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March 6, 2018

IS IT TIME FOR YOUR MAMMOGRAM? SCREEN TEST IS COMING TO BARRHEAD ON MARCH 12 – APRIL 3, 2018.

Submitted by Alberta Health Services

Screen Test brings breast cancer screening to women across Alberta with its mobile mammography clinics.

Why should I get a screening mammogram?

A screening mammogram is a special X-ray of your breast. Once you're over 50, it is the best way to find breast cancer early. Screening mammograms

can help find breast cancer when it is very small, 2-3 years before you or your doctor can feel it. The earlier breast cancer is found the better treatment can be. In fact most women (about 90%) are now surviving breast cancer 5 years after diagnosis.

Who should get a screening mammogram?

Women 50 and over should plan to have a mammogram every 2 years and may self-refer. Women 40-49 should discuss

the risks and benefits of screening with their doctor, and require a referral for their first appointment. There is no cost for this service. For more information visit: www.screeningforlife.ca/screenest.

Here are some common myths and facts about breast cancer screening:

Myth #1: Breast cancer isn't very common.

Continued on Page 3

ALBERTA RCMP PARTNER WITH EPS FOR FRAUD PREVENTION MONTH

Submitted by Alberta RCMP

Edmonton, Alta. – At 10:00 a.m. on March 1, 2018 at MacEwan University, Alberta RCMP and the Edmonton Police Service will be partnering at the March Fraud Prevention Month campaign kick-off event. For four weeks the Alberta RCMP will join their partners, the Edmonton Police Service, the Calgary Police Service, Service Alberta, the Canada Revenue Agency, Competition Bureau, Interac and Better Business Bureau with a focus on different

types of frauds and scams each week.

"We're focusing on educating Albertans on types of fraud, what they can do to protect themselves and how to report it if they become victims," says Cpl. Laurel Scott, Media Relations Officer. "If you have been the victim of a fraud, you're not alone. Fraud can happen to anyone."

Here are some tips for protecting yourself against fraud:

- Don't leave your personal identification in your car
- Create a strong password
- Ask yourself, can you pur-

chase that item from a reputable source instead?

- Reputable companies will not ask for your personal information through an email

- Be wary of e-transferring money

- If it sounds too good to be true, it probably is

If you or someone you know has been the victim of a scam or fraud, report the incident to your local police detachment and the Canadian Anti-Fraud Centre by calling 1-888-495-8501 or online at: <http://www.antifraud-centre-centreantifraude.ca/index-eng.htm>.

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AHS WARNS ABOUT CALLER ADVISING BREAST SELF-EXAM

Submitted by Alberta Health Services

BARRHEAD/SLAVE LAKE – Alberta Health Services (AHS) is working with the RCMP to warn

women in northern Alberta to be aware of misleading telephone calls regarding breast cancer results.

As of January 25, AHS received reports of a man calling two women, one in Barrhead and one in

Slave Lake, claiming to be from a medical imaging facility. The caller relayed breast exam results and implied that routine follow-up required the women to immediately perform a breast self-exam while

on the phone. The caller also asked for personal information.

AHS and RCMP were informed of similar calls of this nature, in the summer of 2017. AHS issued a PSA at that time and no further incidents were reported until one phone call on January 21, 2018 and a second on January 25, 2018.

Although AHS representatives may call to discuss mammography details, they will never ask a patient to conduct a breast self-exam over the phone.

If you receive a phone call of this nature, please hang up, note the time and any other call details and do the following:

- Immediately after you hang up with the caller, pick up the phone again, wait for the dial tone, then press “*” then “5” then “7”.

- Wait for a voice recording to tell you that the call has been traced then hang up. “*57” will create a trace of the previous call that the police or RCMP can access later.

- After completing the above *57 steps, hang up again, and immediately contact local police or RCMP on their non-emergency line. Be sure to inform them you dialed *57 after the call of concern.

If you are uncomfortable with calling police directly or are uncertain whether the call is legitimate, you can call AHS’ Screening Program Client Support Line at 1-866-727-3926.

An AHS privacy investigation is underway. As it is an active and ongoing investigation we cannot comment further.

AHS and RCMP encourage anyone who has experienced this issue to please call your local police or RCMP.

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.

GLENN VAN DIJKEN, MLA
 Barrhead - Morinville - Westlock Constituency



NATIONAL FARM SAFETY & HEALTH WEEK
 March 11-17, 2018



(780) 674-3225
 5106 - 50 Street, Barrhead.
 email: barrhead.morinville.westlock@assembly.ab.ca

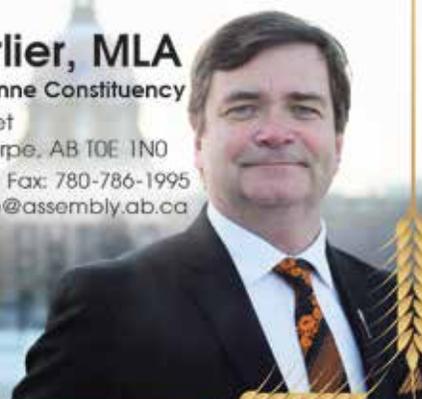
March 11-17, 2018

FARM SAFETY WEEK

Take the time to make a commitment to your farm, your family and yourself.

For more information on building a farm safety plan, visit agsafetyweek.ca.

Oneil Carlier, MLA
 Whitecourt - Ste. Anne Constituency
 4811 Crockett Street
 Box 3618 Mayerthorpe, AB T0E 1N0
 Ph: 780-786-1997 | Fax: 780-786-1995
Whitecourt.steanne@assembly.ab.ca



Community VOICE

Keeping You and Your Community Informed

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

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Is It Time For Your Mammogram? Screen Test is coming to Barrhead on March 12 – April 3, 2018.

Continued From Page 1

In fact, 1 in 8 Alberta women will develop breast cancer in their lifetime.

Myth #2: Only women with a family history of breast cancer will get it.

The truth is, 80% of women who develop breast cancer have no family history. So it's important to understand that you are still at risk for breast cancer even if no one in your family has ever had the disease.

Myth #3: Regular mammograms can't find small tumours any sooner than women could find them themselves.

Screening mammograms can find small tumours about 2-3 years before they can be felt. That's why screening is so important — it can find cancer before it has a chance to become more serious.

Myth #4: Having a mammogram can cause breast cancer or can cause an already existing cancer to spread.

Mammograms use a very small dose of radiation. Research confirms that the risk of harm from radiation from mammography is very low. The benefits of finding and treating breast cancer early far outweigh the risk of the small dose of radiation.

Myth #5: There is nothing a woman can do to lower her risk of developing breast cancer.

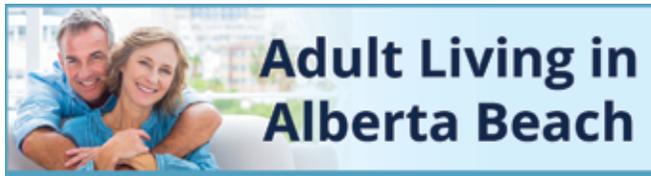
While it's true that there are some things you can't control, there are some things you can do:

- Physical Activity – Be physically active throughout your life and exercise every day.
- Weight – Try to reach or stay at a healthy body weight. This becomes even more important after menopause.
- Alcohol – Limit the amount of alcohol you drink to no more than one drink per day.
- Smoking – Don't smoke and avoid second-hand smoke. If you're currently a smoker, talk to your healthcare provider about options for quitting or cutting back. You can

also get support at AlbertaQuits.ca or call 1-866-710-QUIT.

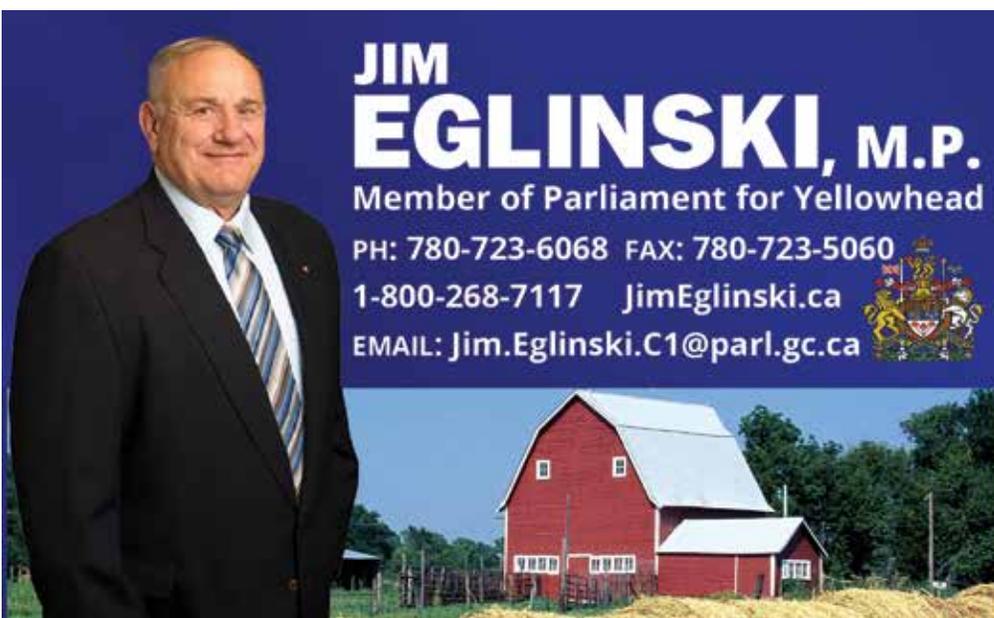
• Long-term Hormone Replacement Therapies (HRT) – Limit using the combination of estrogen and progestin menopausal hormone replacement therapy to no more than 5 years; long-term use (beyond 5 years) increases a woman's risk of breast cancer. But within 2 years of stopping, a woman's risk of breast cancer returns to average.

To book an appointment call Screen Test at 1-800-667-0604 (toll-free)



Adult Living in Alberta Beach

Tired of yard work and maintenance you may want to view these two remaining 2 bedroom 2 bathroom suites. Comes with AC, window coverings, 6 appliances, garbage pickup, internet & large detached garage. For more information and to view please call Angie at 780-863-0896.



JIM EGLINSKI, M.P.
Member of Parliament for Yellowhead
PH: 780-723-6068 FAX: 780-723-5060
1-800-268-7117 JimEglinski.ca
EMAIL: Jim.Eglinski.C1@parl.gc.ca

In Support of
Farm Safety & Health Week

Farming is a very important aspect to Alberta. Thank you to our farmers whose hard work provides us with valuable assets.

A reminder to stay safe on the job.

Cash for Cars
967-2492
R & S TOWING

“ATTACK OF THE KILLER GRASSHOPPERS” NOTICE

Submitted by Wanda Pederson | Onoway Junior Senior High School

OJSH teacher Mrs. Walker has regretfully announced that “Attack of the Killer Grasshoppers”

has been cancelled. The musical comedy was to have been performed at OJSH March 10th. Unfortunately, for both staff and students, outside commitments and unforeseen events got in the way of necessary rehearsal time

that was required for a successful show.

Mrs. Walker wishes to thank supporting staff, students and parents for the time and effort they have dedicated to this year’s theatrical production. We

are looking forward to next year when we are sure Mrs. Walker and the SWAMP crew will entertain audiences with a great production.

RECAP OF EVENTS FOR SNOMO DAYS 2018



Submitted by Alberta Beach & District Lions Club

SnoMo Days was a great success despite colder temperature and wind, but we had lots of snow.

Great turnout for snow sculptures we had 9 participants with ages 5-65.

Beachwave Park had a noticeable increase in activity this year with an estimated 1200 plus visitors aged between toddlers to seniors. All enjoying hotdogs and hot chocolate provided by the Alberta Beach Lions Club. Sweetheart skate saw Harold Hickie and Shannon Hiscock win the

prize.

Over the line snowball event had 4 teams made up of 16 participants aged 20-55 enjoy the fun.

Broomball tournament had a best turn out with 6 teams made up of 60 participants aged 10-55. This was a forth year in a row for the winners.

Everyone enjoyed the wagon rides provided by the Ag Society and meal put on by the 50+ club it was a sellout.

Winner of 50/50 was James Coghill of Edmonton he won \$3481.00

You can view the complete 2018 results at www.snomodays.com



Volunteer/Committee Members Needed (2)

Alberta Beach Council is excited to start the planning stages for Alberta Beach’s 100TH Birthday.

Alberta Beach Council has approved the formation of a committee to start the planning stages and offer your advice, ideas, suggestions and expertise regarding the celebration of the 100th Birthday of Alberta Beach being August 23rd, 2020.

Alberta Beach is looking for 2 members from the public at large to be appointed by council to sit on this committee.

Interested persons can forward a letter of interest by mail, in person, fax or email to:

Village of Alberta Beach
Box 278 Alberta Beach, AB T0E 0A0

Village Office at 4935 – 50th Avenue, Alberta Beach
Fax: 780-924-3313

Email: aboffice@albertabeach.com

Letters of interest will be accepted until April 3rd, 2018.

Nakamun Oasis is a proposed recreational development on Nakamun Lake. A public forum is being held to present and get feedback on the development.

DATE: Saturday, 10 March 2018
TIME: 1500 - 1700 and 1900 - 2030
LOCATION: Stettin-Nakamun Hall,
1518 Township Road 562

Visit www.NakamunOasis.ca for details on the proposal.

JOKE OF THE WEEK

Phil, a smart and handsome young man, dressed in the latest fashion, walked into this local pub. He noticed a woman gazing at him without blinking her big eyes. Phil felt flattered so he walked up to the woman and said in his deepest voice, 'I'll do anything you wish, beautiful lady, for just \$10 but on one condition.' The woman appeared to be trapped in the moment and asked as if in a trance, 'What's your condition?' Phil answered, 'Tell me your wish in just three words.' There was a long pause, the woman opened her purse, counted out the money and handed it to the man along with her address. She then looked deeply into his eyes and whispered, 'Clean my house.'

LOCATE WANTED MAN



Submitted by Southern Alberta Crime Reduction Team

The Southern Alberta Crime Reduction Team (SACRT) is asking for the public's assistance to locate a repeat offender wanted on numerous outstanding arrest warrants.

31-year-old David Alexander Burchill is currently wanted for 8 offences from Strathmore, 5 offences from Okotoks, 3 offences from Leduc and 3 offences from Devon RCMP detachments. All of the charges against Burchill are property related and include Theft, possession of Stolen Property, Fraud and Failing to Attend Court.

The SACRT has been unable to locate Mr. Burchill and is now asking for the public's assistance to determine his whereabouts. Burchill is of no fixed address but is believed to still be in the Province of Alberta. Burchill is described as:

- White male
- 6'1" tall (185cm)
- 245 lbs (111kg)
- Brown Hair
- Hazel Eyes

A photo of David Burchill is shown. Anyone with information on the whereabouts of David Burchill is asked to contact the Strathmore RCMP at 403-934-3535. If you want to remain anonymous, you can contact Crime Stoppers by phone at 1.800.222.8477 (TIPS), by internet at www.tipsubmit.com, or by SMS (check your local Crime Stoppers [www.crimestoppers.ab.ca] for instructions on how). You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest(s), the recovery of stolen property, and/or a seizure of illicit drugs, you may be eligible for a cash reward.



We care about our farmers.

On the farm, safety is paramount. The more we talk about safety with neighbours, employees, family members and fellow operators, the better equipped we all are to prevent farm injuries and fatalities before they happen.

Be an Ag Safe Family. Visit agsafetyweek.ca today and get access to a spectrum of tools and resources designed to help maximize the safety of everyone on your farm.

Remember: most farm injuries are predictable and preventable. Safety starts with you.



LAC STE. ANNE COUNTY

T 780.785.3411 TF 1.866.880.5722 www.LSAC.ca

Be an **AgSafe FAMILY**
Supporting Seniors

agsafetyweek.ca
MARCH 11-17, 2018



#AgSafeFamily

www.agsafetyweek.ca



FARM SAFETY & HEALTH WEEK

March 11-17, 2018

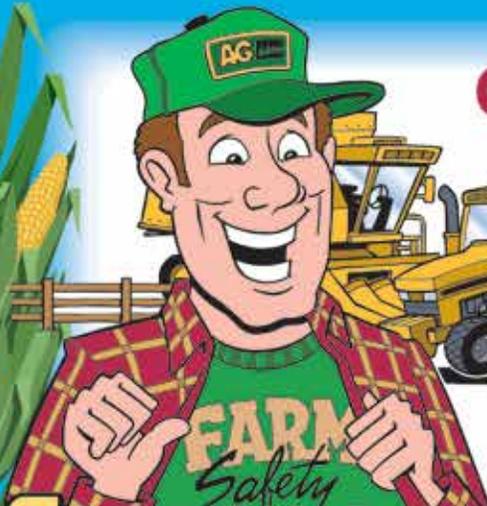
Farm Safety Tips

When farming please follow these precautions in order to keep yourself, your family and your workers safe:

- Decrease your risk of being crushed by using lockout procedures before beginning any maintenance or repair work. Lockout means to physically neutralize all energies in a piece of equipment. Machines, devices or power transmission lines can be de-energized by applying blocks to all parts under tension or pressure, bleeding the hydraulic pressure from the lines or by releasing pressure from a coil or spring.
- Provide a safe, fenced play area for all children and supervise closely. The working area of the farm is not a playground any more than a construction site or other industrial area would be a play area. Review the safety rules on your farm with your family often. Fence off all manure, retaining ponds and dugouts, and lock buildings containing hazardous goods.

The following businesses are proud sponsors of Farm Safety & Health Week

U.F.A. -Onoway 967-5340	Onoway Packers (2014) Ltd. 967-2727	Burger Baron -Onoway 967-4488	Town of Onoway 967-5338
Onoway Veterinary Clinic 967-2967	R & S Towing 967-2492	Porky Pets Inc. 967-6479	The Water Lilly Boutique 686-5977
Suds Up Car Wash 967-0022	Trius Insurance / Onoway Registries 967-5270	Grande Tire -Onoway 967-3432	



GUARD YOUR PROFITS

The bottom line for any business is profitability. An important part of maximizing profits is minimizing losses - and that includes non-productive time, costly machinery breakdowns as well as losses due to injury, illness, or death of the farmer, farm family, or farm workers.

Minimizing loss begins with making safety a priority, conducting a safety audit on your farm, keeping all machinery in good repair with guards and shields in place, having adequate accident insurance coverage, training workers in safe practices, leading by example every day.

FARM SAFETY & HEALTH WEEK

March 11-17, 2018

The following businesses are proud sponsors
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967-1080

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967-2500

Jade
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967-2288

Onoway
Health Care

967-2241

Mo Jo Garden
Centre & Diner

967-4319

Countryside
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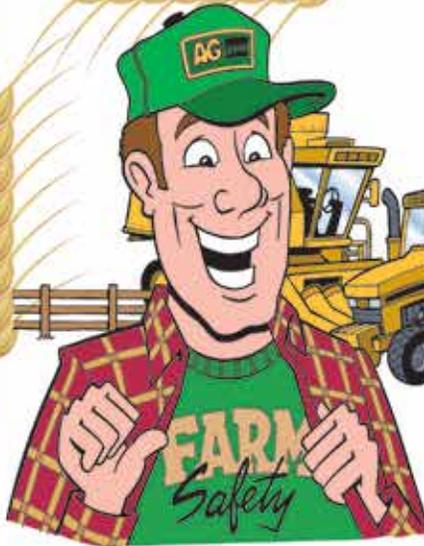
967-4500

Academy
Fabricators

967-3111

AC Purewater
Hauling Service
Ltd.

914-9002



My Equipment, My Life: Personal Protective Equipment (PPE) Hand and Arm Protection:

Aside from the head, hands and arms are the most exposed part of the body and can fall victim to an endless list of injuries. There are three main categories of injuries:

1. Traumatic injuries caused by an impact when hands or fingers get caught, pinched, crushed or amputated.
2. Contact injuries can occur when hands and arms are injured through contact with chemicals and other substances that can cause burns or injure tissue.
3. Repetitive motion or musculoskeletal injuries which can happen when hands and arms become injured by tasks that require repeated, rapid hand movements for a long period of time, resulting in strains and sprains.

What PPE to use: There are gloves to protect against cuts, chemical burns, electrical current, and abrasions. Safety gloves can also work to protect you against one or more hazards at a time, while allowing dexterity so that workers comfortably can move their hands. Do not double-glove though; this can do more harm than good.

The following businesses are proud sponsors of Farm Safety & Health Week March 11-17, 2018



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203-4705



**Assertive
Electric Ltd.**
967-3827



**O & J
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**Border
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**Tim Hay
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818-5849



**Gunn
General Store**
967-5550



**Gunn
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967-5550



**Estate's at
Water's Edge**
1-877-
405-1105



**C & D
Tank Truck
Service -Cherhill**
785-3383



**Calahoo
Meats**
458-2136





MARCH 11 - 17, 2018

FARM SAFETY & HEALTH WEEK

Keep an eye for safety

The type of safety eye protection you should wear depends on the hazards in your workplace. If you are working in an area that has particles, flying objects, or dust, you must at least wear safety glasses with side protection (side shields). If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers, or fibre optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for that task.



*Village of
Alberta
Beach
924-3181*



*Dianne's
Tri Village
Pizza
924-3132*



*Liquor
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924-3385*



*Summer's
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*Jacks Auto
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*ATB Financial
-Alberta Beach
Agency
924-2211*



*Beach
Comber
Beauty &
Barber Salon
924-3242*



*Mama's In
The Kitchen
Restaurant
& Catering
924-2468*



*The
Hey Loft
924-3133*



*Zena's
Extermination
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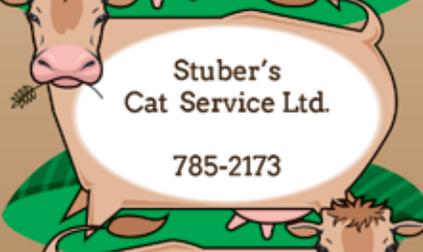


FARM SAFETY WEEK

Preventing Crushes

• From rolling machinery to falling front-end loaders there are countless crush hazards on a farm. While farm operators and workers can't prevent every hazard on a farm, they should prevent every hazard they can by taking simple preventative measures while working.

• Failure to block-up equipment safely can result in a fatal crushing injury. A jack may slip, a hose or overhead support may break, or the equipment may roll. Always take the precaution of placing support blocks under the equipment prior to working with raised machinery for any reason.

 <p>Ray's Auto Repair & Towing 785-2251</p>	 <p>C-5 Chadd Contractors Ltd. 785-2548</p>	 <p>Sangudo Veterinary Clinic 785-2200</p>
 <p>Redneck Liquor 785-2229</p>	 <p>C & D Tank Truck Service 785-3383</p>	 <p>Pit Stop Gas & Convenience 785-2432</p>
 <p>Sonny's Stucco & Drywall 785-2022</p>	 <p>Connections Coffee House 785-3494</p>	 <p>W.V. Repair Service -HD & AG 305-1315</p>
 <p>John Eden -Sunnyside Realty Ltd. 785-2561</p>	 <p>Stuber's Cat Service Ltd. 785-2173</p>	 <p>Community Health Pharmacy 785-3784</p>
 <p>Jay Day Water Hauling Service 674-0104</p>	 <p>Harapchuk Trucking Inc. 785-2655</p>	 <p>Don Gibson Seeds 785-2214</p>



FARM SAFETY TIPS

- Hire right - hire the right person and pay them fairly rather than hire an unqualified person for less money then pay for their liability and errors.
- Get a check-up - make sure every worker is checked up on at least every two hours
- Know the code - the Code of Practices for Farm Safety (PEI) has set the industry standard for agriculture
- Train for safety

The following businesses are proud sponsors of Farm Safety & Health Week March 11 - 17, 2018

Martin
Deerline
-Mayerthorpe

786-2253



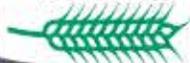
Doggie
Style

786-0171



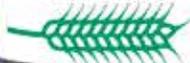
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786-4014



C & D
Tank Truck
Service
-Cherhill
785-3383



C-5 Chadd
Contractors
Ltd.

785-2548



Lac Ste. Anne County Family and Community Support Services (FCSS) is pleased to present

Singin' Along and Adventure Songs

Four **FREE** Live concerts with Juno Award Nominee **Mary Lambert**

Wednesday, March 7 - 10:30 a.m. & 1:30 p.m.
Thursday, March 8 - 10:30 a.m. & 1:30 p.m.

Alliance Pipeline Activity Center
(Museum Gym) Onoway Heritage Centre

This concert is targeted towards kids ages 0-5 years old, but older siblings are welcome.

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

For more information, please contact:
Taryn Montelth,
Community Services Coordinator, Lac Ste. Anne County, at 1-866-880-5722
Mary Lambert, Children's Musical Performer - www.marylambertmusic.com



MAYERTHORPE EXHIBITION CENTRE OH&S INSPECTION & SUMMER SEASON RATES

Submitted by Town of Mayerthorpe

As a result of the tragic loss of life in Fernie, BC, Alberta Occupational Health and Safety (OH&S) implemented a strategic focused inspection initiative involving arenas across Alberta. OH&S inspected the Mayerthorpe Exhibition Centre on January 24, 2018. The inspection involved:

1. OHS observed information/documentation provided by the employer,
2. OHS conducted observations of ice plant room,
3. OHS conducted observation in Zamboni room:
- The worksite consists of an ice skating rink operating on ammonia ice plant.

Council is pleased to report that the Centre was in compliance with the OH&S regulations. OH&S required follow up on the facility's emergency response plan, two safe work procedures along with an all

hazard assessment, a new work alone safe work procedure, supply of existing Workplace Violence Policy, and upgrade of eyewash station to a continuous flow station.

As the winter season is nearing an end and summer usage of the Centre is being contemplated, summer rates have been established. Council envisions and wishes to encourage greater usage of the Centre during the summer season enabling not only groups to use the Centre but establishing rates so that individuals can also use the facility. The rates for the arena during the summer season (May to August) are:

1. Daily \$750.00
2. Hourly \$100.00

Council encourages users within the region to book the Mayerthorpe Exhibition Centre as a venue for their summer arena events, for more information or to book the facility, please contact the Town Office at 780-786-2416.

On behalf of Council, Kate Patrick, Mayor

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1-866-960-2960

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NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Royal Canadian Legion

Just a Legality

Because of the class of liquor license the legion was given, everyone should sign in at the door. Legally, if you don't, we're not allowed to serve you any liquor, and you don't qualify to win any of the raffles. It just takes a minute – one person can sign for everyone. It's assumed that the bartender is signing you in. (Our license also means that children are welcome.)

More Suppers Planned

Every Friday, the Onoway legion serves supper for the entire community. On March 9, take a night off to enjoy companionship and a great meal of Alice Springs Chicken. This delicious meal is chicken breast baked in sauce and topped with bacon, mushrooms and cheese, with baked potatoes on the side. Watch for details about other suppers in the planning, including the Easter ham meal on March 23 sponsored by Ste. Anne Gas.

You don't need to be a member to enjoy the delicious meals served every Friday. Adult meals cost \$15; children under 10 will eat for \$9; and kids 3 and under are free.

With your meal ticket is a chance to win the draw for a free meal. You can also buy raffle tickets to win a delicious meat package, or take a chance on the 50:50 draw. Back by popular demand is Chase the President. This progressive jackpot (formerly know as Chase the Queen) increases in value each week there's no winner, while the chances of winning get better each week. You could be the big winner.

To ensure enough food is prepared, reservations are recommended. Leave a message on the Legion answering machine at 780-967-5361.

Volunteer cooks wanted

The legion is always looking for volunteers to prepare a Friday night supper. If you enjoy showing off your cooking skills, we'd love to book you for a night. Bring some friends to help, or the legion can provide the necessary volunteers helpers. Phone the legion at 780-967-5361, or talk to any legion member to learn how you can participate.

Support the Onoway Heritage Trail at the dinner and silent auction planned for Friday, March 16 at the Legion. The Trail committee and friends will be cooking pulled

pork with all the fixings. Every cent raised during the silent auction and supper will help to build the Onoway Heritage Trail.

Silent auction items are still being collected, but there are Oiler and Eskimo tickets confirmed. Another twist – Onoway Councillor Wade Neilson will let Lisa Johnson give him a buzz cut if donations collected total more than \$300.

It's an Old-fashioned Box Social

You've heard about box socials – they were a common outing for our homesteading grandparents. Now it's your chance to experience one. Sunday, March 18 will be a special Spring Box Social Luncheon!

If you don't know how it works – it's very easy. People attend in

pairs – friends or couples, it doesn't matter. One person from each pair provides a boxed lunch in a bag (so no identification is possible) and the boxes are auctioned off by auctioneer Nick Gelych's fast-paced tongue. You'll meet new people, because the winning bidder for a box will join the cook to eat it! The other half of each partner will bid on a box, and join that cook for the meal.

It will be even more fun if everyone wears the fanciest spring bonnet available – and that includes men, too! Another sign of spring is horse race betting – indoor races, in this case. Betting proceeds from the horse races, and winning bid proceeds will help support more activities at the Onoway Legion.

Rack 'em up

At last weekend's pool tournament, 16 players competed in a round robin 8-Ball from 9:30 am until 4:30 pm, with breakfast and lunch on sale from the kitchen. We're looking forward to the next tournament, and although this time everyone playing was a legion member, anyone is welcome to join us.

VE Day Celebrations

It's the 72nd Anniversary of the Victory of Europe in World War II, and the Onoway Legion will commemorate it with a special event on Saturday, May 12. As part of the ceremony, we'll present Quilts for Valour (made by Lezley Zwaal) to three area veterans.

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Farm Safety Week

March 11th-17th

Entanglements

The average farm is full of machinery and device that can grab, cut, smash and entangle fingers, hands, toes, and feet causing injury to the extremities and even death. The sad truth is that most of these injuries can be avoided. Some of the key entanglement prevention measures to implement when working with or near machinery are:

- Before operating any machine or equipment, ensure that all guards are in place and in good condition.
- Wear tight fitting clothing, such as overalls. Avoid wearing any items that could become entangled, such as long coats or scarves.
- Never step over a PTO shaft or conveyer belt while it is still running.

Ensure that anyone working with augers, PTOs, and other extremely hazardous machinery receives appropriate safety instruction and adequate supervision. Keep young children out of the farm or ranch work site, especially areas where there is moving machinery.



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PINK SHIRT DAY MARKED AT OJSH

Submitted by Wanda Pederson | Onoway Junior Senior High School

Did you know that one in five kids is the victim of some type of bullying?

Every year, Pink Shirt Day is held to bring awareness to the problem of bullying. For 2018, Pink Shirt Day was Wednesday, February 28th. The national focus of this year's Pink Shirt Day 2018 was cyberbullying.

In today's world, for many children, it seems it is impossible to escape online bullying, whether it takes the shape of harassment, spreading rumours, sharing embarrassing information or threats. This year, Pink Shirt Day wanted to encourage others to combat cyberbullying by thinking twice before posting something negative, and instead using the internet to spread some kindness.

Pink Shirt Day started in 2007, in a small town in Nova Scotia, when students David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a new Grade 9 boy who was being bullied for wearing a pink shirt. They distributed pink T-shirts to all the students in their school. Shepherd and Price wanted to send out a message to schoolmates that bullying would not be tolerated in their school. Their message spread and today, all across Canada, students show their support of anti-bullying by wearing a pink shirt on the designated day.

Onoway Junior Senior High School marked Pink Shirt Day on the designated Wednesday. Students and staff wore pink T-shirts, pink clothing, and pink accessories to show that they would not tolerate bullying.



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PARLIAMENT UPDATE – WEEK OF FEBRUARY 26, 2018

Submitted by Jim Eglinski, MP – Yellowhead

This week, we covered topics including Budget 2018, the Canada Summer Jobs Program, the ongoing Phoenix Pay System issues, and the Prime Minister’s failed trip to India.

The following was debated in the House:

- Budget 2018
- Bill C-69 – An Act to enact the Impact Assessment Act and

the Canadian Energy Regulator Act, to amend the Navigation Protection Act and to make consequential amendments to other Acts (Second Reading)

• Bill C-364 – An Act to amend the Canada Elections Act and to make a consequential amendment to another Act (political financing) (Second Reading)

• Bill C-374 – An Act to amend the Historic Sites and Monuments Act (composition of the Board) (Committee Stage)

• Bill C-375 – An Act to amend the Criminal Code (presentence report) (Second Reading)

• Bill S-210 – An Act to amend an Act to amend the Immigration and Refugee Protection Act, the Civil Marriage Act and the Criminal Code and to make consequential amendments to other Acts (Second Reading)

- CPC Opposition Motion – Canada Summer Jobs Program
- NDP Opposition Motion – Phoenix Pay System

On Monday, I participated in debate on Bill C-374, which seeks to update and amend the Historic Sites and Monuments Act. Specifically, the bill would ensure that Indigenous Canadians are represented on the Historic Sites and Monuments Board.

Also on Monday, I had the pleasure to meet with a young constituent from Grande Cache, Allyson Busch. She was visiting Ottawa as part of the Grande Yellowhead Public School Division’s Superintendent’s Youth Council to attend a conference by an organization called Encounters With Canada.

I also had the privilege of opening Question Period on Wednesday, asking the first question of the day. I asked the Prime Minister why he would ever meet with Jaspal Atwal in India, a convicted attempted assassin. I was one of the responding RCMP officers when Atwal attempted to murder an Indian Minister in 1986. I want to know how this convicted criminal was invited to a state dinner.

You can read my questions and comments in the House on the corresponding day’s Hansard on the House Publications page at www.ourcommons.ca/en.

In the Standing Committee on Canadian Heritage (CHPC), we continued our study on the state of Canadian museums. For more information on these meetings, visit the CHPC Committee website at www.ourcommons.ca/Committees/en/CHPC.

This week, I attended seven meetings, two events, and gave numerous interviews and one taping. I returned to the riding on Wednesday night to attend meetings in the riding on Thursday and Friday. As I did not take time off over the Winter Break, I will be taking next week off and returning the following week to get back to work in the riding before Parliament resumes on March 19. Look for my next update in two weeks.

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Farm Safety & Health Week

March 11-17

Teach small children the rudiments of safety, such as which areas are off-limits.

As they grow older, explain why certain things are dangerous. When they start helping with the work, make sure they are properly trained, keeping their limited strength and experience in mind. The safe way to do things is not always obvious to a child, so always explain and enforce the safety aspects of the job.

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Auto TUNE-UP

YOUR VEHICLE HAS A RECALL. NOW WHAT?

Vehicles are expensive. When motorists drive their vehicles away from a dealership, they hope to travel many miles before they need to come back for maintenance. But manufacturers sometimes issue recalls that can affect drivers of both new and old vehicles.

Recalls are safety precautions taken should a portion of a vehicle or the entire car or truck not operate in the manner it was intended. In many instances, auto manufacturers will directly contact customers who are affected by a recall via a letter, email or both. Individuals also can stay current on recalls by visiting the National Highway Traffic Safety Administration's website (www.NHTSA.gov).

According to AutoTrader, re-

calls are becoming more common because of the complexity of modern vehicles. NHTSA flagged nearly 22 million vehicles for safety issues in 2013, and that number is on the rise. Drivers can follow these important steps if they learn of a recall.

- Don't panic, but don't ignore recalls. The experts at Kelley Blue Book say recalls often occur due to a problem in the manufacturing process in similar models, and this issue may surface in other vehicles. Recalls do not guarantee vehicles will malfunction or break down. However, consumers are urged to take recalls seriously, adopting a "better safe than sorry" approach when recalls are announced.

- Follow the instructions. A re-

call notice should come with instructions. Instructions often advise drivers to take their vehicles to the dealership where the cars were purchased. Notices may provide information regarding nearby dealerships for drivers who have moved since buying their cars or trucks.

- No payment should be necessary. The cost of repairing the recalled part should not fall on your shoulders. Such repairs are paid by the manufacturer. The financial resource Bankrate.com notes that, "if you had the repair made before the recall was issued (up to a full year), the automaker is legally obligated to reimburse you, as long as you had the work done at one of its franchised dealers." Save all receipts for the work. If work

was done by a private mechanic, drivers still may be eligible for reimbursement.

- Be patient. Dealerships are not responsible for making repairs until the date indicated on the recall notice, so motorists may need to wait before having their vehicles repaired.

- Request a loaner vehicle. In some instances, recalls may take a few days to fix. Although not every dealership may make loaner vehicles available, it's still worth requesting one so you are not inconvenienced.

Anyone having difficulty with a recall can contact the NHTSA online, by phone or by mail. Those who suspect a safety problem also can contact the agency and report their concerns.

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HOW TO AVOID AND REPAIR FLAT TIRES

Nothing can delay road trips more suddenly than flat tires. Unfortunately, because tires are the only part of the vehicle constantly in contact with the road, wear and tear is to be expected.

The National Highway Traffic Safety Administration says that flat tires and blowouts are a leading cause of highway traffic accidents. Even though flats cannot be prevented, there are ways to make tires less vulnerable and make vehicles safer along the way.

Flat tire avoidance

Routine inspection and tire maintenance is essential to their performance. In addition, paying attention to road hazards and avoiding them when possible can prolong the life of tires.

- **Tire pressure:** Tires should be maintained at the correct air pressure indicated on the side-

wall or as advised by the manufacturer. Tires with too much air can be damaged by bumpy roads and potholes. Tires that are not inflated enough may increase friction on the roadway, resulting in a blowout. Check tire pressure routinely, and do so when the tires have rested for three hours. Many vehicles now monitor tire pressure automatically and alert drivers through a signal on the dashboard.

- **Tire wear:** The advisors at Select Auto Imports say that inspecting tires for uneven wear should be a routine part of maintenance. If tires show uneven wear, they may be more susceptible to flats or blowouts. Tire rotations can help alleviate uneven wear. The NHTSA recommends tires be rotated every 5,000 miles.

- **Tire treads:** The Allstate In-

urance company says to look for worn tire treads. Check for wear bar indicator marks located between the tread pattern of the tires. If the wear bar is level with the treads, it's time for new tires. Otherwise, place a quarter between the grooves of the tire. If the tread doesn't extend beyond the top of Washington's head, it's a good idea to replace the tires.

- **Construction sites:** Drivers should try to avoid areas under construction. Rocks, nails, metal shards, glass, and divots in the roads can cause punctures and eventually flats.

Flat tire repair

When flats occur, having the right tools and understanding the procedure for fixing the flat is key.

Drivers will need an inflated spare tire, a jack, a lug wrench,

bracing material (to keep the vehicle from rolling, such as a brick or piece of wood), and the vehicle's owner's manual. Goodyear says it is essential to fix the flat in a safe area away from traffic and on a flat surface.

- Use the owner's manual to find the correct position to place the jack to lift the car.

- Remove hubcaps or center covers to access the lug nuts. With the lug wrench, loosen lug nuts in a counterclockwise direction.

- Take off the tire and put on the spare. Replace and tighten the lug nuts. Replace hubcaps or covers.

- Slowly lower the vehicle and drive cautiously to ensure the spare is in working order.

- Purchase a new tire or have a hole plugged or repaired at a tire center.

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MARCH NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

Submitted by Melanie Fitzgerald, Library Manager | Rich Valley Public Library

The Lego Challenge was a hit! Thank you to the 20 participants who built some awesome creations! We look forward to having the challenge again. As well as thank you to the Barrhead Bakery for providing the amazing sandwiches and pastries for our Afternoon Tea party. Your generosity was greatly appreciated. The Rich Valley Public Library would like

to thank FCSS for supporting our programs.

This month we are offering the following programs:

On March 10, 2018 the Rich Valley Public Library will be offering the Canadian Red Cross Babysitting Course from 8:30 am-4:30 pm. This program gives basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. This

course also offers youth the training to promote themselves as a babysitter to prospective parents. This program has a cost of \$60 per participant. As this is an all-day course, participants are required to bring a lunch. A snack of fruits and veggies will be provided. This program requires registration and the deadline is March 1, 2018. There is a minimum of 10 participants for this program to run and up to a maximum of 30 participants. Call the library at 780-967-3525 or drop in to register.

Parent and Tots is every Wednesday from 9:45-10:45 am. Parents, guardians and caregivers are invited to bring your toddlers 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.

Story Time is every Wednesday from 11:00-11:45 am. Bring your toddlers in on Wednesdays from 11:00 to 11:45 am 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.

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. The next session will run March 13, March 20, March 27, April 3, April 10 and April 17, 2018 Yoga is a wonderful way to stay strong and flexible for life. The cost is \$60.00 for six classes or \$12 per drop in fee. Please contact the library at 780-967-3525 to register or drop in on Tuesdays.

Adult Whist is every 2nd and 4th Friday of the month at 7:30 pm for \$2.00 a person. Just drop in and play some cards in the Yellow Room.

Join us for Free Movie Night at the Rich Valley Public Library. The Rich Valley Public Library will be showing "Aladdin" (Rated G) on Saturday March 24, 2018. Doors open at 5:00 pm and the movie will start at 6:00 pm in the Yellow Room. Admission is free. Popcorn, licorice, pop and water will be available for sale. Please feel free to bring pillows or blankets to sit on.

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.

Rich Valley Public Library is open Tuesday from 5-8 pm, Wednesday from 10 am-2:30 pm, Thursday from 2-6:30 pm, and Friday from 9 am-12 pm. We look forward to seeing you!

MARCH 17 AUCTION FOR: 3 RECEIVORSHIP

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Farm Safety Tips

When farming please follow these precautions in order to keep yourself, your family and your workers safe:

- When moving large machinery, be sure to check the location of power lines. Make arrangements with your service provider to ensure a safe route along a route you will travel between fields with large implements in travel mode.
- When working with livestock always ensure you have an escape route planned and that you are wearing the appropriate gear for the job. For example – wear a helmet and appropriate footwear when riding a horse.

The following local businesses are proud sponsors of Farm Safety & Health Week

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MARCH 11TH - 17TH

ANIMAL RELATED INCIDENTS

A study reveals significant patterns in the types of animal-related incidents. For example, almost half (46.5 per cent) of horse-related injuries happen to women, age 16 to 59, and are caused primarily by falls when riding. Men, age 16 to 59, are most frequently (68 per cent) injured by cows during the calving season of February to June. Men aged 60 and older are most frequently (57 per cent) killed by bulls in the month of August as the breeding season starts.

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Darwell Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

Goose Lake Hall, Contact Deanna (780) 584-3738

Gunn Hall (G.A.R.S.) 780-967-2215

Hathersage Community Centre, Noreen at 786-2946

Lake Isle Community Hall, PH: 780-892-3121 or Email: lakeislehall@mail.com

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 963-9165 or 916-0146

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Oneway Community Hall, 967-4749.

Oneway Heritage Center - Gym/Classrooms, 967-1015

Oneway Legion , 967-4980

Park Court Community Hall, 727-4476

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

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, 785-2924 or 785-3118

Stettin Nakumun Comm. Hall, 967-9198

Garage Sales

COMMUNITY - WIDE GARAGE SALE at Lake Isle Community Hall (Hwy 633 & RR55). Saturday, April 28th from 9am-5pm. \$10/Table Inside or Outside Trunk Sale. (Set up Friday PM or Early Saturday AM) To reserve your space, Contact 780-267-1660, email lakeislehall@gmail.com, PH:780-892-3131. BBQ & Concession Available. (8) 27-02

Computers

FREE Checkup - Repairs NOT over \$50. Screens, Parts, Trade. Get GOOD Laptop or Desktop. Clean,

Clear, Faster Upgraded with Games, Music, Pictures, Videos and more from ONLY \$100. FREE Repairs for Single Parents. 780-892-4993 (10) 03-01

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WANTED: Standing Timber. Are you looking to cut your woodlot before pine beetles or forest fires destroy it? Top dollar paid. Call now. Paul 780-706-1470 (12) 19-12-17

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (13) 06-02 OG



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Dog Caretaker

Alberta Beach & Surrounding Areas, thinking of a Winter Getaway? Worried about leaving your dog in a kennel? Don't worry anymore, you can leave your pet with me! There is a wrap around deck in court yard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop ins or overnight stays welcome.

If interested call 780-920-4166 (4) 20-02 OG

Firewood

SEASONED FIREWOOD - Birch, Spruce/Pine, Tamarack and Poplar. 4x4x8 cord. Delivery or Pickup at wood yard, Call 780-967-5835 (23) 03-10-17

Firewood for Sale - Birch, Tamarack, & Spruce Pine mix. 4X4X8 cords and 1/2 cords. Quality

seasoned wood, Delivery or Pick up. Woodchuck Firewood 780-288-7247 (11) 16-01

His Helping Hands Firewood - Poplar, Tamarack & Birch for sale. All profits go to charity. 780-218-4177 (5) 20-02 OG

Wanted

I Buy Gun Collections. If you would like to sell your gun collection, Call Jay at 780-686-1350 (24) 12-12-17

Livestock

RED POLL BULLS - Thank you to all our buyers - recent and former. Due to health issues, 2018 will be our last year offering bulls. A limited number of yearling and 2 yr olds are available. Larry and Linda Fleming 780 892 3447 (4) 06-03

For Rent

BACK END OF BAY FOR RENT. Front end is occupied. Has a large overhead door plus side door. Solid wall separates the two. Located in Spruce Grove. Call 780-907-8642 (S) OG

Alberta Beach Hotel Rooms for rent. Newly upgraded, very clean & well maintained for \$60.00 per night or \$650.00 per month. For more info please contact Laurie @ 780.924.3005 (26) 03-01

1 Bedroom Apartment, Fully Furnished, Full Kitchen, WIFI, Cable, Phone, 2 TV's, Power/Gas Included. New Motel looking over the lake, Downtown Alberta Beach. \$950/month. Cheryl 780-906-1675 (23) 03-01

House For Rent in Ross Haven, 2 bedroom, hardwood floors, Available Immediately, \$1000 + Utilities, 6 appliances, detached garage, jacuzzi tub, 780-237-2969 (4) 13-02 OG

Sangudo, AB. 2 Bedroom Apartment, heat & water included, N/S. \$721 - \$772/month, DD same. Available Immediately. Call 780-999-7777 (4) 20-02 OG

Newly Renovated 2 Bedroom Home in Alberta Beach - available April 1st. Four appliances included. Utilities extra. No smoking. No Pets. Rent \$1100/month + Deposit \$1100. PHONE: 780-924-3565 (2) 27-02

Available Immediately, Large 2 Bedroom in Adults ONLY Building in Entwistle. Includes Heat, Water & Parking. Rent \$765/month, DD \$300. Cats allowed, Must have good credit. Call Jasmine 780-993-5547, jakovljevicivka@yahoo.ca (2) 27-02

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
- Sangudo United Church**
4907 -50 Ave, Sangudo, AB
United Church Services
Sunday Services 1st & 3rd Sunday
St Mary United Anglican Services
Sunday Services: 2nd & 4th Sunday
All Services Begin at 1:30 p.m.
Reverend Barry Rose Officiating
- Trinity Lutheran Church (LC-C)**
The Church of the Lutheran Home - Rochfort 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 Lathoiz
Sunday 10:30 a.m.
Morning Service Tuesday 7:30 p.m.
Ministry Training (780) 786-2141
- St. Michael Lutheran Church**
Sunday Services 1st & 3rd Sunday at 1:30 p.m.
Pastor Judy Jarvis (780) 674-3944
Mystery Lake
- Onoway Baptist Church**
Sunday Service 10:00 a.m.
Youth Group Friday 7:00 p.m.
(780) 967-2266
- 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

COMMUNITY EVENTS 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 <small>St. Patrick's Day</small>
18	19	20 <small>Spring Begins</small>	21	22	23	24
25 <small>Pink Sunday</small>	26	27	28	29	30 <small>Prince of Wales Day</small>	31

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9229. Please note that all submitted event listings must be limited to 200 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

MAR 10 - CRIB TOURNAMENT at Gunn Hall Crib, 10:00am - 11:00am. Registration: \$20/person.

MAR 17 - CRIB TOURNAMENT at Rich Valley Community Hall. Doors open at 10am, games at 11am. \$20/person. Lunch served. For more info call Eileen 780-967-5710.

MAR 26 - SANGUDO HORTICULTURAL CLUB: DAHLIAS TO DELPHINIUMS, presented by Nick Lysachok. 7:00pm at the Sangudo Golden Age Club (4927-50ave Sangudo). Members of the public welcome. (\$5.00 drop in fee)

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: Fridays at Onoway Community Hall. Starts May 1st. 780-667-6327 or onowayfarmersmarket@gmail.com.

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30PM, 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.

BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7PM. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.

CHERRILL BINGO: Tuesdays at Cherrill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

CHERRILL LEGION: First Sunday of Month. Doors Open 12:00PM

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

RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos March 7 & 21, April 4 & 18.

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 & Grill

BARRHEAD ROYAL CANADIAN LEGION: Fridays 6:00PM. Queen Of Hearts draw & 50/50.

DARWELL: by Alberta Beach & District Lions Club, 4:00PM bi-weekly, Darwell Lounge & Restaurant

ONOWAY ROYAL CANADIAN LEGION: Fridays, Ph. 780-967-5361

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM. Meat Draw & 50/50.

WHITECOURT LEGION: Saturdays 4:00PM. Located downtown behind the CIBC.

MEALS ON WHEELS

ALBERTA BEACH & AREA: Diane 780-924-2348.

DARWELL & AREA: Lorraine, 892-2967.

ONOWAY & DIST: Call 967-2338 or 967-5244.

JAMBOREES

SANGUDO: Sangudo Community Hall, 1st Sat of month 7PM. 785-4105 or 305-5088. *October - May.

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

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.

THE ABBOTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of month, 7PM. PH: 780-918-8545, Adm: Donations Only.

TOPS (Take Off Pounds Sensibly)

ALBERTA BEACH: Tuesdays, Weigh-in 6:00-6:45PM. Meeting 7:00PM. Alberta Beach Lutheran Church, Hwy 633. 967-5009.

EDMONTON: Thurs 8:30-10AM at Annex of Grace United Church (6215-104 Ave). \$7/month

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

STONY PLAIN: Thurs evening, Stony Plain United Church. Susan (780) 968-0869

SPRUCE GROVE: Wed 8:45am at Anglican Church, 131 Church Rd. Christiane 960-1109

YOUR COMMUNITY

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

ONOWAY ROYAL CANADIAN LEGION: Open Tuesdays 7:00PM to 10:00PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3:00 PM- 10:00PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).

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.

SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9:00-3:00PM. Info 960-4600.

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

VOLUNTEER TUTOR ADULT LITERACY PROGRAM: Need assistance with reading/writing, English language (ESL) or Basic Computer skills? Free 1-on-1 tutoring! Carla Burkell, 780-554-2940, email: literacy@lsac.ca

WATER SAMPLE DROP OFF: Tues Onoway Aspen Health Services. Drop off 1:00-2:30PM.

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES: Tues 7:30PM Crib; Wed 1PM Bridge. Mon, Wed, Fri 10:15AM Aerobics/Fitness.

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

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. Contact Cindy 780-963-7170.

JR. SCRAPBOOKING Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404

LAC STE ANNE COMMUNITY CHOIR, Wed 7-9PM at Alberta Beach Heritage Center. New members welcome (18+). Call Eunice @ 780-618-7865.

ONOWAY GOLDEN CLUB: Cards Tuesdays, 1PM. Exercise Fridays, 10AM. 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. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village Community Centre. *except June, July, August

RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorraine 286-5040.

SANGUDO ART GROUP: Wednesdays 9AM-12PM at Sangudo Community School. Info call 780-785-2112.

SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St). 2nd Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St). Every 2nd & 4th Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd Wednesday at 1PM.

MEETINGS

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

299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE: Stony Plain Comm Center, Wed 6:30PM. Youths 12-18, 963-0843

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

526 BARRHEAD AIR CADETS, Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233

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

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. *MEETINGS SUSPENDED FOR JANUARY - APRIL INCLUSIVELY

AL-ANON Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205

ALBERTA 55 PLUS: Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7:00PM, Alberta Beach Agriplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agriplex.

ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House 924-3167.

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

CHERRILL 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 Agriplex. Info call 780-902-4879 or 780-999-7622. *Sept-June.

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.

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell

DDRA MEETING, 7:00PM, 2nd Mon, Darwell 892-3099. *except Jul/Aug/Dec

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

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 month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

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

LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 3rd Fri, 7PM, Alberta Beach Council Chambers.

LAKE ISLE HALL COMMUNITY HALL BOARD: 3rd Thurs of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121

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

MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 *Sept-June

NA MEETING, Tuesdays 7:00PM 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 & DISTRICT QUILT GUILD: Every 2nd Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Dixie @ 780 967 0528.

ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7PM. *Sept-June

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agriplex on the 2nd Wed of the month. 7:00PM.

RIVER TALKERS TOASTMASTERS CLUB Build confidence, speaking & listening skills. Thursdays 7-9PM at the Hilltop Community Church. Carla Burkell, VP Membership, (780)268-3653.

SANGUDO PAINTING GROUP: 1st & 3rd Wed, 9:30AM-12:00PM at Sangudo Community School. Info, call 780-785-2112.

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

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

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!

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

ANSWER:

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

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!



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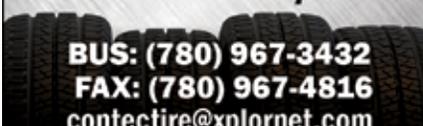
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