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April 10, 2018

WHITECOURT WELCOMES A NEW DIRECTOR OF INFRASTRUCTURE

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

The Town of Whitecourt is pleased to announce the appointment of Kamruz Zaman as the new Director of Infrastructure.

As the Director of Infrastructure, Mr. Zaman will oversee public works operations; fleet maintenance; infrastructure and road maintenance operations; utilities operations; engineering services; parks and open spaces maintenance; and the Whitecourt Cemetery.

“I enjoy working with the municipal government and want to be a part of the community where I can see the impact of my efforts incorporated throughout the community,” stated Mr. Zaman. “I am excited to be a member of the Whitecourt community where I would like to utilize my engineering expertise for the implementation of the Town’s infrastructure in a timely, cost effective, safe, and sustainable manner.”

The skills and proficiency Kamruz has developed during his years of professional engineering experience are extensive. His

background includes municipal infrastructure engineering, planning, design, construction and project management. He achieved his Master’s Degree in Civil Engineering in 2008 from Concordia University in Montreal, Quebec.

“Kamruz brings a wealth of municipal engineering experience to our organization, and will be starting his new position in April,” added Peter Smyl, Chief Administrative Officer. “I welcome Kamruz and his family to Whitecourt, and look forward to working with him as part of our senior management team.”

IMPAIRED IS IMPAIRED SAYS ALBERTA RCMP TRAFFIC SERVICES

Submitted by Alberta RCMP Traffic Services

Alberta RCMP would like to remind all drivers in the province that impaired driving, whether by alcohol or drug, may cost you your life or the lives of others.

“There is a myth that it is okay to use drugs and drive because it affects you differently,” says Supt. Gary Graham, Officer in Charge, Alberta Integrated Traffic Services. “It is important to remind everyone that impaired driving, whether by drugs or alcohol, is a serious offence that

will lead to criminal charges.”

“Impaired driving is a leading cause of death and injury on Alberta roads,” says Rick Gardner, Superintendent, Alberta Sheriffs Traffic Operations. “We all have a part to play in keeping impaired drivers off our roads. It’s not about getting caught at a Check-Stop, it’s about the possibility of hurting yourself and others on the way home.”

Quick Facts:

- Alcohol has a “multiplicative” effect on other drugs. That means having a drink after taking cannabis products results in far greater

impairments than taking either alone.

- Drug Recognition Experts can determine that you’re under the influence of a drug and you can be charged with drug-impaired driving.

- In 2016, the presence of alcohol or drugs was a factor in 27.9% of fatal collisions that occurred in Alberta RCMP jurisdiction.

- In 2017, Alberta RCMP issued 4,290 impaired driving violations and 1,758 roadside suspensions.

- In the first two months of 2018, Alberta RCMP issued 538 impaired driving violations.

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MAYERTHORPE OFFERS A NEW PROGRESSIVE DEVELOPMENT TAX INCENTIVE

Submitted by Town of Mayerthorpe

The Town of Mayerthorpe has a new progressive Development Tax Incentive Program, adopted by Council at their March 26, 2018 regular Council meeting. The Development Tax Incentive applies to construction of new structures applicable to homes, business, and industry. The Development Tax Incentive rebates are as follows:

- a. Supplemental Municipal Tax – 100%
- b. 1st Year Municipal Tax – 75%
- c. 2nd Year Municipal Tax – 50%
- d. 3rd Year Municipal Tax – 25%

The Development Tax Incentive compliments existing tax incentive policies in Mayerthorpe; specifically, the:

- Infill Tax Rebate Policy which provides for two-year

municipal tax rebates on properties where new homes are placed where an older home once existed in outlined neighborhoods;

- Subdivision Tax Refund Program which provides developers a 1st year 75% municipal tax rebate on a subdivision producing 5+ lots;

- Infrastructure Payment and Security Program where the Town will partner with developers on the cost of municipal infrastructure as part of a subdivision process.

“We’re excited about it. We think it’s perfect timing,” said Mayor Kate Patrick “By adopting this set of incentives in Mayerthorpe, we will have a very competitive offering, particularly in this region. When combined with the efforts of our existing policies, these new incentives should give us a great mix of tools and resources to bring some significant, positive economic development to Mayerthorpe.”

erthorpe.”

“This policy, along with the Town’s Economic Development Strategic Plan, Workforce Capacity and Recruitment Study, Agricultural Sector Study, and roll out of the Local Business Training Series, will enable Mayerthorpe and area to be more proactive on a local, regional, provincial, and national level. These initiatives will enhance attraction of developers and make Mayerthorpe an area they want to invest in. We’re putting the tools in place to be more successful.”

A copy of the new Development Tax Incentive Policy and existing tax incentive policies can be obtained at the Town Office or viewed on the Town’s website at <http://www.mayerthorpe.ca/work/business-attraction-information/>

On behalf of Council,
Kate Patrick
Mayor

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JOKE OF THE WEEK

A father buys a lie detector that makes a loud beep whenever somebody tells a lie. His son comes home in the afternoon and father asks him, “So, you were at school today, right?”

Son: “Yeah.” Detector: “Beep.” Son: “OK, OK, I was in a cinema.” Detector: “Beep.”

Son: “Alright, I went for a beer with my friends.”

Father: “What?! At your age, I wouldn’t touch alcohol!” Detector: “Beep.”

Mother laughs: “Ha ha ha, well, he really is your son!” Detector: “Beep.”

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ST. ALBERT RCMP INVESTIGATE THEFT OF FIREARMS IN RESIDENTIAL BREAK AND ENTER

Submitted by St Albert RCMP

File: 2018- 351985
St. Albert, Alberta - On March 18th, 2018, at approximately 3:20 AM, the St. Albert RCMP responded to a break and enter at a residence in Grandin area. The

suspect(s) stole 6 unrestricted long guns that were located inside the residence.

The break and enter is believed to have occurred sometime between March 17th at 10:00 PM and March 18th at 3:00 AM.

The investigation is ongoing and still in its early stages.

St. Albert RCMP is looking for your help on this crime. If you have any information about this or any crime, call the St. Albert RCMP at 780-458-7700, or if you wish to remain anonymous, call Crime Stoppers. At Crime Stoppers, you do not need to reveal your identity. Crime Stop-

pers does not subscribe to Call Display, Call Trace or tape any phone calls. If your information leads to an arrest, you may qualify for a cash award up to \$2,000.00. We want your tip, not your name. Call Crime Stoppers at 1-800-222-8477 (TIPS).

RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 26 March to 1 April 2018.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 571

Total Calls for Service for the Victim Service Unit: 21

Individuals Charged: 121
Person Crimes reported: 47
Property Crimes reported: 38
Impaired Driving Complaints reported: 8
Impaired Driving Charges Laid: 0

Roadside Suspensions: 1
Motor Vehicle Collisions Attended: 37

Property Crimes: Spruce Grove

1. March 26 – Area of Meadowland Way – Theft from Vehicle, jacket and tools stolen

2. March 26 – Area of Church Road – Theft of Vehicle, 2004 grey Pontiac Montana

3. March 29 – Area of Jennifer Heil Way – Theft from Vehicle, catalytic convertor stolen

4. March 31 – Area of Bristow Crescent – Theft from Vehicles, wallet, keys and glasses stolen Stony Plain

5. March 28 – Area of Boulder Boulevard – Theft of Vehicle, 2002 white Ford F250 Rural

6. March 31 – Area of Township Road 524 and Range Road 20 – Theft from Vehicle, wallet stolen

Continued on Page 5

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THE BIG BEND IS COMING BACK!

Submitted by Rena Traxel

Once upon a time a section of highway 43, near Onoway, was referred to as the big bend. The name, of course, was before the highway was twinned and the sharp bend smoothed. Well, the big bend is back in the form of an antique and gift store, open-

ing just outside of Onoway.

Big Bend Collectibles will make its debut with a silent auction gift basket, created for the upcoming Onoway Creative Arts Society fundraiser. OCAS is a non-profit and a new initiative to support and grow the arts in Lac Ste Anne county. The auction will be held on Sunday, April 15th, during the Expressions Dance Studio recital at the Onoway Heritage Centre, between the hours of 10am-3:30pm.

Bidders will have a chance to win an assortment of gems hand selected from the store. Of course, other items donated by local businesses and individuals will be available at the fundraiser. The first ten bidders on the Big Bend basket, plus the winner, will get a private shopping preview in advance of the store opening. The shop boasts four rooms, a kid nook, and a man cave area. The shop is family owned and operated; and will open June 1st of this year.



STEP Student Position for Rich Valley Public Library

The Rich Valley Public Library is hiring a STEP Student position for the summer. This position is for 30 hours a week and is part of the STEP student program.

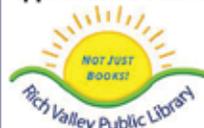
Description:

Under the direction of the Library Manager, the STEP Student will be responsible for facilitating the summer reading program and many of the day to day operations of the Rich Valley Public Library. Duties will vary from day to day.

Job Qualification:

- Must be at least 15 years of age.
- Returning to school in the fall.
- Must be able to work a flexible schedule of days, evenings and weekends.
- The first priority will be to plan and run the Library's Summer Reading Program.
- Must be able to interact with patrons especially children.
- Possess strong customer service skills.
- Must be organized.
- Computer skills are required and ability to use Microsoft, Publisher and Office.
- Able to work independently and take direction as required.

Application Deadline is April 23, 2018 at midnight.



Please send resume's to:
Rich Valley Public Library
 Range Road 1 Gunn, AB T0E 1A0
 Email: rvpublib@yrl.ab.ca | Fax: (780) 967-3525
<http://www.richvalleylibrary.ab.ca>

We thank all applicants but only those selected for an interview will be contacted.

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LETTER TO THE FEDERAL GOVERNMENT: CARIBOU RANGE PROTECTION PLAN

Submitted by Heather Sobey, Constituency Manager | MLA Oneil Carlier, Whitecourt-St. Anne

The following is a copy of a letter our provincial government has sent to the federal government in regards to the Caribou Range Protection Plan:

Hon. Minister McKenna, Hon. Minister Carr and Parliamentary Secretary Wilkinson,

As you know, Alberta released its Draft Provincial Woodland Caribou Range Plan on December 19, 2017. Since the release of the draft plan, The Government of Alberta has hosted public open houses in Whitecourt, Edmonton, Cold Lake, Fort McMurray, Grande Prairie and High Level. We have also held numerous stakeholder meetings attended by industry, municipalities, environmental non-governmental organizations and First Nations. The public meetings were attended by thousands

of Albertans who are concerned about the impact caribou range plans will have on their communities and on the industries that support those communities.

We take these concerns very seriously and have heard loud and clear from Albertans that more work and time is needed to understand the socio-economic impacts of caribou range planning on northern communities.

Alberta views caribou recovery as a shared responsibility between federal and provincial

governments. In order to meet the federal government's targets and our shared goal of putting woodland caribou populations and habitat on a positive trajectory towards recovery, Alberta believes that the federal government needs to play greater role in supporting Alberta to understand the true impact of caribou rang plans in Albertan communities.

Albertans deserve a plan that protects their jobs and the economy. The investment required to

fulfill the federal requirements is enormous and cannot be shouldered alone by the Government of Alberta, and by extension, all Albertans.

The province has already invested \$9.2 million to date on caribou recovery but we know the cost of restoration alone over the next 40 years is estimated to be over \$1 billion, and that rearing facilities in our protection plan will cost in the neighbourhood of \$75 million.

Continued on Page 11

RCMP Beats

Continued From Page 3

7. March 31 – Area of Township Road 532 and Range Road 280 – Theft from Vehicle, insurance and registration stolen

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Never leave a purse or backpack unattended while shopping – not even for a moment.

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)

Lac Ste. Anne Foundation External Posting

Is seeking an individual to fill a Full-time File Clerk position located in our administration office in Mayerthorpe, AB.

File Clerk – Summer Student Position

Lac Ste. Anne Foundation is currently seeking an energetic, team player to fill an opening for a File Clerk position from May 1, 2018 to August 31, 2018. This is a full time, entry level position at our administration office located in Mayerthorpe, Alberta. The hours are Monday to Friday from 8:00 am to 4:00 pm.

The successful applicant will be excellent at multi-tasking, and able to work in a fast paced and busy environment.

The candidate should also possess the following knowledge, skills and abilities:

- Completing jobs related to binding, scanning and photocopying and printing;
- Digital file scanning support;
- filing support; and
- Administrative and reception duties as assigned.

Other requirements:

The program is available to current students 15 and older, who reside and/or attend school in Alberta and will be returning full-time to high-school or a post-secondary institution no later than November 1, 2018. To be eligible, a student must be an Alberta resident, and a Canadian citizen, permanent resident or a protected person under the Canadian Immigration and Refugee Protection Act, who is legally allowed to work and study in Canada.

The potential employees cannot be currently employed with the Lac Ste. Anne Foundation in a paid capacity

You must be a strong communicator able to communicate effectively in both written and verbal English. You are able to maintain good interpersonal relationships, and have a genuine interest in working with seniors.

Closing date: Friday, April 20, 2018 at 4:00 p.m. or until a suitable applicant is hired.

Submit resume to:

Lac Ste. Anne Foundation Attn: Dena Krysik, CAO
PO Box 299 Mayerthorpe, AB T0E 1N0
Email: dkrysik@lsaf.ca Fax: 780-786-4810

We thank all applicants but only those selected for an interview will be contacted.

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RIDING UPDATE – WEEK OF APRIL 2, 2018

Submitted by Jim Eglinski, MP – Yellowhead

I enjoyed the Easter holiday with friends and family, including a road trip from Edson through Jasper National Park and back around through Nordegg. We truly live in one of the most beautiful ridings in Canada! After the weekend, I got back to work. I met with constituents and stakeholders, visited students, and participated in events around Yellowhead.

On Tuesday, I worked in the office for a few hours before heading out to Peers to attend a public BBQ in the afternoon.

I visited a grade nine class at Niton Central School on Wednesday morning. I then returned to Edson for meetings in my office with local stakeholders and educators.

On Thursday, I spent some time in my Edson office before driving to Rocky Mountain House where I met with Clearwater County residents to address some of their concerns. On my way back to Edson, I stopped in Gainford to visit constituents. I spent Friday in my Edson office.

On Saturday afternoon, I participated in the annual general meeting of the Yellowhead Electoral District Association (EDA). Afterwards, I drove to Warburg to visit with constituents before continuing on to Red Deer to attend their local Safari Club International annual banquet and auction.

I will remain in the riding next week, as Parliament will still be on recess. Look for my update next Friday on my travels throughout our beautiful riding of Yellowhead.

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Contact: Kyle Hoefels
Operations Supervisor
780-777-8975

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If you are interested or require further details, please visit our office or contact the number provided above for a bid package.

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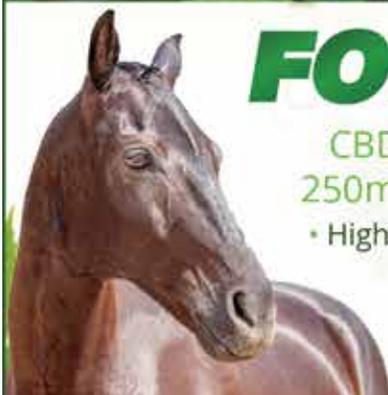
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TWO DAYS IN THE LIFE OF OJSH: PIES, PIEROGIS, AND WEBS



Submitted by Wanda Pederson | Onoway Junior Senior High School

After a relatively quiet February, March has been roaring in like a lion at Onoway Junior Senior High School. We are hosting special visitors and special events throughout the month.

OJSH is bringing in a variety of presenters to variety of classes. The month started off with cooking lessons to the High

School Foods classes. Retired teacher, current sub and long-time friend of OJSH, Mrs. Lou Hansen along with community members Mrs. Lorna Redlick and Mrs. Flora Weiss demonstrated to students the art of making bread and buns. Mrs. Weiss, who will turn 102 years of age in June, was amazing. Even before arriving for the first block class, she started a batch of bread dough at home, let it proof, and brought it to school to

bake so that the students could see what good, healthy homemade bread should look and taste like. Then, on March 14th, Mrs. Hansen returned with Mrs. Marg Waldowski. Mrs. Waldowski demonstrated to two classes of high school students how to make pierogis. Students in both classes were able to make some delicious pierogis from scratch and serve them with bacon, sour cream and chives.

OJSH was also honoured by

a visit from some of the NGPS School Board trustees who were accompanied by Randy Lovich, Director of Maintenance. The trustees, including local representative Sarah Healy and Board Chair Judy Muir, were given a tour of the school and classrooms. They were able to meet and talk with students and staff as they toured the school.

The same day, Kiyu from Learning Clicks gave two presentations to interested students.



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Two Days in the Life of OJSH: Pies, Pierogis, and Webs



Learning Clicks is a post-secondary awareness program that helps students in grades 7 to 12 and their teachers learn about the importance of post-secondary education. Kiyo, a recent graduate from the U of A, presented post-secondary options to students in Block 2 and, then at noon, he gave a presentation to Grade 11 and 12 students on how to access funding for their post-secondary aspirations.

At noon on March 14th, OJSH held its first annual Pie Throwing Contest in recognition of the mathematical concept of pi. $\pi = 3.14$ (March 14th!) Students purchased whipped cream pies for \$2.00 each and then got to throw them at staff and students who had valiantly volunteered

for the messy duty. At the end of the pie throwing contest, emcee Murray Galliford auctioned off two pies to a junior high student, two pies to a senior high student and two pies to a staff member for the 'privilege' of pie-ing Mr. Lobo. The whole contest was a huge, much enjoyed success and all monies collected will be donated to the school for needed equipment.

There was no slow down on activities on Thursday, March 15th. Several staff members and a large contingent of students from all grades and their invited anchors spent the day at the Heritage Center learning about and experiencing webbing up. The concept of webs for students is a significant strategy that both

OJSH and OES are implementing. Every student should have a positive and healthy support system and Derek Peterson's innovative concepts are being implemented within both schools and the wider community. The staff members of OJSH and OES experienced more of Derek Peterson's insights and philosophy at a combined PD day on Friday, March 16th.

While some of our students and their anchors were at the Heritage Center, the rest of the school's student population participated in King of the Rock. This annual event celebrates St. Patrick's Day. In the morning, girls were given a paper shamrock to wear. If a boy could make the girl talk to him, she

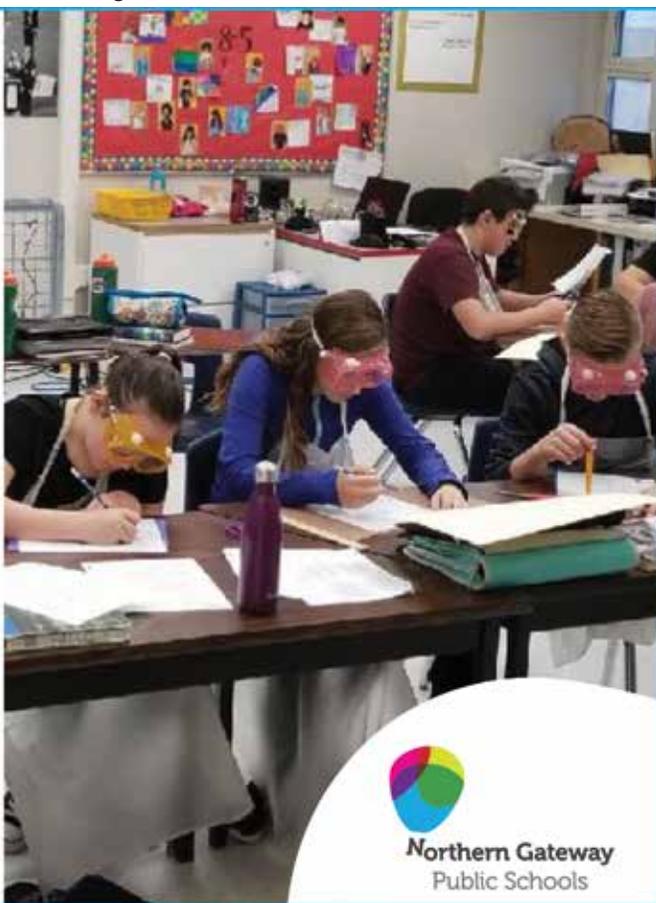
had to give her shamrock to that young man. At noon, the boy with the most shamrocks was given a prize by Mr. Lobo. This year's King of the Shamrocks was Hayden Borle (Grade 12); the Prince of the Shamrocks was Jay Bownes (Grade 8). They won gift certificates for the OJSH Cafeteria. Shianna Kootenay (Grade 8) won the gift certificate for keeping her shamrock and not talking to any boy for the whole morning!

These two days were extraordinarily busy at OJSH. The pace promises not to slacken as the following weeks are booked with more guests and activities that will inspire and engage our learners.

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LETTER TO THE FEDERAL GOVERNMENT: CARIBOU RANGE PROTECTION PLAN

Continued From Page 5

Caribou recovery cannot occur without an infusion of federal funds to restore habitat necessary to ensure population growth.

At this stage in the caribou range planning process Alberta is suspending consideration of conservation lands recommended in the Caribou Task Force Report pending further review and the outcome of the socio-economic impact study. Further to this, Alberta will redouble its efforts to work with industry to develop solutions that avoid the imposition of an Environmental Protection Order being imposed on Alberta by Ottawa. A meeting with industry representatives will happen in the coming weeks.

We have many willing Alberta participants in Caribou recovery actions. They include the oil and gas industry, the forestry sector, environmental groups, municipalities and small business. They all need more time to get this strategy right and fully conclusive.

Alberta understands the pressure the Federal Government is under with respect to the federal Species at Risk Act and the need to take action on Caribou recovery. We also know you understand the economic imperative across the country and in particular in northern Alberta. While we need more time and partnership from the federal government on this matter, we also need your support in not prematurely implementing federal protection orders that will not have effective outcomes for Canadians and Albertans.

Alberta's economy is recovering from the largest economic downturn in the history of the province. Alberta strongly believes that now is not the time to impede that recovery by implementing policies before the economic impacts are understood by government and all Albertans.

Albertans appreciate and understand the value of maintaining caribou on the landscape but remain deeply concerned about potential job losses and impacts to local economies resulting from caribou range planning. Alberta's approach to protecting caribou populations and fulfilling the requirements under federal law cannot and will not come at the expense of our economy. Our commitment is to ensuring these communities continue to grow

and prosper into the future.

We believe it is essential that the political leadership in Ottawa has an opportunity to hear firsthand from Albertans regarding their concerns. Over the coming days we will assemble a delegation of representatives from northern Alberta to go to Ottawa to make Alberta's case with regard to the challenges, concerns and opportunities present in Alberta's range planning process. We will also be sending a delegation of officials to Ottawa to begin to work

together on a plan to analyze and mitigate the costs of this enormous undertaking to fulfill federal law.

We look forward to further discussions about how the federal government can partner with Alberta and industry to develop the right solutions that protect our wildlife and our economy.

Sincerely,

The Hon. Shannon Phillips, Minister of Environment and Parks and the Minister Responsible for the Climate Change Office

The Hon. Margaret McCuaig-Boyd, Minister of Energy

The Hon. Oneil Carlier, Minister of Agriculture and Forestry

CC:

Debbie Jabbour, MLA Peace River

Eric Rosendahl, MLA West Yellowhead

Colin Piquette, MLA Athabasca-Sturgeon-Redwater Cam Westhead, MLA Banff-Cochrane

Hon. Minister Danielle Larivee

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NOTES FROM THE ONOWAY LEGION



Kim Menzel (centre) was recognized as Past Officer & Past Secretary on March 5. She's seen here with membership chair Cheryl Sadler & President Neil Gorman.



Onoway's newest (and youngest) legion member, Remington Heinz, was sworn in on March 5; (l to r), Acting Sergeant at Arms (and his father) Robert Heinz, Remington Heinz, membership chair Cheryl Sadler, and President Neil Gorman.

Submitted by Richard Moses | Onoway Royal Canadian Legion

Windfall for the Onoway Heritage Trail

On Friday, March 16, a special dinner and silent auction at the legion raised over \$7,000 to be used for building the Onoway Heritage Trail. Onoway Councillor Wade Neilson was forced to lose his hair when donations to a separate fund were more than \$300. Auctioneer Nick Gelych upped the ante by in-

viting people to bid on the privilege to give Wade a make-over. The first two winners disposed of Wade's hair; the third won the chance to shave him!

Enjoy a traditional meal on Friday

Each Friday, a different volunteer group steps into the legion kitchen to prepare a delicious meal for the entire community. This week, Friday, April 13, it's back to the basics when the Hub Tavern & Kitchen's own Ruth Mickle takes over the kitchen.

Everyone will enjoy a traditional shepherd's pie along with salad, buns, and dessert. Cost is only \$15 for adults, with children under 10 eating for \$9; and kids 3 and under free. Doors open at 3 for some early refreshments, and the meal is served from 5:30 to 7 pm.

On Friday, April 20, it'll be the Scouts who cook. Watch for details about the menu.

Friday, April 27 is a cowboy-themed dinner, with the kitchen crew headed by Lorne Olsvik. It will also include the West End

Edge, Ron Evan's three-man band, known and always popular with folks attending our dinners.

Every meal ticket comes with a chance to win a free meal. Adults can also buy raffle tickets on 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.

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WHITECOURT RCMP LAY CHARGES IN STOLEN PROPERTY INVESTIGATION

Submitted by Whitecourt RCMP

On March 13th, 2018 Terry Jakubowski (40) and Corey White (39) both of Whitecourt were

charged with Possession of Stolen Property after Whitecourt RCMP received a complaint of stolen oil-field equipment from Taqa North. Thanks to proactive security measures taken by Taqa North, mem-

bers were able to locate the stolen property, secure the arrests, and recover a number of other items stolen from various locations. The value of the recovered property was estimated at \$7000. Both men

were released from custody will appear in Whitecourt Provincial Court on April 24th.

As this matter is now before the courts no further information will be provided.

Notes from the Onoway Legion

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

It's Ladies Night!

Leave the men and kids at home, and come with your friends for a Ladies Only night at the Legion. On Thursday, April 19, kick back at the Legion to explore the offerings of some local entrepreneurs. Each vendor will provide information about her specific product or service, and also provide a door prize for some lucky lady. Take advantage of the chance for a visit with old and new friends over coffee, tea and snacks. The bar will also be open.

What products will be presented? They include:

- Water Lily Boutique - clothing
- Epicur - spices & herbs
- Young Living - essential oils
- Lynn Nims Beer - quilted wallets and bags
- Mische Purses - Interchangeable Handbags, Purses and Accessories.
- Mary Kay - cosmetics
- Help_AB - chronic pain advocacy, support and education

Phone Carol at 780-967-0607 to reserve your spot, with \$10 collected at the door.

Spring 2018 Raffle

The legion needs some new flags for ceremonies. To help raise the necessary money, raffle tickets are offered at each Friday dinner until the draw on May 11.

Tickets are \$2 each, or you can buy three tickets for \$5. Winners will pick their prize from:

- (1) Children's airplane shelf
- (2) Summer "enjoy the water" package
- (3) Pride in Canada crafted wood

flag

Did You Know?

The Onoway Legion will host a District 8 Spring Rally at the end of April. The District 8 Legion con-

sists of 22 separate but uniquely individual branches. We'll see representatives from a number of legions with Jasper, Mayerthorpe, Grande Cache, Leduc, and Devon being

some of them. The group will meet to discuss the latest information coming from the national Legion command, and to develop ideas to send to the national organization.

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APRIL NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

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

This month we are offering the following programs:

On April 17, 2018 the Adventure Bus will be at the Rich Valley Public Library. Ages 2-5 years old will be from 5:45-6:30 pm and ages 6-10 years old will be from 6:30-7:15 pm. Come and

join us for fun, fitness and physical literacy. The Adventure Bus will be parked outside of the Rich Valley Public Library and it is filled with a variety of fun equipment such as a Zip-Line, Monkey Bars, Climbing Wall, Mini Trampoline and so much more. There is a limit of 15 participants on the bus, so preregistration is required. Please contact the library at 780-967-3525 or drop in to

register. This program is funded by FCSS.

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 current session runs March 13, March 20, March 27, April 3, April 10 and April 17, 2018. The next session of yoga will run April 24, May 1, May 8, May 15, May 22 and May 29, 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. The last Whist of the season will be on April 27, 2018.

Join us for Free Movie Night at the Rich Valley Public Library. The Rich Valley Public Library will be showing "CoCo" (Rated PG) on Saturday April 21, 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!



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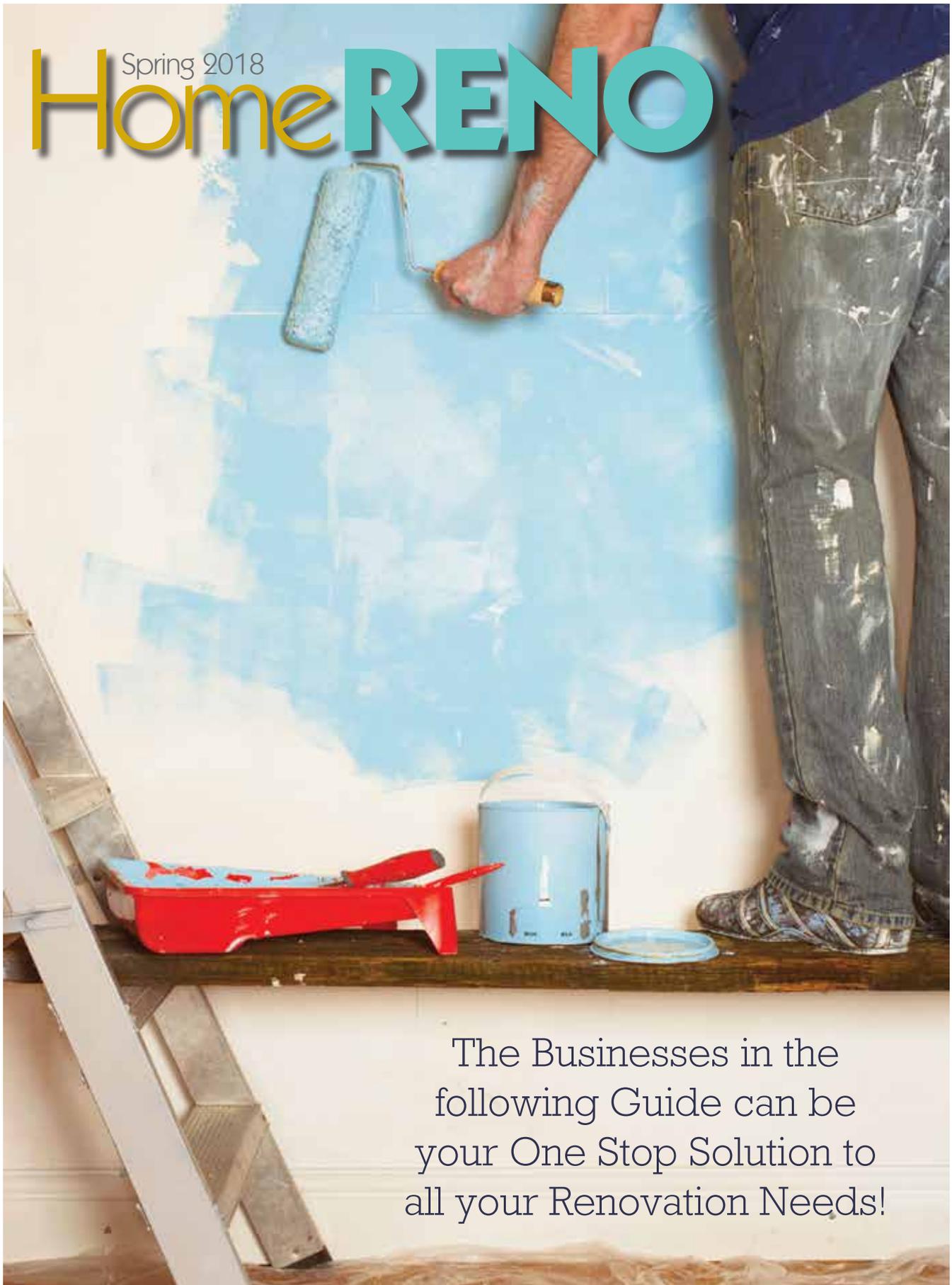
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HOW TO PET-PROOF A HOME

Tens of millions of households throughout North America include pets. The American Veterinary Medical Foundation reports that more than 80 million households in the United States include companion animals, while the 2014 Canadian Pet Market Outlook reported that 57 percent of Canadian households owned pets.

Pets are a big responsibility, and responsible pet owners recognize that the work begins even before pets come home. Pet proofing a home protects pets from accidents and injuries as they grow acclimated to their surroundings.

- Install childproof latches. Much like children after they learn to crawl and then walk, young pets tend to be curious, and that curiosity can put them in precarious positions. Pet owners should install childproof latches on low drawers and cabinets, especially those beneath sinks where potentially harmful cleaning products are typically stored. Curious pet paws may be able to pry or pull open cabinets and drawers, but childproof latches can make that considerably more difficult if not impossible.

- Close toilet lids. While images of puppies drinking from toilets may elicit some laughs, the nonprofit organization American Humane warns that chemicals in common toilet cleaners can be deadly to pets. In addition, small puppies or kittens can drown in toilets. Keep all toilet lids close when toilets are not in use.

- Keep potentially harmful items out of pets' reach. Household cleaners beneath the kitchen sink are not the only items around the house that can be harmful to pets. Medications should always be stored on high shelves where pets cannot reach them. In addition, make sure all laundry room items, including detergent and dryer sheets, are stored out of pets' reach. Discuss human foods that might be harmful to pets with a veterinarian and make sure such foods are not left out where pets can reach them when you are hosting friends or family members. If necessary, make sure all foods are served on dinner tables or kitchen

counters that are inaccessible to pets.

- Conceal all wires. Today's homes are more connected than ever before, and that often translates to more wires around the house. Make sure all wires are bundled together and out of the reach and view of pets, who may be tempted to chew on them. Even wires that are out of

reach may tempt pets if they can see them, so pet owners should make concerted efforts to conceal wires.

- Move or remove potentially poisonous plants. Plant lovers may not have worried if their plants were poisonous when they had no intention of welcoming pets into their homes. But prospective pet owners should research each plant in their

homes to make sure they're not poisonous. Move potentially poisonous plants to places where pets cannot access them. Remove any poisonous floor plants from the home before purchasing or adopting a pet.

Pets, particularly puppies and kittens, tend to be curious. Pet parents can protect pets from their own curiosity by pet proofing their homes.

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HOW EMPTY-NESTERS CAN TRANSFORM THEIR HOMES

After bringing home a bubbly baby boy or girl, it can be hard for parents to imagine that a day will come when their kids are off to college and then onto their own apartment or house. After spending decades nurturing and caring for children, parents are then left with a suddenly quiet house and probably much more time to spare. If saying goodbye to the kids also means extra house, there's the option to downsize or make that extra space more useful.

Homeowners who choose to stay put can renovate vacant rooms into spaces that meet their newfound needs.

• **Hobby haven:** If you've always meant to set up a crafting room, home-brewing station or

an artist's studio, now is an ideal time to do just that. Figure out which supplies you will need and begin reworking that former bedroom into a new sanctuary for leisure interests.

• **Guest suite:** If you've never had a spare bedroom to entertain guests, a child's former bedroom can fit the bill. It may not be that difficult to transform such spaces into relaxing and inviting rooms for overnight guests. Be sure there is at least a queen-sized bed and a dresser or chest of drawers to stash belongings. Select paint colors and linens in neutral tones so the room will be inviting to guests.

• **Living room redo:** When there's an entire soccer team coming over to hang out, that

large sectional sofa or modular seating may be ideal. Now that the kids are out of the house and their friends are no longer coming over for movie night, living rooms can be made more intimate with small-scale seating. A small sofa and two comfortable chairs may be a more fitting option.

• **At-home gym:** Save on gym membership fees by building a mini studio right at home. Choose one of the larger bedrooms and then fill it with some fitness equipment, such as an elliptical trainer, a bench press bench and some free weights. Store rolled-up mats in the closet for yoga or Pilates sessions.

• **Expanded bathroom:** If space has always been at a premium in

the bathroom, borrow area from an empty bedroom and turn it into a spa. Install a soaking tub separate from the shower, and fill the room with other amenities, such as a warming lamp or even a small sauna.

• **Home office:** Working from home a few days a week may be more plausible when nearing retirement, as it will be a smoother transition from heading to the office each day to spending more time at home. Turn a bedroom or den into an office space with a new desk and bookshelves.

An empty nest can be a bitter-sweet experience, but parents can make such situations work for them by transforming their homes to better reflect their current needs.



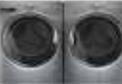
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USE RENOVATIONS TO CREATE HEALTHIER HOMES

Home renovation projects are done for several different reasons, whether to update styles, repair damaged or broken items or to achieve more living space. More than ever before, homeowners are choosing improvement projects geared toward making their homes healthier.

Establishing a healthy home means different things to different people. For example, to an environmentalist, a healthy home may incorporate eco-friendly or green products. To those with young children or mobility-impaired seniors, a healthy home may be one free from potential hazards. Others may view a healthy home as one that alleviates allergies.

The World Health Organiza-

tions says inadequate housing conditions, such as poor ventilation, radon, urban pollution, and moisture issues, can contribute to many preventable diseases and injuries - especially respiratory problems, nervous system disorders, cardiovascular diseases, and cancer. Furthermore, the U.S. Environmental Protection Agency ranks indoor air quality as a top five environmental risk to public health. EPA studies have found that indoor air pollution levels were roughly two to five times greater than outdoor pollution levels.

People interested in making their homes healthier can embrace these renovations and lifestyle changes.

• Be aware of furniture materials. Toxic PBDEs, which are chemicals used as flame retardants on furniture fabrics produced prior to 2006, can send

toxins into the air. Some manufacturers may still use these flame retardants in new forms, but with similar risks.

Continued on Page 22

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Use Renovations To Create Healthier Homes

Continued From Page 21

Before purchasing furniture, ask if a product is treated, and select naturally fire-resistant materials like wool and cotton.

• Lighten up. Lighting is often underappreciated but can have a dramatic impact on whether a home feels inviting, warm and/or uplifting. Experiment with different types of bulbs and lighting fixtures to turn drab and

dreary environments into brighter places. Lighting may improve mood and productivity.

• Let the sun shine in. Modify window treatments to let more sunlight into the house. There is evidence that the sun, particularly UV light, is a potent bactericide. The Sunlight Institute advises that there's no harm in letting natural sunlight do its work, as bacteria within eight feet of low-intensity UV light can be killed in 10 minutes.

• Inspect and service wood-burning appliances. A study published in the American Journal of Respiratory Cell and Molecular Biology has found regular inhalation of wood smoke limits immune activity and function, and anyone who burns wood indoors should be

aware of these potential health risks. Ensuring proper ventilation of smoke and routinely cleaning the chimney can help cut down on particulate matter.

• Turn to nontoxic cleaning products, pesticides and insecticides. Always opt for nontoxic, natural products when cleaning in and around the house.

• Declutter the home. A cluttered, hectic space can affect emotions and mental state, never mind attracting dust and making a home harder to clean. Spending time in spaces that do not elicit stressful feelings is healthier and can help residents to rest and recharge.

Making a home healthier can be on the list of this year's renovation plans.



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MINIMIZE DUST WHILE RENOVATING

Even though dust is ever-present both inside and outside of a home, when renovations are in full swing, dusty conditions are often exacerbated. Whether a home is new or old, numerous substances can be stirred up when removing walls, refinishing floors, removing tile, or expanding living spaces. These include silica from drywall, lead, asbestos, paint particles, and even waste from bugs or rodents.

Homeowners who want to remodel with minimal construction debris floating through the air - both for health purposes and general cleanliness - may find these proactive steps helpful.

- Prepare dust-containment plans. If a contractor is involved, it is often his or her responsibility to minimize dust. Do-it-yourselfers must make dust containment a priority. Protecting the floor and keeping the dust confined only to work areas

can be achieved with plastic sheeting and other barriers.

- Designate an entrance and exit. The experts at This Old House say it is best to choose one doorway as the only means in and out of a work area. Ideally, this doorway should lead to the outdoors. All other doorways should be sealed on both sides.

- Remove extraneous items. It's best to remove clutter from the room, including any furniture that can be taken out of the space. This helps items from becoming dirty and hazardous particles from settling into nooks and crannies.

- Close vents and registers. If forced air systems are part of the home, it's best to divert air away from the work area. Block vents and intake registers so that dust does not clog the system or transfer to other rooms.

- Cut items outside. Design advice

site Houzz says that some power tools have vacuum extractors to suck up dust at the point of contact, removing 90 percent of dust where it is generated. For those who do not have access to these tools, cutting and sanding can be done outdoors to keep dust outside.

- Open a window. If weather permits, an open window can provide ventilation. Another idea is to create an air vacuum in the work area. Picking a window at the far end of the work area and mounting a window fan blowing outward can suck dust out and away from other areas of the house.

- Clean up daily. By keeping on top of dust, including sweeping and vacuuming the work area frequently, dust will not accumulate and migrate elsewhere.

Dust is a common side effect of home renovation projects, but it can be minimized.

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Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Seniors 55+ Club. We now have air conditioning! Space Available! Call Jeanne (780) 913 4494.

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

Cherhill Community Assoc. Hall, Debra 780-785-2907

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.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/Classrooms, 967-1015

Onoway 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, 780-204-1652 or 780-785-2904

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:780-892-3121. BBQ & Concession Available. (9) 27-02

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- G2:** NE31-54-11-W5 (153.13± acres) 
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- G4:** SE31-54-11-W5 (159.88± acres)

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Unreserved Real Estate Auction for Kim & Theresa Holbein - Wildwood, AB



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- H1:** SE16-55-9-W5 (156.26± acres) Moores Agri-Trade 780-388-3759
- H2:** NE9-55-9-W5 (159± acres) 
- H3:** NW10-55-9-W5 (158± acres)
- H4:** NE10-55-9-W5 (143.97± acres)

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Unreserved Real Estate and Equipment Auction for the Estate of Alan Conrad Hohnstein – Wed May 9, 2018 Tomahawk, AB

AH1: 51516 Range Road 55, Tomahawk, Parkland County SE31-51-5-W5 - 159.2± acres

159 acre parcel with 3 bedroom 2 bath home with walkout basement and an east facing deck. 40x60 heated, insulated shop. Barn and corrals for your livestock. Land is mostly open with bluff of trees that offer natural shelter for livestock

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His Helping Hands Firewood - Poplar, Tamarack & Birch for sale. All profits go to charity. 780-218-4177 (5) 27-03

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2010 Dodge Nitro 4x4 - 150,000km, \$8000 obo. 2006 Jeep Liberty - tow pkg, \$3500 obo. Call 780-778-6956 (2) 10-04

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Newly Renovated 2 Bedroom Home in Alberta Beach - Available May 1st. Four appliances included. Utilities extra. No Smoking, No Pets. Rent: \$1100 - Deposit: \$1100. PHONE: 780-924-3565 (6) 13-03

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1100 sqft 2 Bedroom Apartment, 5 appliances, downtown Alberta Beach, looking over lake, new building, \$1100/month. Call Cheryl 780-906-1675 (4) 27-03

House For Rent in Ross Haven, 2 bedroom, hardwood floors, Available Immediately, \$1000 + Utilities, 6 appliances, detached garage, jacuzzi tub, 780-237-2969 (4) 10-04 OG

House for Rent in Alberta Beach - 2 Storey, 2 bedroom Loft, 1.5 bath, 2 fireplaces, large deck, close to lake, \$1200/month + DD + Utilities. Call Shane 780-221-8306 (2) 10-04

Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00 a.m.</p> <p>Worship Service 11:00 a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00 a.m.</p>	<p>St. John's Anglican Church <i>Onoway</i></p> <p>Sunday Service 10:00 a.m.</p> <p>Everyone Welcome</p>	<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30 a.m.</p> <p>Children's Church 10:30 a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>
<p>St. John's Lutheran Church <i>Alberta Beach</i></p> <p>Sunday Service 11:00 a.m.</p> <p>Sunday School</p>	<p>Zion United Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Sunday School</p> <p><i>Serving Alberta Beach, Wabamun, Darwell & Lake Isle, Onoway & Area</i> (780) 924-3351</p>	<p>Sangudo United Church <i>4907 -50 Ave, Sangudo, AB</i></p> <p>United Church Services Sunday Services 1st & 3rd Sunday</p> <p>St Mary United Anglican Services Sunday Services: 2nd & 4th Sunday</p> <p>All Services Begin at 1:30 p.m. <i>Reverend Barry Rose Officiating</i></p>	
<p>Trinity Lutheran Church (LC-C) <i>The Church of the Lutheran Hour - Rochfort Bridge</i> Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00 a.m.</p> <p><small>Senior's Service & Cottage Bible Study - Phone for locations</small></p>	<p>Mayerthorpe Pentecostal Assembly P.A.O.C. Rev. Arnold Lothoiz</p> <p>Sunday 10:30 a.m. Morning Service Tuesday 7:30 p.m. Ministry Training (780) 786-2141</p>	<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 2:00 p.m.</p> <p><i>Pastor Rick Chappell</i> (780) 674-2018 <i>Mystery Lake</i></p>	<p>Onoway Baptist Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Youth Group Friday 7:00 p.m. (780) 967-2266</p>
<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00 a.m.</p> <p>Sunday School 10:00 a.m. (780) 924-3282</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00 a.m. - 11:00 a.m.</p> <p>Worship Service Sunday 11:00 a.m.</p>	<p>Roman Catholic Church <small>St. Agnes' Parish, Mayerthorpe</small></p> <p>Sunday 9:00 a.m. St. Elizabeth Parish, Evansburg Saturday 7:00 p.m. (780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00 a.m.</p> <p><i>For Info Call Jerry</i> (780) 974-7734</p>

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	18	19	20	21
22	23	24	25	26	27	28
29	30					

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

APR 23 - SANGUDO HORTICULTURAL CLUB PRESENTS: GROWING FRUIT TREES with Orchardist Mel Kirsch. 7:00pm at the Sangudo Golden Age Club (4927-50ave Sangudo). Public welcome. (\$5 drop in fee).

MAY 3, 4 & 5 - HORIZON PLAYERS PRESENTS "LEAVING IOWA" @ 7:30pm at the Horizon Stage - Spruce Grove. Tickets \$22.50, horizonstage.ticketpro.ca. More info - Horizonplayers.org

MAY 21 - SCOTTWOOD & BAND FIDDLING UP A STORM, 7pm at Barrhead United Church. Tickets available at 4321-52 Ave. Barrhead or at Scottwood Band's office at 1-855-726-8896.

MAY 26 - SANGUDO COMMUNITY HALL COMMUNITY GARAGE SALE, 10:00am to 3:00pm. To book a table for \$10, call Donna @ 780-204-1652. Alternatively, saleable items can be donated for the Community Hall table.

JUN 2 - HORSEBACK RIDE-A-THON at Brightwood Ranch near Entwistle, AB. Ride your horse or ours. Help send underprivileged kids to camp. To donate or for info on riding, contact the ranch at 1-780-727-3840.

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.

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 evng. 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 Lorainne 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 Center, 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 Agplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agplex. **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 Agplex. 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, 6:00PM, 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, FCCS 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 Agplex 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 Agplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

SUDOKU OF THE WEEK

Fun By The Numbers

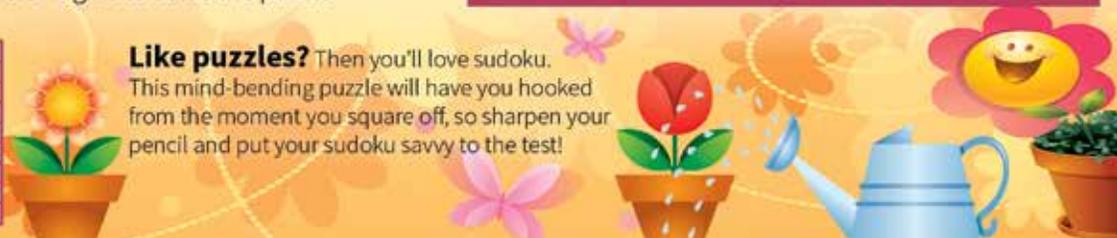
Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

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

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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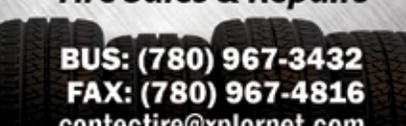
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