergency vehicle. Once Lac Ste. Anne County Firefighters arrived on scene, Chief Ives of North West Fire Rescue – Onoway offered to assist. Having appropriate resources on scene, the senior Lac Ste. Anne County Firefighter asked that North West Fire Rescue – Onoway and its equipment exit the scene to allow sufficient room for the Emergency Responders to work. Despite the request to stand down, North West Fire Rescue – Onoway remained on scene with its resources. While on scene, North West Fire Rescue – Onoway proceeded to hamper the official Fire, Ambulance and Police response, and in-

terfered with bystanders, victims and traffic control.

This latest incident is the fourth such incursion North West Fire Rescue – Onoway has made into emergency responses in the County without appropriate dispatching. The actions of North West Fire Rescue – Onoway continue to unnecessarily endanger the lives of County Residents, the Travelling Public, Emergency Services Personnel and County

Firefighters. Despite the County’s best efforts to mitigate this increasingly dangerous situation with the Town of Onoway (the municipal authority that has engaged North West Fire Rescue – Onoway as their Fire Service Organization), has claimed that it is unable to put an end to its vendor’s questionable activities. As such, Lac Ste. Anne County has been left with no option but to address this issue without the

Town of Onoway’s support. Lac Ste. Anne County is committed to continue these efforts until North West Fire Rescue – Onoway cease their unprofessional conduct and our residents and first responders are safe from their conduct.

“Above all else, our mandate is to safeguard the citizens of Lac Ste. Anne County in a manner that also protects our first responders to the greatest extent possible,” continued Chief Schroeder.

2016 DUST SUPPRESSION



The purpose of the Calcium Dust Suppression Program is to assist in the reduction of the impact of dust on residential rural properties adjacent to County roadways.

If you wish to participate in the 50/50 cost shared program, the Application **DEADLINE IS APRIL 15TH, 2016.**

Residents must have their MUNICIPAL ADDRESS sign posted prior to submitting an application.

*****All applications received after April 15th to April 30th, 2016 will be required to pay a “Late Application Fee” of an additional 10% of the cost of the dust control.***

**Cost for first 100 meters of calcium application will be \$400.00 + GST = \$420.00 Each additional 10 meters: \$40.00 + GST = \$42.00
Late Fee: 10% per application, effective April 16th – April 30th.**

NO APPLICATIONS WILL BE ACCEPTED AFTER APRIL 30th, 2016.

Application forms are available at the Lac Ste. Anne County office or online at www.lzac.ca.

Frequently Asked Questions:

Q. Why does the grader operator sometimes grade through the dust suppression?

A. Occasionally, the grader operator must re-grade the applied road section to maintain a safe road surface for the public. Under normal circumstances, the calcium dust treatment will remain activated and no action by the County is required.

Q. What does the calcium do?

A. Calcium suppresses the dust; but does not eliminate dust.

Tri-Municipal
EXPO
Business & Home

April 8th, 9th & 10th

Friday, 5 pm – 9 pm
 Saturday, 10 am – 6 pm
 Sunday, 10 am – 4 pm

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SHUTTLE BUS IS AVAILABLE ON SATURDAY, APRIL 9TH FROM THE SOUTHWEST CORNER OF THE SUPERSTORE PARKING LOT FROM 9:30 AM TO 6:30 PM.

Hosted by the Stony Plain & District Chamber of Commerce
 Ph: (780) 963-4545
 Email: info@stonyplainchamber.ca
 Web: www.stonyplainchamber.ca

STONY PLAIN & DISTRICT
 CHAMBER of COMMERCE





We're on the hunt for EGGCELLENT artists

Abby A. Age 4



Danika G. Age 7



Hailey C. Age 10



Maggie S. Age 11

The Easter Bunny is proud to announce the winners of the Easter Colouring Contest!

Our contest was a huge success! There were so many great entries that it was difficult to choose the winners, but after careful deliberation, we made our decision.

Each winner received a gift basket.



Lose up to 5 lbs or more in just 3 days!! Yes It Really Works!!

"I've lost 30 Pounds in 45 days
- I've tried all kinds of products
and so happy to find one
that actually works!"

- Elaine Spruce Grove

"Down 36 lbs. in just 2 months.
Even Dr. B's diet where I had to
starve myself on 800 calories
couldn't do this. This product is
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RIDING UPDATE – WEEK OF MARCH 14

Submitted by Jim Eglinski, MP – Yellowhead

As Parliament was down the week of March 14th, I attended local community meetings and events in the riding. This allowed me the opportunity to engage with constituents.

While in Warburg, I said a few words at the Fish and Game Association's event. Later in the week, I participated in Jasper National

Park's Annual Public Forum, where attendees were informed on the progress of implementing the Park's management plan. I also delivered a speech in Jasper on the occasion of the flag raising to mark the beginning of the annual Jasper Pride Festival. On Friday, my wife, Nancy, and I were in Rocky Mountain House and later in the evening we helped out with the Edson Rotary Club's fundraiser.

At the end of the week, I had the pleasure of speaking at the Evansburg Royal Canadian Legion Branch 196 regional Spring Rally. This was a great opportunity to recognize the support and involvement of our local legions within their communities.

As promised during the Federal Election Campaign last year, I will be opening an office in Rocky Mountain House to better serve the

constituents in the southern part of the riding. I spent some time there, this week, assisting in setting up the office and it should be ready for its grand opening sometime late April.

I will be headed back to Ottawa on March 20, where I will attend meetings and presentations, as well as take part in committees and events. I look forward to reporting back to you at the end of next week on the activities of Parliament.

RCMP BEATS

Submitted by Stony Plain/Spruce Grove RCMP

Occurrences for the week of March 14 to March 20, 2016.

Total Calls for Service Spruce Grove/Stony Plain Detachment: 467

Total Calls for Service for the Victim Service Unit: 68

Persons Crimes: 49

Property Crimes: 83

Impaired Driving Complaints reported: 13

Impaired Driving Charges Laid: 3

Roadside Suspensions: 1

Motor Vehicle Collisions Attend-

ed: 34

Property Crimes:

Spruce Grove

1. March 16 – Area of Meadowlink Gate – Break and Enter to Residence

2. March 17 – Area of Campsite Road and Hwy 16A – Theft of Vehicle, 1995 green Nissan Pathfinder

3. March 18 – Area of Brookwood Drive – Theft of Vehicle, 2011 blue Ford F150

4. March 19 – Area of McLeod Avenue and McLaughlin Drive – Theft of Vehicle, 2011 blue Mazda 6

5. March 20 – Area of Spring Gate

– Theft from Vehicle, sunglasses and cash stolen

6. March 20 – Area of Westlake Drive – Break and Enter to Residence, strong boxes stolen

Stony Plain

7. March 20 – Area of 45 Avenue and 45 Street – Theft of Vehicle, 2012 white KIA Magentis

Rural

8. March 14 – Area of Township Road 511 and Range Road 265 – Theft of Vehicle, 2004 red Chevrolet Avalanche

9. March 14 – Area of Township Road 531A and Range Road 263

– Theft of 2010 Caterpillar 262B2 (Bobcat)

10. March 20 – Area of Township Road 534 and Range Road 13 – Theft from Vehicle, purse stolen

Stony Plain/Spruce Grove RCMP

remind you not to make it easy for thieves. Never leave your doors unlocked – have a deadbolt installed to increase security.

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.

APRIL IS NATIONAL ORAL HEALTH MONTH

Do you have gum disease? Statistics show that over 70% of the adult population has gum disease. You might be unaware that you have gum disease since it is painless. In its early and moderate stages, you may notice your gums bleeding and a bad smell in your mouth. Do not ignore these symptoms! In the severe stage of gum disease, you may notice your teeth moving or shifting. Unfortunately, some people lose their teeth to gum disease. Only regular oral examination can reveal if you have gum disease.

Gum disease is caused by bacteria that doesn't like oxygen. It hides in the depths of the gums and destroys the bone and gum that supports your teeth. Since the bacteria in our mouth enters the blood circulation and spreads in the body, gum disease has been identified as a risk factor for various health problems like heart attack, diabetes, pneumonia, cancer, Alzheimer's, osteoporosis, rheumatoid arthritis and low weight or premature babies. Yes, the health of your mouth impacts the rest of your body! Having your teeth cleaned regularly can help you control your blood pressure and your blood sugar.

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- HELPS TO EVEN SKIN TEXTURE
- MATTES SKIN FOR A FLAWLESS FINISH
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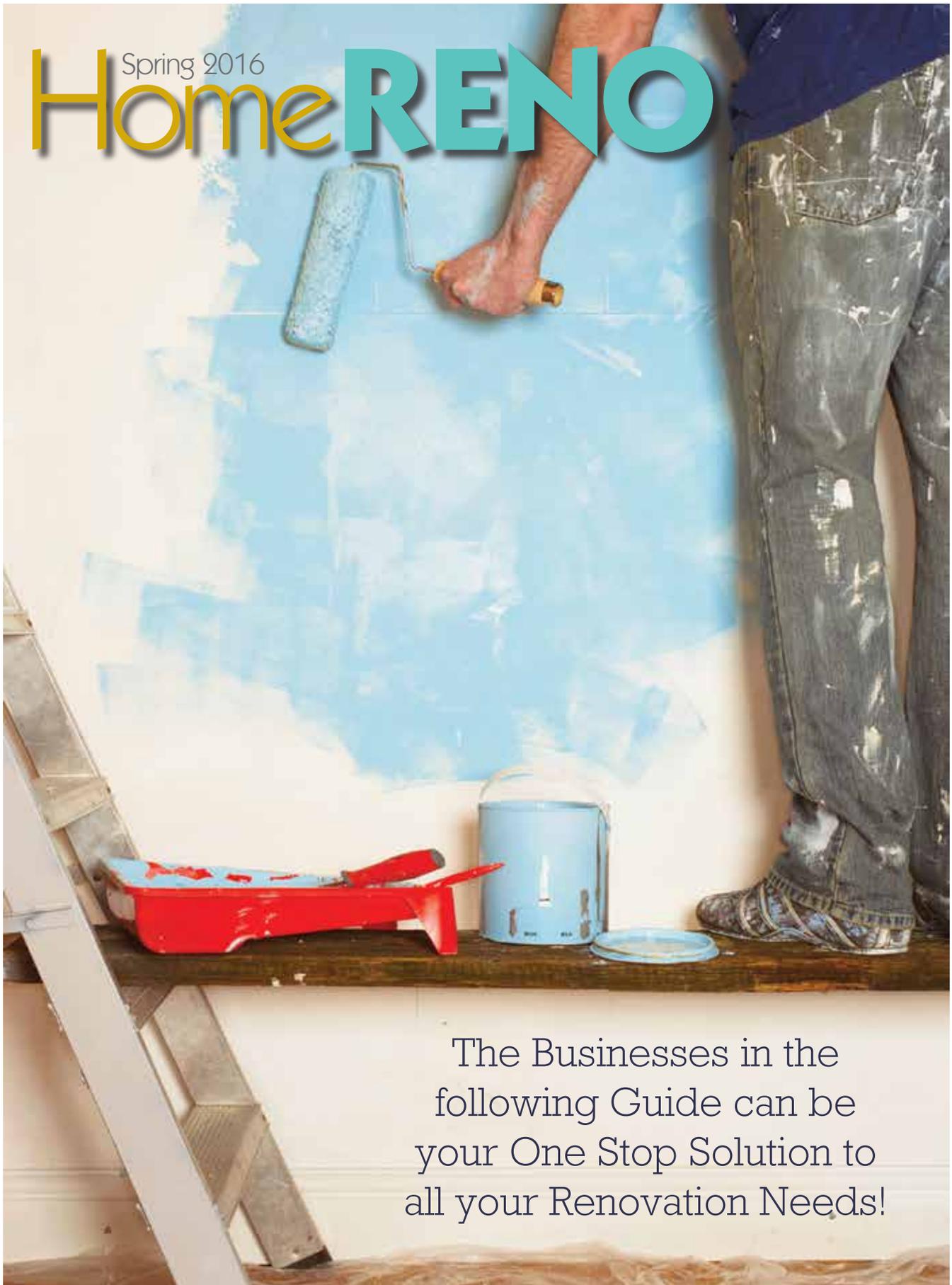
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ARE FORMAL SPACES DISAPPEARING?

Formal dining and living spaces could once be found in every home. But such rooms are becoming more and more rare, thanks in large part to the rising popularity of multipurpose open spaces.

As early as 1992, architects and builders were predicting the demise of formal living spaces in homes. At that year's International Geographical Congress, architectural geographer Artimus Keiffer estimated the living room and dining room would disappear from the American residence in the next century, to be replaced by the family-entertainment room and the computer room. According to North Carolina-based builders Stanton Homes, many home buyers have inquired about converting their formal dining rooms into office spaces or rooms to be used for purposes other than dining.

The National Association of Home Builders also released a special report listing home features expected to become the norm within the next several years. More than half of the NAHB study participants expected the living room to merge with other spaces in the home, while 30 percent expected it to vanish to save on square footage.

So what is taking the place of living rooms and dining rooms? Great rooms and open-concept kitchens have steadily caught the eyes of designers and homeowners alike. Such rooms enable a free flow between lounging and entertaining spaces and the heart of the home - the kitchen. On-the-go families may not be sitting down to the same formal dinners they once were, or they don't need the pomp and circumstance of formal meals. Large eat-in-kitchens function well for family meals and even for entertaining

friends in a relaxing way.

Thanks to the advent of wireless technology and mobile devices, home residents no longer need to be relegated to one room in the house for their media watching or computer use. This may have helped to accelerate the disappearance of living rooms. In addition, the concept of devoting one space as a media-free zone (traditional formal living or sitting rooms tend to be tech-free) may seem antiquated to this plugged-in generation. Rooms that are comfortable and serve various purposes better suit today's homeowners.

The rules that once governed the traditional home floor plan are more fluid than ever. Homeowners' preferences are having a greater impact over which rooms are now being included in new homes and which ones are soon to be history.



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SUSTAINABLE FLOORING OPTIONS ABOUND

Kitchen and bathroom remodeling projects tend to make great investments, earning homeowners significant returns when they sell their homes down the road. But flooring upgrades are another home renovation project that can attract attention and help sellers when they put their homes on the market.

Home flooring options abound, and it is easy to get excited and overwhelmed about flooring renovation projects. When choosing new flooring materials, homeowners should keep in mind the latest consumer trends, as those trends might help them recoup more of their flooring investment down the road.

One popular flooring trend is the use of sustainable materials. In addition to the more widely known benefits of choosing sustainable flooring, such as protecting natural resources and reducing a home's carbon footprint, sustainable flooring can help

reduce indoor air pollution. Various studies from the U.S. Environmental Protection Agency have shown that indoor air pollutant levels may be higher indoors than outdoors. A major contributor to indoor air pollution are the volatile organic compounds, or VOCs, being off-gassed by carpeting and other flooring in a home.

Flooring manufacturers and designers are embracing the green design and remodeling movement. Today there are many beautiful and sustainable eco-flooring options. Here are some of the more popular materials.

· **Bamboo:** Contrary to popular belief, bamboo is not a wood, but a grass. It is a fast-growing grass, and that makes it a smart choice in many design applications. Also, unlike wood, which will absorb moisture and can warp, bamboo repels water and can be used for flooring

in areas where one wouldn't think to put wood, such as in bathrooms, entryways or mudrooms. Bamboo is naturally very light in color, but can be stained in many different hues to give homeowners more options.

· **Green carpeting:** Consumers can now find a wide range of sustainable carpets and rugs that are available at competitive prices. Wool carpets made with undyed or vegetable-dyed yarns and minimal glues are some options. Some carpets are even made from recycled content, such as rubber and plastics. Water-based, low-VOC adhesives paired with recycled cotton padding can reduce the toxicity and impact of carpeting even further.

· **Cork:** Growing in popularity, cork is a material harvested from the bark of cork trees found in the forests of the Mediterranean. The bark grows back every three years, so it is a handy renewable resource. Cork

boasts fire-retardant properties and may naturally repel insects. It can usually be stained to suit various color schemes.

· **Rubber:** Rubber flooring may call to mind fitness gyms and playground safety substrate, but it's also slowly finding its way into homes. Made from recycled tires, rubber flooring is flexible underfoot and can be long-lasting and colorful.

· **Reclaimed wood:** Rather than purchasing brand new hardwood planks for flooring, homeowners can opt for reclaimed wood reused from other building applications. After some sanding, staining and finishing, reclaimed wood provides homeowners with the opportunity to choose traditional hardwood flooring without any concerns about deforestation.

Eco-friendly flooring materials continue to evolve and can be smart choices in today's homes.

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FIND AND MAINTAIN THE RIGHT CARPET FOR YOU

Carpets provide both practical and aesthetic appeal inside a home. In winter, carpets help keep homes warm, and the right color carpet can add to design schemes.

While rugs may have originated in the Far East, North America also has some rich carpet history. According to The Carpet and Rug Institute, the United States carpet industry began in 1791 when the first woven carpet mill opened in Philadelphia. Others soon followed suit. Tufted carpets and machine-powered manufacturing helped churn out yards upon yards of carpeting, making it a popular, affordable and common addition to homes, especially after the post-World War II housing boom.

Carpeting remains a go-to flooring material in modern homes. In fact, many homes offer a blend of both

carpeting in some rooms and different flooring choices in others.

Upon choosing carpet, it is important that homeowners follow some guidelines to prolong a carpet's longevity and maintain its style. The following are some common carpeting dos and don'ts.

DO consider the room's purpose and foot traffic before shopping for carpeting. Make a list of the attributes desired (e.g., soundproofing, easy care, high pile) and present these to the salesperson so he or she can help you make the best choice.

DON'T rush into flooring choices. Unlike paint colors, flooring materials are more permanent choices that are only updated every several years or more. Weigh all of your options before diving in.

DO consider conservative colors

and styles. Neutral hues and patterns will blend better with furniture options. This means you can change furniture out and still keep the existing carpeting, which complements any new pieces. Also, if there's a chance you might sell your home in the near future, buyers tend to look for a neutral color scheme they can make their own.

DON'T skimp on padding to save a few dollars on the carpet installation. The carpeting needs a solid foundation to last and look its best. Inadequate padding can lead to extra and noticeable wear and tear. Invest in a good foundation for the carpeting, like firm, dense padding in high-traffic areas.

DO become knowledgeable about different carpet styles, such as frieze, Berber, Saxony, textured,

and more. This will help ensure you make the most educated decision.

DON'T purchase at the first store you visit. Shop around to investigate different pricing and specials. Also, consider the professionalism and expertise of the staff responsible for carpet installation. High-cost carpet may not look very good if it isn't installed correctly.

DO stain-protect rugs and carpeting, which can help repel stains that would otherwise become permanent and can prolong the longevity of the flooring.

DON'T forget to vacuum carpets frequently to prevent ground-in dirt and debris.

DO pick textured carpets to conceal footprints and vacuum track marks.

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HOW TO CLEAN AND MAINTAIN STAINLESS STEEL

No matter the style of a homeowner's kitchen, be it modern, traditional or farmhouse, stainless steel appliances can add a pop of shine and a touch of class. Proponents of stainless steel appliances note their easy maintenance, stylish look and durability. Plus, the neutral tone of

stainless steel helps it blend in with just about any color palette.

Stainless steel is lauded for its strength and resistance to corrosion and rust. These attributes make it a popular choice in kitchens, where moisture is an issue. Although they are certainly durable choices, stain-

less steel appliances require maintenance to keep them looking and performing at their best. Considering that stainless steel also costs more than other finish options, taking the time to learn proper care can help protect homeowners' investments.

· Avoid chlorine bleach or other products containing chloride. Although stainless steel is highly resistant to corrosion, it is not completely impervious. Chlorine products can damage the surface of stainless steel appliances and stain them if the chlorine is left to sit.

· Do not use metal scourers or coarse abrasives on the stainless steel because such products may scratch the steel. Steel wool pads can leave behind a residue of small metal particles that may eventually rust.

· Baking soda mixed with a little dish soap can be used to remove some tough dirt and stains. Rinse well and towel dry to avoid streak-

ing.

· Clean and wipe the steel in the direction of the "grain." Usually this means working from the top of the appliance and moving down toward the floor.

· Consult with the owner's manual before undertaking any maintenance or cleaning. The appliance may have a special coating over the stainless steel to help protect it, and it's best to know what you're dealing with before getting your hands dirty.

· If you will be trying a cleaning product or scouring method, always test it first in an inconspicuous spot to see if it is effective or harmful.

· Julien, a leader in commercial kitchen equipment, recommends applying cleansers with a soft cloth or sponge. Then wipe dry with a soft, clean cloth or allow to air dry.

Stainless steel remains a popular material in kitchens for sinks and appliances. With care, stainless steel can look like new for years to come.

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SAFEGUARD YOUR HOME FROM INSECT INFESTATIONS

The dawn of spring marks the return of many things, including long hours of sunlight and warm temperatures in which to enjoy that sunshine. But homeowners know spring also marks the return of insects, unwelcome guests that can be difficult or expensive to control once they have entered a home.

As problematic as insect infestations can be, preventing such problems can be simple, especially when homeowners are proactive. The following are a handful of ways to keep insects out this spring and summer.

- Consider potential food supplies and cut those supplies off. Insects often enter a home in search of food, so cutting off potential food supplies is a great way to prevent insects from coming inside. Give dining areas a thorough cleaning after meals,

- vacuuming or sweeping the floors beneath dining tables each night before going to bed. (Parents of young children may want to sweep floors after each meal.) In addition, clean pets' bowls each night to be sure there are no food scraps left that may entice insects, and make sure pet food containers are tightly sealed after each serving. Sinks are another potential food source, so empty food traps after using the sink and run the garbage disposal as well to remove any food that might be lingering.

- Address potential shelters. Insects also seek shelter inside homes, and there are many areas in a home that can provide adequate shelter. Cracks around windows and doors and in the foundation provide both entry points and potential shelters for insects. Seal such cracks with

- caulk, testing the areas by feeling for any incoming air. If you still feel air coming in, there is still some sealing to do. Cracks in cabinets or counters also may provide shelter to insects, so address these areas as well.

- Reconsider exterior lighting. Exterior lighting may be inviting insects into your home. Insects tend to congregate around lights at nighttime, so avoid placing lights right outside entryways. Once doors are opened, insects can then fly right into your home. Keep exterior lights as far away from entryways as possible. If you need lights right outside your doors, install motion-sensing lights that only turn on when you come within a few feet of the door. This reduces the volume of insects that congregate outside your entryways, and lowers the risk that in-

sects will follow you in when you arrive home at night.

- React quickly upon seeing insects. Insect infestations happen gradually, so homeowners should react quickly when seeing a single insect or a handful of insects inside their homes. The slower your response, the more likely one or two intruders is likely to turn into a large infestation. Immediately clean any areas where you see insects, and take more substantial measures if your initial efforts were not enough to prevent more insects from coming in.

The presence of insects inside a home can be a nuisance, but there are many ways to prevent such infestations and keep unwelcome guests at bay.

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HOW TO CREATE EXTRA STORAGE SPACE

Apartment dwellers commonly lament the lack of storage space in their homes. But unless such men and women are willing to pack up and move to a larger apartment or private home, storage will continue to pose a problem. Fortunately, there are many ways to create storage

space without knocking down walls.

- Buy furniture that includes storage space. Perhaps the simplest way to create extra storage space is to purchase furniture that doubles as storage. Storage beds make great places to store bulky bedding, including extra bedsheets, blankets

and pillows. Living room furniture can also serve dual roles. Dress up a storage chest and use it as your coffee table, and replace old footrests with storage ottomans.

- Hang pots and pans. Kitchen cabinet space can be especially scarce in apartments, but that does not mean apartment dwellers must cook with a single pot and pan. Suspend pots and pans from the ceiling, using the cabinet space you have to store food and other items that might look out of place if left sitting out.

- Buy a corner coat rack. Coats take up ample closet space, which apartment dwellers know can be a precious commodity. Rather than reserving half of your closet space for coats, purchase a corner coat rack with multiple hooks at varying heights. This means that all those bulky coats will be stored in one small, vertical space, leaving more room in the closets for the rest of

your wardrobe.

- Purchase removable shelving units for closets. Closets may have plenty of shelf space up top, but what about all that floor space that's not being put to use? Small, removable shelving units can be placed inside closets so you can make use of the space beneath all those shirts, dresses and sweaters hanging on hangers.

- Purchase an e-reader. Avid readers living in storage-starved apartments can create more space simply by going digital with regard to their favorite hobby. Purchase an e-reader and store all of your books digitally on your new device and its accompanying cloud storage. This saves you from having to find space to store new books, and you can donate all or some of your existing collection to create more space.



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FORTISALBERTA ANNOUNCES ITS 2016 EARTH HOUR CHALLENGE RESULTS

Submitted by FortisAlberta

FortisAlberta, an electricity distribution company that provides service to central and southern Alberta, is excited to share the results of the 2016 Earth Hour Challenge.

Earth Hour took place on Saturday, March 19, from 8:30 – 9:30 p.m. and 25 communities within FortisAlberta's service territory participated. This year, grants were increased to a total of \$15,000 to be allocated to the top three communities with reduced consumption to enable municipalities to

create or enhance energy efficiencies in their communities.

"Communities came up with their own unique ways to reduce energy consumption during Earth Hour," says Natasha Russell, Corporate Communications Advisor. "Residents were encouraged to turn off unnecessary lights and were also encouraged to participate in community events."

The winners of the Earth Hour grants are those communities that are identified to have had the lowest electricity consumption during Earth Hour, as compared to the same hour

on the previous Saturday. The percentage decrease was used to determine the winners of the grants.

This year's recipients of the Earth Hour grants are:

- First place winners: Village of Glenwood and Village of Hill Spring tie for first place (first and second place grants were combined and divided by two to ensure fairness). Each community receives \$6,250 each for a 94 per cent decrease in consumption.

- Second place winner: Village of Alix receives \$2,500 grant for an 18.5 per cent decrease in consumption

Thank you to all participating communities who entered the FortisAlberta Earth Hour Challenge!

Visit FortisAlberta for energy saving tips at www.fortisalberta.com.

About FortisAlberta

As owner and operator of more than 60 per cent of Alberta's total electricity distribution network and more than 120,000 kilometres of power lines, FortisAlberta's focus is the safe and reliable delivery of electricity to its 530,000 customers in 200 communities across Alberta.



SPRUCE GROVE MAN WINS \$100,000 ON EXTRA

Submitted by Western Canada Lottery Corporation

Richard Presseau always adds the EXTRA to his LOTTO MAX tickets. Today he's happier than ever with his decision – he won \$100,000 on the February 26 EXTRA draw.

"The ticket was a free play on LOTTO MAX and I added the EXTRA," he said. "I really couldn't believe it when I scanned the ticket."

"I stood there and all I could say was, 'Holy smokes!'" he finished.

The Spruce Grove man plans to use his winnings to pay off all his bills and put a new kitchen in his house.

"It's going to be really nice to be pretty much debt-free," he said.

Presseau purchased his winning ticket at 7-Eleven Food Store, located at 1 Spruce Valley Way in Spruce Grove.

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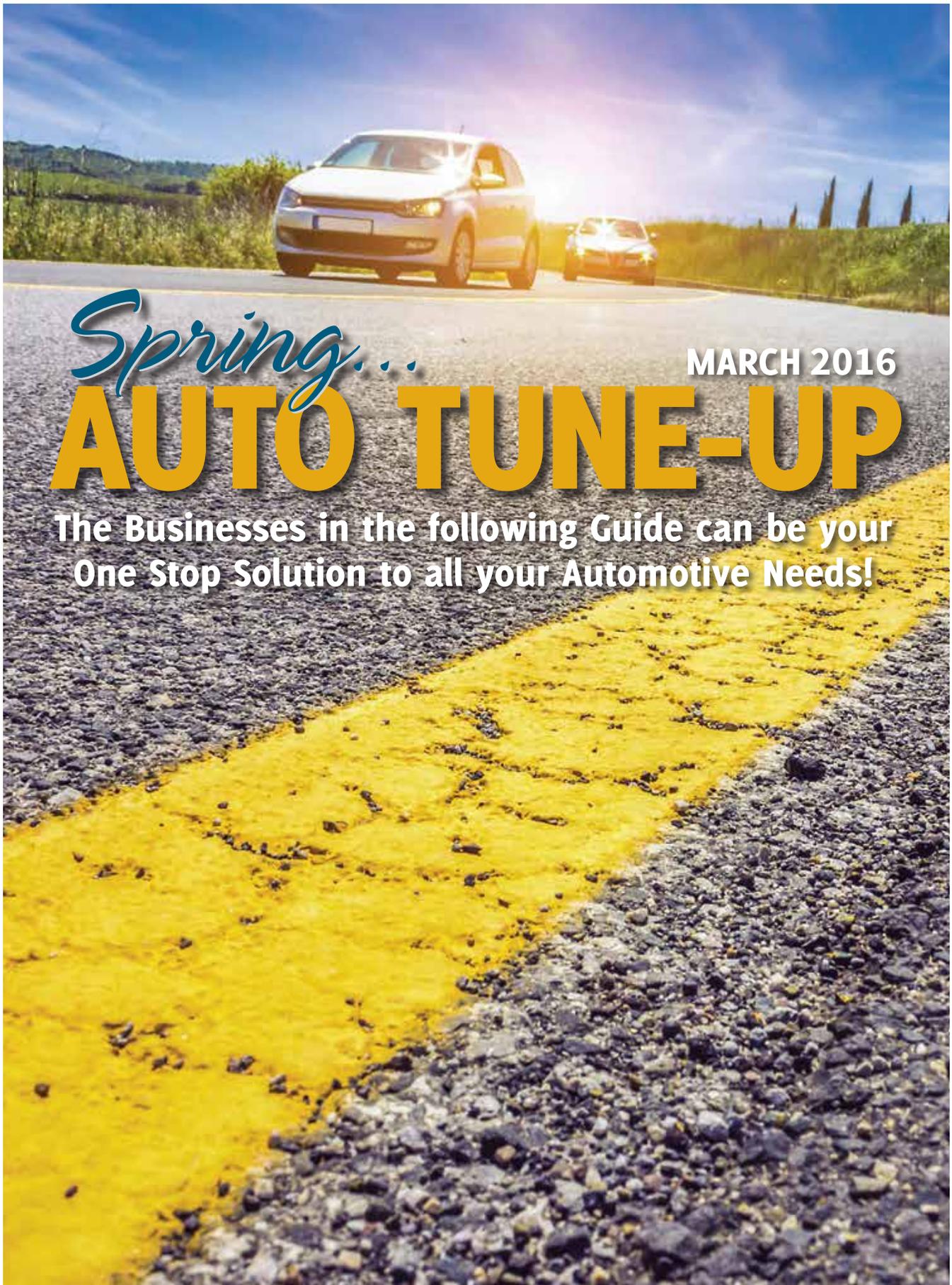
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**The Businesses in the following Guide can be your
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Auto TUNE-UP

WASH YOUR CAR LIKE A PRO TO PROTECT ITS VALUE

Vehicle owners know maintaining a vehicle can be a lot of work. Taking the time to properly care for a vehicle can prolong its life expectancy and help owners avoid breakdowns and other issues along the way.

Regular washing is an aspect of vehicle maintenance that some may classify as a purely cosmetic benefit. Certainly a car wash can keep the vehicle looking its best, but there are other advantages to washing as well. Washing offers preventative maintenance for the car's paint and can help prevent rust and corrosion resulting from dirt, acid rain and road salt. Rust can compromise hydraulic brake and fuel lines, as well as many moving parts in the chassis and frame. Corrosion of electrical connectors and other parts under the hood can lead to leaks, electrical shorts and a

host of additional problems. It's easy to see how washing the car is more essential than one might have suspected.

If you live in an area with a high amount of dust or industry, you may need to wash your car as frequently as once a week. Drivers who live along or near coastal areas may need to wash their vehicles frequently to combat sea salt buildup. Garage-kept vehicles may be able to go longer between washes, but in general washing a vehicle every two to three weeks is a good rule of thumb. In addition, a good sealant will protect the paint and other trims throughout the year.

The following are some other car-wash tips to follow.

· Always use a proper washing soap solution. This will preserve the car's finish better than other homemade soaps. Avoid using

dishwashing liquid, which can strip protective wax coatings.

· Be prompt when cleaning off bugs, sap and bird droppings that may stick to the paint and become difficult to remove over time.

· Wait until a car has cooled down before washing. Heat speeds up the drying of soap and water and can make it more difficult to clean.

· Always use a clean, non-abrasive sponge. Resist the urge to move the sponge in circles as you clean. Doing so can create noticeable swirl scratch marks. Instead, move the sponge lengthwise across the body panels and hood.

· Keep a separate rinsing bucket to clean the sponge or washing mitt so that dirt is not mixed into the clean, sudsy water.

· Consumer Reports suggests

using a soft squeegee to remove most of the water on the body of the car after washing and rinsing. Blot up any extra water with a chamois.

· Wax the car every season to ensure it has maximum protection. In between, apply a liquid spray wax to touch up spots. Water beading is not an ideal indicator of whether or not the car needs a coat of wax.

· Don't forget to pay attention to the interior. Vacuum the carpets regularly to prevent ground-in dirt and routinely clean the upholstery with a product specific to your vehicle's interior, whether that interior is leather or fabric.

Protecting a vehicle investment involves keeping the car clean. Know the right ways to help a car or truck look and perform like new.

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Auto TUNE-UP

SAFE DRIVING TECHNIQUES HAVE CHANGED

Driving today is different than it might have been when many motorists first earned their drivers' licenses. As a result, safe driving techniques have changed. Learning these changes and adjusting driving habits can keep motorists and their passengers safe.

- Watch the clock. Older guidelines indicated keeping hands on the steering wheel at the positions of 10 and 2 if you were imagining it as a clock. New information indicates this can be dangerous to the arms and hands should the air bag deploy in a crash. The National Highway Traffic Safety Administration and AAA now say you should grip the wheel at the 9 and 3 positions, which safely allows drivers to maintain control of their vehicles.

- Change your turns. Air bag safety also comes into play when making turns. Rather than the

formerly taught way of hand-over-hand turning, drivers should push with one hand and pull with the other to steer the wheel - safely keeping their hands away from the plastic casing and the possible release of heat and pressure from an exploding air bag.

- Use hazard lights only when real hazards are encountered. Some people are very generous in their use of hazard lights, turning them on when double-parking, in bad weather or when they are carrying a heavy load. Various states and areas have specific laws governing the use of hazard lights, including when and when not to use them. Hazard lights may inadvertently put drivers in danger because they can override turning signals. Some other drivers have become so accustomed to seeing hazard lights that they may not take them seriously. Es-

urance suggests checking local laws to determine which situations warrant using hazard lights.

- Don't block the "fast lane." The far-left lane has long been considered the passing lane. Although some police departments have become more lenient in allowing drivers to actually stay in the left lane, it's still courteous to use it as infrequently as possible. When you do find yourself in the left lane, recognize that you should maintain highway speed or accelerate slightly to get around the car you need to pass. Driving slowly in the left lane can compromise your own safety and that of your passengers and fellow drivers.

- Anticipate road conditions. There are differences between driving on rural roads, paved roads and heavily trafficked highways, especially during

inclement weather or when encountering adverse conditions. There's no magic speed or technique that is ideal all of the time. Drivers need to learn to adapt to the conditions to facilitate safe passage. Keep in mind that it can be difficult to stop on gravel, wet roadways or those covered with leaves.

- Avoid the big rush. Always try to leave extra time to reach a destination. This way you will not have to speed or make tricky maneuvers to get to an appointment on time. Rushing around can lead to distractions or unsafe practices. Reduce your accident risk by building extra time into your trip.

Driving rules are not static, and drivers should stay current on practices that are safe and those that are no longer correct to use on the roadways.



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Auto TUNE-UP

SAFETY IN NUMBERS: WHY IT PAYS TO REPLACE HEADLIGHT BULBS IN PAIRS

(MS) - When it comes to vehicle maintenance, the rule of two has long reigned among professional automotive technicians and driving safety advocates. In accordance to this rule, drivers replacing important parts in their cars and trucks, such as tires, brakes, shocks and wiper blades, should always do so in pairs.

Replacing parts in pairs can ensure vehicles are properly balanced and functioning safely. But it's not just tires, brakes and other big-ticket components that should be replaced in pairs. Vehicle lighting plays an integral

role in keeping drivers and their passengers safe, and motorists should exercise the same caution regarding their vehicles' headlights, taillights and turn signals that they do when maintaining the rest of their cars and trucks.

Why replace aging headlight bulbs?

Few drivers include headlight bulb replacement in their vehicle maintenance routines. But old headlight bulbs can drastically compromise visibility at night, when drivers' visual acuity is naturally reduced by as much as 70 percent. As headlight bulbs

age, the effects of exposure to sunlight, ozone and pollution can significantly reduce their light output. According to Philips Automotive, a leading manufacturer of vehicle lighting components, headlight bulbs begin to project significantly less light within two to three years of their initial usage, producing dimmer light outputs that compromise the safety of drivers and their passengers. For example, new headlight bulbs capable of projecting 240-foot beams in front of a vehicle may see that projection dwindle to just 160 feet within two to three years.

Why replace bulbs two at a time?

In an effort to promote the importance of changing headlight bulbs two at a time, Philips developed the "Change In Pairs" safety campaign, which aims to educate motorists about the dangers of dimming lights while promoting the many reasons that changing bulbs in pairs makes the road safer for all travelers. To support this safety initiative, Philips also packages its Upgrade Headlight Bulbs in pairs.

Though replacing two head-

light bulbs when only one is dimming may seem unwarranted, maintaining a consistent light output in both headlights makes the road safer for drivers, their passengers and oncoming motorists. When only one bulb is replaced, the resulting light output can be both unbalanced and unpredictable, providing inadequate lighting that can compromise driver visibility. In addition, oncoming motorists may experience difficulty seeing vehicles with just one headlight operating at full capacity, and some may even mistake oncoming cars and trucks for motorcycles, creating positioning issues for drivers on both sides of the yellow line.

How else can drivers improve visibility?

In addition to replacing headlight bulbs in pairs every two to three years, drivers can take the following proactive measures to reduce the likelihood that their vision will be compromised while on the road.

Replace worn out wiper blades. Wiper blades need to be changed each season or in three-month intervals. Rubber wiper blades can grow brittle rather quickly, potentially compromising driver visibility at times when they need their vision to be as strong as possible, such as when rain or snow is falling.

Clean interior glass and mirrors. Over time, interior glass can develop a film-like buildup that reduces vision and creates hazy reflections from the sun. Smokers may notice such buildup is especially thick in their vehicles. Periodically clean interior glass and mirrors to prevent this film from compromising your vision.

Don't hang accessories in your vehicle. Fuzzy dice, photos and other items hung on rearview mirrors can prove distracting and block you from seeing the road.

Learn more about the "Change In Pairs" campaign by visiting www.philips.com/automotive.

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Auto TUNE-UP

SIMPLE MAINTENANCE TIPS TO KEEP YOUR RIDE RUNNING STRONG

Motor vehicles are sizable investments that, for many people, trail only homes and educations in terms of the biggest expenses they will ever have. So it's in drivers' best interests to take every step possible to protect their investments and keep their vehicles running smoothly as long as possible. While knowledgeable mechanics can be invaluable resources, drivers can take several minor, simple steps to keep their cars running smoothly for years to come.

· Perform weekly visual inspections. Few drivers take the time to look at their vehicles once those vehicles lose their new car luster. But visual inspections can help drivers find problems that, though minor, may impact their vehicles' performance. For example, a routine examination of vehicle tires can indicate if those tires are properly inflated. Poorly inflated tires can decrease fuel efficiency and affect the overall safety of a vehicle. If tires appear flat, check their pressure and inflate them to the levels listed in your owner's manual.

· Look for fluid leaks. Another telltale and easily identifiable sign that a vehicle needs some maintenance is the sight of fluids beneath the car. If you notice puddles or stains beneath where you normally park your car, your vehicle may be leaking fluids. Note the color and consistency of the fluid and then call your mechanic to determine which fluid is leaking and how to fix the problem.

· Stick to manufacturer-recommended maintenance schedules. Whether your vehicle is brand new or has some tread on its tire, consult the owner's manual for manufacturer recommendations with regard to changing fluids and replacing filters. Many recent models can now be driven roughly 5,000 miles before they need an oil change, but check your owner's manual for the guidelines established by your vehicle's manufacturer, and adhere to that schedule religiously. If you drive an older car, recognize that the vehicle

may benefit from more frequent oil changes and tuneups.

In addition, read the manual for additional guidelines, such as how often to replace the air filter, headlight, turn signal and brake lamps, windshield wipers, and other vehicle parts that can wear down over time.

· Look under the hood as well.

While many drivers feel that the area beneath their vehicles' hoods is best left to the professionals, you can still lift up the hood every so often to see if there are any glaring problems that demand attention. Inspect rubber belts for signs of wear and tear, and know that such belts may need to be replaced every 50,000 miles or even more frequent-

ly depending on your driving habits. Lifting the hood is also necessary when checking fluid levels, which you should check periodically and before and after any long trips.

Drivers who notice or suspect damage when performing simple vehicle maintenance should bring these concerns to the attention of their mechanics as soon as possible.



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ALBERTA GOVERNMENT INDICATES WHITECOURT HOSPITAL MAY NOT BE A PRIORITY DURING THIS TERM

Submitted by Tara Gallant

The Province of Alberta advised Whitecourt and Woodlands County that it will continue to study and review our region's health care needs prior to making a decision on the future of the Whitecourt Health Care Centre (hospital). Despite Alberta Health Services – North

Zone recently naming Whitecourt as a priority for the region, the Province has decided to conduct a needs assessment under the Rural Physician Action Plan to determine local health needs in the context of the entire province.

“The process for receiving approval for a new hospital in Whitecourt started in 1993,”

remarked Whitecourt Mayor Maryann Chichak. “This new study will be the third the Province has sanctioned for Whitecourt since 2008, and I’m confident that it will come to the same conclusion – we need a new hospital. What I find most disappointing is that the Government of Alberta has made new hospitals and improved health

services a priority, but for some reason our community does not appear to be part of this vision.”

The news was provided to municipal leaders by Alberta Health Services Minister Sarah Hoffman and Transportation and Infrastructure Minister Brian Mason at a meeting on March 8. Since September 2015, the Town and County have met several times with representatives from both provincial departments to discuss the future of the Whitecourt Health Care Centre. Previous meetings were positive and encouraging, which added to the disappointment and frustration by municipal representatives after the March 8 meeting.

“After all the years of pressing the hospital issue, all the health ministers and premiers I have helped tour the facility, I am so disappointed to take so many steps backwards in this process,” added Woodlands County Mayor Jim Rennie. “While our local team offers great health care, and the hospital maintenance team does its best to keep the facility open despite many issues, the building is old and in need of replacement now, not after another study.”

Whitecourt and Woodlands County will continue to advocate on behalf of the community for a new hospital.

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- Thurs, April 14th @ 12 noon.....Cattle Auction for Mark THESEN of Drayton Valley, AB
- Sun, April 17th @ 12 noon.....Acreage Auction for Ron (Daryl) WADE of Evansburg, AB
- Sun, April 24th @ 12 noon.....Farm Auction for Harlan & Pat SAND of Thorsby, AB
- Thurs, April 28th @ 11:00 AM.....Farm Auction for Glen & Maureen HOLLANDS of Stony Plain, AB
- Tues, May 3rd @ 10:00 AM.....Close Out Auction for Don Laing Trailer Sales of Ponoka, AB
- Sat, May 7th @ 11:00 AM.....Farm Auction for Wally & Doreen KOZIARA of Breton, AB
- Sat, May 21st @ 9:00 AM.....Timberlind Auctions Spring Truck & Machinery Consignment Auction @ the Buck Creek Sales Yard



Diamond Realty (2007) Ltd.
 #105, 4302 – 33 St., Stony Plain, AB
 Ph: 780-963-8832
 www.diamondrealty.biz

LEANN KNYSH
 780-916-6919

DEBBIE GOUIN
 780-497-0531



\$325,000

ACREAGE FORECLOSURE W/2 HOMES

- 20.31 acres, fenced & x-fenced
- TWO Houses:
- Barn & Double Garage
- E4011393



\$689,900

WESTCOVE WATERFRONT HOME

- 2288M Two Storey, 3100 sq ft Home
- 3 Bdrms, 3 1/2 Baths, Master's Laundry
- Double-Deck & Large Attached Garage
- E4011045



\$575,000

ROSS HAVEN WATERFRONT

- 2014 sq ft, 4 Bdrms, 2 Bath Home
- Open Floor Plan w/ Den
- Double-Deck Garage, Boat Lift, Deck
- E4010889



\$435,000

VAL QUENTIN WATERFRONT

- 3 Bdrms, 1.5 Baths, 1400 sq Bungalow
- Totally Upgraded: Fireplace, Covered Deck
- Double Detached Garage
- E4011035



\$342,000

ACREAGE HOME OUT OF SUBDIVISION

- 1.8 acres, 5 MINUTES North of Hwy 16
- 1280 sq ft, 2 Beds, 1 Bath, 10' Ceilings
- HUGE O/S Double Attached Garage
- E3435784



\$499,900

IMMACULATE WATERFRONT HOME

- 1567 sq ft, 2 Beds, 2 Bath, 2 Fireplaces
- 2400 sq ft Upgrades, Great Views
- Double Garage, Attached Full Kitchen
- E3432866



\$325,000

3/10 BEAVER COUNTRY CHARMER

- 1100 sq ft Bungalow, 2011-12
- 3 Bdrms, 2 Bath, 2.5 Carport House
- 1700 sq ft Garage, Fenced Yard
- E4001009



\$149,900

AFFORDABLE ACREAGE GET-AWAY

- 3.8 Acres Bordering Natural Reserve
- 2 Bdrms, 2 Bath Upgraded Mobile Home
- Single Garage
- E4010325



\$370,000

2013 BI-LEVEL HOME IN ONAWAY

- 2400 sq ft Finished Up & Down
- 3 Bdrms, 3 Baths, Huge Family Room
- Dbl Garage w/ Extra Concrete Park Pad
- E4012814



\$579,900

EXCEPTIONAL EXECUTIVE HOME

- 3 Beds, 2.5 Baths, 3100 sq ft Home
- High End Finishing, Partial Lake View
- Full & Open Bsmnt, O/S Double Garage
- E3380415



\$498,000

5 ACRES OUT OF SUB-DIVISION

- 3 Bdrms, 3 Baths, Open Floor Plan
- 1780 sq ft Ranch Style Home
- Dbl Den, Garage, Wrap-Around Deck
- E4012708



\$350,000

GRASMERE GLENS BUNGALOW

- 2400 SF Finished Living Space
- 3 Bdrms + Den, 2 Fireplaces, Open Fir Plan
- Double Garage, Fenced Yard
- E4003549



\$400,000

ROSS HAVEN WATERFRONT

- 2 Bdrms Bungalow, Open Floor Plan
- Wood Fireplace, Deck Off Front
- Double O/S Garage
- E4009328



\$75,000

ACREAGE LOT WITH POWER & WELL

- 1 acre lot WITH POWER & WELL
- Partially Treed
- Perfect Building Site for Walk-Out Bsmt
- E3430358



\$183,900

AFFORDABLE WATERFRONT

- 3 Bdrms, 2 baths, immaculate
- .92 acre + waterfront marina
- FULLY FURNISHED!



\$339,000

LINDEL HOME WITH WALK-OUT BSMT

- 2 Beds, 2 Bath, Full Basement
- O/S Triple Garage
- 1/2 Acre Lot
- E4012240

VIEW FULL LISTING DETAILS AT WWW.LEANNKNYSH.COM OR WWW.DEBGOUIN.COM



Noreen Hutt
www.noreenhuttrealestate.ca
4922-50th Ave
Evansburg, AB



780-727-2887
780-962-9696
MLS REALTOR

The Office is Open
From Monday to Friday,
Tuesday - Thursday
From 9:00 am to 4:30pm.
"I Live in the Community
So I'm Always Only
Minutes Away."

**Classified Ads -
Call 962-9228**

In Memoriam

Lee, May - May 26, 1935 - March 18, 2015. I wish for nothing more than just one more day, For I would give it all, just to hear her say. It's funny how in life it seems you take for granted, the most important things. To feel close to her and be safe again, safe from m own self, back with my best friend. Yes, she was the best and at other times the only, my friend, you left me here, and now my heart is lonely. If you could just come back, if only for one day, I'd make sure that I'd listen to all you had to say. And now that it's too late, you cannot speak anymore, I finally realized, I should have heard you before. And if I could do it over, I'd only change one thing. I'd tell you that I love you and how much joy to me you bring. No one will ever know, quite how I feel inside, and on that day you left, you weren't the only one who died. You have always been there, Mom, and you loved me till the end. So with all my heart and soul, I love you too, My friend. From the Family: your daughters Virgina (Gary), Romona, Brenda (Tom), Roberta and son, Robert, 2 nieces, Rebecca & Amber (1) 29-03

Employment Opportunities

Full time, part time position open for marketing person that can do graphics, basic programming and social media updates. Must be living west of Range road 22. Send all resumes with experience and salary expectation to wayneh@edmontonlakeproperty.com (3) 29-03



Spectacular 2007 Home Close to The Lake Sits on 1.26 Acres in Sherwood Cove. Features are an Open Floor Plan With a Gourmet Kitchen, a Bright & Spacious Living Room, a Huge Master Bedroom, a 3 pc Bath, a Large Deck & an Attached Triple Car Garage. Extras are a 16x24 Guest House, a 12x16 Storage Shed, an Outdoor Bathroom With Hot & Cold Water & a Chandelier, a Gazebo — on a Concrete Pad With Power & a Huge Brick Fireplace! **\$279,900**



SOLD
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!

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



NEW
This Newly Updated Victorian Themed Home on Large Landscaped Lot Has a Bright and Open Living Room, 2 Great Bedrooms, an Updated Kitchen With Newer Appliances, a Brand New Bathroom Complete With Custom Tile Work, and a Spacious Bonus/Loft. Extras Are New Shingles, Newly Stuccoed & Painted, New Windows, New Fixtures, New Flooring, and Lots More! **\$139,900**



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



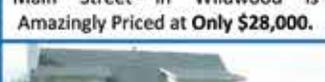
Prime Commercial Lot! Located on Main Street in Wildwood is Amazingly Priced at Only **\$28,000.**



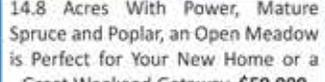
14.8 Acres With Power, Mature Spruce and Poplar, an Open Meadow is Perfect for Your New Home or a Great Weekend Getaway **\$59,900**



This 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**



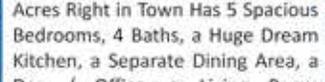
Beautiful Cape Cod Home on 1.44 Acres Right in Town Has 5 Spacious Bedrooms, 4 Baths, a Huge Dream Kitchen, a Separate Dining Area, a Den / Office, a Living Room Complete With a Gas Fireplace, a Massive Rec Room, an Attached Garage, 2 Covered Decks, a Paved Driveway & a Treed Park Like Setting. Also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



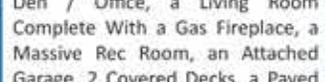
Beautiful Cedar Home on 79 Acres! Features Include an Attractive Oak Kitchen, a Dining Area With Bright Windows on All Sides, a Beautiful Living Room, 3 Spacious Bedrooms, 2 Baths, a Full Walk Out Basement, Air Conditioning, 3 Decks, & a Double Car Garage. The Property is Beautifully Treed With an Open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



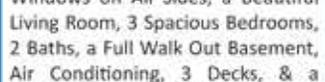
Totally Redone 1037 sq ft Home Features a Beautiful Kitchen With New Cabinets, Countertops, Custom Tile Work and a Large Island, Bright Living Room, New Flooring, New Fixtures, a Newer Roof and is Located on a Corner Lot! **\$109,900**



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! **\$149,700**



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**



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**



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 **\$359,900**



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

Personal Care

Care Givers Needed in Alberta Beach, for adult males, looking for someone who is flexible but can pick up shifts 2-3 times a week. Some lifting and personal care required. Please call 780-499-2981 after 5:00pm. (4) 15-03

Services

Best-Cistern-Septic-Solutions. Cistern and Septic Inspection, Cleaning and Repair! New Installs Available. Plastic, metal, fiberglass or concrete. We clean them all! Your cistern will be vacuumed, cleaned and sanitized with our high pressure, hot wash, sanitizing system. Reasonable Rates,

Call 780-668-4306 (5) 29-03 OG

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

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

Computers

FREE COMPUTER CHECKUP, Repairs not over \$50. Good Complete Computer Only \$100 with games, music, photos, just push button. 780-892-4993. (19) 15-03

Feed & Seed

Seed & Feed - Oats & Barley,

Fursarium tested, no wild oats, 92% germ, can deliver. jamesbeniuk@gmail.com, Woodland Lumber Evansburg, 780-621-2229 (4) 08-03

Seed Grain For Sale: Wheat, Barley and Oats. Call 780-967-3075. For Hay/Pasture seed, Phone 780-967-5375 (13) 23-02

Livestock

Marc Steinbusch, Farrier, has room for some dedicated, regular new clients. Offering, knowledgeable, professional and reliable service. Schooled and trained in Holland, servicing the area since 2006. Dry and clean workplace appreciated. Wildwood, 1.780.898.1269 (3) 22-03

Firewood

HIS HELPING HANDS FIREWOOD. Birch, tamarack, pine, poplar. Pick up or delivery, All profits go to charity. Call 780-218-4177 (4) 22-03 OG

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

For Rent

Room for rent in Alberta Beach, \$650/month, all included, N/S, N/P. Call 780-893-7679 (4) 29-03 OG

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

SUDOKU OF THE WEEK

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

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

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>Groundhog Day</small>	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <small>Valentine's Day</small>	22 <small>President's Day</small>	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 31 - STETTIN NAKAMUN HALL ANNUAL MEETING, 7:00 PM at the Hall, if you need information please contact Shelley at 780-967-9198.
APR 2 - PARKLAND POTTERS/CROOKED POT GALLERY: "WELCOME SPRING" w/Helmut Jantz, 11-2 p.m. Pottery for the garden. 4912-51 Ave, Stony Plain.
APR 2 - SANGUDO COMMUNITY HALL JAMBOREE, starts at 7:00 p.m. Everyone welcome. Info call 785-4105 or 305-3688
APR 13 - SANGUDO GOLDEN CLUB MEETING, 1:30 p.m. New members always welcome. Info call 785-4105 or 785-3736
MAY 7 - MOTHERS DAY MADHATTER TEA PARTY is inviting vendors to take part in our Womens' Event! If interested call Crystal @780-294-8316 for info.
MAY 14 - STAND UP FOR ALBERTA: BILL 10, at Alberta Legislature, 2:00pm. Sign Petitions Here! Have your voice heard!

FARMERS MARKETS

ALBERTA BEACH - May - Sept., Contact Joeanne 780-690-6392
BARRHEAD - Open Saturdays, May - Dec. 10am - 1pm. Sherry 780-674-6802
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.
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. 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 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 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 INSPERATIONAL 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, Wed, 6:45pm-9:30 for youths 12-16. 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 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 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.drugrehabresource.net.
RICH VALLEY AG SOCIETY BOARD MEETINGS - at the Agriplex 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 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 Agriplex - 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
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.

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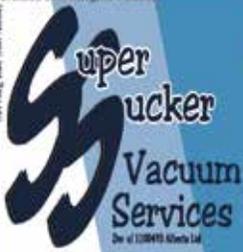
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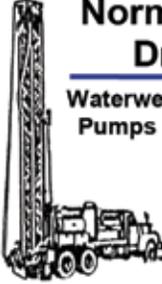
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