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**September 27, 2016**

## STORY TIME AT ALBERTA BEACH LIBRARY

Submitted by **Cathy Brennan, Library Manager, Alberta Beach Municipal Library**

Oct. 1, 8, 15, 22, and 29 at 10:30 am. We invite all 3-8 year olds to join Miss Rena for a story or two, try some rhymes,

work on some crafts, and enjoy a small snack. The program is drop in and there is no cost to participants.

We are also hosting a Bedtime Story session at the library on Oct. 25 and Nov. 29 at 7:00 pm. Wear your favourite jammies, bring your favourite stuffy, lis-

ten to a bedtime story, do a craft, and have a good night snack. All 3-8 year olds welcome. No cost to participants.

For more info contact us at 780-924-3491, [abllibrary@yrl.ab.ca](mailto:abllibrary@yrl.ab.ca), or facebook at "Alberta Beach Municipal".

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## FENTANYL AWARENESS

Submitted by **St. Albert RCMP**

St. Albert, Alberta - In the last week, St. Albert RCMP have responded to three separate incidents involving individuals who have over dosed on Fentanyl. The individuals were non-responsive thus EMS attended the scene and administered Naloxone, which reverses Fentanyl overdoses as long as it is given right away. All individuals involved were transported to hospital and later released. "In all three cases, the individuals involved were extremely fortunate that they were located and received treatment so quickly

as the outcome could have been drastically different," says Cst. M-J Burroughs.

St. Albert RCMP are reaching out to the Community to inform the public of the risks, signs and symptoms of Fentanyl use and/or overdose. Fentanyl is often passed off as the new form of OxyContin but Fentanyl is about 100 times more toxic than morphine, heroin, or oxycodone.

Signs and Symptoms of a Fentanyl overdose include:

- breathing is slow or not breathing at all
- nails and/or lips are blue
- choking or throwing up
- making gurgling sounds
- skin is cold and clammy

• can't wake them up

In 2015, there were 274 deaths in Alberta, associated with Fentanyl.

Naloxone kits are available free of charge to anyone at risk of an Opioid overdose or family members living with anyone at risk of an Opioid overdose. Naloxone kits are available at many different Pharmacies and walk-in clinics through-out Alberta (please check the Alberta Health Services webpage for a map and location of all facilities with Naloxone kits).

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PUBLISHED WEEKLY (Zone 1 & 2)  
 AND BIWEEKLY (Zone 3)

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**McKNIGHT,**  
*Katelynn Ariel*  
 (formerly known as Joe Dunn)  
 of Edmonton, Alberta



Katie passed away suddenly on Wednesday, September 7, 2016 at the age of 27 years. She is survived by her parents Cathy and Phil Dunn, half brother Gregg, special friend Karen, aunts, uncles and cousins.

A celebration of Katie's unique life will take place Saturday, October 1, 2016 between 2 and 4:00 P.M. at St. Andrew's United Church Hall, 1A Fieldstone Drive, Spruce Grove, AB. A program will begin at 2:30 P.M. with opportunity for people to share their memories of Katie's life.

Donations in lieu of flowers may be made to Canadian Mental Health Association or a charity of your choice.

# RCMP BEATS

Submitted by Stony Plain/Spruce Grove RCMP

Occurrences for the week of 12 September to 18 September, 2016.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 493

Total Calls for Service for the Victim Service Unit: 24

Person Crimes: 47

Property Crimes: 60

Impaired Driving Complaints reported: 8

Impaired Driving Charges Laid: 1

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 25

Individuals Charged (all offences not including Impaired): 20

Continued on Page 5

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Lisa Standeven, success strategist, world champion athlete and entrepreneur has gathered a few members of her team to share their knowledge and experience, in an intimate and interactive presentation.

- Finding Courage to Lead: Lisa Standeven, BEd, MEd, Athlete, Leader, Inspirational Speaker, Coach
- Avoiding Legal Pitfalls in Business: Samantha Kernahan, BA(Hons), LLB, Corporate Lawyer and Partner at McLennan Ross LLB
- Improving your Business Bottom Line: Shelley Bablitz, CPA, CMA, Certified Focal Point Coach
- Peace and Success – A Balancing Act: CaroleAnne Sluchinski, Yogi, Businesswoman, Survivor, Inspiration
- Successful Sex Life: Cory Hrushka, MA, CS, DST, Psychologist, Diplomat of Sex Therapy, Owner/CEO of Insight Psychological Services

Tickets on Eventbrite or call 780-907-6332  
<https://www.eventbrite.ca/myevent?eid=25334417926>

# GREETINGS FROM THE ONOWAY LEGION

**Submitted by Lorinda McCool**

Everyone had a great time at the fun pool tournament on Saturday September 17th but unfortunately none of the winner's names have been forwarded to me. The Legion welcomed many new customers who walked in because it was open and stayed to enjoy the food and fun. Watch for Saturday openings during tournaments and join us to enjoy the action, for a bite to eat or to enjoy a refreshing drink. You do not need to be a member and are always welcome to visit. Don't forget 2017 membership cards are in and Cheryl Sadler is always happy to help you fill out an application form to become a member of, or transfer into, the Onoway Legion.

Ron Watson and Jayne Fitzgerald were welcomed back to Tuesday Night Darts. Both have recovered enough during the

summer to once again compete in the fun. The Area "A" play downs were held to rank teams for the tournament being held in Onoway on September 24th. Congratulations to Rick Potter's team for taking first and Scott Sadler's team for placing second.

Another winning menu was planned, prepared and served by Bob C., Marcelle J., Lorna B., Neil G., Joanne G., Pat T., and Venessa C. According to the happy customers the meal was very tasty and Scouts Harvey and Sam were quick at keeping the used dishes picked up and tables clean. Thank you to Scott for handling the draws, Cheryl for recording draw winners as well as looking after membership and to Louise for selling Nevada tickets and refreshments at the bar. Congratulations to Irene Stephenson for winning the free meal ticket, Ron May for taking home the meat draw and Marian Laberge, the lucky recip-

ient of the 50/50 draw.

**UPCOMING EVENTS:**

- September 27 - Tuesday Night Darts
- September 28 - Masons
- September 30 - Friday Night Supper – Breaded Pork Cutlet
- October 3 - General Meeting
- October 4 - Tuesday Night Darts
- October 5 - Wednesday Night Pool

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, Neil Gorman @ 780-960-4160 for sports 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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## JOKE OF THE WEEK

A bus carrying many people crashed on an icy road, burst into flames, and killed everyone. Upon arrival in heaven, God says "Since you have died in a terrible way, I'll grant you one wish before I let you into heaven." The first woman, being a person always concerned on her looks, comes up to God and says "I wish to be beautiful." God grants her wish. The next person can't decide on what to wish for so ends up wishing for the same thing. At this point a man at the very back of the line starts to laugh. The next couple of people make their wish to become beautiful and the man at the end laughs even louder. One after another the people wish the same thing and the closer God gets to the end of the line, the harder the man laughs. When God finally reaches him, he asks "What is your wish my son?" The man says, "Make them all ugly again!"

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# ‘ERIN’S CORNER’ FROM THE DESK OF MLA ERIN BABCOCK, STONY PLAIN CONSTITUENCY

**Submitted by MLA Erin Babcock, Stony Plain Constituency**

Taking time out to reflect on this past month already feeling fall in the air, and getting organized for the school year, I had the opportunity to engage with many constituents at the office. For my constituents that haven’t dropped by, please remember

my door is always open.

I headed off on Saturday August 7th to the Ukrainian Festival held at the beautiful Ukrainian Village on and visited the Carvel Market on August 18. The Carvel farmers market is held every Thursday until August 25th, 5-8pm at the Carvel Hall. Local residents have the opportunity to sell their vegetables, baked goods, and display

their talent such as sewing and bead work. I talked to several residents at the market, and as a result, I would like to remind everyone that if you are a senior, or know of a senior, there are new programs to assist our senior community.

I was also very excited to be invited to participate in the North Saskatchewan Headwaters tour from Rocky Mountain House.

Alberta’s North Saskatchewan River plays a very important role in our history, flowing across Alberta and Saskatchewan to Lake Winnipeg, into the Nelson River and eventually into the Hudson Bay. The river divides the parkland and the plains, providing a navigable corridor for most of its 1,300 kilometer route, and is one of Canada’s most historic waterways. It is imperative for the future that we take care of this most valued body of water.

A big shout-out to all of the athletes from our constituency who participated in the Alberta Summer Games in July. Your dedication to your chosen sport inspires us all. Thanks again!

On August 19th, I enjoyed the opening of the Stony Plain Cowboy Festival, one of my favorite events in the constituency. This year the organizers offered a fabulous new youth program featuring Cowboy Poetry, a family theatre, and Aboriginal Animated Story Telling. A great way to keep the youth engaged in our history.

Upcoming events around the constituency. The famous Blueberry Shake at Blueberry Hall is September 10th and the Stony Plain Street Market on September the 17th. Be sure to join the ‘Perogy’ Supper at the Carvel Hall on October 7th. Stay tuned for upcoming events for Alberta Culture days September 30 to October 2nd.

The constituency office is open Monday through Friday 8:30-4:30pm. We are located at 5004-50th Avenue in Stony Plain. Should you have any questions or need assistance with an issue, please contact me by phone at (780)963-1444 or email at stony.plain@assembly.ab.ca. You can also find me online at:

Facebook: erinnpd or Twitter: @msebabs

Have a great September!



WHITECOURT / LAC STE. ANNE

**We are re-branded! We were previously known as Whitecourt/Lac Ste. Anne Support for Adult Learning & Literacy (SALL)**

## Providing programs and services in Adult Learning, Adult Literacy, and Family Literacy

Serving the areas of: Whitecourt, Lac Ste. Anne County, Mayerthorpe, Alberta Beach, Onoway, and a portion of Woodlands County (Blue Ridge/Anselmo areas).

Whitecourt/Lac Ste. Anne Adult Learning endeavours to provide lifelong learning opportunities that strengthen individuals, families, and the community.

Our Program Coordinators’ office in Whitecourt is located in the NorQuest College building, 4739 50<sup>th</sup> Avenue.

Our office hours are: Tuesday, 1:00 – 4:30 pm  
Thursday, 8:30 – noon  
or by appointment

### General Programs

We offer courses, such as GED Preparation, English Language (ESL), English Language Conversation Groups, and more!

We also provide free one-on-one tutoring for those who need specific help with their reading and/or math skills, prior to enrolling in a GED Preparation course.

Questions and inquiries about our General Programs can be directed to: Heather, Program Coordinator, phone 780-268-2435, email: [sallprograms@gmail.com](mailto:sallprograms@gmail.com)

### Volunteer Tutor Program

Do you know someone who is seeking assistance with his/her reading/writing, math, English language (ESL), or basic computer skills? We offer free one-on-one tutoring!

Volunteering – would you like to assist another adult with his/her skills for a couple of hours per week? If you are interested in promoting “lifelong learning” in our communities, this may be the opportunity for you to become involved and make a difference!

Questions and inquiries about our Volunteer Tutor Program can be directed to: Carla, Literacy Coordinator, phone 780-554-2940, email: [literacy@lsac.ca](mailto:literacy@lsac.ca)

### Family Literacy Programs

Help your children build positive relationships and learn oral language skills in fun programs such as Rhymes that Bind and Books for Babies. Contact our Program Coordinator, Heather, for details.

# RCMP Beats

Continued From Page 4

## Property Crimes:

### Spruce Grove

1. September 12 – Area of McLaughlin Drive – Theft from Vehicle, wallet stolen

2. September 13 – Area of Lincoln Gate – Theft of Vehicle, 2014 black Mercedes Benz E350

3. September 16 – Area of West Terrace Place – Theft of Vehicle, 2012 black Dodge Ram Stony Plain

4. September 12 – Area of 40 Avenue and 43 Street – Theft of Bicycle

### Rural

5. September 16 – Area of Township Road 511 and Range Road 262 – Theft of Vehicle, 2008 grey Ford F250

6. September 16 – Area of 47 Avenue and 51 Street, Onoway – Theft of Vehicle, 2005 blue Chevrolet Cavalier

7. September 17 – Area of Shady Crescent, Spring Lake – Theft of Motorcycle, 2008 red Honda CBR125R

8. September 18 – Area of 47 Avenue and 48 Street, Onoway – Theft of Vehicle, 2006 black Ford F350

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Leave your outside lights on at night or have motion activated lights installed.

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.

If you have information regarding any of these crimes, or any other crime, please call the RCMP At 780-962-2222 or 780-968-7267. You can also call Crime Stoppers at 1-800-222-8477 or text the keyword TIP205 (TIP250 for Edmonton Metro) & your Tip to CRIMES (274637)

## Items that should NEVER be put down the Drain

We rarely think twice about some of the items we put down the drain, we may not realize the gamble we take every time we deposit certain items down the drain. Gamble you ask? Yes the gamble. When we deposit such things as oils, fats & greases, baby wipes/personal wipes and feminine hygiene products just to mention a few. We run the risk of causing possible expensive sewer backups either in our own homes or on the municipal side, in either case these could be prevented by simply not putting them down the drain. In addition to sewer backups there are other troubles that can come of improper disposal of items down the drain, such as excessive wear on pumps, additional costs in cleaning of reservoirs and lagoons and additional man power to deal with backups/ pump failures. Then there are the environmental effects, because everything we put down our drains here in the Tri Village service area ends up at our lagoon which ends up being discharged on an annual basis in accordance with Alberta Environment guidelines. So all the chemicals, detergents, medications, paints and cleaning products that get put down the drain end up back in the environment.

Please help us protect and preserve the environment and our sewer system by not flushing such items as:

**-Coffee grounds- these settle out and create a place for other items to catch on and stick to**

**-Eggshells- again create places for other waste to get hung up on**

**-Grease, fats & oils (from cooking, uncooked poultry fats, gravies, cheese, shortenings, lard, butter, salad dressings and condiments) - can create "fatbergs" build ups of grease that harden like rocks which reduce flow and cause backups. It is said to account for about 45% of sewer backups.**

**-Flushable cat litter- clogs drains and is harmful to marine species because the parasites in the feces are not destroyed in the treatment process**

**-Paper towels, baby wipes, personal wipes, cotton balls and feminine hygiene products- are all made to be absorbent and strong thus reducing the breakdown of them which can cause costly backups**

**-Condoms- they are not biodegradable and can clog pipes and pumps, fill lagoon cells and have an adverse effect on the environment if ingested by marine life and birds**

**-Paint, cleaning products, chemicals, detergents and medications- are all disruptive to ecosystems and can create chemical reactions with piping/pumping equipment causing unnecessary wear and tear that usually ends up being costly.**

**Please dispose of these and similar items responsibly to help us maintain an effective sewer system.**

***TriVillage Regional Sewage Services Commission***

***Serving the Communities of Alberta Beach, Sunset Point, and Val Quentin***



**BEST**  
(Bringing Empowered Students Together)  
**SUCCESS COACH**  
Competition # L1602

Applications are invited for the position of BEST - Success Coach in Wildwood. Duties will commence as soon as possible.

A copy of competition number L1602 outlining the qualifications is available on the GYPSD website <http://www.gypsd.ca/Employment.php> under "Management, Professionals".

This competition will remain open until **October 3, 2016.**

*Grande Yellowhead Public School Division appreciates all interest in this position, however, only those short-listed for an interview will be contacted.*

# GREAT PLAINS, SASKIA AND DARREL CONCERT COMING TO ALBERTA BEACH & DISTRICT HERITAGE CENTRE

Submitted by Joan Charbonneau

Saskia and Darrel are no strangers to Alberta and are happy to be coming to Alberta Beach to treat the folks to their special brand of music. Saskia and Darrel love what they do and it shows in every song they sing. They have an easy crowd-friendly style that endears them to any audience. This is true Canadiana, real songs drenched in our culture and heritage. Enjoy a taste of Celtic, a dab of Bluegrass, a touch of Folk and a sprinkle of gospel all wrapped around extremely beautiful melodies.

Great Plains perform throughout all of Canada and Western

Europe and have cultivated an immense following, winning over their fans one town, one community hall and one heart at a time. The show at Alberta Beach will be held on October 15th and starts at 7.00 p.m. Appetizers and Dessert will be served.

Darrel and Saskia performed last year in Onoway and already people from that community are calling for tickets to hear them again.

Tickets for this concert are available from, Ellens Beauty Salon. Beach Comber Beauty Salon. Joan Charbonneau 780-924-2186. Shirley Steinke 780-924-3272. Jeannette Hutchinson 780-924-3306. Tickets are \$15.00

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# PARKLAND COUNTY NAMES THEIR NEWEST PARK AFTER 'CONSTABLE CHELSEY ROBINSON'

Submitted by Jim Eglinski, MP - Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, advised the House on Parkland County's naming of their newest park in memory of Constable Chelsey Robinson.

On September 23rd, MP Eglinski made the following statement in the House of Commons:

"Mr. Speaker, it is great to be back with my fellow colleagues from across Canada.

Tomorrow, September 24, Parkland County in my riding of Yellowhead will be holding a grand opening ceremony for its newest park. I was extremely moved to learn that local resi-

dents voted to name this park 'Constable Chelsey Robinson Park'.

Constable Robinson, aged 25, was a member of the RCMP for only seven months when she lost her life in the line of duty. For a member who paid the ultimate sacrifice, I am confident that the naming of this park will keep her memory close to the hearts of her family, friends, and community.

Although I am unable to attend in person, I look forward to visiting the park personally to pay my respects to the memory of Constable Robinson."

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**Friday, Sept 30, 2016 - 5:30PM to 10:00PM**  
**Saturday, Oct 1, 2016 - 8:00AM to 12:00PM**

**Restricted Firearms Course & Exam October 1, 2016**  
**1:00PM to 5:00PM** For students who have passed the non-restricted course within the past 7 days. **Cost: \$100**  
**12:00PM to 6:00PM** For students who have passed the non-restricted course more than 7 days earlier. **Cost: \$120**

*This is the course you need to get your Firearms License.*  
**To Register Please Call Guy (780) 461-7686**



**CANADIAN FIREARMS SAFETY COURSE**  
*This is the course you need to get your Firearms License.*

**Saturday, October 8, 2016 - 8:00AM**  
 Grove Motor Inn - Westgrove Drive

**Non-Restricted Firearms Course & Exam Cost: \$140**

*This is the course you need to get your Firearms License.*  
**To Register Please Call Guy (780) 461-7686**




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# LSARP FAMILY FUNDRAISER DINNER

Submitted by Mu Lavin, LASRP

Bring the family to a wonderful evening of dinner and fun on Saturday October 8th starting at 5pm in the Gunn Hall. Local musicians The Baldwins and Rev. Barry Rose are entertaining us as are professional artists who play in the Edmonton Symphony and Edmonton Pops Orchestras. We thank them for donating their time and gifts with us. Along with the music and dinner are live and silent auctions with

an auctioneer. The MC for the evening is local celebrity Kyra Hetherington from 88.1 FM The One. Tell all your family, friends and neighbors - better still bring them along!

Admission is by Donation: - to reserve seats call 780-266-4778 or email onowayrefugeelove@gmail.ca

Check out our website <http://refugeepartners.ca> we have new articles from the agency we are working with in Jordan, 1) a first hand account of what it

was like to be a Christian fleeing ISIS and 2) about problems that Jordan is facing with so many refugees both from Iraq and Syria.

Or on Facebook at Lac Ste Anne Refugee Partners

Please book your seat by Oct 5th so we can let the caterers know how much steak and chicken to prepare. There will also be a cash bar.

The Lac Ste. Anne Refugee Partners (LSARP) are having this event to raise more funds so that we can bring a Christian

Iraqi family to our community. We cannot save the world but we can help one family start anew in our community.

We have been gifted a house rent-free, and some appliances but we need to raise enough to help the family get established. For one year or less they will need food, utilities, healthcare, dental, transportation, until they are on their own feet, We do have a family in mind who wants to come but there are a great number of Christian Iraqi refugees in Jordan who would jump at the chance to come to Canada.

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Northern Gateway  
Public Schools

# 2016 Career & Education Expo

NGPS Jr and Sr high Students had the opportunity to meet with over 50 local employers, community agencies and post-secondary institutions to explore career and educational options.



NGPS Superintendent Kevin Andrea trying out the buncher simulator with Dual Credit Coordinator Debbie Vance watching.

Hilltop High School proudly showcased their Cosmetology program!

The Welding Simulator was a popular stop for students!



Mayerthorpe High School students check out post-secondary options and local employment opportunities.

Learning for life. Together.

# LEARNING ABOUT SAFETY AT OES!



Submitted by Lisa Bakos

Grade 3 students at Onway Elementary School had a blast yesterday learning all about safety at Traffic Safety Day. Alberta Transportation and partners like the RCMP, the Alberta Motor Association and Alberta Health Services EMS were on hand to bring awareness to students through several fun safety stations (check out the pics!).

From wearing the proper helmet to pedestrian and ATV safety, stations aimed to teach or remind students of the hazards they need to be aware of and what they can do to

be safe. Traffic Safety Day used to be held at one location, usually the Alberta Legislature, but this year they are going out to schools throughout the province to spread the word. Dale Friedel, Regional Traffic Safety Consultant with the Alberta Office of Traffic Safety shared: "With kids going back to school, Traffic Safety Day aims to increase safety awareness, everything from pedestrian and school bus safety to congestion around schools and how to drive around a school bus."

The Yield program was on hand with their side by side to teach kids

about ATV safety, from wearing the proper helmet to being the right size to ride different types of equipment.

The AMA Way to Be program engaged kids in some fun activities around pedestrian safety and congestion around schools, covering such topics as not crossing between the buses or other vehicles.

The RCMP Commercial Vehicle Enforcement Unit talked about school bus safety and how students need to conduct themselves safely when riding the school bus. They also gave students the opportunity to sit in the back of their RCMP truck!

All State Insurance led students through drills focused on safely navigating a crosswalk and the different kinds of traffic signs they will see, and what they mean.

Alberta Health Services EMS Responders were another popular station where students had the chance to have an up close and personal look at the inside of an ambulance and their equipment. Volunteers had the chance to try out the stretcher!

The presentation wrapped with a group lunch provided by Burger Baron, Academy Welding and Onway Bigway!

## Riverside

HONDA

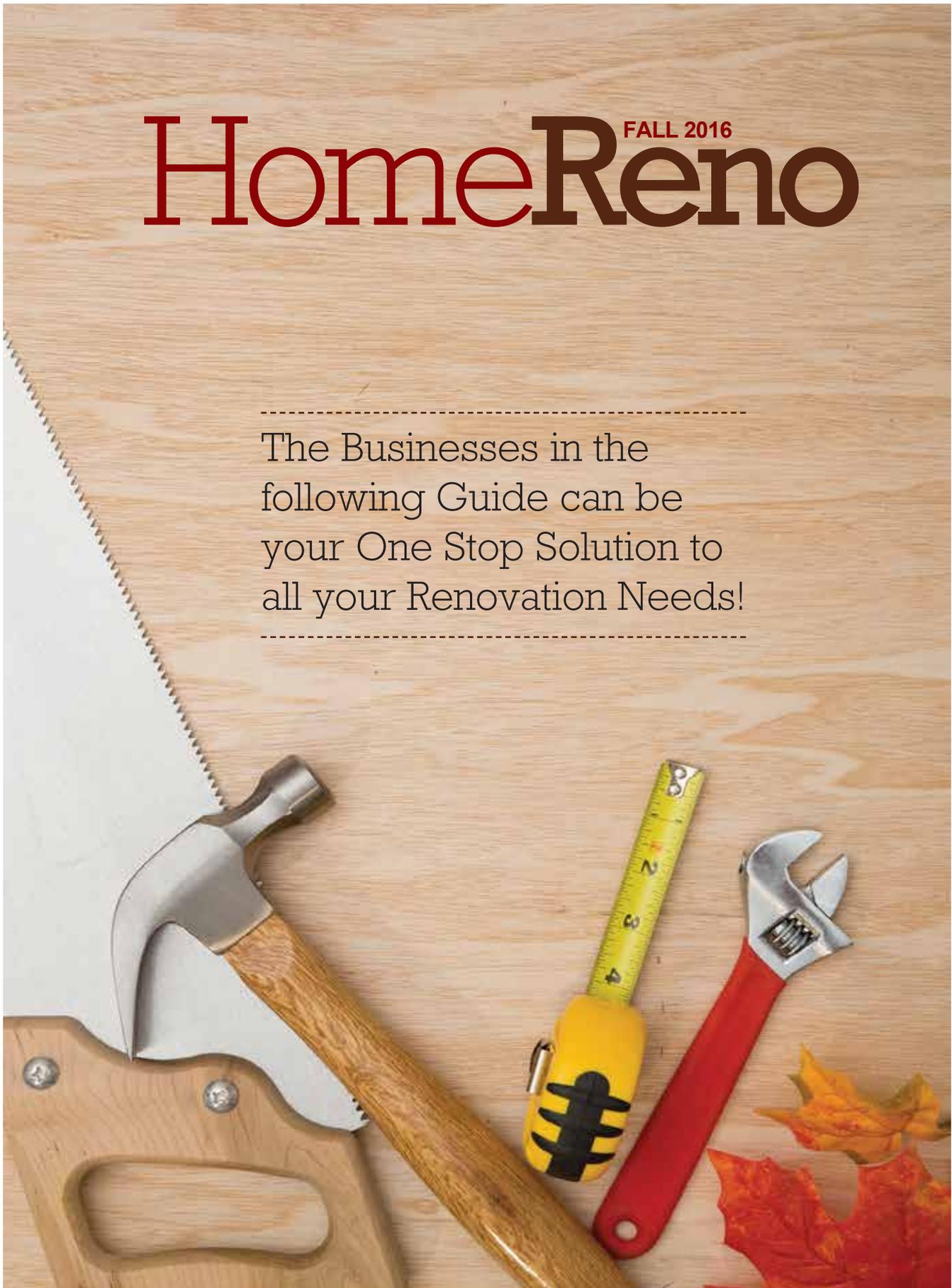
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## CREATIVE WAYS TO RECYCLE LEAVES

Leaves cascading down from trees indicate the arrival of autumn. However, colorful and awe-inspiring autumn leaves can be a hazard if left to lie on the ground too long.

Fallen leaves form a dense

insulator to protect trees' roots and prevent competing plants from growing. Decomposing leaves also provide nutrients for the tree. But wet leaves can be a safety hazard and leaves left on the lawn through the

winter can pose a threat to the grass. These are just a couple of reasons why so much effort is placed on leaf clean-up in the fall. The following are some creative ways to recycle leaves that fall from your trees in the weeks to come.

· **Mulch:** Shredded leaves can make for a great amendment to fertilizer for garden beds and even the lawn. Leaves lying on the grass can be mulched into small pieces with a mulching mower so they don't choke the blades of grass. Leaves also can be broken down with a string trimmer, a leaf blower that has a vacuum function or a commercial shredder/chipper. Add the shredded leaves to a compost pile or use them to fill

container plants before adding regular potting soil.

· **Insulation:** Collect leaves to mound over delicate perennial plants and shrubs. The leaves will add more warmth to the soil and may help plants make it through harsh winters. Just remove the leaves slowly when spring arrives so that the soil underneath can get the sunlight and water it needs to thrive. Leave some leaves in the yard so that animals can use them as nesting material and line their dens for the winter.

Continued on Page 13

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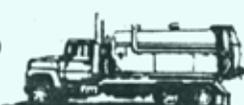
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# HomeReno

## Creative Ways To Recycle Leaves

Continued From Page 12

· **Stuffing:** Create whimsical scarecrows as part of your autumn decoration scheme. Gather older clothes that you no longer use and stuff the sleeves of shirts and the legs of pants with leaves, which are less expensive and easier to come by than straw. Use a few pieces of straw around the neck and hand areas of the scarecrow for visual effect. Tie off with twine and display your scarecrow.

· **Bedding:** Chicken owners can use fallen leaves as bedding in their chicken coops. Dry leaves also may create more comfortable and drier

conditions for goats and other livestock. Goats may look to recently fallen leaves as a nutritious food source. Gather the leaves and let the goats munch before you further rake and compost the leaves.

· **Decorations:** Natural leaves can be used as decorations both inside and outside a home. String freshly fallen leaves together and wrap them around a grapevine wreath for a rustic door decoration. Leaves can be placed in clear vases and put on display for a cheap way to showcase some autumn color. Preserve favorite leaves with a lamination machine or by sealing them between heated sheets of waxed paper. Cut out the leaf shapes and use for

hanging window decorations.

· **Recreation:** Leaves have long been favorite toys for children, who eagerly await jumping into large piles of fallen leaves. Fill paper bags with leaves and draw a tar-

get on the front. Let kids test their skill aiming for the targets. Children can camouflage their clothing with leaves and masking tape and have a more intense session of "hide and seek."

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# HomeReno

## HEATING HOMES MORE EFFICIENTLY

It is time to switch to a programmable thermostat to heat a home more efficiently.

With colder weather right around the corner, many homeowners are once again giving thought to their home heating

needs and if it is possible to heat their homes more efficiently.

The United States Department of Energy reports that more than half of the energy used in a typical home goes toward heating and cooling costs. With

energy costs continually on the rise, many homeowners want to make the most of their heating systems and use the heat in the most efficient manner possible.

A heating system is most effective when the home is free from drafts. Before investing in a new furnace or considering other drastic changes, determine if a few simple repairs can help your heating system perform more efficiently. Check around doors and windows for drafts that could force heating systems to work harder, and seal any leaks you find. This also will help in the summer when you are trying to keep the house as cool as possible. Determine if cold air is infiltrating the home elsewhere, such as from around pipes leading to the outdoors. Caulking or

foam insulation can remedy the situation.

Adding extra insulation in garages and attics also can help. The DOE says if insulation is less than R-30, the home probably can use more. If after increasing insulation your home still feels drafty, it may require additional insulation in the exterior walls.

Invest in a quality thermostat. Many modern room thermostats allow homeowners to set different temperatures for different times of day, and some even allow homeowners to establish a different heating schedule for the weekends.

Continued on Page 15

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# HomeReno

## Heating Homes More Efficiently

Continued From Page 14

Programmable thermostats allow homeowners to keep their homes cooler when unattended or during sleeping hours. The heat can be programmed to turn on or increase in temperature when residents are expected to return home after school or work.

While homeowners are improving heating efficiency, they should reverse the direction of ceiling fan blades. Having the blades spin clockwise will draw down the hot air that rises to the ceiling and allow it to better flow through the home.

In addition to these suggestions, homeowners can employ these other energy- and cost-sav-

ing measures.

- Reuse oven heat. After cooking a meal in the oven, open the oven door and let the residual heat escape into the kitchen and the rest of the house. Note, it is not safe to heat a home with the oven, and the oven should be turned off before opening the door.

- Add a little humidity. Moist air tends to hold heat better. Add some humidity to dry indoor air, particularly if the relative humidity of the home as measured with a hygrometer is below 25 percent. Houseplants and home aquariums can add some warm moisture to the air and reduce reliance on heat.

- Limit use of exhaust fans. After showering or cooking, keep the exhaust fan on for as little

time as possible so that warm air is not drawn out of the home.

Heating a home efficiently means reducing drafts, programming the thermostat and making the most of other ways to warm up.

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# HomeReno

## THE IMPORTANCE OF CLEAN GUTTERS

Every autumn, trees and shrubs take on their brilliant display of reds, oranges, purples, and yellows that mark the end of the growing season. Fall foliage may make for ideal photo backdrops and scenic days in the countryside, but closer to home leaves may be more of a hindrance than an aesthetic pleasure.

The hundreds of leaves that

adorn the maples, oaks and other trees near homes will eventually fall as autumn turns into winter. Some will float down to lawns, while others will get lodged in gutters and downspouts, posing problems that can cause substantial and potentially costly problems for homeowners.

Homeowners know that gutter cleaning is an important part of fall

home maintenance, but they may not completely understand why. Gutter cleaning can be a messy and time-consuming project, making it a project many homeowners are apt to put off. Waiting to clean gutters can lead to considerable problems, so it's best to tackle the job well in advance of the winter.

Gutters guide rainwater and runoff from the roof so it drains

properly away from homes. When gutters are clogged with leaves, a number of problems can occur.

• Leaks: Water will take the path of least resistance. When clogged gutters do not allow the water to drain away properly, water will find other ways to the ground. It may work itself right into the walls and ceilings of the home. In addition to damaging walls and ceilings, moisture inside the home can promote mold growth. It also makes interior spaces more appealing to pests.

• Excess weight: Gutters are meant to hold the weight of traveling water and not much more. Gutters filled with leaves and other debris can quickly become heavy. This stresses the entire gutter system and can cause the gutters to fall off of the home entirely.

• Nesting areas: Clogged gutters can serve as nesting areas for insects and birds. Mosquitoes and other insects lay eggs in pooling water. Gutters can quickly become breeding spots for harmful pests. Furthermore, birds may nest in gutters, creating unsightly messes and more damage. Seeds that sprout in clogged gutters can grow unchecked.

• Ice-damming: Left untreated, pooled water and leaves in gutters can freeze over. Blocked water can back up and push against the roof, lifting shingles and destroying the roof in the process.

• Foundation trouble: Clogged gutters also may contribute to flooded basements and cracked foundations. Leaking water will pool around the foundation, expanding when frozen and causing cracks in basement and crawlspace walls. It also can cause driveways and other cement areas around the home to sag and crack.

Gutter cleaning should be scheduled in the spring and fall of each year. Homeowners can hire gutter-cleaning services to handle the job or do the job themselves. Rinse the gutters with water from the hose afterward to ensure good run-off. Take the time to seal any leaks as well. This routine maintenance can save homeowners many headaches and prevent some very expensive repairs.

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# HomeReno

## HOW TO IMPROVE INDOOR AIR QUALITY IN WINTER

Plants can improve indoor air quality by helping to remove harmful irritants from the air.

Homes tend to be stuffer in autumn and winter. As temperatures outside dip, windows are closed and air quality inside homes can suffer.

Poor indoor air quality can not only be uncomfortable, causing residents to experience headaches, dry eyes and nasal congestion, but also can be unhealthy. According to the American Lung Association, poor indoor air quality can cause or contribute to the development of infections, lung cancer and chronic lung diseases, such as asthma.

Though it's not feasible or healthy to open windows when temperatures outside dip to near or below freezing, there are steps everyone can take to improve the indoor air quality in their homes.

· Add to your décor with plants. Plants provide both aesthetic and practical appeal to a home's interior. Houseplants can clean and purify the air in a home, helping to remove formaldehyde, benzene and other toxins that can make indoor air unhealthy to breathe. Benzene is an irritant that can cause dizziness, headache, nausea, and blurred vision, among other side effects. Formaldehyde, which is often found in homes thanks to its widespread use in a range of products, can cause watery eyes, nausea and wheezing.

· Watch what you are lighting up. Many homeowners know that smoking indoors drastically reduces indoor air quality, putting even nonsmokers at heightened risk of developing various respiratory ailments. Homeowners concerned about the indoor air quality in their homes should ban smoking in-

side, no matter how low temperatures dip outside. In addition, homeowners with wood-burning stoves and fireplaces should be especially diligent maintaining these features, as they can

release harmful soot and smoke if they are not taken care of.

Continued on Page 18

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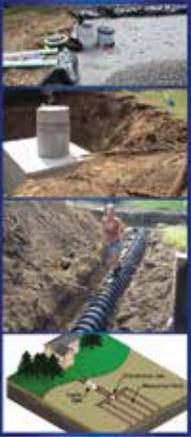
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# GOLFER'S GUIDE

## 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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# GOLFER'S GUIDE

## TIPS FOR NEWCOMERS TO THE GAME OF GOLF

Few hobbies can be as enjoyable one moment and as frustrating the next as golf. Golfers know a great putt can be quickly followed by a bad tee shot, and maintaining their composure through the highs and lows of the game is a key to success on the links.

Maintaining that composure isn't always easy, even for the professionals. It's even more difficult for beginners, who quickly learn the game of golf involves more than just spending sunny weekend afternoons on pristine golf courses. In fact, golf can be quite demanding, and beginners would be wise to heed a few tips before hitting the course.

\* Don't commit to an expensive set of clubs right off the bat. Golf clubs can be very expensive, so

beginners should buy an affordable secondhand set of clubs so they can get the hang of what they like before spending a lot of money. Visit a pro shop and explain that you are just a beginner. The shop will likely make some valuable suggestions and might even let you try out a pair of clubs. In addition, many driving ranges allow customers to rent clubs, and this can be a great and inexpensive way to find the right clubs for you.

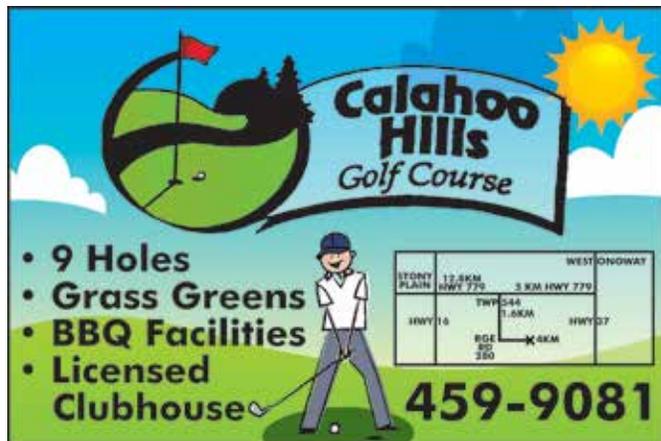
\* Take lessons. Even the very best at self-teaching might find it extremely difficult to become a self-taught golfer. When first trying your hand at golf, take some lessons and don't expect to be playing 18 holes any time soon. Before hitting the course, where you might be discouraged and

you might frustrate those golfing behind you, learn the fundamentals by taking a few lessons at the driving range. Learn from a professional, who won't offer you any hidden secrets to golfing glory (there aren't any) but will offer sound advice on the game's fundamentals.

\* Take the game home with you. Beginners can even take advantage of golf's vast popularity by taking the game home with them. This doesn't mean building a putting green in your backyard. Rather, purchase some instructional DVDs to learn the game during your down time throughout the week. Many golfers don't have time to hit the links during the week, but they do have time to watch some DVDs when they get

home from work. Such instructional DVDs can help you master your grip and stance, which you can then take with you to the course over the weekend.

\* Have fun. Golf is a fun game; it just takes time to hone your skills. But even if you aren't ready for the professional tour after your first few rounds, you can still have fun. Don't let some beginner's frustration, which every golfer experiences, ruin the fun of the game. Take note of your surroundings when you hit the links, and appreciate the time you're spending with your group. If the game becomes more a source of frustration than fun, then take a break and put in some more work away from the course, be it at the driving range or studying at home.



**Calahoo Hills Golf Course**

- 9 Holes
- Grass Greens
- BBQ Facilities
- Licensed Clubhouse

**459-9081**



**Alberta Beach Golf Resort**

**Weekday Special**  
4 Golfers + 2 Carts  
\$140.00 (\$35 each)  
Great for Weekday Tournaments  
Monday thru Thursday (excluding holiday Mondays)

18 Holes	\$33.00 Weekdays	\$48.00 Weekends
9 Holes	\$20.00 Weekdays	\$37.00 Weekends
Cart Rental	\$18.00 9 Holes	\$28.00 18 Holes

**To Book your Tee Times or Tournaments Call:**  
**(780) 924-GOLF (4653)**

*Amazing Weekday Special*

**\$20 golf \$5 cart**  
**Monday-Thursday**  
**\$16 golf for Seniors**

Alberta's most stunning 10 hole golf facility located on the western tip of Lake Wabamun

\*Not available holiday Monday's\*



[www.pineridgegolfresort.com](http://www.pineridgegolfresort.com)  
1.877.321.SEBA

# Classified Ads - Call 962-9228

## Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. 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, dropped off at Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at [www.com-voice.com/classified.htm](http://www.com-voice.com/classified.htm)

## Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Heritage Centre, We now have air conditioning! Space Available! Call Shirley at: (780) 924-3272 or Shawna at: (587) 879-5450

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

# SUDOKU OF THE WEEK

## Fun By The Numbers

**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!

**ANSWER:**

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

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

**Like puzzles?** Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



# Classified Ads - Call 962-9228

## Auctions

GROCERY AUCTION - SUNDAY OCT 2nd Wildwood Seniors Center in Wildwood, approx. 1 hr and 15 min. west of Edmonton on Hwy 16 towards Edson. Sale conducted by Alberta Surplus Auction 780-727-2724

## Business Opportunities

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

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

## Services

Stump Grinding for Hire - Alberta Beach & Surrounding Area. 780-779-3589

Experienced and Reliable House Cleaning Lady, with references available. Call Margie 780-924-2229

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

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207

## Computers

Computer Repairs Only \$50. Trade yours Bad or get good working Laptops or Desktops for Only \$135. FREE repairs for single parents. Computer Donations Welcome! 780-892-4993

## Feed & Seed

1400lb Hard Core Round Hay Bales for Sale. Alfalfa, Timothy, Brome mix. Net Wrapped. No Rain. Call Russ

780-446-7257

## Firewood

Firewood For Sale: Birch, Spruce & Poplar. Dry & Split, No Delivery. Call 780-967-5179

Firewood For Sale: Birch, Spruce, Pine, Poplar. 1 year old, well seasoned, cords and 1/2 cords, 1.0, 1.5 cft bundles. Pick up or Delivery. Woodchuck Firewood, 780-288-7247 email: [woodchuckwood@hotmail.ca](mailto:woodchuckwood@hotmail.ca)

Firewood: Birch, Poplar, Spruce - cords or half cords, seasoned. Split and Covered, Clean. Will deliver. 780-785-3140

**ANOTHER RAINBOW SALE** **ANOTHER RAINBOW SALE**

# ANNUAL HARVEST CONSIGNMENT AUCTION

**Saturday, October 8, 2016 @ 10:00 A.M.**  
Rainbow Auctions and Consignment Centre,  
Stony Plain, Alberta

**HIGHLIGHTS:**  
Vehicles, farm equipment, rv's, boats, quads, snowmobiles, shop equip, tools, antiques, collectibles, business closeout dispersals, storage wars units, misc consignments and more.

**For listings and pictures – go to website**  
[www.rainbowauctions.ca](http://www.rainbowauctions.ca)

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:**  
**RAINBOW LIQUIDATORS AND AUCTIONS**  
Stony Plain, AB. 780-968-1000 or TOLL FREE 1-866-968-1001  
**Complete Liquidation and Auction Services Since 1978**  
[www.rainbowauctions.ca](http://www.rainbowauctions.ca)

# STORY TO TELL?

*Submit your story to the Community Voice!*

**Fax your story to 962-1021 or e-mail it to [news@com-voice.com](mailto:news@com-voice.com)**

*Phone 962-9228 for more information.*

*Stories may be edited for length due to possible space restrictions.*




**Community VOICE**  
Keeping You and Your Community Informed

# Classified Ads - Call 962-9228

## Vehicles

1994 Chrysler Newyorker, Fully Loaded, 300K km, garaged, well maintained, runs well, good on gas, no oil burner, \$2250. No accidents. Call 780-892-4993

## Miscellaneous

Lil' Mule Logging Inc. Now

buying Poplar/Black Poplar, Minimum 20 Acres. Call Shawn 403-318-4346

## For Sale

STEAL OF A DEAL!! 4 Season Park Model Trailer, 2007, Breckenridge, \$48,000. Ready to roll to your destination, huge kitchen with full size fridge, 4 burner stove, oven, microwave, large bathroom

& bedroom, lots of storage throughout, bright & cheerful with dining set, sleeper sofa and window coverings. Call Marven 780-621-6472

## For Rent

Office/Bay For Rent in Spruce Grove - partial or full bay. Call for more information 780-945-0604.

2 Bedroom on 3rd Floor with Balcony Available in Entwistle Immediately. Large, clean, in an adult building ONLY. Cats allowed, must have good credit. \$795 includes heat, water & parking. DD \$300. Ivka 780-807-1300, jakovljevicivka@yahoo.ca

Live at Lake Wabamun, 3 bedrooms 1 bathroom, recently renovated, 1300sqft, N/S, N/P, References Required. \$1200/month + utilities, DD Same. Call or text 780-305-7077 or email: dismoole@hotmail.com

## Real Estate



Two bedroom 45+ in Prima Villas on Fieldstone Dr / Spruce Grove. Sunroom faces 11th green at Links Golf. Call (780)233-0667

NEED CASH?! We Buy: Estates & Complete Households, We Pay Cash!! 780-727-2724

### LOSE WEIGHT WITH THE HEALTHIEST COFFEE ON THE PLANET!

- HELPS CONTROL APPETITE TO LOSE WEIGHT
- HELPS PROMOTE HEALTHY BRAIN FUNCTION
- TASTES AMAZING!

**PREVAIL SLIMROAST**

Formulated with natural appetite suppressants, feel-good ingredients and detox components SlimROAST is a great addition to your weight management program. It will produce exciting results, but you will love the taste of this delicious Italian dark roast coffee.

**GREAT FOR:**

- Controls appetite
- Regulates sugar absorption
- Regulates fat absorption
- Promotes brain health and focus
- Elevates mood
- Antioxidant

### MANAGING YOUR WEIGHT NEVER TASTED SO GOOD!

- ALL NATURAL
- PROPRIETARY FORMULA
- HEALTHY WEIGHT MANAGEMENT

**PREVAIL TRIM**

Formulated with natural appetite suppressants and ingredients to help detoxify your body, Prevail Trim is a great addition to any weight management program.

And as if helping to manage your weight in a healthy way were not exciting enough, just wait until you taste this delicious drink!

**You will LOVE it!**

**No Exercise**

Aug 7, 2015  
0 lbs lost

June 25, 2016  
117 lbs lost

Before SlimRoast Coffee - Oct 2015

Progress May 2016  
That's over 76 lbs GONE thanks to SlimRoast Coffee

CALL (780) 907-8642 FOR FREE SAMPLE

**PREVAIL IMMUNE BOOST**

- PACKED WITH ANTIOXIDANTS
- SUPPORT IMMUNE HEALTH
- VITAMINS AND MINERALS

**PREVAIL ENERGY**

- WORKS IN MINUTES
- BOOSTS ENERGY
- LASTS FOR HOURS

**BE HEALTHY! FEEL ALIVE!**

www.ValentusTour.com/Ladybug

(780) 907-8642

follow us on twitter @communityvoice8



## FREE LOCAL CLASSIFIED ADS

Real Estate, Rentals, Vehicles, Pets, Jobs, Service Directory, Buy/Sell/Trade, Lawn & Garden, Garage Sales, Events, Local Places & Much More... Advertise for **FREE** Today!



*Follow Us*



# 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" - Rochford Bridge*  
**Pastor Dan Hansard**  
 Church (780) 778-2055  
 Sunday Worship  
 9:00a.m.  
*Senior's Service & Cottage Bible Study - Phone for locations*

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

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

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

**Mayerthorpe United Church**  
**Mayerthorpe: Rev. Alwin Maben**  
 Sunday Worship 9:30a.m.  
 to be held at the Peter Trynchy Community Center at Pleasant View Lodge  
 Until Further Notice  
 PII: (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 <small>Labor Day</small>	6	7	8	9	10
11 <small>Patrol Day</small>	12	13	14	15	16	17
18	19	20	21	22 <small>FBI Begins</small>	23	24
25	26	27	28	29	30	

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).

**SEPT - FAMILY VIOLENCE GROUPS** - Parkland Turning Points Society is offering Family Violence groups for men and women this September. Please contact 780-963-8774.

**OCT 1 - MAYERTHORPE CULTURE DAY** @ the Legion. Come and see the local artists, listen to the musicians and enjoy a bite to eat. Free admission. Door prizes.

**OCT 1 - JAMBOREE** at Sangudo Community Hall, 7:00pm. \$8/person (entertainers free). Late Lunch, Everyone Welcome! For info call 785-4105 or 305-3688.

**OCT 2 - FAMILY & FRIENDS CHURCH SERVICE** at Emmaus Church, (North Calahoo). 10:00am. BBQ & Potluck following the service. For info: Joyce @ 967-5171 or Margaret @ 459-2621

**OCT 1-31 - PARKLAND POTTERS CROOKED POT GALLERY: HAUNTED BY THE PAST.** Opening reception Oct 1, 3-5 p.m. Functional pottery with layers of historical design by Jeannette Wright. 4912-51 Ave., Stony Plain.

**OCT 22 - CRIB TOURNAMENT** at Rich Valley Community Hall. Registration @ 10am, Play @ 11am. Lunch included. \$20/each or \$40/team. For more info call 967-5710.

## FARMERS MARKETS

**ALBERTA BEACH:** Open Every Sunday, May - Oct, 12-3pm. Contact Joanne 780-690-6392

**BARRHEAD:** Open Saturdays, May - Dec. 10am - 1pm. Sherry 780-674-6802

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

**SPRUCE GROVE:** at the Elevator, Sat 9:30-1:30, tables (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

**WHITCOURT:** 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.

**CHEERHILL 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 September 7 & 21, October 5 & 19.

**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 4<sup>th</sup> Sat of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.

**CHIP LAKE:** Ravine Comm Hall, 1<sup>st</sup> Sat 325-2119 or 325-2391

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

**SPRUCE GROVE:** at Sandhills Community Hall, 3<sup>rd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Thurs of the month @ 7pm, Cost \$2. Everybody Welcome. Contact 587-989-7214 or 963-7920.

**THE ABBOTSFIELD VARIETY MUSIC JAM:** at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of each month @ 7pm. PH: 780-918-8545, Admission is Donations Only.

## 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

**Whitcourt 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. 3<sup>rd</sup> 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:** 1<sup>st</sup> & 3<sup>rd</sup> Wed - email barrheadphotoclub@gmail.com for location or call 780-674-3314 or 780-674-4663

**COUNTRY QUILTERS** in Stony Plain house a "Sew in Tuesday", 2<sup>nd</sup> Tuesday of every month, from 10:30pm. 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 new members for all voice ranges. Men & women 18 yrs & over. Weekly practice Wednesdays at Alberta Beach Heritage Center from 7-9pm. For info call Eunice @ 780-618-7865.

**ONOWAY GOLDEN CLUB:** Cards Tuesdays, 1:00PM. Exercise Fridays, 10:00AM. 1<sup>st</sup> Tuesday: Pot Luck Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436.

**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 - 3<sup>rd</sup> Sunday (except June, July, August) 9-11:30am

**RIVER TALKERS TOAST MASTERS CLUB,** every thursday from 7-9pm. 32 Whitcourt 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). 2<sup>nd</sup> Friday of the month at 7pm. Popcorn provided, donations appreciated. Contact 780-940-3032

**SPIRITUAL LIVING STONY PLAIN GATHERING** at PERC Building (5413-51 St. Stony Plain). Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month. Meditation at 10am, inspirational sharing at 10:30am, Children's activities. Contact 780-940-3032

**SQUARE DANCE LESSONS:** Thursdays 7-9pm. Starts Sept 29<sup>th</sup> to Dec 15<sup>th</sup>, 2016. Broxton Park School, Spruce Grove. 10 Weeks - \$80/adult. 780-999-9482 or l.squardance2016@gmail.com

**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> 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@lsc.ca

**MEETINGS**

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

**3053 ROYAL CANADIAN 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,** 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:** 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 2<sup>nd</sup> Tues of the month. Info from Donna 780-962-5933

**ALBERTA BEACH & DIST LIONS CLUB** meets every 4<sup>th</sup> Tues 7pm, Alberta Beach Agriplex.

**ALBERTA BEACH AG SOCIETY** meets on the 4<sup>th</sup> Thurs. of month, 7pm, Agriplex

**ALBERTA BEACH MUSEUM** meets the 2<sup>nd</sup> 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 2<sup>nd</sup> Thurs, 7pm at the Legion Hall.

**CHERISHED MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12pm, Alberta Beach Agriplex. 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 2<sup>nd</sup> 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, 1<sup>st</sup> Mon, Darwell

**DDRA MEETING,** 7pm, 2<sup>nd</sup> 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 1<sup>st</sup> Wed. Info 785-4144 or 721-6188.

**GREENCOURT COMMUNITY ASSOCIATION** meet 2<sup>nd</sup> Tuesday, monthly at 7:30pm at the hall. Info W. Jager (780) 786-4648.

**KINETTE CLUB OF MAYERTHORPE,** 7:30pm at Kinsmen Hall, every 2<sup>nd</sup> 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

**LAKE ISLE HALL BOARD:** 3<sup>rd</sup> Tues, 7:30pm, Lake Isle Hall.

**MAYERTHORPE HOSPITAL AUXILIARY ASSOC,** every 4<sup>th</sup> Mon, 5pm in Hospital Basement Education Room.

**MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP** Are you diagnosed with MS and have questions? This group is for you! Last Tues of month, Sept-June, 7-9pm, Westview Health Centre (4405 South Park Dr.) Contact Cassy 780-471-3034

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

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

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

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

**ONOWAY ROYAL CANADIAN LEGION** General Meetings, 1<sup>st</sup> Mon, 7pm (Sept-June).

**ONOWAY MASONIC LODGE #138,** 4<sup>th</sup> 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 Agriplex on the 2<sup>nd</sup> Wed 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 Whitcourt Ave (downstairs). Or contact Carla Burkell, VP Membership, (780)268-3653.

**SANGUDO PAINTING GROUP:** Every 1<sup>st</sup> and 3<sup>rd</sup> 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.

**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.

## 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. Tm 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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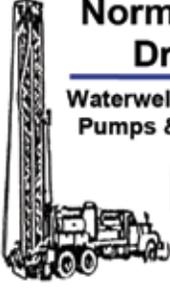


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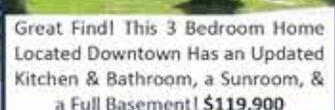
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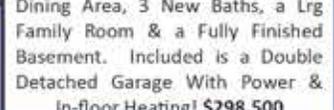
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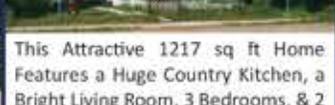
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