

SANGUDO HORTICULTURAL CLUB NEWS

Submitted by Brenda Ogden

The Devonian garden had a name change to the University of Alberta Botanic Garden. On March 27th, Ken Willis, the Head of Horticulture at the garden gave his talk on Trees -Planning, Planting and Maintenance to a large turnout. As with all things to do with planting. put the right plant in the right place was the first message. The next main point is when you do transplant a tree water it. Water it every day for ten days, the next two to three weeks water every third day and then water each week for the rest of the vear until October. In October water until just before it freezes. The tree is still growing until the temperature hits -5*C. After that it becomes dormant for the winter. Put your hose on one side of the tree one time and the other the next; you need to water on low all night. Typically 90% of all roots and all the structurally supporting roots are in the upper 2 feet of soil, spreading out horizontally. Root growth is opportunistic, and remains where the soil is loosest, and water and oxygen and nutrients are most readily available. The root system of a tree can spread out to 3 times the height of the tree; so the tree must be watered from its dripline outward.

The next big message was when transplanting a tree make sure the flare at the base of the tree is at ground level or 2-3 inches above it. If the flare is underground, your tree will die. When digging the hole to put your tree in: don't dig the hole any deeper than the root ball, enlarge the sides 2 to 3 times as wide as the rootball, and slope the sides of the hole in towards the bottom. The soil around the tree should have been aerated by rototilling before planting, to provide air to the roots. This is the time to cut off any roots that have grown above the flare line. Now plant the tree and lightly tamp soil around the root ball to brace the tree. Do not over compact. Do not cover the top of the root ball with soil. After back filling the planting hole, pour water around the root ball to settle the soil. If you mulch the surface around the tree leave a 6 inch space around the trunk with no mulch, so the trunk does not rot. Staking the tree is not required. The tree will develop more naturally if it moves in the wind. If you must stake, be sure to remove the stake no later than one year after planting.

Ken gave us a list of the trees he likes: All these trees prefer full sun.

Zone 2

Prairie Horizon Manchurian Alder-Alnus hirsuta 'Harbin'- Is a fast growing tree with an upright/pyramidal spreading habit. Drought tolerant. Grows in dry or wet locations. Purple catkins and brown cone like strobiles add winter interest. Yellow fall color. Ht 30-40ft. Spread 20+ft. Poplar PopulusxSundancer-Has a strong structure and narrow upright form. Doesn't shed its branches. Doesn't sucker.

Adaptable to a wide range of growing conditions. Landscape uses as a hedge, barrier, erosion control, or as an ornamental. Resistant to bronze leaf borer and canker disease. Yellowish fall color. Ht 40-50ft Spread10-20ft.

Ohio Buckeye-Aesculus glabra-Ornamental with round upright growth habit. Not drought tolerant. Has nuts but all parts are toxic when eaten. Nuts are messy. Susceptible to leaf scorch. Showy yellow-greenish flowers. Yellow fall color. Ht 20-30ft Spread 20+ft.

Subalpine Fir-Abies lasiocarpa-A slow growing long lived tree with a cylindrical shape. Drought tolerant. Evergreen. Ht 65-115ft Spread 3ft.

Zone 3

Japanese lilac-Ivory silk-Syringa reticulata-This accent tree has an upright/pyramidal spreading habit. Is deer resistant. Butterflies like the white blossoms. Will live for 40 years under ideal conditions. Ht 20ft Spread 14ft.

Mary Liss Pincherry-Prunus pennsylvanica-A small accent non suckering tree. Can be used as a substitute for Mayday trees. Drought tolerant. Grows in well drained but poor soil.

Continued on Page 2



(780) 907-8642 WALENTUS www.ValentusTour.com/Ladybug

Page 2 Community Voice



Oneil Carlier MLA, Whitecourt-Ste.Anne

(780) 786-1997 whitecourt.steanne@assembly.ab.ca 4811 Crockett Street, Mayerthorpe, AB. TOE 1N0



APRIL NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

Submitted by Regan Macdonald, Library Programmer and Communication Coordinator | Rich Valley Public Library

This month we are offering the following programs:

On April 26, 2017, the Rich Valley Public Library will be hosting Ask a Pharmacist at 7:00 pm. Come on down to the Rich Valley Public Library and join in this evening of informal and informative discussion with a local pharmacist. Basic questions will be answered about medications and vitamins, drug interactions, side effects, disposal of old prescriptions, and pharmaceutical safety in the home. Tim Horton's will be on hand with free coffee and donuts. If you wish to attend this free program please contact the Rich Valley Public Library at 780-967-3525 by April 20, 2017.

Mrs. Fitzgerald's READ IT BINGO continues! For every book you read, you will receive one star. For the BINGO challenge you will need to read specific books listed on the card to win prizes. 2 lines gives you access to treasure chest 1. 4 lines will get you ice cream. 6 lines gives you access to treasure chest 2. Complete the full card and the project squares and you will get an invite to the pizza party.

Once your BINGO card is full you may enter a contest for the most books read until June 15, 2017. The same rules apply as READ IT BINGO to receive a sticker. The top 5 participants with the most stickers can choose from Treasure Chest #1 or an Ice Cream or from Treasure Chest #2.

Story time is on Wednesday from 11:00-11:45 am. Bring your toddlers in on Wednesdays from 11:00 to 11:45am for stories, activities and crafts. All children ages 0-5 are welcome to join us at this free program. Every third Wednesday of the month we will alternate between Tents and Tunnels, Play Doh Fun and Lego Building.

Mom and Tots Play Group is on Wednesdays from 9:45-10:45 am. Parents and toddlers are invited to play, discover and make friends at this free drop-in program held at the Rich Valley Public Library. All children ages 0-6 are welcome. Snacks, juice and coffee will be provided. This program is funded by FCSS.

Zumba is every Thursday from 7:00-8:00 pm. Zumba with Amber is back at the Rich Valley Public Library. Come engage in a fun, no stress workout filled with music and dancing. Zumba is held on Thursdays from 7:00-8:00 pm. Zumba is \$60 for 6 classes or a \$12 drop in fee. Call the library to register or drop in on Mondays. We will be starting another 6-week session on April 13, 2017. Thursday, April 13, 2017 is a Free Class! Come out and try Zumba!

Yoga is every Tuesday from 7:30-8:30 pm. Join Melissa, our yoga instructor, in the Yellow Room on Tuesdays from 7:30 to 8:30 pm. Yoga is a great way to stay strong and flexible for life. Yoga is \$60 for 6 classes or \$12 drop in fee. Classes begin again

Comfort Corner & Bert's TV

on April 11, 2017. Call the library to register or drop in on Tuesdays.

Adult WHIST is every 2nd and 4th Friday of the month at 7:30 for \$2.00 a person. Just drop in and play some cards. The last Whist of the season will be held Friday, May 26, 2017.

If you have any questions, feel free to contact us at 780-967-3525 or drop in. We are located in the basement of the Rich Valley Community Hall.

CISTORER ADDECEDOR AL Comfort Corner, 5311 49 Street April 28 from 11:30AM – 1:30PM

Try a burger or hotdog grilled on one of our fully stainless steel Jackson Grill BBQ's by our Jackson Grill Sales Reps!



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Meet and greet with Barrhead's Canadian Bobsleigh Athlete - Melissa Lotholz

ITEMS FROM BOTH LOCATIONS ON SALE!





STRUCTURE FIRE, SUMMER VILLAGE OF SILVER SANDS



Submitted by Erik Ives, Fire Captain | Onoway Regional Fire Services

Yesterday at 1142 AM Onoway Regional Fire Services – Canada's first Hybrid Fire Service



was dispatched to a structure fire on Hazel Avenue in the Summer Village of Silver Sands. The first units were rolling to scene within 1-minute. Upon arrival the first Onoway Regional Fire Engine crew noted flames were visible protruding from the roof and windows of the structure. Luckily the family residing in the home had safely evacuated with no injuries. Due to the fast action of the of fire crews, the fire was quickly knocked down. Unfortunately, the home was se-



verely damaged due to the intensity of the fire.

Onoway Regional Fire Services and North West Fire Rescue would like to say thank you to all services that attended this fire for doing such a great job. These include: Parkland Fire, Alexander Fire Department, Lac Ste Anne County Fire Services, Alberta Health Services, the Royal Canadian Mounted Police, Fortis, and Clearwater water haulers.

During the initial response,

Onoway Regional Fire Services deployed 4-units and 13-members, with additional resources deployed from the above-mentioned fire services. The exact origin and cause of the fire is currently under investigation by the Office of the Fire Commissioner.

For more information contact Fire Chief David Ives 788-777-4688 / davidives.nwfr@gmail. com



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TWIN FIDDLE EXPRESS

Submitted by Corrine Paradis

Renowned Canadian Fiddle Champion Scott Woods and his band present Twin Fiddle Express! This uplifting 2 hour Branson-style live show celebrates the wonderful sound of two fiddles played sweetly in harmony - with lots of Traditional Country, Western Swing, Country Gospel and Old Time Fiddle tunes. Enjoy sensational step dancing, wholesome family humour and Scott's famous trick fiddling - somersaults & walking on a barrel - all while playing his fiddle!

Joining Scott onstage in Twin Fiddle Express is:

His sister, Kendra (Woods)

Norris – a multi-instrumentalist and certainly no stranger to old time fiddling, having won the Canadian Duet Fiddle Championship title 3 times with Scott as well as several solo wins in various classes including the 2016 Canadian Open (19-55 division). Also onstage are Canadian Country Music Award Winner and Guitar Player of the Year, Steve Piticco; Bass Player, Step Dancer and Vocalist, 18-yearold Patrick Linton and keeping the band in time is drummer / vocalist Bill Carruthers.

Scott Woods is a two-time winner of the Canadian Open Fiddle Contest, two-time winner of the Canadian Grand Masters Fiddle Championship as well as Fiddle Entertainer of the Year. He

Canadian Fiddle Champion and his band An uplifting Old Time Fiddle Variety Show featuring Scott and his sister Kendra on Twin Fiddles, along with an All-Star Band – Geltar, Bass, Drums, STONY PLAIN, AB STONY PLAIN COMMUNITY CENTRE MONDAY JUNE 5 7:00 PM ADULT + \$25 / CHILD + \$10 Music (301 King St.) 780-962-2928 ine 780.962-2089 --- P ds Rand Cillica 1-855-726-8898 WWW.SCOTTWOODS.CA

is known affectionately as 'The Flippin' Fiddler' and tours extensively across Canada and the USA every year raising funds for churches, charities and community service organizations.

The show takes place on Monday, June 5th, 2017 at 7:00 p.m. at the Stony Plain Community Centre, 5008 – 51 Ave., Stony Plain. Concert proceeds support Spruce Grove & District Agricultural Society (Grain Elevator). Tickets are \$25 for adults, \$10 for children (ages 6-12) and children 5 and under get in free. Advance tickets are on sale now at Maridon Music (301 King Street Spruce Grove – 780-962-2928) or call Corrine at 780-962-2089, Bud & Ann at 780-968-2030 or toll-free 1-855-SCOTTWOODS (1-855-726-8896) to charge by phone. See www.scottwods.ca for a complete tour schedule.



Sat.: 10am - 6pm

Sun.: 12pm - 5pm

STONY

STONY RIDERS 4-H CLUB NEWS

Submitted by Kyla Fald, Stony Riders 4h Club Reporter

The Stony Riders 4-H club began their new year in early October. We have 19 members in our 22nd year running! The Stony Riders offer six different project including, canine, horse, woodworking, foods, photography and event planning. In November, we completed our com-

munity service event, with helping set up the APFA Christmas store, and some of our members even volunteered as "Elf Helpers" which assisted young children shop for their parents.

The Stony Riders held presentation in December with 6 teams competing and 2 teams, Kyla Fald, Mackenzie Hiltz, and Amanda Hardman continuing on the district level. In addition, the club held public speaking in January and Olivia Ridderikhoff, Chelsea Webber and Connor Ridderikhoff continued on to district level speak offs. We also had 2 of our leaders attend the Western Region Leaders Forum held at the Shaw conference center on March 16-18, 2017. The stony Riders look forward to another exciting year and are looking forward to participation in District Multijudging, Regional Fair, Focus on 4H and a

variety of summer programs.

We want to send out a big thank you to the FCC for the their generous grant of \$500.00 and our president Brianna Webber and vice president Alisa Fald met with Mark Dueck and Wendy Merchant to receive the award. In addition, we want to thank Agriculture and Agrifood Canada for their \$500.00 grant through the growing forward 2 program.

RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 3 April to 9 April, 2017.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 503

Total Calls for Service for the Victim Service Unit: 43

Individuals Charged: 36

Person Crimes: 41

Property Crimes: 60

Impaired Driving Complaints reported: 7

Impaired Driving Charges Laid: 1

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 30

Property Crimes:

Spruce Grove

1. April 4 - Area of Balmoral Drive - Theft from Vehicle, snowboard and garage opener stolen

2. April 6 - Area of Waverley Crescent - Theft of Vehicle, 2000 white Ford F350

Stony Plain

3. April 3 – Area of Wood Avenue - Theft of Dump Trailer, 2012 black Carry On Trailer Rural

4. April 7 - Area of Township Road 531 and Range Road 43 -Theft of Snowmobile, 2001 black Arctic Cat

5. April 8 - Area of Township Road 531 and Range Road 22 -Theft of Vehicle, 2010 blue Chevrolet Silverado

6. April 8 - Area of Township Road 531 and Range Road 262 -Theft from Vehicle, tires and tools stolen

7. April 9 - Area of 49 Avenue and 50 Street, Lac Ste Anne - Theft of ATV, red Polaris Ranger

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)



TOIRTE OIF TITHE WELEK

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and sald, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"



962-9500

April 18, 2017 Community Voice Page_7 From Jiggles to Wiggles 10 Minutes To Increase: * Strength * Muscle Tone Super Special * Circulation * Flexibility 4.010 Package of 5 visits per week 10 Minutes Are Equivalent to: for 1 month * 1 Hour of physical training in gym with strengthening machines * 1 Hour with leg press & weights + 20 minutes on treadmill * 2 Hours tennis * 2 Hours of strength exercise Time for ProEllixe Italy's most sought after fitness program! Seniors to Athletes will be challenged. Take the 10 minute challenge. Come in on your coffee or lunch break! **2 Free Trial Visits** Open From 9:00 a.m. - 4:00 p.m. After hours appointments available - please inquire. (780) 907-8642 45 C South Ave. Spruce Grove

Fundraiser Gala an Amazing Success



Submitted by Emily Barlow-Bolch

On Saturday April 1st, The Lac Ste. Anne Refugee Partners held a Gala in order to raise money to support a refugee family coming from Iraq. An amazing crowd of people turned out both to help with the event, as well as to attend and support our family.

The Gala was a huge success, and it would not have been possible without all of our amazing volunteers who helped to put it all together. Food and drink was provided by the St. John the Divine Anglican Church, Zion United Church, Onoway Baptist Church and Lima Catholic Church. Elaine Dickie from the St John the Divine Anglican Church kindly provided the table cloths and runners, wine glasses, table numbers, and organized her church ladies for the food.

The servers- young people and friends from the local churches- did a fantastic job throughout the evening. Thank you Hailey Hill, Darian Wagner, Gabrielle Kramer, Kateri Kramer, Kyla Milne, Tayah Ratsoy, Nasha Ratsoy, Fiona Kelly, Jean Luc Pipkin, Eleanor Pipkin, and Alby Parokkaran for all of your hard work.

The volunteers in the

kitchen worked hard all day, some of them around the clock from 10:30AM until 11PM. Kitchen operations were smooth and orderly under the guidance of Pat Doyle (or Grandma Pat), assisted by Percy, Andrew, Emily, Betty, Dianne, Glenda, and Donovan Wagner, who according to Percy, "worked like a slave" all evening. Kathleen and Victor and their children helped out for most of the day and managed the beverages for the evening.

Advice on food and event planning was given by Janet Barlow, a fabulous cook and supporter, and Heather Brietkreuz, an events manager, which was invaluable.

The hall rent was generously donated by the Alberta Beach Lions Club, who have been a great supporter for the past year,

Dolaine Veldhuis and Rian Sullivan gathered teams to set up and decorate the hall, with Dolaine making the floral arrangements for the tables and everyone cutting pussywillows. The effect created was utterly transforming, and several guests commented on how well done the decorations were.

An extra special thank you to our MC, Pastor Rick Foster, who filled in when our planned MC was too sick to come to the event. He did an excellent job and we would have been lost without him.

Our amazing door prizes were donated by members of the community. Beautiful flowers were donated by Lisa from Dosie Dotes and Greens, foot care from Studio 31, specialty hair care from Beachcomber Hair, a handmade birdhouse from Marvin Eckert, chocolates from Terry Slemko, solar light fairies from Rosies Greenhouse, an outdoor garden statue from Jocelyne April, a \$25 gift card from Superstore, a \$50 gift card from Save On Foods, and donations from The Little Cookie and Bread Shop in Onoway and from Cat and the Fiddle Bakery soon to open in Alberta Beach.

Thank you to all of our incredible performers, The Joe Saumer Big Band with guest vocalist Alex Vissia, who is appearing at the Elks Hall in Spruce Grove on April 28th, gave a stunning performance. R.J. Chambers sang show tunes with his wonderful voice, Bod Jervis played and sang 40/50/60s music, and the Lac Ste Anne Community Choir sang a few lovely songs (please check their website for upcoming concerts in May and June). Garner Butler performed a number of favorites from his and his brother's original works, as

well as some Johnny Cash pieces. Special guest, 94 year old Ruth Schultz, recited a number of poems, and was called up for an encore, which she recited from memory. Thank you to all of the performers who donated their time and talent to make the evening such a success.

the evening such a success. The Lac Ste. Anne Refugee Partners are so grateful to all those who made this evening so wonderful and especially to all those who bought tickets and came to the Gala. We hope that this grand and classic event is remembered by our guests for a long time to come. We now have raised over \$31,500, enough to support our sponsored family for a year. At this time we are impatiently awaiting their arrival- the paperwork is in, we are simply waiting for everything to go through. Some estimates put the wait time at as long as 4-5 months, however we are holding out hope that they will be here sooner.

Our apologies if any of our volunteers were missed in the writing of this article- we were overwhelmed with support for this event, and are so moved by how the community has come together to make this happen. Thank you for making the Gala such a resounding success!

April 18, 2017 **MP EGLINSKI COMMENTS ON CN RAIL CROSSINGS IN HIS YELLOWHEAD RIDING**

Submitted by Jim Eglinski, MP – Yellowhead

April 24th to 30th is 'Public Rail Safety Week', and I want to commend CN for its public safety awareness programs, such as 'Operation Lifesaver'.

'Operation Lifesaver' deals with potential dangers at highway/railway crossings and public rail trespassing on railway property.

But, I must also now speak out against CN Rail for their lack of respect towards the public in the reciprocation of safety at many of their crossings.

Most of CN trackage is double through the Riding of Yellowhead with upward of 50 trains a day rolling east or west.

CN is not being a good neighbour to the residents of Edson. There is continued blockage of public crossings at 54th and 63rd Streets; Range Road 180, or as we locals call it, "the dump crossings"; Willmore Park Road; and Ansell Tower.

Over the last three years, blockage at these crossings have increased where residents have been caught on the 'wrong side of the tracks' from 20 to 40 minutes at a time, with super trains blocking all three crossings at one time.

The law states under the 'Canadian Rail Operating Rules', enforced by Transport Canada and CN's own Police Force, under Section 97 (2) that: "It is prohibited for railway equipment to be left standing on a crossing surface, or for switching operations to be conducted, in a manner that obstructs a public grade crossing – including by the activation of the gate of a warning system – for more than five minutes when vehicular or pedestrian traffic is waiting to cross it."

I have consulted with CN officials in Ottawa down to local supervisors in the riding. We, the residents of Edson and area, have tried to hold public meetings with CN, but they will not show up. Why??? I have held meetings with Transport Canada officials and CN personnel resulting in little to no follow-up. As a former police officer, I was somewhat taken aback when a Transport Canada enforcement employee told me that "he is not concerned with the five minute rule".

I believe, as do most of my constituents, that THEIR SAFETY is being threatened by CN's actions and Transport Canada's lack of action or intervention.

Imagine if you lived on Willmore Park Road and you had an emergency (i.e., stroke or heart attack). How do you clear a two mile plus train quickly? You can't. By the time you call through channels with messages being relayed back and forth and action taken, 15 minutes will pass. That's too long! We will lose a life and that to me is not acceptable.

Now, I want to address CN direct-ly.

My concerns are the health of my constituents, the time of my constituents, and the safety of my constituents -- not your profit margin, not the convenience of your crew, etc.

Public Rail Safety Week is coming up. You have failed to live-up to your own expectations. You have failed to follow the rules that govern you. You have failed to be a safe corporate partner to our communities.

CN, we both know there are ways to fix this situation. You, CN, are refusing to be pro-active in this life threatening situation. In closing, I do want to say that last week I had the opportunity to meet with a local CN police official. He fully understands what is happening. I was impressed with the concerns and professionalism he showed.

Again, to CN, support your own police officials so that they can protect the safety of your railway and the safety of all Yellowhead residents and businesses.

I believe changes can be made to improve this situation. CN, it is up to you!



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ADDRESSING SPRING ANT PROBLEMS

The return of warm weather in the spring often marks the return of animals and insects as well. The spring season is a popular time for insects to mate and build nests. This also may be a time when homeowners see ant "swarms" in or around their homes.

Ants and termites are social creatures, and when their colonies become too large, flying ants will spread out in search of new territories and to establish new queens. This mobility may also be coupled with an increasing number of ants marching on the ground and scaling walls.

Although many species of ants are harmless, homeowners do not want to see ants inside their homes N especially in large numbers. The following strategies can help homeowners address ant infestations this spring.

Identify the type of ant around your property. Consult with online guides or books to identify the species of ant on your property. Knowing which species of ant is in or around your home can help you address the problem more effectively.

Create a food trap. Ants are attracted to various food sources, such as fats, sweets and proteins. Mixing a very small amount of a food with boric acid can help control ant populations. Ants will bring tainted food back to their colonies and perish.

Keep a clean house. Use vinegar, soap and water to clean areas where ants are seen. Many leave a scent trail of pheromones to tell others where to go for a food source.

Treat carpenter ants at . the source. Carpenter ants will not bring back food to the nest. Instead, sprinkle diatomaceous earth, or DE, around outdoor nests to eradicate colonies.

Work with an exterminator. If home remedies do not work, consult with a trained exterminator.



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FACTORS TO CONSIDER WHEN CHOOSING CARPETING

When the time comes to choose flooring for their homes, homeowners may be overwhelmed by the vast array of options at their disposal. The choice between carpet and hardwood flooring, laminate or tile is a matter of personal preference. People have long extolled the virtues of hardwood flooring, but carpeting can be just as stylish and provides a host of other benefits as well.

Carpeting insulates rooms in the summer and winter, adding that extra level of protection against the elements. Carpeting also absorbs sound in a home. Many appreciate the warmth and cozy feeling of carpet, especially when stepping out of bed. Carpeting also can increase the level of safety at home. According to the Carpet and Rug Institute, carpeting makes areas of play safer and may also reduce the severity of an injury in the event of a fall.



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Tuesday to Friday 9:30AM to 5:00PM Saturday 9:30AM to 4:00PM Closed Sunday 226 McLeod Ave Spruce Grove (780) 960-9212 www.theflooringstore.ca Today, there are many different types of carpeting available. Selecting the right carpeting for a room comes down to identifying the level of traffic in a particular room, the attributes homeowners would like the carpet to have and any other needs that fit with their lifestyles. The following guidelines can make carpet shopping a bit easier.

Type of carpeting

There are many different types of carpeting, some of which are best suited to certain situations. For example, plush and saxony carpets are better in low-traffic areas. These carpets may show footprints and also vacuum tracks and dirt, but they're higher on the comfort spectrum than other types of carpet. Berber, which is more flat and dense, helps mask stains and tracks. It is durable in high-traffic areas. Textured carpets like frieze are cut from fibers of different heights, so they mask stains and are also softer on the feet than berber.

Padding

Padding can impact the way carpeting feels and how long it lasts. It isn't always necessary to purchase the most expensive or thickest padding. However, it is wise to pick a pad that matches the type of carpeting you're selecting and one that aligns with how you plan to use the room. You may be able to go with a thinner pad in low-traffic rooms and beneath dense carpeting like berber. In high-traffic rooms, choose a thicker, more durable padding. Padding prevents carpet backing and fibers from coming apart over time. It pays to invest in a padding that will last as well. Installation

Select a reliable carpet retailer and installer for your business. Competent installers will lay the carpeting in the correct manner so that it will look beautiful and maintain its durability for the life of the product. Shop around to find the right installer or even do the work yourself if you feel capable.

Take time when shopping for carpeting, which is a substantial investment that can last for many years if the right material is chosen and installed correctly.



EXPECT THE UNEXPECTED WHEN RENOVATING A HOME

According to projections released in 2015 by Harvard University's Joint Center for Housing Studies, a growing number of people in the United States planned to renovate their homes in 2016. The report estimated that spending on remodeling and repairs in 2016 would climb 8.6 percent to \$310 billion, a figure that is close to the peak reached in 2006.

While it is still too soon to tabulate all of the figures from 2016, a quick glance at the data indicates renovations have increased across the country. And one only need travel through communities to see a greater number of contractors and homeowners working on homes.

Tackling any renovation project is an exercise in patience. Renovations can impede on daily activities and cause a certain level of upheaval in homeowners' lives. Homeowners planning renovations also may find that they must have some wiggle room when it comes to both their budgets and their expectations. Remodeling, particularly with regard to older homes, may unveil unforeseen issues that only arise in the face of the renovation.

So what can homeowners expect during a renovation? The following are a few issues that might arise during home improvement projects.

• Dirt and noise: Homeowners can count on dust, debris and noise throughout the renovation process. Dust appears when walls come down or go up, and construction teams typically erect temporary walls or tarps to contain the debris. Air filtering systems also can limit dust particles. Noise is unavoidable. If it becomes troublesome, arrange to be outside of the home when the bulk of the construction is taking place.

• Delays or schedule changes: Even the best contractors cannot control every aspect of the job. They rely on subcontractors and vendors to do portions of the work. Materials may not always arrive on time, or they may fall short of homeowners' expectations. This can push back the project schedule. Homeowners should hope for everything to be done on time, but it can be less stressful if homeowners anticipate delays and be a pleasant surprise if there are no delays.

• Hidden issues: Contractors may uncover all sorts of issues that need to be addressed before a project can progress. Examples include the presence of asbestos (common in older homes), plumbing problems, incorrectly wired electrical systems, and leaks or moisture issues. These problems also can impact the cost of the project, so set aside some money in the budget for unforeseen expenses. Chances are you are going to need some extra money to handle a few surprises during the project. it's important to expect the unexpected when embarking on home renovations. Budgeting for hidden costs, expecting delays and coping with the upheaval to daily schedules are par for the remodeling course. However, the end result is often well worth the time and effort.



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DOS AND DONT'S FOR SECOND-FLOOR LAUNDRY ROOMS

Laundry can be a cumbersome chore. In homes with more than one story, clothes are put in a hamper, carried down to the washer and dryer, where they are then cleaned, dried, folded, and taken back upstairs to be put away. The entire process can be inefficient, which may contribute to why so many people delay doing laundry for as long as possible.

As unenjoyable as it can be, doing laundry is a necessity. Fresh clothing not only looks and smells good, it is essential to personal hygiene. One way to make the process of doing laundry go more smoothly is to consider moving the location of the laundry area. According to the National Association of Home Builders, more homeowners are moving don't have to transport laundry baskets up and down the stairs.

Before moving their laundry rooms, homeowners should take steps to safeguard their homes, and that may involve finding the ideal location for the new room. Find space for an upstairs laundry room and then consult with an engineer to be sure that the plan is feasible. An engineer and an architect can assess if a home is structurally sound enough to handle the weight and vibration of an upstairs laundry.

One of the biggest concerns with regard to moving a laundry room upstairs is the fear of flooding or leaks. There are certain steps to take to minimize these risks. Experts advise installing an easily accessible water shut-off valve. Turn off the

Also, steel-braided washer hoses are more sturdy than standard hoses and are less likely to burst. Homeowners also can place the washer in a drain pan, which will catch overflowing water and drain it through a pipe. Some areas may require a floor drain as an alternative.

Homeowners also must recognize that noise can be a problem with upstairs laundry rooms. Front-loading appliances may cause more vibration and movement than top-loaders. However, some front-loaders are designed to be quiet. Antivibration pads may help with vibration issues.

Before moving their laundry rooms, homeowners should consult with contractors to ensure things go smoothly.



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FIND THE RIGHT REPLACEMENT WINDOWS

Replacing old windows is often a worthwhile investment for homeowners. Energy-efficient windows can prevent heating and cooling loss and keep homes more comfortable throughout the year. Such windows also can improve a home's resale value, proving a good return on investment for homeowners who want to upgrade their homes before putting them on the market.

According to the U.S. Department of Energy, homeowners might find it more cost-effective to replace very old and/or inefficient windows to improve their energy efficiency. Such an upgrade can save homeowners substantial amounts of money on heating and cooling costs.

Window replacement projects can be costly, so it pays to get the job right the first time. Before beginning a window replacement project, homeowners should research which windows will meet their specific needs, learning the subtleties between finishes and features, as well as comparing prices for the windows and installation.

Choose the right time of year

The best time of year to plan window replacement is when the weather will be warm, ideally in the spring or early summer. However, homeowners do not want conditions to be too warm, as each room where new windows will be installed will temporarily be exposed to the elements. Furthermore, caulk adheres better in warmer weather and will dispense easily. Consider available features

When replacing windows, home-

owners may want to install the same style windows they currently have. But the problems that led to the need to replace windows may still exist even when new windows are installed. When replacing windows, consider energy performance ratings based on the locations of the windows in the house. To make sure they make the most educated decision, homeowners can investigate the solar heat gain coefficient, U-factor, visible transmittance and light-to-solar gain. Explanations of these ratings are available at Energy.gov.

Don't ignore maintenance needs

Maintenance costs involved with cleaning, repairs and painting can add up. When shopping for windows, consider the amount of maintenance they will need. Wood-framed windows may require more upkeep than aluminum, fiberglass or vinyl. Also, consider if certain window types, such as double-hung windows, casement windows, awning windows, or slider windows, would be practical.

Keep home style in mind

A poor match between windows and the style of the home can produce unwanted changes in the appearance of the home. Replacement windows should match the style and appearance desired.

Expect minimal disruption

When homeowners hire professionals who are good at their craft, window replacement projects should not be a terrible inconvenience. According to American Window Products, Inc., seasoned professionals will be able to complete a replacement window upgrade in a short amount of time depending on the size of the home and the number of windows being replaced.

Replacing windows can be a costly task, but one that will provide a more energy efficient home that can help homeowners save money in the long run.



Page 16 Community Voice

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6 EASY SPRING CLEANING PROJECTS

Warmer days are here and what better way to spend them than É cleaning? Although enjoying the great outdoors is probably high on many a to-do list come spring, by the end of winter, homes can probably do with a much-needed overhaul. Owners and renters can rely on temperate days to throw open the windows and engage in some easy spring-cleaning projects. The earlier one begins spring cleaning, the more quickly he or she will be able to head outside and bask in the warm spring sun. Spring cleaning tasks can be stretched out across several days to make the jobs more manageable. While certain spring cleaning tasks can be time-consuming, many projects can be started and completed in 30 minutes or less.

1. Look up

Start by looking up at ceilings, molding and ceiling fans. Chances are strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top downward so you don't have to clean any tables countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

2. Blinds and curtains

Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in





6 Easy Spring Cleaning Projects

more light and warmth from the sun. Many curtains can be freshened up right in the laundry, but blinds may require a bit more effort. If the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish soap and water. Allow them to soak and then rinse with the shower nozzle. Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

3. Change linens

Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or dresser.

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4. Grout cleaner Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices, such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.

5. Vacuum vent intakes

Many houses are heated by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

6. Clean out the refrigerator

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Now is a great time to remove any of those mystery containers growing fuzzy experiments in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisper drawers

Spring cleaning is a necessary task, but it doesn't have to be a headache. Break up the work into manageable chunks of time, and projects won't feel like such a hassle.



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BRING MORE NATURAL LIGHT INTO A HOME

Maximizing natural light in a home is a smart and sometimes low-cost renovation. Homes that are dark and drab can drain energy levels and reduce productivity. In addition, dark rooms may not be inviting places to gather as a family or when entertaining.

Certain factors contribute to a dark home. Houses that face north or east may not get the same level of sunlight as those that primarily face south and west. Geographic location also plays a role in the amount of natural sunlight. Mountains, buildings and even latitude can affect the amount of natural light that enters a home.

The style of a home and its attributes also may create dark conditions. Deep house eaves as well as small windows or too few windows also can contribute to a deficit of light indoors. A major remodel certainly can remedy the situation. However, there also are other less-extensive strategies to improve natural light.

• Assess the situation before renovating. Walk around the house and determine which rooms get the most light and which conditions may be contributing to the problem in other areas. Dark floors and walls may be absorbing natural light and compounding the situation. You may find that only one or two rooms need attention, saving you the cost and effort associated with a major home overhaul.

• Lighten up window treatments. Heavy drapes or thick blinds can be replaced with translucent alternatives. Translucent shades will allow light into the room without compromising privacy, say the experts at HGTV.

• Use mirrors strategically. A mirror placed opposite a window

will reflect light all around the room. This can make a small room seem larger and a dark space instantly brighter.

• Install new windows and doors. If the budget allows, installing larger windows in a home will allow more natural light in. French doors or sliding doors also may make a home's interior more bright. Think about adding windows to a side of the house that has none, or increase the size of the windows on the side of the house that gets the most light.

• Maximize sunlight from above. Skylights will bring light into a home as the sun passes overhead. Tubular skylights can bring natural sunlight into spaces where you may not expect skylights to be practical. According to Houzz, a design and architectural resource, tubular daylighting devices, or TDDs, can make a big difference. TDDs are reflective pipes installed between the roof and ceiling, with a clear plastic dome.

• Use reflective decor. Reflective surfaces, including glass and metal, can brighten up a room and diffuse light around a room. Glossy backsplashes, pendant lighting and shiny metal that reflect light can increase the natural light, balancing out dark spaces.

• Prune trees regularly. Cut back branches and keep trees tidy to maximize sunlight. Avoid planting tall shrubbery in front of windows.

• Routinely clean windows and glass doors. Dirt and other grime can prevent light from getting through. Regularly give windows a thorough washing.

Natural light is an important commodity in a home. Sunlight can improve mood and go a long way toward keeping home occupants healthy and happy.





HOME SAFETY CHECKS TO COMPLETE TODAY

A new kitchen or a bathroom remodeling job might be dream projects for many homeowners, but the right home improvement project at a given moment is not necessarily the most glamorous project. Sometimes safety upgrades around the house must take precedence over more popular projects.

Accidents or injuries can occur in any part of the home, but homeowners who take certain preventative measures can greatly reduce their injury risk. The security resource A Secure Life points out that more than 18,000 Americans die every year from injuries that take place in the home. Unintentional injuries account for millions of medical visits each year. Home injuries also are prevalent elsewhere in the world. In the United Kingdom, the Royal Society for the Prevention of Accidents reports that there are approximately 6,000 deaths every year that result from accidents at home.

Periodic inspections for potential hazards can keep everyone safe. The following are a handful of ways for homeowners to ensure their homes are as safe as possible.

• Check for sturdy handrails and prevent tripping hazards. Falls are one of the leading causes of home injuries. Falls can be a particular threat for youngsters and the elderly. To help prevent falls, make sure that staircases feature sturdy railings and that there is ample lighting in walkways. Remove obstructions from frequently used paths inside and outside the home. In addition, insert nonslip padding beneath runners or throw rugs.

• Check for frayed wires or faulty outlets. Address any electrical problems around the house, including frayed wiring and faulty outlets. Sparks can lead to fires, and poor wiring may cause unforeseen problems behind walls. Repair or replace any loose or frayed wires on all electrical devices. Be sure that cords do not run under doorways or rugs. Replace outlets that are in disrepair and install ones with ground-fault current interruptors as an added precaution. If small children live in the home, use plastic safety covers over unused outlets.

• Practice window safety. Young children are curious and do not always recognize the inherent dangers around them. Children excited to see the great outdoors may climb up to peer out windows, and open windows are falling hazards. Screens do not offer an adequate barrier against falls. Consider locking windows or use safety bars to guard against falls. Test to see how easily screens can be pushed out, replacing any that do not provide adequate resistance to curious youngsters' hands.

· Check smoke and carbon monoxide detectors. Replace the batteries in smoke alarms and carbon monoxide detectors at least twice per year, and test them to make sure they're in good working order at least once per month. The National Fire Protection Association recommends replacing hard-wired smoke alarms every 10 years. Battery-operated alarms may need to be replaced even sooner. Many carbon monoxide detectors work for five to seven years. Check the back of alarms for a date stamp that indicates how old the product is and when it expires.

Safety checklists are an important part of home maintenance. A proactive approach can prevent both injuries and damage to the home.



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LOCALLY INVESTED COMMUNITY MINDED LIFETIME MEMBERSHIP BENEFITS

Page 20 Community Voice April 18, 2017 GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda Mc-Cool

Many volunteers worked hard to honor the memory of Canadian sacrifices and achievements at the Battle for Vimy Ridge 100 years ago. President Scott Sadler organized the presentations and conducted the ceremony; Cheryl Sadler sold dinner tickets and kept the guest lists organized; Darren Sadler performed Sgt. At Arms duties for the 3053 Cadet Color Party consisting of Sgt. Nick Thiessenroy, Master Cpl. Vinnie Kasachev and Cpl. Brayden Tobin; Bagpipes were played by Charles Howie to lead the Color Party and during the ceremony; Bugle was played by Mike Townsend for the

PARTNER

minute of silence and during the ceremony; Honors and Awards were presented by Ted Latimer; Blessings and Grace by Reverend Barry Rose; Scott Sadler, Ric Moses and Cheryl Sadler initiated new members Alvin and Johanne Gherkie: Pat St. Hilaire and Carol Villneff decorated the tables; Emily, Lilly and Abigail Dallon cleared and cleaned tables after the meal; Jeff Mathys was the DJ; Louise Bambrick and Brenda Bambrick tended the bar and the kitchen crew consisting of Bob Clark, Ron Watson, Jay Krause, Neil Gorman, Joanne Gorman, Pat St. Hilaire, Lorne Olsvik, Wayne Hobbs and Dee Hobbs prepared and presented the delicious roast beef supper. Heartfelt thanks to all of the above for their contributions

to the commemorative ceremony of the Battle for Vimy Ridge. Many Legion members were awarded their milestone awards and WW2 Veteran Sid Townsend was presented with a beautiful handmade Quilt of Valour that was personally labelled and numbered. Lezley Zwaal spoke emotionally as she described how these quilts were lovingly hand sewn and donated to provide comfort to those who have served. Another two quilts were set aside for Bill Hombert and John Towers as they were unable to attend. Visitors viewed the Battle of Vimy Ridge narrated by William Shatner and looked through many artifacts and heirlooms that were proudly on display. Thank you to all dignitaries and honored guests for their atten-



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dance at our ceremony and meal. Some volunteers performed double duty as Bob C., Jay K., Ron W., Marcelle J., Sylvia P., Wayne H., Dee H., Randy W. and Liane W. contributed to Friday Night's delicious Grilled Pork Steaks. Girl Guide Mom Brittany and Madysyn Dumont quickly looked after table clean-up while giving the kitchen crew a bit of a breather. Larry Villneff won the free meal voucher, Ken Keldsen (from Mayerthorpe) the meat draw and Chere Myers the 50/50 draw.

The Legion will be holding its' annual Spring Garage Sale on Saturday April 22nd from 9:00 am to 3:00 pm. Tables are only \$10.00 each and must be booked before Wednesday, April 19th. Pre-payment is required. Please call Cheryl @ 780-967-4146 or e-mail: rclbrandh132@hotmail. com. We will also have hamburgers, hotdogs, fries and beverages available for vendors and the public.

Art Brochu will be speaking about the Children's Wish Foundation at the Chicken Cordon Bleu supper on April 21st. Please call Art @ 780-975-3541 if you have any items you wish to donate to the silent auction which is taking place at the same time in support of the Cadets and the Children's Wish Foundation. (Come and meet the secret special guest.) Don't forget to buy your raffle tickets on the Mexican basket and register to enter in the Chili Cook off on May 6th.

UPCOMING EVENTS: April 17 - Executive Meeting-

Commences @ 7:00 pm April 18 - Tuesday Night Darts -Registration 6:45 to 7:15 pm. Play @ 7:00 pm

April 19 - Wednesday Night Pool -Registration 7:00 to 7:20 pm. Play @ 7:00 pm

April 21 - Friday Night Supper -Chicken Cordon Bleu. Silent Auction for the Cadets and Children's Wish Foundation

April 22 - Legion Spring Garage Sale - 9:00 am to 3:00 pm. Call Cheryl @ 780-967-4146 for table booking

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 Mc-Cool @ 780-967-3640 to place information in the Legion newsletter. See you at the Onoway Legion and have a great week!

April 18, 2017

Community Voice Page 21



Submitted by Lac Ste. Anne County Agricultural Services and Fire Services

Lac Se. Anne County Agricultural Services and Fire Services departments team up to provide guidance and support for local producers dealing with unharvested crops.

As the snow cover shrinks and spring approaches, many local producers find themselves with unharvested acres remaining in field. With the potential to delay spring seeding operations, producers must decide to salvage, harvest, or destroy this remaining crop.

Lac Ste. Anne County Agricultural Services asks producers to weigh all the options, and know what's in your fields. Test overwintered crop to determine suitability, salvage value, and if the remaining crop is safe for human and/or animal consumption. Further information regarding available options can be found on the Alberta Agriculture and Forestry website (www.agric.gov.ab.ca) or by calling 310-3276 (310-FARM).

Please contact your crop insurance provider prior to initiating any spring salvage, harvest or destruction activities.

If, after considering all options, burning the crop is determined by a producer to be the only available alternative, be aware there are standard practices and bylaws to consider.

BURNING CONSIDERATIONS

In Lac Ste. Anne County, a standard Fire Permit is always required prior to any burning activity. There may also be fire bans or restrictions in place, especially early in the spring. Please check albertafirebans. ca for any restrictions prior to making a burn plan.

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Smoke generated from burning can drastically affect air quality, with the potential to create health issues for those who may be susceptible. Poor visibility may also lead to traffic concerns and/or accidents. The impacts of burning can be far-reaching depending upon weather conditions. DECIDED TO BURN?

PRE-PLANNING IS A MUST

Significant pre-planning must be in place prior to any crop burning activity. This is to be done for each case where there is an intent to burn.

· Cultivation must be completed around the perimeter of the burn area. It is recommended that this area be a minimum of 15 meters (45 feet) wide. Extended cultivation up to 100 ft may be required upon inspection.

• Divide the area to be burned into manageable sections.

• Burn ONE section at a time. This will help keep the burn under control.

· Fires must be lit leeward. Fires must be lit to burn against the wind, NOT with the wind.

· Monitor wind and weather conditions diligently.

· Be aware, conditions change very quickly.

· Be sure to check for any potential restrictions.

FIRE PERMITS ARE MANDA-TORY

Lac Ste. Anne County Fire Services reminds those who choose to destroy unharvested crops by burning, that a Fire Permit is required PRIOR to lighting any open fire at any time of year. Producers must adhere to the same standard recommended practice as is expected of anyone conducting burning activities within the County. Making the decision to light a fire without the proper documentation in place WILL result in penalties in accordance with the Lac Ste. Anne County Fire Bylaw.

The circumstances that have led local producers to consider burning crops as an option have been far from ideal. We understand the pressure and timeline constraints associated with this time of year.

ALLOW US TO WORK WITH YOU. Please contact the County office for any permit inquiries, questions or concerns at 1.866.880.5722 or (780) 785.3411. Additionally, producers are encouraged to visit the Ag Services section of the County's website at LSAC.ca/Agriculture for regular updates.



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Darwell Seniors, 892-2457

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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

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Parkland Village Community Centre, 780-298-9155 @ PVCCentre

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Rich Valley Community Hall, 967-5710 or 967-3696

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WANTED: Private Auto Body Person to paint antique auto, very limited body work. Call 780-916-9557

For Sale

BRAND NEW Genuine Leather Cowboy Boots, Made in USA -Brown, Size 8 1/2 D. Asking \$80. 780-907-8642

For Rent

Alberta Beach Hotel Rooms for rent. Newly upgraded, very clean & well maintained for \$60.00 per night or \$650.00 per month. A bigger suite room is available for \$75.00 per night or \$700.00 per month. For more info please contact Laurie @ 780.924.3005

Onoway 1 Bedroom Suite, \$795. 2 Bedroom Suite, \$895. Call 780-721-4132 or 780-920-3652

Sangudo, AB. 2 Bedroom Apartment, heat & water included, N/S. \$721 - \$772/ month, DD same. Available Immediately. Call 780-999-7777

Land For Sale

4 Acres near Drayton Valley. 10 mins West on Hwy 620. Perimeter fenced, cleared, seeded to grass. Great building sites. \$65,000 780-542-5782



COMMUNITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
EVENTS 2017	16	17	18	19	20	21	22 Earth Day
	23 30	24	25	26	27	28	29

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9229. Please note that all submitted announcements will be edited to fit the 2 line limit. Deadline 12 noon Friday prior to publication (Thursdays on long weekends).

APRIL 24 - GUNN AREA RECREATION SOCIETY MEETING, 7:30 pm at Gunn Community Hall

APRIL 24 - SANGUDO HORTICULTURAL CLUB PRESENTS: AMY KREMENIUK of Greenthumb Greenhouse showing us how to plant Succulents into Containers. 7pm at the Sangudo Golden Age Club (4927-50ave Sangudo). Public welcome. (\$5 drop in fee). **APRIL 26 - RICH VALLEY HISTORICAL SOCIETY ANNUAL GENERAL MEETING at**

FARMERS MARKETS

ALBERTA BEACH: Open Every Sunday, May -Oct, 12-3pm. Contact Joeanne 780-690-6392 BARRHEAD: Open Saturdays, May - Dec. 10am -

om 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!

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

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

BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 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 7:30pm

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

MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30pm, bingo 7:30pm RICH VALLEY COMMUNITY HALL BINGO:

7:30pm. Loonie Pots. Next bingos March 8 & 22,

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

MEAT DRAWS

Alberta Beach Museum: Every Sat 4pm, Alberta Beach Hotel Alberta Beach: 4pm, Every Sun. Jungles Bar &

Barrhead & District Lion's Club: Every 2nd & 4th

Friday 5:30pm at Barrhead Neighbourhood Inn. Info 780-674-7242.

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 Stony Plain Royal Canadian Legion Br# 256:

Every Saturday @ 3pm. Meat Draw & 50/50. Whitecourt Legion: Every Sat, 4pm. Located downtown behind the CIBC.

MEALS ON WHEELS

AI BERTA 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.

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

Little Baptist Church, 7pm. Contact Jocelyn 967-4254. SANGUDO: Sangudo Community Hall, 1st Sat of month 7pm, Oct.-May. Everyone welcome. 785-4105 or 305-5088.

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

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of the month @ 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. TOPS Meetings (Take Off Pounds Sensibly)

ALBERTA BEACH: Tues Alberta Beach Lutheran Church, Hwy 633. Weigh-in 6-6:45. Meeting 7. 57-5009

Entwistle: Wed 5:15 weigh-in, 5:30-6:30 meeting, upper level Lions Hall (next to swimming pool) 780-932-2695.

EVANSBURG: Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155 SANGUDO: Tues, United Church, 6:00pm. Sharon 785-2095 or Marlene 786-4646.

YOUR COMMUNITY

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

SPRUCE GROVE ELEVATOR TOURS. Tues-Sat.

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

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

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

BARRHFAD PHOTO CI UB: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.mayerthorpelibrary.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. Excercise Fridays, 10:00AM. 1st Tuesday: Pot Luck Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436. ONOWAY HAVE FUN & GET FIT! Excercise

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 Lorainne 286-

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-

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

SOUARE 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: literacv@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.com/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: Villenvue Hall at 10a.m. New Members Welcome. Meetings on 2nd Tues of the month. Info from Donna 780-962-5933 Tues

Alberta Beach & Dist Lions CLUB meets every 4th Tues 7pm, Alberta Beach Agliplex. ALBERTA BEACH AG SOCIETY meets on the 4th Thurs. of month, 7pm, Agliplex 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. CHERHILL COMMUNITY ASSOC. Monthly

Meeting 1st Wednesday, 8pm at the Hall. 785-2825 **Except Jan, July, Aug, Sept.* CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12pm, Alberta Beach Agliplex. 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 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 Base Education Room.

SOCIETY PARKLAND COMMUNITY 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 ach month of each month, 7:30pm, Chateau Lac Ste Anne ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7pm, Onoway Museum. 967-5263 or 967-

ONOWAY OULITERS, 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**

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 2nd Wed of the month.

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-

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.

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