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May 24, 2016

CHARGES LAID AGAINST TWO PEOPLE IN CONNECTION TO ONOWAY ARMED ROBBERY

Submitted by RCMP Spruce Grove/Stony Plain/Enoch

File # 2016-581796

Onoway, AB - Spruce Grove/Stony Plain/Enoch RCMP charge two people responsible for an armed robbery at the Onoway Hotel in Onoway, Alberta.

On May 14, 2016, at approximately 1:15 AM the RCMP Spruce Grove / Stony Plain / Enoch Detachment were dispatched to a

complaint of an Armed Robbery at the Onoway Hotel, located at 4918 – 50 St. in Onoway. A lone male suspect entered the establishment, brandished and pointed a handgun at employees and demanded money. The male suspect discharged the firearm once into the ceiling. The suspect obtained an undisclosed amount of cash at which time he fled in a vehicle.

One staff member suffered minor injuries during the incident, as he was hit by ricochet off the

ceiling.

Tia BERGSETH (age 18) of Mayerthorpe Alberta has been charged with Robbery using a firearm. She will appear in Stony Plain Provincial Court on May 25, 2016.

Dixon BERGSETH (age 38) of Edmonton is facing 13 charges including Robbery using a firearm, Careless use of a firearm, Assault with a weapon, and Assault causing bodily harm. BERGSETH has been remanded.

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SHENANIGANS IN THE HOUSE

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA – May 19, 2016 in the House, a very unfortunate situation took place when a member of the New Democratic Party (NDP) was unable to exercise her right to vote and a Conservative member was aggressively escorted by the Prime Minister toward his seat.

There will be many opinions and discussions as to what transpired. As I was there and observed what took place, I want to ensure my constituents have a true understanding of what occurred.

NDP and Conservative members were standing in the centre area of the chamber when both party Whips entered the House. Traditionally, members are to be seated when the Whips enter. The reason why they were not in their

place was to demonstrate their objection to Government Motion 6, an unconstitutional move by the Liberal government to curtail the privileges of Members of Parliament. Opposition members were very concerned with the Liberal government's attempt to gain more power over Parliament and stood standing as an act of solidarity and unified objection.

I clearly observed the Prime Minister quickly getting out of his chair, appearing very angry and rushing toward the Conservative Caucus Whip, Gordon Brown. During this advance, the Prime Minister accidentally pushed aside an NDP member. He then took the arm of MP Brown and aggressively guided him toward his chair in the House. Members of the opposition objected, at which point the Prime Minister

returned to his seat. He remained there for a very brief moment. He then rose and crossed over to the NDP side of the floor and a verbal confrontation ensued with the NDP leader and others. Members of Parliament from all sides of the House started to leave their seats, at which point the Prime Minister then returned to his.

Today, the Liberal government removed Motion 6 from the Order Paper and the actions of the Prime Minister were referred to the Procedure and House Affairs Committee.

At times, tempers do flare, but as your Member of Parliament, I was appalled by the inappropriate actions that took place. I hope all members have learned that we are all accountable for our actions. We should and must act appropriately at all times.

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PRIME MINISTER TRUDEAU AND PREMIER NOTLEY SURVEY FIRE DAMAGE

Submitted by Government of Alberta

Prime Minister Justin Trudeau and Premier Rachel Notley toured Fort McMurray today and reaffirmed federal disaster recovery support for Alberta.

“I’m grateful the Prime Minister came to see firsthand the challenges faced by the residents of Wood Buffalo. I’d like to again thank the first responders who have worked around the clock to protect homes and who are now stabilizing the community so the rebuilding can start.”

Rachel Notley, Alberta Premier

“Today’s announcement is about helping three other EI regions facing tough economic times. The commodities downturn has been particularly dif-

ficult for many Canadian communities, and the EI provisions announced today will make it easier for claimants who are eligible for EI to collect the benefits they need. We lend a hand in tough times. It is who we are, and what we do.”

Justin Trudeau, Prime Minister

Prime Minister Trudeau reaffirmed that disaster assistance discussions will be expedited so people can return to their homes as quickly as possible.

The visit was also an opportunity to confirm the federal government will expand Employment Insurance benefit eligibility to include the Edmonton region, something Premier Notley has been advocating for since the Federal budget was announced in March. Eligibility

now matches that of Calgary and the rest of Alberta.

This extension will mean that those who are eligible for EI can claim an additional five weeks of benefits for regular claimants, and a further 20 weeks of benefits for long-tenured workers. These benefits will be available for one year – beginning July 3, 2016 – and will apply retroactively to anyone who started a claim on or after January 4, 2015, and is still unemployed.

- Quick facts
- More than 90,000 Fort McMurray and Northern Alberta residents are subject to a mandatory evacuation order due to wildfire.
 - More than 2,400 structures are estimated to have been destroyed by wildfires in the Wood Buffalo area.

Darwell Cemetery Clean Up Date

Saturday, May 28, 2016
11:00 am – 12:00 pm

If the weather is bad the date will be moved to the following Saturday. Meeting on Grounds.

JOKE OF THE WEEK

Walking down the street, a man hears a voice: “Stop! If you take one more step, a brick will fall down and kill you.” The man stopped; a big brick fell in front of him. The astonished man continued walking to the cross walk. The voice shouted, “Stop! If you take one more step, a car will run over you and you will die.” The man stood still; a car came careening around the corner, barely missing him. “Where are you?” the man asked. “Who are you?” “I am your guardian angel,” the voice answered. “Oh yeah?” the man asked. “Where the hell were you when I got married last week?”

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- P from Onoway



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DARWELL PUBLIC LIBRARY NEWS

Submitted by Sandra Stepaniuk, Library Manager

We are busily planning the Summer Reading Program for 2016. This year's theme is "WILD". For years, studies have shown that school-age children lose many of their reading skills over the summer months if they do not continue to read. Summer reading clubs first started when library staff realized that they could make a difference. When further studies demonstrated that children who do not learn to read fluently by fourth grade will likely never feel totally comfortable with the printed word, our job was clear. Keep those children reading and make sure they have fun doing so!

We will be participating in the official nation-wide launch for the Summer Reading Program. Mark this date on your calendar: Saturday, June 25, 2016 is Get Your Summer Read On Day. The objective of the day is to raise overall awareness of the program and to see how many single day registrations we can obtain. The program, for children 6 to 13 years of age, will start Thursday, July 14 from 1 – 3PM and run for six consecutive Thursdays until August 18, 2016. Those who register in person on Sat-

urday, June 25, 2016 between 1 and 3 PM will have their picture taken for our wall of fame (props will be provided) and their name will be entered for a chance to win a \$ 15.00 Chapters gift card. The maximum spaces available for the program are 15.

Preschool Story Time continues on Monday mornings, except holidays, from 10:00 to 11:00 AM at the library until May 30, 2016. This is a barrier free program 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. So mark your calendar and join us for stories, crafts and a snack. 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 until May 31, 2016. 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 in participating or have the skills to teach others, please contact the library as we are looking at formalizing this program in the fall of 2016.

Wednesday evenings is Family Games Night at the library until May 25, 2016. We have a selection of games for all ages and encourage you to drop by for some good old fashioned fun and refreshments. This is a free drop in program so registration is not required.

The Darwell Library Friends Society will be having a Book Event and Plant Sale on Saturday, May 28, 2016 from 11:00 am to 2:00 pm. Join us at the green shed behind the library. Come and peruse the titles, take what you want and leave a donation of your choosing. Drop by for lunch; we will be serving a meal deal which includes a hotdog, pop and a bag of chips for \$ 5.00. All funds from the donations for books and the proceeds from the meal deal will go towards the completion of the library expansion. And if that is not enough, to make this a little more interesting, Cynthia Lalonde from Lakeshore Fragrant Gardens will be present with a selection of plants. Need a

few last minute additions to your garden, or haven't started yet? Drop by and see what she has to offer. See you there!

The Book Club will be having a potluck and the last meeting before the summer break on Monday, June 6, 2016 at 6:00 p.m. to discuss "Salt to the Sea" by Ruth Sepetys. 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 Darwell Public Library Society will be holding their next regular meeting on Monday, May 30, 2016 starting at 7 pm. All 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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WOMEN ASSAULTED WHILE USING STONY PLAIN TRAILS

Submitted by RCMP Stony Plain/Spruce Grove/ Enoch

2016-562343

Stony Plain Alberta –On May 9th, 2016 the Stony Plain/Spruce Grove/ Enoch RCMP received a complaint from a female reported that she had been grabbed while walking on the trail system in Stony Plain. On May 7, 2016 at approximately 10:00 PM the victim was walking in the area of 49 Ave and Brown

Street northbound on a path near the Skate Park when two males came up behind her and grabbed her shoulder as they attempted pull her off the trail. The victim was able to get away running to safety. The victim was not harmed. The suspects are described as follows....

- Suspect #1:
 - Age: 25 - 35 years
 - Race: Aboriginal or Black
 - Height: 6 feet
 - Weight: 180 - 200 lbs.

- Hair: Dark Brown - Black
- Style: Unknown
- Facial Hair: Unshaven Scruff, not a full beard
- Clothing: Dark jacket and jeans
- Suspect #2:
 - Age: 25 - 35 years
 - Race: Aboriginal or Black
 - Height: 6 feet
 - Weight: in excess of 250 lbs
 - Hair: Dark Brown - Black
 - Style: Unknown
 - Facial Hair: Clean Shaven

• Clothing: Dark Jacket and Jeans

Police are currently investigating this matter and are seeking the public's assistance. If you have any information about this please call the Stony Plain RCMP Detachment at 780-968-7267 or if you want to remain anonymous, you can contact Crime Stoppers by phoning 1-800-222-8477.

SEVENTEEN TRAFFIC DEATHS IN ALBERTA RCMP JURISDICTIONS SINCE MAY 1ST

Submitted by Alberta RCMP

Edmonton, AB –May has proved to be a deadly month with 17 deaths already due to motor vehicle collisions on roads and highways within

RCMP jurisdictions in Alberta. Seven of those who died were under the age of 20. The RCMP has laid four charges in relation to these deaths, with investigations ongoing in others. More than half of these fatal collisions occurred during daylight hours.

The RCMP responded to 11 traffic fatalities during the first two weeks of May last year and seven in the same time period in 2014.

“Seventeen murders over a two week period would cause most Albertans to sit up and ask what’s going on,” said Superintendent Ian Lawson, Officer-In-Charge of Alberta RCMP Traffic Services. “That many deaths should make every driver concerned about safety on the road.”

Two motorcyclists, who were driving responsibly, died after

being hit by motorists who failed to notice them. The RCMP is urging all drivers to keep a careful eye out for cyclists, motorcyclists, and pedestrians.

The RCMP is reminding motorists that patience behind the wheel goes a long way in reducing the possibility of a collision. Police expect to see traffic volumes increase significantly on the upcoming long weekend and are reminding motorists to slow down, buckle up and keep their eyes on the road. Driver frustration in the face of slower traffic flow can result in motorists taking unnecessary risks like speeding and unsafe lane changes.

Last year, four people died due to motor vehicle collisions within RCMP jurisdictions in Alberta over the Victoria Day weekend.

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E-PETITION ON A REFERENDUM ON ELECTORAL REFORM

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA: I would like to wish everyone a Happy New Year and all the best for 2016. Although the House of Commons only sat for one week at the end of 2015, there were a number of issues that have caused concern from our fiscal situation to significant changes to our electoral system. The new government has stated that this past federal election will be the last conducted under the first-past-the-post electoral system.

The Liberal Party has committed to unilaterally changing the way Canadians vote without their direct consultation. Not since the 1950s has a Canadian government tried to alter their electoral system without consulting their people in a referendum. The Liberal Government in British Columbia (2005 and 2009), Prince Edward Island (2005), and Ontario (2007), put their proposed reforms to a referendum. Further, in peer countries, New Zealand and the United Kingdom, the people were similarly consulted by way of

referenda. Modern democratic societies overwhelmingly support the use of referenda when changes to an electoral system are proposed.

I believe that no system should be enacted into law unless it has been expressly approved by the voters in a referendum. To that end, a new electronic petition calling for a referendum on electoral reform is now available. The petition e-48 marks one of the first uses of the e-petition system, which was introduced this year. This petition was created by Michael Rybacha, on

December 10, 2015, using the new system through which Canadians can create, sign, and monitor e-petitions on the Parliament of Canada website, at: <https://petitions.parl.gc.ca/en/Home/Index>

The government is proposing fundamental change to our democratic system and Canadians must be given a direct vote on the final proposal, whatever it turns out to be. I encourage any Canadian who values democracy to sign this petition, or others like it, to ensure your voice is heard by the government.

WHITECOURT FIRE BAN LIFTED

Submitted by Tara Gallant

Due to cool, wet weather over the last several days, the Town of Whitecourt has lifted its fire ban. A fire ban had been in place within Town limits since May 2 due to the extreme fire hazard.

Although the fire ban has been lifted, we ask residents to be diligent and aware of potential fire risks. Whitecourt residents are reminded that the Town of Whitecourt requires permits for all residential fire pits and temporary burning. For more information on fire pit and burning permits visit www.whitecourt.ca.

The Province of Alberta has also lifted the fire ban and OHV restriction for the Whitecourt Forest Area. A fire ban is still in place in the Lac La Biche and

Fort McMurray Forest Areas. For full details visit www.albertafirebans.ca.

The Town of Whitecourt would like to thank all residents for complying with the fire ban issued earlier in the month.

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4-H members and their animals.



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PHASED RE-ENTRY INTO FORT MCMURRAY EXPECTED TO START JUNE 1

Submitted by Government of Alberta

A voluntary, phased re-entry for the safe return of Fort McMurray residents will begin June 1 if future wildfire conditions do not delay restoration efforts.

Re-entry should be complete by June 15, to coincide with full restoration of Northern Lights Regional Health Centre.

We will be directing that schools in the area that were closed during the evacuation will

not be conducting formal classes until September.

Residents of homes lost to the fire will have the opportunity to inspect their property and collect any surviving items before cleanup begins.

“Many hazards remain in Fort McMurray. We need to address them before it’s safe for residents to return home. We’ve developed a phased and voluntary re-entry plan with the Regional Municipality of Wood Buffalo that begins with the least damaged

areas.”

Premier Rachel Notley
 “I want to thank both the Premier and the Minister for working and consulting with us on a timetable for re-entry. Safety remains paramount before we can return home, but today’s announcement will bring comfort to all evacuees looking to start rebuilding their lives.”

Brian Jean, MLA, Fort McMurray-Conklin

Residents can only return when five key conditions are met:

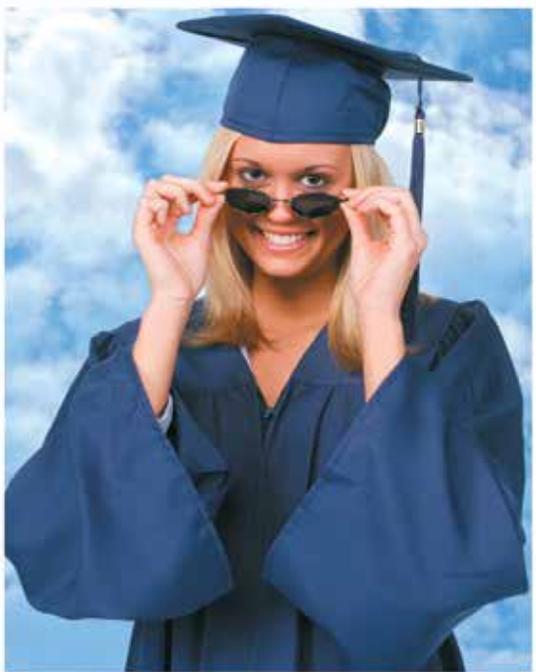
- Wildfire is no longer an imminent threat
- Critical infrastructure to support essential services is repaired and restored to provide a basic service level.
- Essential services are restored to basic level, including:
 - Emergency Services (Fire, EMS, Police, 911)
 - Open, safe transportation to, and within, the community (includes traffic controls)
 - Access to emergency medical care and patient transport
 - Access to potable water, electricity and gas
 - Access to food, pharmaceuticals, banks and other essentials
 - Access to mental health supports
- Hazardous areas are secure
- Local government is re-established

“Safe re-entry is essential to any timing and will not be compromised,” said Mayor Melissa Blake. “It is helpful to have a plan that covers both a high need to respect citizens’ wishes to return with only basic services, as well as an extended range that provides a more comfortable re-entry timeline.”

Melissa Blake, Mayor, Regional Municipality of Wood Buffalo

The re-entry of residents will occur by zone number to allow for efficient and safe traffic flow up Highway 63. Phased re-entry also ensures that limited services will be available to residents. The re-entry schedule and details for residents will be available online. (www.emergency.alberta.ca)

- Re-entry Schedule
- Zone 1 – Lower Townsite, Anzac
 - Zone 2 (a) – Parsons Creek, Stone Creek, Timberlea North of Confederation
 - Zone 2 (b) – Eagle Ridge, Timberlea south of Confederation, Dickensfield
 - Zone 3 – Thickwood, Wood Buffalo
 - Zone 4 (a) – Gregoire, Saprae Creek Estates
 - Zone 4 (b) Waterways, Abasand, Beacon Hill





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Continued on Page 12

TREATMENT OF TRAUMA USING EMDR THERAPY

Submitted by **Rebecca Pawlechko**

The word "TRAUMA" sounds severe and extreme...well it can certainly be, as many people have experienced horrific experiences, but "trauma" can also be small and mundane. More or less the term "trauma" includes any life experience or event that leaves a significant lasting impression upon someone. Sometimes we are aware of the "trauma" we have experienced and at other times, we have no idea that a life event has become trapped within our memory or brain. Traumas create negative emotions, such as sadness, anger, frustration, and fear, which in turn cause us to think negative thoughts and engage in negative types of behaviours. This in turn becomes a perpetual cycle locked within our brains. Also, as life continues and we age, we continue to experience "traumas," aka life experiences, which begin to compile within our brains, often within our unconscious memories.

Within our unconscious memories they sit waiting to surface and impact our lives. There are two parts to our brains and impact our lives. There are two parts to our brains, the right lobe, which is responsible for our feelings and emotions, it is the creative side of our brain, and then there is the left lobe, which is responsible for our rational thoughts, it is the thinking side of our brain. These two lobes are connected by the corpus callosum, which runs down the middle of the two lobes. The corpus callosum allows information to be exchanged between the two lobes. It is speculated that life experiences occur and get "trapped" within one lobe of the brain and therefore are not able to be processed properly, this is why they remain "trapped" and continue to impact our lives.

So, what is EMDR and why does it work better than any other type of therapy? EMDR stands for Eye Movement Desensitization and Reprocessing. In 19, Francine Shapiro discovered this amazing type

of therapy. EMDR is a well-researched psychological intervention. Those professionals who have been trained in EMDR are required to possess a certain type and level of education. The theory behind EMDR is that "the brain knows what it needs to do to heal." Therefore, it is a nonverbal type of therapy, in which the client just needs to be open-minded and free to experience the journey. EMDR is similar to hypnosis in that the brain naturally will find the memories that are generating the issues, even when they are trapped within the unconscious memory. As EMDR is a nonverbal form of therapy, it is effective with all populations, from children to adulthood. The brain and its memories will guide the healing process. EMDR is used because it is the quickest form of therapy to date, what many people have done within years of traditional talk therapy, they can achieve the same results in 3 to 6 sessions. EMDR is a permanent healing type of therapy, unlike traditional talk types of ther-

apies, which only cause the memories to remain trapped within the unconscious memory. Every "issue" within a person's life is a result of a life of experience, therefore by determining what the experience(s) are, the person can permanently heal. EMDR works by stimulating both sides of the brain back and forth, this allows the experiences to be retrieved from both the conscious and unconscious memories, and removes the negative emotions from these experiences. When the negative emotions are removed, then negative thought patterns and behaviours can be changed. The reprocessing aspect of EMDR is the generation of positive thought patterns.

For further information or to schedule an appointment, please contact Rebecca Pawlechko, at 780 405 1597, rebeccapawlechko@gmail.com, www.rebeccapawlechko.vpweb.ca, or through Facebook at ALIVE. Rebecca is located at Unique Perceptions in Spruce Grove.

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Phased Re-Entry Into Fort McMurray Expected To Start June 1

Continued From Page 10

Before returning to the community, residents are advised to:

- Check the status of your property with the Fire Assessment Tool. Updated maps are expected soon.
- Call your insurance company about what it requires from you regarding information about your property and any damage it may have sustained
- Speak with your mortgage

holder/lender about mortgage/payment options

Residents with the following medical conditions or situations should not return to the community until the Northern Lights Regional Health Centre is fully operational:

- A chronic or acute medical condition, such as asthma
- Anyone requiring regular primary care, specialist care, laboratory or diagnostic services
- Anyone requiring counselling

or mental-health services

- Anyone more than 36 weeks pregnant or with a high-risk pregnancy
- Anyone receiving cancer treatment, dialysis or other specialized medical services
- Anyone requiring home care, home oxygen or home health supports
- Anyone recently discharged from hospital or who has had a transplant

What to expect when you return

to the community:

- Most critical infrastructure has been restored, but several services will not be fully restored immediately.
- A number of fires are still burning in the region. If weather conditions change, there is a possibility of smoke in the air. The smoke may not necessarily be cause for alarm.
- Essential contact information will be provided to assist with issues such as utility connections and protective services (i.e. gas, power, water, phone, police, fire, EMS).
- Community Information Centres will open in various locations to provide a variety of services and information, including mental-health supports. Locations will be listed online before May 31.

What residents returning home should bring:

- If possible, bring a three- to seven-day supply of food for you and your pets – including drinking water – as a “boil-water” advisory will remain in place. Your fridge/freezer may not be usable so it is advisable to bring non-perishable goods. You may wish to bring a cooler for perishable items.
 - Some pharmacies and the hospital will be functional at basic levels; however, please fill prescriptions before returning to your community.
 - Bring long-sleeved shirts, long pants and rubber boots
 - Bring flashlights and batteries
 - Bring a camera and/or video camera to document any damage to your property for insurance purposes
 - Bring hand soap and/or hand sanitizer (at least 60 per cent alcohol)
- Transitional Housing
- If your home was destroyed or severely damaged, government is working on a plan to support your housing needs on an interim basis.
- Damage Assessment Stats:
- 19,244 structures have been assessed
 - 1,921 have been destroyed
 - 17,156 are OK to occupy
 - 121 are limited to restricted use
 - 39 are unsafe to occupy/enter
 - Seven are still to be inspected

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PRIME MINISTER JUSTIN TRUDEAU HONOURS CANADA'S TOP TEACHERS INCLUDING SPRUCE GROVE WINNER SCOTT ONUCZKO

Submitted by Community Voice Reporter

Scott Onuczko from Spruce Grove, AB attended the Prime Minister's Awards for Teaching Excellence and was the recipient of the 2015 Certificate of Excellence. He teaches Communication Technology, grades 10 to 12 at Spruce Grove Composite High School.

Traditional tools and the latest technology both have a place in Scott Onuczko's class—helping students explore their creative sides. Collaborative projects give learners real-world experience. Students enhance their design and production skills, explore interests outside the curriculum and change the world ... one personally designed and silk-screened T-shirt at a time.

Teaching Approach

Breaking away from the traditional teacher model, Mr. Onuczko designs his classes around his students' pas-

sions, areas of ability and learning needs. Recognizing that in the rapidly changing field of communications technology, he cannot always be the expert in the room, he acts as a guide for students as they solve problems and help each other.

Outstanding Achievements

- Leads collaborative projects that give students real-world experience, including preparing promotional materials for a project to develop math teaching capacity in rural Tanzania and making training videos to teach future health care workers how to interact with patients.

- Created high-quality instructional videos, posted to a file-sharing site, that students use to study software techniques on their own time, so they can use class time to apply what they have learned.

- Developed a comprehensive website to ground students' work in the provincial curriculum; the site features course module outlines,

self-evaluation tools, links to professional tutorials and a section for peer feedback, questions and answers, and student-discovered content.

- Organizes an annual international photography field trip as part of the curriculum.

- Created a late-afternoon opportunity for students with a full academic course load, but who still wished to learn about communication technology, to complete course projects, for credit.

- Trained two teachers to take over his entry-level communication technology course when it became so popular that there were not enough spaces to meet student demand.

Rave Reviews

"Being an excellent teacher comes down to balancing curriculum and the personal development of your students and these are both areas Mr. Onuczko excels in fostering in his kids above all." – Former student

"[My son] was inspired [by Mr.



Onuczko] to follow his dreams of becoming a teacher, and was able to experience first hand what teaching excellence is all about." – Parent of former student

SUDOKU OF THE WEEK

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

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!

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

GOLFER'S GUIDE

FIVE TOP GOLF TIPS TO HELP BOOST YOUR GAME

(NC) When it comes to golf, it's the little things that can have the biggest impact on your game. Whether it's your first attempt, or 10th season, golf expert Bob Weeks has got you covered at the links this summer with these five tips:

Choose the right clubs: Regardless of your experience or skill level, choosing the right equipment can be the difference between duffing it and striking the ball straight down the fairway. It's important to work with a professional to get the clubs best-suited to your game and then, to have them custom fit. You should be fit for the length, loft, lie angle, shaft flex and even the grip size. If your clubs aren't custom fit, it will be

like walking around in shoes that are the wrong size.

Get on the ball: Choose the right kind of golf ball for your game. While golf balls all look the same, it's what's inside that determines if it's right for you. Golf balls fall into two categories: distance or control. Distance balls are generally two-piece balls with a large core and a cover. They are harder and better suited for higher handicappers or beginners. Control balls, usually three- or four-piece balls, are softer and spin more meaning they will land on the green and stop. More skillful players should use these.

Consider the elements: Weather is always a factor in golf and dealing with it must always be

considered. For instance, in cold temperatures, the ball will travel shorter distances, so take more club. The opposite is true for warmer temperatures. If you're playing into the wind, swing easy as that will keep the ball from spinning too much and rising up into the breezes. And downwind, make sure to judge the intensity of the breezes so you can choose the proper club. Your ball will roll further than normal on a downwind shot so take that into account.

Putting and chipping is priority: Lots of players like to boom their drives and will spend a lot of time on the range hitting their drivers. But if you want to improve your scores, you should spend more

time working on your putting and chipping. Since most average players miss a lot of greens, the best way to save strokes is by chipping it close and making more putts. Focus more on your short game than your drive and you will improve.

Play the 19th hole: Win or lose, there's no better way to celebrate than hitting the 19th hole. Less is often more in golf and the same applies when considering what to eat and drink after a round. Molson Canadian 67 for example is specially brewed with 67 calories and an ABV of 3% per 341ml, offering a light, refreshing alternative for active players.

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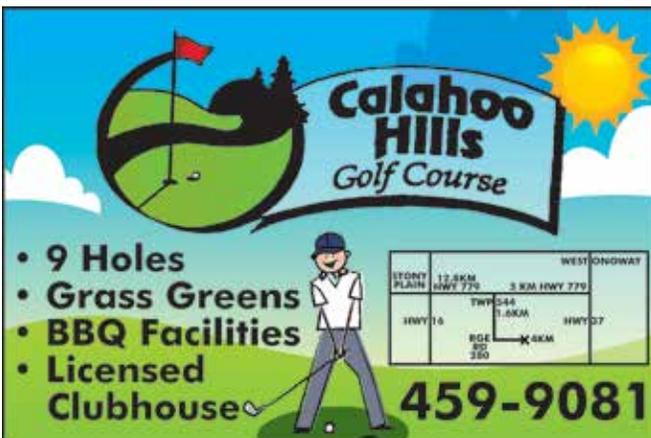
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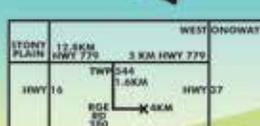
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GOLFER'S GUIDE

HELP KIDS LEARN THE GAME OF GOLF

Adults who play golf know just how fun and frustrating the game can be. Whether you're a veteran golfer or someone just learning the links, golf can be challenging.

But as exacting as the game can be, it also can be just as rewarding, even for kids. Children who embrace the game of golf will learn a host of lessons they can apply in all facets of life. A humbling game even for professional golfers, golf can teach kids lessons in humility and the value of persistence even when things aren't going your way.

Golf is also a great way for parents to get kids off the couch and outdoors for some fun in the sun. Instead of spending summer afternoons in front of the television, kids who play golf are out patrolling pristine golf courses while getting some cardiovascular exercise along the way. Golf can also strengthen a child's hand-eye coordination, which can help them in other activities, including many different sports.

Though many people do not begin playing golf until they've reached adulthood, it's never too early for boys and girls to start

learning the game of golf. Parents of preschoolers can start their kids off with a toddler play set. Though it's just a toy, a play set can help lay a solid foundation for future golfers. Kids who have watched Mom and Dad play golf or practice their swing can develop their own swings on their play set.

As kids approach school age, don't overlook the nearby putt-putt or miniature golf range as a valuable teaching tool. Miniature golf clubs are small enough for many children to use comfortably, and kids can use miniature golf courses as a place to put any lessons or advice on putting to good use. What's more, a miniature golf course is more than just golf, with creative courses and other fun activities, so kids won't feel overwhelmed with golf.

When kids move on from preschool to elementary school, some might want to tag along with Mom or Dad to the driving range. You should try to avoid overwhelming kids with too much instruction or information. Instead, keep things as simple as possible, teaching them the basic swing and encouraging them no

matter how quickly they adapt.

As kids enter middle school and approach high school, those who are enjoying the game of golf can take advantage of the driving range if they haven't already begun to. A driving range typically has markers that indicate the distance of a regular hole, regardless of which tee you will play from on an actual golf course. Kids can aim for holes at shorter distances to learn how far their drives are going. You can then adjust the lessons you teach your children based on how far youngsters can drive the ball.

As a child gets closer to high school, you might want to buy the child his or her own set of clubs. Look for inexpensive clubs (oftentimes, thrift stores or other secondhand retailers have clubs for sale) because growing children will eventually grow out of their first set of clubs. When your child finds a set of clubs that suits him or her, teach the proper way to swing and consider signing up your son or daughter for lessons. Those first few lessons can prove invaluable, turning a pastime into a passion kids will carry with them throughout their

lives.

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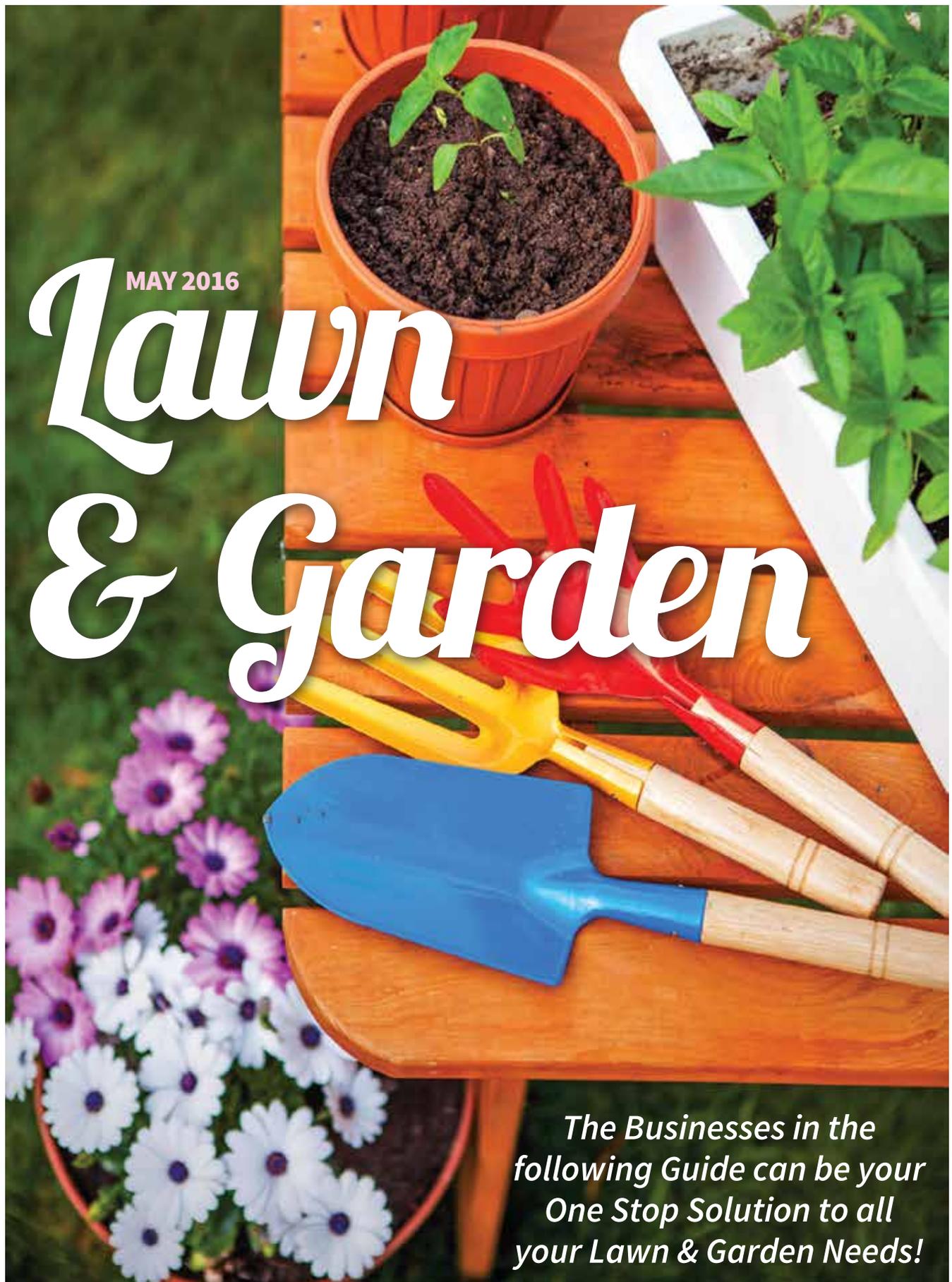
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Lawn & Garden

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Lawn & Garden

HOW TO REPOT A PLANT

Gardening time is here, with people enjoying plants both inside and outside of their homes. Container gardening, which is a planting method in which flowers and other plants are grown in pots and other containers, is quite popular because of design versatility. Containers can be moved from location to location if plants are not thriving in a particular spot. They also make gardening possible when there isn't any available land space, which might be the case for apartment-dwellers.

Flower pots enable plant enthusiasts to enjoy foliage inside of the home as well. Houseplants can add beauty to interior spaces and help filter indoor air. In the late 1980s, NASA and the Associated Landscape Contractors of America actually studied houseplants as a way to purify the air in space facilities. They found several plants are particularly good at filtering out com-

mon volatile organic compounds (VOCs). Having plants around can create inviting spaces and improve healthy conditions inside and out.

Part of caring for plants in containers involves knowing when a potted plant might need a little tender loving care. As plants grow larger, they may outgrow their containers and require more roomy quarters. Without ample space, plants may not be able to adequately draw up water and nutrients to support top growth. Repotting may seem like it is easy, but it actually takes a little finesse so not to damage the plants.

Gardening experts like those from Fine Gardening, HGTV and Today's Homeowner suggest these repotting tips.

- Be sure the plant is well watered for a few days prior to the repotting process. Watering also will help loosen the root ball from inside of the smaller pot.

- A plant ready for repotting should slide out with most of the soil in one piece. If the soil is free-falling, it may not need to be repotted at this point because there's still room for the roots to expand. Other signs that plants may need repotting include roots poking out of the soil or plants that are straggly and pale.

- Consider repotting outside because the process can be messy. Have all of your materials, which include a trowel, gloves, scissors, and potting soil, handy so that you can tackle the process smoothly.

- Remove your plant from the pot carefully. Place the plant on its side, then support the main stem in one hand and use the other hand to gently pull the pot away. Be careful not to pull on the main stem or break the stem. Tread gently.

- Cut away any rotten or dead roots, and trim really long ends. Make three or four vertical cuts

about a third of the way up the remaining root ball. This also will help with water and nutrient absorption once the plant is in its new pot.

- Gently untangle any remaining roots and prepare to place the plant in a new pot.

- Choose a new pot that is slightly larger than the root ball. Fill the pot with soil so that the root ball sits about an inch below the rim of the pot. Add more soil around the roots to fill the pot. Be sure to leave enough room so that with each watering the pot can hold water.

- Thoroughly water the plant after repotting to moisten the soil.

Watch your plant afterwards to be sure that it's taking to its new potted home. It can take around three to four weeks for the plant to recover from repotting. Water regularly, avoid fertilizing and keep the plant out of direct sunlight.

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Lawn & Garden

HOW TO GRAFT A FAVORITE PLANT

Plants can be propagated in various ways, including grafting. Grafting involves slicing off a piece from one plant and connecting it to another to create a new plant. Grafting can be an interesting hobby, and even novice gardeners can become skilled at grafting.

Grafting is actually botanical surgery. The grafted parts eventually grow together to form a single grafted plant, which will produce leaves, a stem, flowers or fruit on top known as a scion. The bottom part of the graft is known as the rootstock.

Production of grafted plants

requires time, and grafting involves more than just propagating plants from seeds or cuttings. But the benefits of grafting include the propensity for grafted plants to flower or bear fruit more quickly than traditional plants. Grafting also can help a plant thrive, by selecting a root

system adapted to a particular climate. Grafting is particularly advantageous when one wants to produce a plant that is an exact duplicate of the parent plant. Planting from seeds can produce inconsistent results.

If grafting seems like something you want to try, consider the following tips.

- Seek help from experienced grafters. Many grafters work at nurseries or in the research field. If they're too busy to work with you, you can likely find a video online that can show you the proper techniques.

- Invest in a quality, sharp knife. According to horticulture expert and teacher Dr. Malcolm Manners, grafting requires very sharp cuts. The knife needs to be razor sharp for it to be effective. Dull knives and cuts can sabotage your grafting efforts.

- Do test cuts first. Before you decide to work on a plant, select a trial stem to practice on. This can give you a better feel for making smooth, precise cuts.

- Purchase high-quality rootstock plants. The rootstock plant is the plant that provides a root system and base. Rootstock is bred to have certain qualities, whether it's to put more plant energy into producing flowers or fruit or to be more durable.

- Choose compatible plants. Not every scion can be grafted on every rootstock. You likely will need a related species or genus for success. Speak with a horticulturist if you need assistance.

- Work quickly so that grafts do not dry out. As you become more experienced, this will be easier to do.

Grafting is a technique that can produce true plants and may help generate new but similar species. Plant lovers may want to give it a try and see if grafting is for them.

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Lawn & Garden

CREATE A BUDGET-FRIENDLY HOME LANDSCAPE

Homeowners understandably envy the award-worthy photo spreads in lawn and garden magazines, wanting to emulate those same looks on their own properties. Scores of designers and landscape architects are involved in the process of creating those amazing lush lawns and perfectly placed plantings. Although not every homeowner has the budget to create lavish landscape designs, it's still possible for homeowners to create lawns they can be proud of.

- Establish your budget. The first step in any project is to determine how much money you can devote to the job. Once you have established the budget, all other factors can be built around it.

- Find an inspiration piece. Great landscapes are inspired by many things, whether it's a memorable piece of art or a landscape layout in a lawn and gardening magazine. Use photos of other gardens or neigh-

bors' yards as inspiration and build off of them. As long as the theme is cohesive, it will look pleasing to the eye.

- Consider the space and how you want to use it. Understanding the space will help you better allocate your budget. If your yard is more of a retreat, look for ways to create privacy and a vacation feel. If you have kids and entertaining friends is a main priority, focus on recreational aspects, such as a pool, playset and some durable plants. Understanding how to allocate your budget will help you to avoid spending money frivolously.

- Think about reclaimed or repurposed materials. Brand new items can quickly eat up a budget. However, repurposing salvaged or inexpensive items can stretch that budget while adding some unique flair to a landscape. See if you can find an outdoor patio set that someone is

giving away or selling for a lower price. All it takes is a coat of paint and some new cushions to make it look like new. Discarded bricks or stones can be worked into a patio space or used to create raised garden beds. Purchase inexpensive flower pots and then paint them to make them look like stone or another desired material.

- Buy native plants. Native plants, shrubs, trees, and flowers will fare better than non-native, exotic plants. That means you'll have to spend less time and money nurturing them into health, and less money having to replace plants that cannot withstand your climate.

- Consider perennial plants. Perennials may cost more at the outset, but the savings will be realized in the years to come.

- Hire a professional. It may seem counterintuitive to spend money on a landscaping professional when

you've established a strict budget, but that's one way to save money. Landscape artists or garden designers have the experience to guide you in the right direction and help you avoid potentially costly mistakes.

- Use gravel in spots where plants don't thrive. Gravel is an inexpensive landscaping material that can fill in voids where plants or ground cover simply do not flourish. Those working on limited budgets may be happy to learn gravel is typically less expensive than concrete or pavers.

- Ask friends or family for clippings. Don't be shy about admiring the plantings of those you know. Flatter their good taste and ask if you can have some clippings to propagate yourself. These clippings can turn into lush plants in no time - with no additional spending required.

With some frugal spending, planning and budgeting, anyone can create a beautiful landscape.



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GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool

I hope as you are reading this we have enjoyed a bit of rain. So far at this time, no rain and no hummingbirds. Their nectar still has to be changed every three or four days as a fungus may form (especially in sunny, warm weather) that can be deadly to the tiny creatures.

The Pork Steak Supper was very delicious and many thanks to Lorne and Derald for their expert grilling of the steaks on the BBQ as well as to Bob, Ron,

Marcelle, Pat, Rick and George for their hard work preparing the meal and cleaning up after the meal. Harvey and Samantha did a great job of clearing and cleaning the tables and we sure appreciate the job they do when they are able to show up. Thank you to Cheryl for recording the draw winners, to George and Scott for selling the draw tickets and to Louise and Kelsey for looking after everyone at the bar. Larry Abram won the free meal voucher, Rhonda Hollingshead the meat draw and Debbie Hambling the 50/50 draw.

You do not have to be a Legion member to attend the meals or the fun sporting events but if your birthday falls on a Friday and you are an Onoway Legion member you are invited to join us for a free supper.

At the Executive Meeting on May 16 it was decided that a special General Meeting needed to be called for Monday, May 30th at 7:00pm to deal with a specific time sensitive donation. We please ask all members to attend this very brief meeting as an extremely important decision must be made regarding a money issue.

A portion of the proceeds from our May 27th Lemon Chicken Supper will be donated to the 3053 Cadets to help ensure that three Cadets are able to participate in the Vimy Ridge Battlefield Tour. Fundraising efforts over the past year have not been successful enough to send these Cadets on this once in a lifetime experience so we would like to ask you to please support their efforts by attending the meal, giving a donation or both.

The popularity of the meals has increased to the point that reservations are recommended if you would like your meal guaranteed. Please phone Bob Clark @ 780-967-3640 before 3:30 on the Friday or call the Legion @ 780-967-5361 after 3:30 to place a late request for a plate. Answering machines are on both phones and if you would like a call back to confirm your reservation please leave your message and include your phone number. We try to keep some plates for walk in customers and are now opening up for meal sales at 4:30 instead of 5:30 to allow for a more comfortable and less hurried evening. Thank you for your support of our Friday Night meals as they contribute greatly to the success of the Onoway Legion and allow us to return significant contributions back to the community.

UPCOMING EVENTS:

- May 24 - Tuesday Night Darts
- May 25 - Mason's Meeting
- May 27 - Friday Night Supper - Lemon Chicken - Cadet Fundraiser for the Vimy Ridge Battlefield Tour
- May 30 - Special General Meeting
- May 31 - Tuesday Night Darts
- June 3 - Friday Night Supper
- June 4 - Dart Windup Meal
- June 6 - General Meeting

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 plate for 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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HILITES * Oak Table w 6 Chairs * Oak Style China Cabinet * Wall Display Unit * TV * Nice Blue Recliner Chesterfield * dresser & C of D * Washers & Dryers * Fridge * deep freeze * Large Dog Pet Carrier * Usual Household * Tools & Garage Misc * 3 6x8 Metal/Wire Free Stand Panels

PLUS: * Large Trailer Van Full of Estate Items, to packed to see or list. Other items also coming from other consigners

NEW ADDITIONS: * Nice Kawasaki Collector Bike * 10 Good Bicycles of Various Size in good working condition * 8" Ice Auger * 4" Dirt Auger * Truck Bumper w lights * Port Air Comp * Power Tools * New 1980's Gold Wing Engine Cover

JUNE 3RD AUCTION

FOR: WILLIAM JONES

Located: (From LEGAL – Go W to Hwy 2 then continue W on Hwy 651 for 6 miles to RR 263 then 3 mi S) (From BUSBY – Go E to Hwy 44 then 2 mi E on Hwy 651 to RR 263 then 3 mi S)

Friday Evening, June 3rd at 6:00P.M.

GRAIN EQUIP: * 4 Good Westeel Rosco 6 R Hopper Bins * Air Fan * 3 Butler 3R Bins on Wood Floors * Like New 55x8 Wheatheart BH 855 Auger w self propelled moving, Kohler Pro 30 motor

MACHINERY: * 50' Flexicoil System 92 w coil packers and a Wallmar Air Flo Att * Good 14' Mel Cam 9810 DT Cult * 14' Disc w grass, fert, rubber packers * Degei Man Rock Picker w pto drive, Batt Wheel P/Up * Cockshutt 1850 Tractor w cab, Ezee On Loader * Woody's Whammer Trail Post Pounder w hyd pto pump * 2 of 11L-15 Tires & Rims

GOOD HORSE TACK: * New Western Saddle * Roping Saddle * Mid Size Saddle * Kids Saddle * Packing Saddle * Ankle Protectors * Saddle Bags * Bridles * Leather Chaps * Lots of Tack * Spurs * Hoof Care Eg * Lariets * Sleeping Bags * Camping Gear

FARM TIEMS: * HD Metal Oil Change Ramps * Hyd Wood Splitter * Air Comp * Tools * Cleanser * Round Up, Weed Spray, Large Plastic Tank * 500 & 300 Tanks w stands

HOUSEHOLD: * Teak Furniture (Table w Hide away Centre Leaf, 4 Chairs) (Parlour Wall Table) (Triangle Corner Cabinet) (Coffee Table) * Vinyl Chesterfield * 2 Wall Cabinets * Portable Dishwasher * WP Fridge * Microwave * File Cabinet * Queen & Double Beds * 3 C of D Drawers

GOOD YARD ITEMS: * 2006 Honda Fourtrax ATV 350 cc Quad w 1900kms * 2010 JD LA 135 Lawnmower w/ 215 hours

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Pictures Available on: parsons-auctions.com

ANOTHER
RAINBOW SALE

GIANT 2-DAY AUCTION

ANOTHER
RAINBOW SALE

Day 1: Thursday, May 26, 2016 at 10:00 AM

Retirement sale for Wikstrom & Assoc.

Location: Darewell, AB | 52501 - Rge Road 225 – Watch For Signs

Directions: Right in the small town of Darwell, AB. Watch for signs. Darwell is approx 25 miles west of Stony Plain on Hwy 16 to Hwy 765, then approx 6 miles north.

Construction Material & Equipment: • 2007 Genie 3H/50 Model TZ50, tow & self-drive manulift • Tennsmith 10ft brake Model H312116, capacity 16 gauge mild steel • Rigid 13" planer c/w 3 blade cutterhead • Suzuki 9000 watt generator (still in box) • 20 compartment tool & assessories cabinet • (3) sets of slings 20ftx30ft • 30ft x60ft tarps (2 in box) • A huge selection of construction material for metal buildings • Plus much more
Mr. Wikstrom was in the metal building business, he erected metal buildings all over Alberta. The huge selection is to numerous to mention - if you are planning to build a metal large shop, garage, shed etc. ALL the material you will need will be at this sale.

Day 2: Saturday, May 28, 2016 at 10:00 AM

Estate Sale for Oscar Wikstrom

Campground & RV Park plus the remainder of Wikstrom Construction

Directions: From Darwell, go approx 2 miles west on Hwy 633 to RRD 541A, then turn south.

OR: From Hwy 16 (Yellowhead) turn north on Range Road 52, then go 8 km north, then turn west on Hwy 633, then left on Twp Rd 541A, then south into Summer Village of South View

Recreational: • Aluminum boats • Boat motors & accessories • Fishing equipment • Decks & sheds from RV park • Boat lifts • Boat piers • 2005 660 Grizzly Quad c/w snow blade, new tires • 24ft Custom Built Pontoon Boat, fully self contained, c/w living quarters & all great facilities for the fisherman or just sightseers on the Scushwap Lakes or wherever you want to play, built of all aluminum with fiberglass pontoons so not heavy at all, c/w 40 hp Evinrude motor
Vehicles: • 2001 Dodge Quad cab • 20ft t/a trailer (Industrial trailer with Industrial tools & Equipment) **Lawn & Garden:** • Toro Lawn mower • Plus much more
Real Estate #1 - Lakefront at South View: This is an exceptional 1.6 acres of lakefront property in the Summer Village of South View at Lake Isle. With plenty of mature trees there is privacy and almost 700ft of waterfront to enjoy in this peaceful setting! The 1456 sq.ft.bungalow has plenty of living space, a woodstove for cozy warmth, and large windows to take in the panoramic views. Options abound for year-round use; boating fishing, snowmobiling and much more!
Real Estate #2 - Hillside with Lake view: This year-round hillside bungalow enjoys 1800 sq.ft. on a double lot. With a 36ft x15ft covered deck with lake view. A large kitchen, accented with pine, skylight and vaulted ceiling, flowing into livingroom. Large master bedroom, with jazzuci tub and rounding out the main floor another bedroom & 3-piece bath. The lower level has 2 bedrooms and large family room exits on to huge front patio. Carport for two vehicles. Workshop. Enjoy Lake activities year-round and room to roam!
Conditions on the Real Estate Sales Only: *The Real Estate is being sold subject to owner's approval on the last and final bid. *Deposit (Lessor of 10% or \$10,000 down) to be paid on the day of the sale and the balance due within 10 days. *No subject-to anything will be accepted. *The Real Estate transaction will be handled by Arlie Jespersion (Realty Executives, Spruce Grove, AB) Phone: 780-916-2333

Auctioneer's Note: Under instruction from the the Wikstrom's we will be selling off the chattels from the campground & RV Park owned by Oscar Wikstrom as well as the lakefront property. Lakefront property is hard to come by so be there! IF you are a building contractor make sure you attend the retirement sale for Wikstrom contracting on the 26 of May as everything goes !!

UPCOMING SALES

June 12 2016 @ 12:00 Noon – REAL ESTATE & CHATTELS - TOTALLY UNRESERVED

Retirement Sale for James & Anette McCullough.

Summer Village of Mission Beach, Pigeon Lake, AB - Real Estate, plus ALL chattels in the House/Garage & Yard.

Partial Listing: 2006 Ford F150 Lariat XLT King Ranch – 1994 SeaRay 170BR, 125HP – Shore Station Boat lift c/w electric lift & tarp – Porta deck 10ft. panels (2 years old) – Trawling motor & fish finder **Lawn & Garden/Shop:** welder – 2 chain saws – weed eaters – lawn mower – rakes, shovels, - various power tools & hand tools - **Household:** leather couch & chair – 2 side chairs – Oak dining room set + 8 chairs – Oak China cabinet –sectional couch –coffee tables & end tables – Table lamps & floor lamps - Wooden round kitchen table & 4 chairs – glass top table – TV stands & TV's - 5 piece bedroom suit – bunk bed – extra beds - Freezer – washing machines – dryers – entertainment unit – carpets – computer desk/unit – computers - printer – copier- fax machine - filing cabinets – paper shredder – sewing machine – electric fireplace – DVD player – Sony audio center – Wall clocks – fire-safe – complete kitchen –toaster oven , utensils etc. **Wall paintings:** Fox by Robert Bateman (16" x – 18") – Wilderness Sojourn by Daniel Smith (29"x42") – Den Mother, by Carl Brenders (36"x45") – **Recreational:** treadmill – advantage fitness bike – fitness chair – 2 bicycles

June 18 2016 - Rainbow's Annual Mid-Summer Consignment Sale, Stony Plain, AB

Cars, truck, RV, Motorhomes, lawn and garden equipment, etc. already booked in for the June consignment sale.

Terms and Conditions: Cash, Visa, Mastercard, Debit. Nothing to be removed till paid for. Subject to additions and deletions. A 5% handling fee plus GST will be charged. Please be conscious of the handling fees and factor them into your bidding. Owner Rainbow Liquidators and Auctions or its employees shall not be responsible for any accidents.

Sale Conducted By:

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SPECTRUM AUCTIONEERING



ACREAGE AUCTION FOR MARJORIE CHIEDUCH & ESTATE OF DENNIS CHIEDUCH

DATE: SATURDAY- MAY 28, 2016

TIME: 10:00 A.M. - VIEWING BEGINS AT 8 A.M.
LOCATION: 2309 Township RD 545 (West of Onoway)
 – Turn west off HWY 43 at Onoway corner & follow Spectrum Auctioneering signs

Vehicles: 2005 Cadillac CTS; 1999 Cadillac STS; 1985 GMC 2500, SN 2GTFC24M2F1-521826 w/Acklands welder; horse trailer; gooseneck trailer (25' deck); 23.5' flat-deck trailer w/ramp; GMC 4x4 (parts only).
Equipment: CAT 246 loader; SN CAT0246L5SZ05822; 72" toothed CAT bucket; CAT CB-214B packer, SN 6LF00777-7X4112; adjustable pallet forks for Skid Steer; rubber-tire wagon.
Tools: Lincoln AC-225 welder; welding table w/vice; 2 hp 8-gal air compressor; Craftsman router table & router; Bosch skill saw; bench grinder; Power Fist floor nailer; Prime 18-gauge finishing nailer & stapler; Deltqa 8" basic drill press; Craftsman 10" mitre saw; 10" Rockwell/Beaer band saw; Craftsman 10" radial arm saw; 2 battery chargers; Snap-On tool box; Craftsman tool box; Magna Force 60' gal 5 hp air compressor; King Canada parts washer; Miller Matic 210 wire welder; Miller Spectrum 375 Plasma cutter; metal band saw 4.5"; Brit Bull drill press w/stand; DeWalt chop saw; 4 (6-ton) jack stands; floor jack; DeWalt Quik Drive drill; selection of air and hand tools; 2 (20-ton) hydraulic jacks; Bendix parts cabinet; air/hydraulic press; Dremel Multi-Pro rotary tool; grinder & wheels.
Lawn & Garden: Jacobsen 10hp riding lawn mower; Poulan 14.5 hp/42" cut riding lawn mower; 2 Toro electric grass trimmers
Household: Poot table, cues & balls; framed pictures; brass horse figurine; metal wolf figurine; coffee table w/2 matching side tables for living room; Zilstra Rose 8-place setting; assorted pots, pans, and kitchenware; wagon wheel bench; patio set (table w/6 chairs & umbrella); wall unit (34.5" w x 76.5" h x 16.5" d); leather section sofa (9' x 11"); sml drop-leaf table; bedroom site (9-drawer dresser w/mirror, dble bed w/2 end tables & 4-drawer chest; 1 oak rocking chair; dble brass bed.
Antique: Woodward's sale poster; antique dresser w/mirror.
Misc: air hose; ss sink (52" & 17" backsplash); nut & bolt bins; 24' Featherlite alum ext ladder; chains & boomers; 2 Chamberlain chain-drive ½ hp garage door openers; grease guns; 2-ton jack; jack-all; selection of electrical wire and ext cords; running boards/checker-plate truck accessories; selection of horse tack & grooming tools; Stewart electric shears; spool of jute rope; fluid tank w/stand. *Follow our website to see more items as they are added to this sale.*

Terms of Payment: Visa, MasterCard, Cheque or Cash
To view the complete listing with detail and pictures visit our website: www.spectrumauctioneering.com

Email: info@spectrumauctioneering.com
Ph. (780)967-3375 or (780)903-9393

Classified Ads

Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. Each additional word is 20 cents per word, per insertion. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@com-voice.com, drop off at Onoway Registries, or mail cheque or money order along with your ad to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice.com/classified.htm

Hall Rentals

- Alberta Beach Agliplex, Susan 780-996-2960.
- Alberta Beach & District Heritage Centre, We now have air conditioning! Space Available! Call Jeanne (780) 884-7111
- Bright Bank Hall, 780-963-6835
- Cherhill Legion, Mary 780-284-1703.
- Cherhill Community, Taryn 305-9022
- Darwell Hall, 780-721-2690

- Darwell Seniors, 892-2457
- Glenevis Hall, 785-4144 or 721-6188
- Gunn Hall (G.A.R.S.) 780-967-2215
- Hathersage Community Centre, Noreen at 786-2946
- Lake Isle Hall, 892-2998.
- Magnolia Hall, 727-2015
- Manley Goodwill Community Hall, 963-9165 or 916-0146
- Mayerthorpe Diamond Centre, Charlotte at 786-4659
- Mayerthorpe Legion, 786-2470.
- Onoway Community Hall, 967-4749.
- Onoway Legion , 967-4980
- Onoway Museum Gym classroom, 967-5263 or 967-1015
- Park Court Community Hall, 727-4476
- Parkland Village, 960-5556
- Ravine Community Hall, 325-2240
- Rich Valley Community Hall, 967-5710 or 967-3696
- Rosenthal Community Hall, 963-7984
- Sandy Beach Rec Hall, 967-2873
- Sangudo Community Hall, 785-3221 or 785-3118
- Stettin Nakumun Comm. Hall, 967-9198

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Employment Opportunities

Newspaper Delivery Driver Wanted!
Tuesday Delivery. Call 780-962-9228

The Onway Arena is looking for an Arena Operator. Some duties and responsibilities include but are not limited to: -Installing & maintaining ice in arena and outdoor rink, -Maintaining ice facilities and equipment, -Cleaning outside of the building, -working with other staff & community users. Preferred Qualifications: Grade 12 or equivalent, strong communication/interpersonal skills, and be able to provide a clean RCMP records check. They must have a valid class 5 driver's license. The following would be an asset Level one Ice maintenance Certificate and Arena Operator Certification. Please send resumes to odasarena@gmail.com closing date is Friday June 3rd. (3)

Bartender/Waitress Needed. Some experience needed, criminal check required, part-time hours. Please apply in person with resume to Alberta Beach Hotel. (1) 24-05

Services

Ceiling Cleaning Specials - All Types (Cigarette Smoke Removal). Package 1: Living room, kitchen, hallway - SALE \$325.00 (500 sqft limit). Package 2: Living room, kitchen, hallway, 3 bedrooms - SALE \$495.00 (800 sqft limit). We travel to acreages & farms. Call Ceiltech 780-914-0323

STUMP GRINDING FOR HIRE. Alberta Beach and Surrounding Areas. Call 780-779-3589 (3) 17-05

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

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) 03-05 OG

Computers

FREE COMPUTER CHECKUP, Repairs not over \$50. Free Computer Repairs for anybody who can't afford. 780-892-4993. (19) 15-03

Meat/Produce

Haywire Ventures Farm Store located at 55122 RR 34 west of Gunn is open for the season. We have hormone,

antibiotic free, grass fed inspected beef and pork for sale. We sell the meat by the peice etc, 2 steak per pack, ground beef in 1-2 lb packs, roasts range from 3-5 lbs, hams, chops, bacon, ground pork, cutlets. Also white free range eggs, preserves and country decor. Please call 780-914-7148 with any questions or email wklein80@gmail.com. (2) 17-05

Feed & Seed

Feed & Seed Oats For Sale, 93% germination. 780-727-2389 Double

Gear Ranch (12) 19-04

Timothy Seed, cleaned and bagged, good germ, Call 780-727-4476 or 780-727-2223 (8) 05-04

Livestock

Black Angus Cross Bulls, 2 yr olds and yearlings, 10 to pick from, grass fed mainly. Yearlings are \$2500. 2 yr olds \$3500. 2015 - 25 round bales for sale, Timothy grass hay bales with little bit of alfalfa. Entwistle Area, Daytime Call 780-898-0830 (1) 24-05

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Red Poll Bulls, reg. yearlings, 2 yrs old, easy calving, naturally polled calves. 780-892-3447 (13) 05-04

Firewood

Firewood For Sale: Birch, Spruce, Pine, Poplar. Cords, Partial Cords, Bundles, Split, Seasoned, Cleaned. Pickup or Delivery, Woodchuck Firewood. Call 780-288-7247 (13) 03

Miscellaneous

Grasmere School has used desks for sale, various sizes, \$10.00 each. Call 780-924-3758 or email grasmere@ngps.ca (2) 17-05

Top Soil, \$30 per yard, limited quantity. Also Burning & Rain Barrels, \$15 each. Black Poplar Firewood, \$150 per stack. Call Steven 780-967-2779 (13) 05-04

For Sale

If you own an acreage or lake lot,

we have a cabin to be moved from Seba Beach, lots of upgrades. Asking \$25,000. Serious inquiries only! Please call 780-797-5422 or 780-910-5609. Ask for Bernie (3) 10-05

Wanted

Vendors Wanted - for Alberta Beach Bazaar, held in the Agriplex each Saturday for the summer. Products and services welcome! Inside & outside spots, call 780-243-3651 or email teresadh@hotmail.com (2)

Will take away unwanted appliances, on your cost \$10 each. Alberta Beach & Area. Call 780-967-2779 (6) 24-05

Will pull away unwanted travel trailers, too my farm use. Call 780-967-2779 (6) 24-05

Pasture For Sale

71 (+/-) Acres for sale. Located near Lake Isle and Darwell. Just off Highway 633. Fencing on 3 sides. Mix of open and treed. Seeded. Phone 780-572-2009 for more info.

Looking To Rent

Seeking to rent - on the lake cabin at Lac St. Anne. Family of 4. July 9-16, Aug 7-14. Solid references. Call Greg or Kyrsten H(780)481-7656 or Day(780)465-7600. (3) 17-05

For Rent

For Rent: 2 bedroom 2 bathroom House in Onoway. 4 appliances, single car garage with fenced yard, non smokers and no pets please. Available June 1. Rent is \$850/month, no utilities included. Call 780-717-1857 (1) 24-05

Beautiful and Quiet! 2 bedroom house on acreage near Alberta Beach, c/w 5 appl and fireplace, \$1250/month + utilities. Available July 1st. 780-886-0736 (9) 03-05

2 Cabins For Rent. One is \$850, other is \$950. Utilities included, Evansburg Area. Call 780-239-0553 (4) 03-05

Room for rent in Alberta Beach, \$650/month, all included, N/S, N/P. Call 780-893-7679 (4) 24-05 OG

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

Real Estate

NEED CASH! We Buy: Estates & Complete Households, We Pay Cash!! 780-727-2724 (4) 24-05 OG

Selling the Farm? STOP! A Veterans First Responders Outfit is looking for 160 +/- Acres to run a hobby farm to assist with the recovery of PTSD. Please consider giving a little to those who have given their all. Reply to wcvfrc@gmail.com (9) 19-04

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- ERASES THE APPEARANCE OF DARK CIRCLES AND PUFFINESS UNDER THE EYES
- MINIMIZES THE APPEARANCE OF PORES
- HELPS TO EVEN SKIN TEXTURE
- MATTES SKIN FOR A FLAWLESS FINISH
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YouTube [youtube.com/watch?v=9g1As1cBjGY](https://www.youtube.com/watch?v=9g1As1cBjGY)



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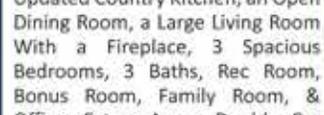
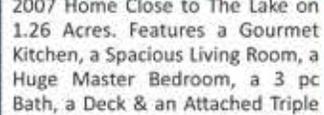
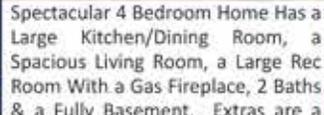
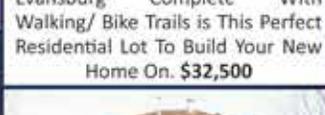
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<p>NEW</p>  <p>Beautiful Ranch Style Home on 1.14 Acres Right in Town Has an Updated Country Kitchen, an Open Dining Room, a Large Living Room With a Fireplace, 3 Spacious Bedrooms, 3 Baths, Rec Room, Bonus Room, Family Room, & Office. Extras Are a Double Car Garage, 3 Storage Sheds, a Paved Front & Back Driveway, RV Parking and Parklike Setting! \$369,900</p>	<p>NEW</p>  <p>2007 Home Close to The Lake on 1.26 Acres. Features a Gourmet Kitchen, a Spacious Living Room, a Huge Master Bedroom, a 3 pc Bath, a Deck & an Attached Triple Car Garage. Extras are a Guest House, a Storage Shed, an Outdoor Bathroom With Hot & Cold Water, a Gazebo With Power & a Firepit! \$279,900</p>	<p>NEW</p>  <p>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</p>	<p>SOLD</p>  <p>Hobby Farm With 4 Bedroom Hillside Bungalow on 79 Acres is a Must See! \$439,900</p>
<p>SOLD</p>  <p>9.93 Acres With Your Own Private Pond! \$74,500</p>	<p>NEW</p>  <p>5 Bedroom Home With a Full Basement on .49 acres Has a Large Kitchen, a Spacious Living Room, and a 4 pce Bath! \$73,000</p>	<p>NEW</p>  <p>Spectacular 4 Bedroom Home Has a Large Kitchen/Dining Room, a Spacious Living Room, a Large Rec Room With a Gas Fireplace, 2 Baths & a Fully Basement. Extras are a Brick Patio, a Huge Fenced Backyard & a Triple Car Garage With Infloor Heating & 220 Wiring! \$299,900</p>	<p>NEW</p>  <p>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</p>
<p>NEW</p>  <p>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</p>	<p>NEW</p>  <p>Located in Entwistle at the Gateway to the Pembina Provincial Park and Right Off Hwy16 enroute to the Jasper National Park is the Perfect Spot For Your Own Antique Store or Other Retail Business. On a Double Lot on the Corner of Main Street is The Perfect Location For Starting Your Own Business! \$279,900</p>	<p>NEW</p>  <p>What a Deal! 3 Bedroom Home With Addition, Carport, and Double Car Garage. Only \$56,500</p>	<p>NEW</p>  <p>Beautiful Home on 79 private Acres! Features Are an Oak Kitchen, a Bright Dining Area, a Beautiful Living Room, 3 Bedrooms, 2 Baths, a Walk Out Basement, Air Conditioning, 3 Decks, & a Double Car Garage. The Property is Beautifully Treed With an Open Meadow and Walking Trails! \$355,000</p>
<p>NEW</p>  <p>Beautiful Home on 1.44 Acres Right in Town Has 5 Spacious Bedrooms, 4 Bathrooms, a Huge Oak Kitchen, a Separate Dining Area, a Den/Office, a Living Room Complete With a Fireplace, a Rec Room an Attached Garage, 2 Covered Decks, and a Paved Driveway. Also Included is an Older 2 Storey Home and a Garage! \$399,900</p>	<p>NEW</p>  <p>This 3.53 Acres is Close to The Lake In Singing Hills Estates. This is a Great Weekend Getaway or Perfect Building Spot! \$85,000</p>	<p>NEW</p>  <p>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</p>	<p>NEW</p>  <p>This Newly Updated Victorian Home Has a Bright and Open Living Room, 2 Bedrooms, an Updated Kitchen, a New Bathroom, and a Loft. Extras Are New Shingles, Stucco, Paint, Windows, Fixtures, and Flooring! \$139,900</p>

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, Wabamun, Darwell & Lake Isle, Onoway & Area
 (780) 924-3351

St. Joseph's Catholic Church
 Sunday Mass
 11:30a.m.
 Wabamun, AB

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

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	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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).

MAY 27 - STRAWBERRY TEA & JAIL LOCK-UP at Pleasant View Lodge in Mayerthorpe, 1-4pm. Bake sale, silent auction, art display & much more. Everyone Welcome.

MAY 28 - COMMUNITY GARAGE SALE at Sangudo Community Hall 10am to 3pm. To book a table for \$10.00, call Donna @ 785-3118. Alternatively, saleable items can be donated for the Community Hall table.

MAY 28 - BLUEBERRY CRIME WATCH ANNUAL GARAGE SALE, 9-4pm at Rosenthal Community Hall (corner of Hwy 628 & RRG 13). Vendor tables available: \$15 each. Big Bargains & Great Gifts. Jennifer 780-963-3031 or Gloria 780-963-6421.

MAY 28 - SANGUDO HORTICULTURAL CLUB ANNUAL PLANT SALE at Sangudo Community Hall (4924-50str) 10am to 3pm. Annuals and Perennials for sale.

FARMERS MARKETS

ALBERTA BEACH: May - Sept., Contact Joanne 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

ONOWAY FARMERS' MARKET presented by the Onoway & District Ag Society, Fridays 4pm-8pm at the Community Hall. Starts May 1st. Janice (780) 667-6327. onowayfarmersmarket@gmail.com. New vendors welcome!

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.

CHERHILL BINGO: Tuesdays at Cherhill Community Association. Doors Open at 6:30pm, Games at 7pm.

CHERHILL LEGION: First Sunday of Month. Doors Open 12:00 Noon

MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30pm, bingo 7:30pm

RICH VALLEY COMMUNITY HALL BINGO: 7:30pm. Loonie Pots. Next bingos May 4 & 18, June 1, 15 & 29.

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

JAMBOREES

CALMAR: Wilton Park Community Hall, Every 4th Sat of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.

CHIP LAKE: Ravine Comm Hall, 1st Sat 325-2119 or 325-2391

SANGUDO: Sangudo Community Hall, 1st Sat of month 7pm, Oct.-May. Everyone welcome. 785-4105 or 305-3688.

SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5pm, Sept - June. Info Florence 780-962-3104 Margaret 780-962-3051

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of the month @ 6:30 pm, Cost \$2. Everybody Welcome. Contact 823-0035 or 963-7920.

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.

Darwell: Put on by Alberta Beach & District Lions Club, 4:00pm, bi-weekly, Darwell Lounge & Restaurant

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

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

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+ Clubs 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.

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

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

ONOWAY HAVE FUN & GET FIT! Exercise Class with Video La Blast, Dancing with the Stars Choreographer Louis van Amstel. Fridays 10:30am at the Drop in Centre, 5023-49 Ave. Walk ins Welcome. More info, 780-967-2056.

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

ONOWAY ROYAL CANADIAN LEGION open Tues 7:30pm & Fri 3pm - Friday's Family Friendly Dinner starts at 5:30pm (open to the public)

PANCAKE/BREAKFAST SOCIAL: Parkland Village Community Centre - 3rd Sunday (except June, July, August) 9-11:30am

RIVER TALKERS TOAST MASTERS CLUB, every thursday from 7-9pm. 32 Whitecourt ave. Hilltop Community Church. Info Lorraine 286-5040.

SANGUDO ART GROUP: Every Wednesday from 9:00am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops. Potluck. For more information call 780-785-2112.

SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St. Stony Plain). 2nd Friday of the month at 7pm. Popcorn provided. Contact 780-940-3032

SPIRITUAL LIVING 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.

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@lasc.ca

JUN 2 - PARKLAND POTTERS GUILD/CROOKED POT GALLERY: SET IT UP - TAMMY PARKS-LEGGE OPENING RECEPTION, 4-8 p.m. 4912 51 Avenue, Stony Plain. Open June 1 - 30.

JUN 11 & 12 - OL' PEMBINA TRACTOR PULL SOCIETY 14TH ANNUAL "FARMER'S DAY EVENT" Starts 10am at Sangudo, North of Sports Grounds. \$10/Adults, \$2/6-12 years, 5 & under Free. Info: Don @780-785-2967

JUN 12 - FARMER'S DAY SUPPER at Park Court Hall, 5-7pm. Support your local farming community and join us for a great meal and quilt raffle. Please call 780 727-4476 or 780 727-2138 for more information.

JUL 1 - CANADA DAY CAR SHOW at Meridian Mall, Stony Plain. Registration 9-11am, Show 11-3:30pm. Prizes, Trophies! Contact: Vicki (780) 914-8868.

MEETINGS

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

3053 ROYAL CANADIAN ARMY CADETS, Onoway Historical Centre, Wed, 6:45pm-9:30 for youths 12+- 967-0443

755 PARKLAND AIR CADETS Thurs, 6:30-9:30pm Muir Lake School, ages 12-18. Info call 405-6585 or www.aircadet.com/755.

526 Barrhead Air Cadets, Wednesdays 6:30 - 9:30pm, High School Ages 12-18 are welcome. 780-674-4058 or 780-674-9003

AA - Mayerthorpe, Kingmen 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: Tues 7pm, Onoway Anglican Church (4809-50 St.) 780-967-3356 or 1-800-4AL-ANON.

AL-ANON Wed Spruce Grove United Church, 1A Fieldstone Dr, 8pm, 962-5205

ALBERTA 55 PLUS: Villeneuve Hall at 10a.m. New Members Welcome. Meetings on second Tuesday of the month. Info from Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7pm, Alberta Beach Agplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs. of month, 7pm, Agplex

ALBERTA BEACH MUSEUM meets the 2nd Wed, 7pm at Heritage House 924-3167.

ALCOHOLICS ANONYMOUS IF Drinking is a Problem, call 780-236-1043

BARRHEAD ROYAL CANADIAN LEGION, general meeting every 2nd Thurs, 7pm at the Legion Hall.

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12pm, Alberta Beach Agplex. Sept-June. Info call Andrea 780-924-8323 or Melissa 780-297-1892.

Citizens Helping In Life's Defence (C.H.I.L.D) Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.

CITIZENS ON PATROL: The Pembina Community Watch Patrol Meets 2nd Thurs of each month at 7:30 pm, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8pm, 1st Mon, Darwell

DDRA MEETING, 7pm, 2nd Mon (except Jul/Aug/Dec), Darwell 892-3099.

GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30pm, Onoway Heritage Centre. Info Laura, 780-967-1004.

GLENEVIS COMMUNITY meets first Wed. Info 785-4144 or 721-6188.

GREENCOURT COMMUNITY ASSOCIATION meet second Tuesday, monthly at 7:30pm at the hall. Info W. Jager (780) 786-4648.

KINETTE CLUB OF MAYERTHORPE, 7:30pm at Kinsmen Hall, every 2nd Tues. Want to volunteer? Marilyn (780) 786-9168 or mayerthorpekinettes@gmail.com

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

LAC STE ANNE WRITERS GROUP, ages 14 & up, Alberta Beach Library, 1st Tues of month, 6:30-8pm starting May 13. Info Sheree 967-6450

LAKE ISLE HALL BOARD: 3rd Tues, 7:30pm, Lake Isle Hall.

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

Sept-June, 7-9pm, Westview Health Centre (4405 South Park Dr.) Contact Cassy 780-471-3034

NA MEETING Tues, 7pm Poplar Valley Church (780)514-6011

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

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

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

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

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

ONOWAY OSPREY JUNIOR FOREST WARDENS Ages 6-18 Develop environmental awareness & outdoor skills. Every Mon 6:30-8pm Onoway Heritage Centre & monthly outings. Martin 780-963-1646

PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

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

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

SANGUDO PAINTING GROUP: Every 1st and 3rd Wed from 9:30am-12:00pm at 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. Video 960-5258

WEIGHT WATCHERS Alberta Beach Agplex - Mondays, weigh in 6:30pm. Meeting at 7pm.

TOPS Meetings (Take Off Pounds Sensibly)

ALBERTA BEACH: Tues Alberta Beach Lutheran Church, Hwy 633. Weigh-in 6-6:45. Meeting 7. 967-5009.

ENTWISTLE: Thurs 6:45pm, upstairs in Lions Hall. Darlene 727-3982.

EVANSBURG: Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155

SANGUDO: Tues, United Church, 6:00pm. Sharon 785-2095 or Martene 786-4646.

MEALS ON WHEELS

ALBERTA BEACH & AREA: call (780) 910-0034.

DARWELL & AREA: For info on volunteering or eligibility, call Lorraine, 892-2967.

ONOWAY & DIST: Frozen & hot meals available. Call 967-2338 or 967-5244.

YOUR COMMUNITY

ALBERTA BEACH BADMINTON: Tues, 7-9pm Grasmere School. Tim 924-3337

SEA CADETS: 299 Mackenzie, Stony Plain Comm Center, Wed 6:30 for youths 12-18, 963-0843

SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9-3pm. Info 960-4600.

UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, 10am-4pm.

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

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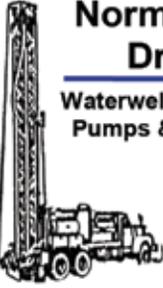
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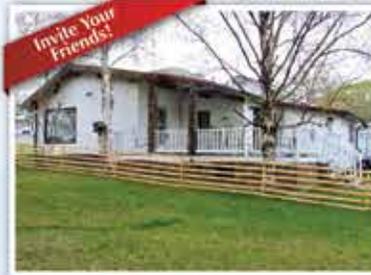
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