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November 15, 2016

ELM PRUNING BAN LIFTED

Submitted by Lorraine Taylor | Horticulturist, Lac Ste. Anne County

Sangudo, Alberta, Wednesday, November 09, 2016 – The only time it is legal to prune elms in Alberta is between October 1 and March 31. The elm bark beetles that carry the deadly Dutch Elm Disease (DED) are not active at this time of year. With the annual elm pruning ban lifted until March 31, 2017, there is time now to do some pruning before the cold weather sets in.

Regular pruning to remove dead wood helps eliminate elm bark beetle habitat. However, improper pruning including topping or removing an excessive amount of live wood is not recommended, as this weakens the tree's structure and shortens its lifespan. Janet Feddes-Calpas, executive director, Society to Prevent Dutch Elm Disease (STOPDED) reminds gardeners "It's essential that all pruned elm wood be properly disposed of by burning, burying, or chipping by March 31. And, it's illegal to store elm firewood since it could



be harbouring elm bark beetles."

While Alberta is still free of DED, its borders are being pressed from two sides.

Continued on Page 3

LAC STE. ANNE COMMUNITY CHOIR PRESENTS THE SOUNDS OF CHRISTMAS

Submitted by Jean Moses

Get into the Christmas spirit early this year! Enjoy the Lac Ste. Anne Community Choir and the Sounds of Christmas. Director Debbie Rosen, with help from accompanist R.J. Chambers, leads over 60 members in song at a number of different locations in the Lac Ste. Anne area.

The first performance for this popular community group will begin at 6:45 p.m. on Friday, Nov. 25 at the Onoway Legion.

The choir will perform as soon as the regular draws are completed. Reserve your spot for the Legion's delicious dinner before the performance, or just come for the Christmas music.

On Wednesday, December 7, the choir travels to Zion United Church (15 Paradise Estates) for a 7 p.m. performance. Everyone is welcome, and admission is through a free will offering.

The third concert of the season is at 7 p.m. on Saturday, December 10 at the Lac Ste. Anne Catholic Mission. Again, every-

one is welcome with admission through a free will offering.

On Wednesday, December 14, the Lac Ste. Anne Community Choir will visit the McCullough Centre at Gunn. This private concert will bring some Christmas cheer to the men living at the Centre.

The final performance of the season will be a joint concert with the Joe Saumer Big Band on Friday, December 16. Beginning at 7 p.m.

Continued on Page 3

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Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 31 October to 6 November, 2016.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 486

Total Calls for Service for the Victim Service Unit: 26

Individuals Charged (all offences not including Impaired): 23

Person Crimes: 45

Property Crimes: 73

Impaired Driving Complaints reported: 11

Impaired Driving Charges Laid: 3

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 20

Property Crimes:

Spruce Grove

1. October 31 – Area of Fieldstone Close – Break and Enter to Garage, purse stolen

2. October 31 – Area of Fieldstone Close – Theft from Vehicle, GPS, cash cigarettes stolen

3. October 31 – Area of Windermere Drive – Theft of Bicycle

4. November 3 – Area of Stone-shire Crescent – Theft from Vehicle, GPS and sunglasses stolen

5. November 4 – Area of Main Street – Theft of Kayak
Stony Plain

6. November 3 – Area of Boulder Boulevard – Break and Enter to Compound, fuel stolen

7. November 6 – Area of McNabb Crescent – Theft of Trailer with Lumber, 2009 black Doepker stolen

Rural

8. October 31 – Area of 56 Avenue and 52A Street Wabamun – Theft from Vehicle, cash and phone charger stolen

9. November 1 – Area of Township Road 534 and Range Road 272 – Break and Enter to Residence, jewelry, tools and liquor stolen

10. November 2 – Area of Township Road 531 and Range Road 12 – Break and Enter to Residence, jewelry stolen

11. November 3 – Area of

Township Road 525 and Range Road 25 – Break and Enter to Residence, crossbow stolen

12. November 3 – Area of Hwy 627 and Range Road 31 – Break and Enter to Residence, jewelry, radio and shotgun stolen

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Install motion activated lights around your residence, install a camera system (or install “fake” cameras), have interior lights/appliances come on using timers.

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)

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They walk beside us every day
Unseen, unheard but always near
Still loved, still missed and very dear!*

**Forever & Always
Alice & Children,
Grandchildren & Great
Grandchildren**



Lac Ste. Anne Community Choir Presents the Sounds of Christmas

Continued From Page 1

It will be at Immanuel Lutheran Church of Rosenthal (52401 – Range Road 13). That's just west of Stony Plain on Hasse Road. A reception after the concert gives friends and family a

chance to socialize with members of both the choir and the band. Tickets are \$15 each (free for those under 18), available from members of both the Lac Ste. Anne Community Choir and the Joe Saumer Big Band, as well as at the door.

The Lac Ste. Anne Community Choir is open to anyone over 18. No auditions are required, and there's no need to read music or have choir experience. All that's needed is a love for singing, and a wish to meet other like-minded people. Registration and the

first practice for the next season is on Wednesday, January 11 at the Heritage Centre in Alberta Beach (5012 – 49 Avenue).

Questions? Call Eunice at 780-892-3159 or Judey at 780-924-3478.

Elm Pruning Ban Lifted

Continued From Page 1

Both Saskatchewan and Montana are battling the disease. Once an elm is infected with DED there is no cure and it must be removed and destroyed immediately.

Elm trees can be recognized by their vase-shaped outline and simple leaves with coarsely toothed edges. Alberta has the largest DED-free American elm stands in the world. Since its introduction from Europe in

1930, this fungal disease has killed millions of American elm trees across North America. Feddes-Calpas says "We must stay vigilant to keep our elms healthy. DED can be prevented."

If you are not sure if you have an elm tree in your yard or you have questions about pruning contact Lac Ste. Anne County Horticulturist Lorraine Taylor at 1-866-880-5722 or ltaylor@lsac.ca. For more information about DED call the STOPPED hotline at 1-877-837-ELMS or visit www.stopped.org.

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MOBILE MAMMOGRAPHY SERVICE TO VISIT ONOWAY

Submitted by Alberta Health Services

ONOWAY — Women ages 50-74 — the group most at risk of developing breast cancer — will have local access to mammography services when the Alberta Health Ser-

vices Screen Test program arrives in the community next month.

A mobile mammography trailer will be stationed at the Onoway Public Library/Heritage Centre on November 21, 22, 23 and 24. Residents can book an appointment or learn more about the program by

calling 1-800-667-0604.

Screen Test is improving access to cancer screening for hundreds of women in northern Alberta communities where mammography is not readily available.

A mammogram is an X-ray of the breast and has proven to be the

most effective way to detect breast cancer. Early detection allows for a greater number of options for treatment and a better chance of survival.

Visit www.screeningforlife.ca/screenest for a complete listing of Screen Test mobile sites.

STAY ON YOUR FEET AND STAY ACTIVE - NOVEMBER IS SENIORS' FALLS PREVENTION MONTH

Submitted by Alberta Health Services

Let's face it; falls can happen to anyone at any time but the reality is, as we get older our risks of falling are greater. Falls are the leading cause of injury among older adults over the age of 65, and one in three Alberta seniors will fall once a year. Falls also result in reduced mobility as fears can increase over getting up and moving around.

While staying in one place may reduce the risk of falling, it also negatively affects your quality of life. That's why the theme for this year's Senior's Fall Prevention month is Finding Balance – Stay Independent. Prevent Falls.

"Falls Prevention Month is a great time to remind everyone at every age about injury prevention. We're asking all Albertans to not only promote falls awareness for seniors, but for people at every age," says Teresa

Curtis, health promotion facilitator, Provincial Injury Prevention Program. "The prevention of falls takes an intergenerational effort. We have an opportunity to be part of the solution and to educate others."

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to waddle like a penguin.

- Stay low
- Feet pointed out
- Walk flat footed
- Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. Learn more about walking on slippery sidewalks at <http://www.albertahealthservices.ca/10958.asp>.

Darwell Farmers' "CHRISTMAS" Markets
 November 27th & December 4th, 2016
 from 11:00 am – 3:00 pm
 Baking, Jewellery, Knitting/sewing, Crafts, Stocking Stuffers, Much more, Commercial.
 For Vendor info – (780) 892-4754 – Weather permitting.

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Barrhead's Annual Christmas Light-Up

❄️ November 18th, 2016 ❄️

7:00P.M. to 9:30P.M. Main Street, Barrhead

PARADE - starts at 7:00P.M.
(Line up at the Splash Park - Service Road)

- **Hayrides** after the parade until 9:30P.M.
- **Hot Chocolate & Cookies**
- Try the **Toboggan Hill** by Scotiabank (if it snows)
- **Photos with Santa** at the Christmas Market at the Legion after Parade

*Shop Late - Savings are great until 9:30P.M.
Fireworks at 7:00P.M.*



The Chamber encourages all local businesses to decorate and participate in the parade.

Barrhead's Annual Christmas Light-Up

These pages are sponsored by the following businesses

<p>Town of Barrhead 674-3301</p>					
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NO BY-ELECTION TO BE HELD FOR DIVISION 4

Submitted by Bill Hegy | Mayor, Lac Ste. Anne County

On Thursday, October 27th, 2016, Lac Ste. Anne County Council resolved to forego a by-election for Division 4 as a result of the vacancy left by Councillor Dwight Davidson's passing. As such, there will be five Councillors in total for the remainder of term. On October 16, 2017, a general municipal

election will be held.

Per the Municipal Government Act, if there is a vacancy with less than 12 months remaining in a term, the decision to hold a by-election shall be made by Council. As less than 12 months remain before a general election, Council has determined that a by-election would be an unnecessary expense and disruption to County business. With its remaining five members, Council

will still maintain quorum – or the minimum number of Councillors required. Council remains confident that it can continue to adequately represent all County taxpayers until the next election.

Please note that taxpayers have access to each and every Councillor, regardless of the division in which they reside. Councillors represent the entire County; not merely their home division. As such, representation of Di-

vision 4 remains unabated by Councillor Davidson's passing.

Any Lac Ste. Anne County resident with questions, comments or concerns is free to contact Mayor Bill Hegy as well as any sitting Council Member. Additionally, residents are encouraged to contact the County Manager and Assistant County Manager as needed.

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THE HOUSE OF COMMONS PAGE PROGRAM

Submitted by Jim Egliniski, MP – Yellowhead

Each year, 40 students are selected from high schools and CEGEPs across Canada to come to Ottawa to work as Pages in the House of Commons. Pages have the opportunity to learn about the House of Commons while witnessing the legislative process first hand.

Those hired as Pages work on a part-time basis during their first year of study at one of the universities in the National Capital Region.

I invite you to explore this site and learn about the unique experience and history of the Page Program and explore the opportunity to be at the centre of the action.

Should you be interested in being one of the 40 Pages please go to:

http://www.parl.gc.ca/Employment/House/PageProgram/PP_ApplyProcess-e.htm

The deadline for the '2017-18 Page Program' is December 5, 2016.

BLUE-GREEN ALGAE (CYANOBACTERIA) BLOOM ADVISORIES LIFTED

Submitted by Alberta Health Services

NORTH ZONE – Recent weather has cooled lake and reservoir water temperatures to such an extent that blue-green algae is no longer a health concern, including in 15 bodies of water in North Zone, all of which had previously been placed under blue-green algae (cyanobacteria) bloom advisories.

Effective immediately, Alberta Health Services has lifted the blue-green algae (cyanobacteria) bloom advisories for:

- Bonnie Lake
- Stoney Lake
- Lake Isle
- Lac La Nonne
- Lac Ste. Anne
- Lessard Lake
- Baptiste Lake
- Long Lake
- Mons Lake
- Garner Lake
- Lac La Biche Lake
- Moose Lake
- Calling Lake
- Winagami Lake
- Steele Lake

As always, visitors and residents are reminded to never drink or cook with untreated water directly from any lake or reservoir, at any time.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

FOUND GENERATOR

Submitted by Whitecourt RCMP

RCMP in Whitecourt located a portable generator on September 18th, 2016 as a result of an investigation into some stolen property.

Police are seeking the owner of this portable generator. If you had one stolen around that time, please contact Whitecourt RCMP at 780-779-5900.



Influenza is serious. Immunization works. Get Immunized.

Alberta's influenza immunization program is ongoing. Influenza immunization is offered, free of charge, to all Albertans six months of age and older.

Upcoming Immunization Clinics in Your Area

DATE:	TIME:	LOCATION:
Wednesday, November 16	2 p.m. - 7 p.m.	Onoway Community Health Services
Wednesday, November 23		4919 Lac Ste An Trail, Onoway
Wednesday, November 16	1 p.m. - 6 p.m.	Barrhead Community Health
Wednesday, November 23	9 a.m. - 4:30 p.m.	Services, 6203 49 Street
Wednesday, November 30		Barrhead
Tuesday, November 29	1 p.m. - 7 p.m.	Mayerthorpe Diamond Centre
		4814 54 Street, Mayerthorpe

Please bring Alberta Health Care Card. Short sleeves recommended.

Influenza Immunization: Cut Albertans' risk for influenza in half last season.

ahs.ca/influenza | Call 811

Alberta Government

Alberta Health Services

DARWELL PUBLIC LIBRARY NEWS

Submitted by Sandra Stepaniuk, Library Manager

You may or may not be aware that the Yellowhead Regional Library received funding from the Public Library Services Branch to expand services to on-reserve and on-settlement populations. We are pleased to announce that our proposal was submitted and has been approved and we will be receiving funding to expand our services to these populations.

The project: a joint application which includes, Darwell Public Library, Rich Valley Public Library,

Alberta Beach Municipal Library, Onoway Public Library and the Stony Plain Public Library, will bring us closer to providing culturally appropriate services to these communities. We are collaborating with representatives from the Alexis Nakota First Nation to establish the priority needs of the community. To start with we will be establishing a library at their ECS-Grade 12 School in a large space that has been provided. We will be consulting with the teachers and students on design, set-up and running of the library. Once the school library has been established we will start

to create mini libraries that will roll out into other key community locations. We are very excited about the project and hope to have the library established and functional by March 2017.

The next Book Club meeting will be on Monday, December 5, 2016 at 6:00p.m. to discuss "The Bone Clocks" by David Mitchell. This will be our Christmas potluck so bring your favorite dish to enjoy before the discussion. 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 Christmas Family Movie Night, at the Lake Isle Community Hall, will be held on Friday, November 25, 2016. We will be showing the pre-release "G" rated title "BFG". The doors will open at 6:30pm and the movie starts at 7:00 pm. Admission will be free for children and each child will receive a grab bag at the end of the movie; the concession will also be available. See you there! All of our programs are sponsored by The Darwell Public Library Society, Darwell Library Friend Society, FCSS and the CLSA Library Grant. We currently have a signup sheet in the library for a 4 month beginner Tai Chi class that will run 2 times a week, starting in February and ending in May, 2017. There will be a cost for this program which is yet to be determined based on facility cost and number of registrants. We need a minimum of 10 people to register to see the program go forward so if you are interested please stop by and add your name to the list along with your preference for daytime or evening sessions.

The health benefits of Tai Chi, a gentle form of exercise can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life. Tai chi is often described as "meditation in motion". There is growing evidence that this mind-body practice, which originated in China, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

The Darwell Public Library Society will be holding their next regular meeting on Monday, November 28, 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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that actually works!"

- Elaine Spruce Grove

"I've lost 21 pounds in 7 weeks! I
tried everything over the last 10
years and nothing worked - I kept
gaining and got very depressed.
Who'd of known that taking one little
Miracle 100% Natural Pill a day
would allow me to succeed!!"

- Penny M. Stony Plain

"Down 36 lbs. in just 2 months.
Even Dr. B's diet where I had to
starve myself on 800 calories
couldn't do this. This product is
just totally awesome - Just the
total overall feeling good"

- Toni Spruce Grove

"Have heard as much as 15lbs loss
from the 3 day sample - it works
that good! Have nothing to lose but
the weight which I am doing"

- Donna Edmonton

"I totally love this product for not
only the weight loss but also the
physical & mental well-being. I just
feel much better!"

- P from Onoway



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ALUS OPEN HOUSE SUMMARY



Submitted by Megan Casey | ALUS Coordinator, Lac Ste. Anne County

On October 26, 2016 Lac Ste. Anne County and Parkland County jointly hosted an open house to update agricultural producers on the Alternative Land Use Services (ALUS) program within the Lake Isle Watershed. ALUS has been operating in Parkland County for 5 years and through the inter-municipal Lake Isle Subwatershed project has collaborated with Lac Ste. Anne County to establish and develop its own ALUS program. The ALUS model is to undertake management changes or install projects on agricultural land that is marginal, inefficient, or environmentally significant to enhance the production of ecosystem goods and services.

The open house provided agricultural producers within the Lake Isle watershed a chance to see how the project has developed in its second year as well as to get involved with their own projects. Additionally, the Alberta Conservation Association showed drone footage of the shoreline health of Lake Isle and an update on the management research into the invasive flowering rush issue. Lac Ste. Anne and Parkland County ALUS Coordinators look forward to engaging more agricultural producers in the Lake Isle Watershed and to see improvements in the health of the ecosystem. If you are an active agricultural producer within the Lake Isle Watershed and would like to know more about how ALUS can benefit you, please contact Megan Casey at alus@lsc.ca.

**Lac Ste. Anne Community Choir
Presents the Sounds of Christmas**

November 25th, 2016 at the Onoway Legion.
The choir will perform as soon as the regular draws are completed. Reserve your spot for the Legion's delicious dinner before the performance.

December 7th, 2016 at 7:00 P.M.
Zion United Church (15 Paradise Estates)
Admission is through a free will offering.

December 10th, 2016 at 7:00 P.M.
Lac Ste. Anne Catholic Mission
Admission is through a free will offering.

December 16th, 2016 at 7:00 P.M.
Immanuel Lutheran Church of Rosenthal
(52401 - Range Road 13) A joint concert with the Joe Saumer Big Band. Tickets: \$15 each (under 18, free), available from members of the Lac Ste. Anne Community Choir and the Joe Saumer Big Band, and at the door.

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GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool

Good luck to our three teams competing in the District 8 Legion Dart tournament being held at the Jasper Place Legion on November 19th. Team leaders Rick Potter, Randy Wenckowski and Scott Sadler, accompanied by the rest of their teams, will be representing the Onoway Legion so if you would like to take a little road trip on Saturday to cheer them on, your support would be greatly appreciated. Tuesday night darts are becoming very popular with nearly forty players competing for fun and points. Liane keeps busy at the bar serving refreshments, making popcorn, selling Nevada tickets and running the 50/50 draw. Please join us to play or to visit with friends and enjoy the atmosphere as well as the friendly competition. Congratulations to Peter Menzel and Jode Jorgensen for placing second and third respectively at the Area "A" Singles 8 Ball Pool held on November 5th at the Leduc Legion. The Onoway Pool league will be hosting a "Fun" 8-Ball Tournament on November 26th. Please phone Larry Villneff @ 780-967-0607 or itv336@gmail.com for information and registration.

Crispy Chicken was once again a very popular choice for the Friday Night Supper on November 4th. Bob C., Jay K., Marcelle J. and Sylvia P. with new volunteer Mary Rehill worked hard to provide a delicious meal for over 80 satisfied customers. Thanks to Guide Leader Brittany Dumont and her daughter Madysyn for clearing and cleaning the tables quickly and efficiently so Randy W. and Liane W. could do the dishes and clean up the kitchen in record time. George Jednyk won the free meal voucher, Ron May took home the meat draw and Marie Brown won the 50/50 draw. Thanks to volunteers Scott S. for selling tickets, Louise B. for looking after the bar and to Cheryl S. for always recording the names of the draw winners. Ron and Diana May are graciously sponsoring the Cedar Planked Pork supper on November 18th. This meal is always sold out and I would recommend phoning early to reserve your plate for this very popular dinner selection.

Our monthly General Meeting

was held on November 7th with discussion and decisions on the following items: Five hundred dollars was presented as a bursary toward further education to the granddaughter of veterans on both sides; The Lest We Forget Concert and Silent Auction was excellent; applications for new members Laura Jeanne Hodgson, Douglas Jahelka and Gloria Jahelka were accepted; Reverend Mike Lynch will be substituting for Padre Barry on Remembrance Day; Bud Westerlund is still in the Royal Alex hospital, Donna Latimer had a fall, fractured her hip and is at the Misericordia hospital; work is going to commence on replacing the front doors after Remembrance Day but the ramp will have to wait until Spring; the election committee has

been determined; tickets on a signed book donated by Wade Neilson featuring the history of the Edmonton Eskimos will be sold at the Legion with proceeds being split between the Legion and the Onoway Heritage Trail Committee with the draw being held on December 16th; Grey Cup Party will be held on November 26th and possibly a New Year's Eve Party will be planned with Karaoke by Marty Pritchard.

UPCOMING EVENTS:

November 15 - Tuesday Night Darts - Registration 6:45 to 7:15 pm. Play @ 7:30 pm.

November 16 - Wednesday Night Pool - Registration @ 7:00 pm. Play @ 7:30 pm.

November 18 - Friday Night Supper - Cedar Planked Pork - Spon-

sored by Ron and Diana May

November 19 - Saturday Opening @ 3:00 pm. Acoustic Jam Session beginning @ 7:00 pm.

November 22 - Tuesday Night Darts

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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& 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

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

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PHONE: _____ TOWN: _____

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**Mail to: Santa Clause c/o Community Voice
Box 3595 Spruce Grove, AB T7X 3A8**



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- Dr. David Williams, Alternatives for the Health Conscious Individual (March 2004)



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Church Directory

Rich Valley Community Church

Sunday School
10:00 a.m.
Worship Service
11:00 a.m.

Catholic Parish of Lac Ste. Anne

Sunday
10:00 a.m.

St. John's Anglican Church

Onoway
Sunday Service
10:00 a.m.
Everyone Welcome

Mayerthorpe Baptist Church

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

St. John's Lutheran Church

Alberta Beach
Sunday Service
11:00 a.m.
Sunday School

Zion United Church

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

St. Joseph's Catholic Church

Sunday Mass
11:30 a.m.
Wabamun, AB

Sangudo St Mary the Virgin Anglican Church

Sunday Services:
2nd & 4th Sunday
Holy Communion
11:00 a.m.

Sangudo United Church

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

Trinity Lutheran Church (LC-C)

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

Mayerthorpe Pentecostal Assembly

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

St. Michael Lutheran Church

Sunday Services
1st & 3rd Sunday
at 2:30 p.m.
Rev. Horst Gutsche
(780) 674-3944
Mystery Lake

Onoway Baptist Church

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

Mayerthorpe United Church

Mayerthorpe: Rev.
Alwin Maben
Sunday Worship 9:30 a.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 11:00 a.m.

Sunday School
10:00 a.m.
(780) 924-3282

Cherhill Community Church

Sunday School
10:00 a.m. - 11:00 a.m.

Worship Service
Sunday 11:00 a.m.

Roman Catholic Church

St. Agnes' Parish, Mayerthorpe
Sunday 9:00 a.m.
St. Elizabeth Parish, Evansburg
Saturday 7:00 p.m.

(780) 786-2032

Calahoo Alliance Church

Family Worship
Service Sunday
10:00 a.m.

For Info Call Jerry
(780) 974-7734

Rock Victory Church Worship Celebration

Sunday Worship w/
Children's Ministry
10:00 a.m.

Wednesday Prayer &
Bible Study 6:00 p.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			

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).

NOV 15 to DEC 31 - PARKLAND POTTERS GUILD/CROOKED POT GALLERY: WINTER WONDERLAND EVENT 4012-51 Avenue in Stony Plain, Alberta and is open Tuesday-Saturday 10 a.m. to 5 p.m.

NOV 19 - 3RD ANNUAL CHARITY VARIETY SHOW, 7pm at the Pioneer Centre, Spruce Grove (301 Jaspersen Avenue). Admission: By Donation Only at the Door. Dress: Casual. For Information Call: Amanda at 780-236-3480.

NOV 21 - SGT. WILSON'S ARMY SHOW, the sound of the 40's & 50's Glenn Miller, Andrews Sisters etc. Barrhead Senior Centre. For tickets phone 674-6131 or 674-5824. Help support our local museum!

NOV 23 - LIGHT UP YOUR LIFE SILENT AUCTION, 12:00 – 7:00 P.M. at Westview Health Centre, Stony Plain. Over 200 Items. Everyone Welcome

DEC 10 - CHRISTMAS PARTY at Gunn Hall. Santa is bringing gifts for the children! Contact 780-951-9452 for tickets & more info.

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 1st. Janice (780) 667-6327. onowayfarmersmarket@gmail.com. New vendors welcome!

SPRUCED 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

WHITECOURT: Legion, Tuesdays from 11am - 2pm, May - Oct. 779-7002. Little Market - Big Heart

BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7pm. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.
CHERRILL BINGO: Tuesdays at Cherhill Community Association. Doors Open at 6:30pm, Games at 7pm.

CHERRILL 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 November 2, 16 & 30, December 14 & 28.

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.

SPRUCED 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 Centre, 5018 - 51 Ave. Every 2nd & 4th Thurs of the month @ 7pm, Cost \$2. Everybody Welcome. Contact 587-989-7214 or 963-7920.

THE ABBOTTSFIELD 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

Stony Plain Royal Canadian Legion Br# 256: Every Saturday @ 3pm. Meat Draw & 50/50.

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+ Club activities: Monday, Wed, Fri 10:15 am Aerobics/Fitness (Walking Segment starts October 5th, all Fall & Winter); Tuesday 7:30 p.m. Crib (year round); Wednesday 1:00 p.m. Bridge (year round).

BADMINTON: Wed, 7-10pm, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.

BARRHEAD PHOTO CLUB: 1st & 3rd Wed - email barrheadphotoclub@gmail.com for location or call 780-674-3314 or 780-674-4663

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 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. 1st 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 - 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, donations appreciated. 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

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

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@lsac.ca

MEETINGS

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

3053 ROYAL CANADIAN 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.ca/755.

526 Barrhead Air Cadets, Wednesdays 6:30 - 9:30pm, High School Ages 12-18 are welcome. 780-305-7233

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 2nd Tues 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 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 1st Wed. Info 785-4144 or 721-6188.

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

KINETTE CLUB OF MAYERTHORPE, 7:30pm at Kinsmen Hall, 1st Tues of each month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

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

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

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

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

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

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

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

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

ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st 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 2nd 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 Whitecourt Ave. (downstairs). Or contact Carla Burkell, VP Membership, (780)268-3653.

SANGUDO PAINTING GROUP: Every 1st and 3rd Wed from 9:30am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops, For more information call 780-785-2112.

SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30pm. St. Matthew's Church, Spruce Grove. Judy 960-5258

WEIGHT WATCHERS Alberta Beach 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 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

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

SPRUCED 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.

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:

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

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!

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



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