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September 11, 2018

SHERWOOD PARK MAN CHARGED WITH CHILD PORNOGRAPHY OFFENCES

Submitted by RCMP Alberta

A former summer camp vol-

unteer programmer has been arrested for child pornography offences following an investigation by Strathcona County

RCMP and ALERT's Internet Child Exploitation unit.

Continued on Page 3

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BARRHEAD RCMP CHARGE FORMER SCHOOL EMPLOYEE

Submitted by Barrhead RCMP

On Sept. 9, 2017 Barrhead RCMP received a complaint regarding a former Pembina Hills School Board employee.

It is alleged the employee submitted fraudulent claims to the school board between November 2014 and January 2017 in excess of \$18,000.

Colleen Symyrozum-Watt (55) of Busby, Alberta was arrested

on June 25, 2018 and charged with fraud over \$5000 (X2), fraud under \$5000 (X2) and criminal breach of trust. She was released and is scheduled to appear in Barrhead Provincial Court on Sept. 11, 2018.

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MALE CHARGED WITH THEFT AND FRAUD CHARGES

Submitted by Whitecourt RCMP

Whitecourt RCMP have laid theft over \$5000 and fraud over \$5000 charges against a Whitecourt resident. Joel Brian Gun-

derson (48) has been charged for the misappropriation of over 2 million dollars from a local business. Suspicious financial activity was reported to the police in March, 2017 and the ensuing investigation encompassed a time

period of 11 years, searching records as far back as 2006.

Gunderson has been released from custody and is due to appear in Whitecourt Provincial Court on September 25, 2018.

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TWO VEHICLE COLLISION

Submitted by Mayerthorpe RCMP

Preliminary investigation has shown a car was heading westbound on Highway 43 when a truck heading south on Highway 18 was turning and a collision occurred.

The truck with one lone adult

male occupant suffered serious but non-life threatening injuries. The car had three occupants. Tragically, a 43-year-old female passenger from Calgary was pronounced deceased at the scene. The adult male driver of the car was transported to hospital and the adult male passenger was transported via STARS to

Edmonton. Both suffered serious but non-life threatening injuries.

Mayerthorpe RCMP and a RCMP Collision Analyst continue to investigate the collision.

Our thoughts are with family of the deceased at this time. The name of deceased will not be released.

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STOLEN CAMAROS RECOVERED

Submitted by Central Alberta District Crime Reduction Unit

The Central Alberta District Crime Reduction Unit (CRU) were successfully deployed by Leduc RCMP to effect the arrest of two wanted individuals. A male and female were identified as being wanted by police on several outstanding warrants. The CRU made it a priority to locate these subjects who were known to the police in Central Alberta District.

Information led the CRU to Hinton, where a stolen 30-foot recreational vehicle being used by the two was located and recovered. It was determined that two Camaros were stolen from a residence in Hinton, allegedly by the targeted individuals. The CRU determined that

the individuals fled to Westlock in the Camaros.

On August 31, the Westlock RCMP received a complaint that a local Ford dealership was the victim of the theft of a Dodge pickup truck. Information was obtained that the male suspect responsible was dropped off by a female accomplice driving a yellow Camaro.

On September 1, the Westlock RCMP received information that both the stolen truck and suspect Camaro were at a gas station. The truck and the Camaro both fled from the gas station after purposefully ramming two responding police vehicles. A brief pursuit was initiated by responding Westlock RCMP and then terminated.

The Central Alberta District CRU were positioned in Westlock already as a result of determining that their

targeted subjects had travelled to Westlock. With the timely CRU response, a tire deflation device was deployed and the Camaro went into the ditch to avoid the device. Police Dog Services attended and successfully tracked the female driver. She was arrested and transported to the hospital with minor injuries. It was determined that this was the same Camaro which had been stolen earlier out of Hinton.

At 7:30 p.m. that evening, Central Alberta District CRU located the male suspect. He was in proximity of a stolen Ford F350. With the assistance of RCMP Air Services, and Police Dog Services, the CRU effected his arrest and seized the stolen Ford F350 along with multiple other stolen items, including a large quantity of tools from an earlier break and enter.

On September 2, the CRU, in conjunction with Leduc RCMP GIS located and seized the second yellow Camaro in Wabamun. In total, two Camaros, one Ford F350 and one recreational vehicle were all recovered by the CRU.

The Westlock RCMP later recovered the stolen Dodge Truck.

At the time of their arrests, 21-year-old Annette Brown and

28-year-old Eric Michael Unger, both of Red Deer, were wanted on a combined total of six warrants out of a combination of different detachments, including Leduc, Red Deer and Blackfalds. Investigation into several other unrelated incidents remains ongoing.

In relation to the Westlock incident, Eric Unger is facing the following 20 charges: Break and enter with intent, Fail to comply with a condition of an undertaking or recognizance (x8), Operation of a motor vehicle while being pursued by police, Dangerous operation of a motor vehicle, Resist police officer, Possession of property obtained by crime over \$5,000 (x2), Possession of property obtained by crime under \$5,000 (3), 3 charges under the Traffic Safety Act

Annette Brown is facing 17 new criminal charges as a result of this incident including break and enter and commit theft, fail to comply with a condition of a Recognizance (x7), dangerous operation of a motor vehicle, et al.

Both Unger and Brown were remanded in custody and were scheduled to appear in court in Westlock on September 4, 2018.



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LETTER TO THE EDITOR:

AN OPEN LETTER TO U.C.P. LEADER JASON KENNEY

Submitted by David Chawner

Mr. Kenney,
Both the Provincial and National (of which YOU were a prominent member) Parties gave away the last elections (at great cost to all of US) because they became so arrogant that they forgot that politics is not about the

Parties and the professional politicians but about the people that support them and pay the bills.

You made a promise that the new Party would be 'grassroots' driven and you got elected on that promise. We do NOT want people who live elsewhere 'represent' us, we want people who live here, live the problems we have, understand what we need,

because they experience it every day like the rest of us.

To allow people, who live outside of constituency, to run as candidates goes against all of the values that we believe in and were hoping for from a new Conservative Party... it smacks of, once again, a Party who's more interested in pushing its' own agenda than one which tru-

ly wants to represent US – the taxpayers and members.

If we take it to the ultimate... why not just pick enough people, who live in Edmonton, to represent every constituency??? We'd save a ton of money on living expenses, second accommodations and polling stations.

Oh yes Mr. Kenney... I AM A U.C.P. member.

Sherwood Park Man Charged With Child Pornography Offences

Continued From Page 1

In January, 2018 the National Center for Missing and Exploited Children provided information about a Sherwood Park suspect accessing child pornography. The Strathcona County RCMP launched an investigation following the above referral.

Tanner Porteous was arrested on September 6, 2018 after a

search warrant was executed at his home in Sherwood Park. The 19-year-old has been charged with distribution and possession of child pornography. Porteous has been released with conditions and is scheduled to appear in court in Sherwood Park on September 19, 2018.

Porteous previously worked as a camp counsellor and then summer camp volunteer programmer with Camp Encounter, which

is located near Lac la Nonne in Barrhead County northwest of Edmonton.

Camp Encounter is owned and operated by the Catholic Archdiocese of Edmonton. There is no indication that the alleged offences were connected to his service at Camp Encounter, and he had no access to any camp computers. However, given the seriousness of this charge, the accused will no longer be considered for

any volunteer or employment role in the Archdiocese.

While the investigation and charges are related strictly to online offences, ICE is encouraging anyone with information about this case to come forward and contact the Strathcona County RCMP or cybertip.ca. Currently, investigators have no evidence to suggest any offences were committed against any children who attended the camp.

Mayerthorpe Golf & Country Club
Annual General Meeting
Wednesday, September 12, 2018 - 7:00 PM
 Public encouraged to attend to help promote and improve our Course!
 Thank-you to all volunteers, sponsors, golfers and participants in our 2018 Season.
Night Golf planned (Weather permitting)
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JOKE OF THE WEEK
 Miss Hewitt, was one of the teachers at Northern Infants, Normanton, (kindergarten) when Philip came up to her and say that he had found a frog. Miss Hewitt asked if the frog was alive or dead. Philip, aged 6, declared that it was dead. Miss Hewitt enquired as to how he could be so sure that it was dead. Philip replied, 'I pissed in its ear.' Flabbergasted, Miss Hewitt demanded, 'You what, Philip Brown?' Philip added, 'You know, I went to his ear and said, 'PSST!' and it didn't move. So it must be dead.'

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THEFT OF JEWELLERY



Submitted by St. Albert RCMP

File: 2018-1169507

St. Albert, AB - On August 8, 2018 at approximately 1:10 p.m., three unknown males entered Paris Jewellers in St. Albert Centre, two males distracted the employee while the third stole 46 necklaces. Video surveillance captured the event but St. Albert RCMP has not been able to identify the individuals involved.

If you have information about this or any crime and would like to remain anonymous, contact Crime Stoppers by phone at 1-800-222-TIPS (8477), online at p3tips.com, or with the P3 Tips app. Crime Stoppers does not collect information about your identity. A tip leading to an arrest may be eligible for a reward of up to \$2,000.

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SANGUDO OL' PEMBINA TRACTOR PULL SOCIETY 2018 SEASON

Submitted by Carol Saunders

Well folks, another tractor pull season has come to a close for the Ol' Pembina Tractor Pull Society in 2018. We had a fairly good year for the pulls except for the rain on both weekends. That didn't stop our guys, they got out on the tractors and started to blade off the mud, they went up and down the tract many times. With them, the sun and wind, the tract dried up enough for them to pull.

The 9th and 10th June pull on Saturday, they could not have had better weather and the drivers all got in pulls. Sunday was to be the second pull, but we were totally rained out.

Our feature tractor for the June Pull is Earl Mills with his 1949 McCormick Deering W9. This is Earl's history with the club and obtaining the tractor:

"I started volunteering with the Tractor Club when it was still at "The Suntjens". At that time my

job was hooking and unhooking the sled. My official title was "The Happy Hooker". When we moved across the river to our present location we started weighing the tractors, renting portable scales until purchasing the drive on scale from Howard Fleming. My brother-in-law Pat Lamoureux and myself have been the scale operators ever since. Last year when I turned 65, I decided to purchase my own tractor. My good friend and neighbor Mike Harapchuk Jr. said anyone who comes by with \$1000 can purchase his 1949 McCormick Deering W9. So I purchased the tractor."

The girls in our club say Earl is both mentor and tormentor to them.

For the June Pull we had 62 tractors come to pull. The June Pull was finished on the August Tractor Pull Weekend and here are the results:

- BANTAM:
 - 1st - Dale Miller - 327.07 FT.
 - 2nd - Russ Langston - 163.11 FT.
 - 3rd - Boris Heshka - 130.06 FT.
- CLASS 1:

- 1st - Bob McKell - 425.07 FT.
- 2nd - Boris Heshka - 236.04 FT.
- 3rd - Jim Carter - 224.01 FT.
- CLASS 2:
 - 1st - Dale Miller 418.11 FT.
 - 2nd - Clarence Liss - 412.02 FT.
 - 3rd - Taylor Hamoen - 388.11 FT.
- CLASS 3:
 - 1st - Bob McKell - 363.06 FT.
 - 2nd - Dale Miller - 330 FT.
 - 3rd - Gary Young - 329.07 FT.
- CLASS 4:
 - 1st - Bob McKell - 473.02 FT.
 - 2nd - Earl Mills - 453.01 FT.
 - 3rd - George Suntjens - 450.02 FT.

- DEMO:
 - 1st - George Suntjens - 437.05 FT.
 - 2nd - Clarence Liss - 381.01 FT.
 - 3rd - George Suntjens - 328.09 FT.
- CLASS 5:
 - 1st - Mike Harapchuk - 450-03 FT.
- CLASS 6:
 - 1st - George Hnatiuk - 475.03 FT.
 - 2nd - Ron Prokipchuk - 432.06 FT.
 - 3rd - Russ Langston - 216 FT.

Continued on Page 6



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Sangudo Ol' Pembina Tractor Pull Society 2018 Season



Continued From Page 5

Our August Pull was on the 25th and 26th. The pull on August 25th was the second pull for June. We had a couple of new drivers and drivers that haven't been for a few pulls. Good to see you guys back again!

On Sunday August 26th was a 2 pull in one day. The pull was to start at about 11 o'clock, but due to the rain we didn't get started until about 1:30pm. Once the pull got started the weather cooperated and everyone got the 2 pulls in. We had 49 tractors for the Sunday pull. The results of the pull are:

- BANTAM:**
 1st – Robert Domke – 322.05 FT.
 2nd – Russ Langston – 309.02 FT.
 3rd – Dale Miller – 306.11 FT.

- CLASS 1:**
 1st – Jim Carter – 376.11 FT.
CLASS 2:
 1st – Dale Miller – 449.01 FT.
 2nd – Clarence Liss – 419.09 FT.
 3rd – Daniel McGinn – 410.01 FT.
CLASS 3:
 1st – Don Saunders – 357.04 FT.
 2nd – Dale Miller – 320.07 FT.
 3rd – Gary Young – 296.03 FT.
DEMO:
 1st – Don Saunders - 207 FT.
 2nd – George Suintjens – 192.06 FT.
CLASS 4:
 1st – Earl Mills – 357.01 FT.
 2nd – Darcy Harapchuk – 355.07 FT.
CLASS 5:
 1st – George Hnatiuk – 354.01 FT.
 2nd – Daniel McGinn – 345.03 FT.
 3rd – Tony Hnatiuk – 318.00 FT.
CLASS 6:
 1st – Anna Harapchuk – 437.02 FT.
 2nd – Ron Prokipchuk – 379.05 FT.
 3rd – George Hnatiuk – 370.06 FT.

Our feature for the August Pull was a 1960 Fordson Power Major, by the proud owner of John Hansen. Some information on the tractor: Built by Ford in Dagenham, England from 1948 – 1964. 4 cylinder diesel engine –(220 CU. IN.) 6 speed transmission with 6 forward & 2 reverse gears, 2 – 14mph, weight 5200 lbs, length 130.5 inches, width 65 inches, height 64.5 inches, wheelbase 80 inches, can pull 78% of its own weight (draw bar test).

John's story as told to us "I saw it on the Brian Preus Farm when I was graveling the yard and driveway. I have always liked Ford Tractors, ever since I was a teenager when I worked for Jerry Scheidel in Royal Valley. I asked Brian what he was going to do with the tractor because it was sitting there with no motor or clutch in it. Brian sad he was working on it; going to fix it up and use it on the farm. He had taken a mechanic course. I asked him if he would sell it. Brian said he might as well, because he didn't have any time to work on it because of all the farm work. So we talked a deal... I would hall the gravel for the yard and driveway for the tractor. No money involved. We loaded up the tractor and I brought it home. When I got around to working on it; it looked impossible... the engine needed major motor work and a new clutch. When I priced it out the parts that I needed, it seemed quite expensive! I was graveling Cecil Hanna's driveway, when I spotted another Fordson Major in the yard. I asked Cecil if he was doing anything with it. Cecil said the engine

is shot in it, but he had another engine lying beside it. Cecil said he didn't have much time to fix it up. He said "I'll sell it, if you want it." I told him I only want the engine, for one that I was over-hauling. So I bought the engine. I didn't know much about putting it all together, so I phone Bob Holt and asked what to do. He said, "I will have to find some time to give you a hand to work on i." We tore the engine down and found the pistons were rusted and seized up, I ordered new rings and honed the sleeves. Then with the purchase of a new clutch... Bob and I put it back together. My Fordson Major runs just fine, I use it for snow plowing and raking hay. One day Jamie Johnson said to me, "Why don't you enter it in the Sangudo Ol' Pembina Tractor Pull?" I did, and on the first day of Pulling in Class 3, I won 3rd Place!! I love this tractor!"

We held a Silent Auction on June 9th and had a excellent selection of items. The top item was an international Farmall, donated to the club by Aurele Duperron. The auction turned out to be very good for the club.

Tamara Hall sold lunch again in June. She had a very good selection of goodies. The hamburgers and hot dogs were very tasty. Very good job Tamara, everyone liked your lunch.

The Shura Family provided lunch for the August Tractor Pull. They served hamburgers, hotdogs, pies with a selection of other goodies. The lunch was very good.

Mary Jane Suintjens served supper for our June and August Pulls. For the June supper she served pork with everything that went with it. For the August supper she served roast beef and all the goodies that went with that. Mary Jane we have to commend you for all the hard work you put into making such excellent meals.

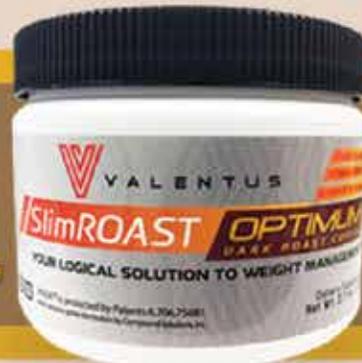
Our next tractor pull will be held on June 8th and 9th, 2019. Hope to see you all at the pulls and have nice fall & winter.

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FRIDAY @ 7:00PM

- Mini Buckers

SATURDAY evening @ 7:00PM

- Mini Buckers

SUNDAY afternoon @ 1:00PM

- Cowboy Church
- Mini Buckers
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Watch the straw blow through air and see the strawpile grow.



Farmhands pitch bundles on to the threshing machine feeder.



You won't get there quickly! The horses pull the wagon slowly across the field. Listen to the wheels as they creak along.

Submitted by Yvonne Slemko | Onoway and District Historical Guild

Onoway and District Historical Guild is gearing up for the 12th annual Threshing Bee on Gordon Adam's farm south of Onoway. Young and old are invited to leave behind the digital world of texting and join in the re-enactment of what was part of everyday life on the prairies. On Saturday September 22, attendees can ride the hayrack, pitch bundles on to the threshing machine feeder, then watch the straw fly as the strawpile slowly grows. They can also come away with a freshly threshed bag of wheat.

Threshing is only one part of the day's activities. Rides on horse-drawn wagons, and demonstrations of traditional skills like blacksmithing, ropemaking and sawing firewood will run throughout the day. In addition, a display of antique tractors and farm equipment, cars and trucks will round out the show. For children, a variety of events will keep them hopping. Connie Lefebvre is bringing her special brand of music and divers from Eden North Parachute School will drop in for a visit.

Lunch out on the field is an integral part of the threshing season so visitors will be able to indulge in home-made pies as well as hot dogs and hamburgers.

The bee will be held at the NW junction of Highways 43 and 633 – watch for signs. The fun begins at 11:00 a.m. and activities end at 4:00 p.m. This is an ideal opportunity to give youngsters an idea of where bread comes from and, at the other end of the age spectrum, it gives older folk a chance to turn back the clock and reminisce about what life was like in the days before modern inventions like television or electric washing machines.

Visit the Historical Guild website www.onowaymuseum.ca or phone 780.967.1015 for more information.



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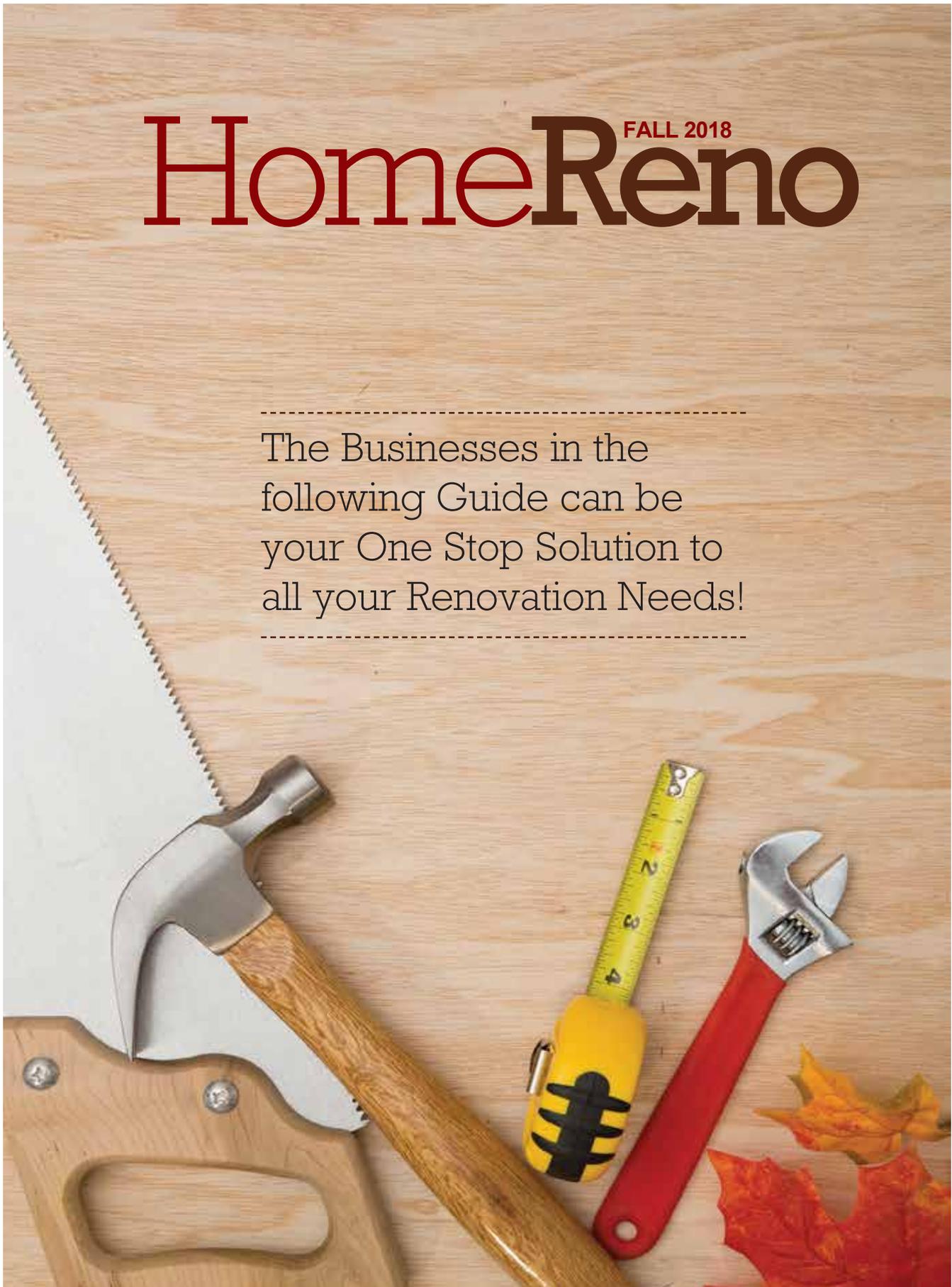
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out regimen during inclement weather. Having a gym at home also may motivate people to work out more frequently and more eff-

fectively, as they can exercise at any time of day they choose and won't need to share equipment with fellow fitness enthusiasts.

home gyms, homeowners should keep CDC recommendations in mind so they can enjoy as complete a workout as possible.

The following are some items homeowners can consider when outfitting their home gyms.

- **Barbells:** Barbells aren't just for biceps. Barbells can be used to work all the major muscle groups, including arms, chest, shoulders, legs, and back. Purchase a set of barbells of various weights so workouts can be varied depending on the muscle group being targeted.
- **Bench, bar and plates:** A bench, bar and plates also can be invaluable to people who want a fitness facility-quality workout at home. Purchase plates of various weights but remember to

While workouts will vary from individual to individual, the Centers for Disease Control and Prevention recommend adults should combine both aerobic and strength training to achieve optimal health. The CDC recommends adults do at least 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity. In addition, the CDC advises adults to include moderate- or high-intensity muscle-strengthening activities, involving all major muscle groups, in their workout regimens two or more days per week. When constructing their

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Items To Consider When Outfitting A Home Gym

be cautious with the amount of weight you lift when no partner or spotter is present. When shopping for a bench, look for one that can incline and decline, which increases the range of exercises you can perform at home.

- Land line: If the gym will be in a basement or another area of the home where access to a mobile network is unreliable, the presence of a land line in the room can help in the case of emergencies. Those who work out at home will be doing so without gym staff or other fitness enthusiasts nearby, so the land line can be invaluable should someone suffer an injury when exercising alone. If possible, place the land line in the middle of the room so it's not too far away from any particular area.

- Flooring: Homeowners have various flooring options

when outfitting their home gyms. Carpet tiles, rubber flooring, foam flooring, and vinyl tiles are popular options. Each has its advantages and disadvantages, and the right choice may depend on how the gym will be used. For example, foam flooring may be compressed under heavy equipment, which may be problematic for homeowners who want to include lots of equipment in their home gyms. Before considering which flooring material to lay down, write down your likely workout routine before taking that write-up with you to a flooring contractor who can recommend the best material for you.

- Cardiovascular equipment: Homeowners don't have to reinvent the wheel when purchasing cardiovascular equipment for their home gyms. If a treadmill worked for you at the gym,

purchase one for your home gym as well. Cardio equipment can be expensive, but savvy homeowners may be able to find fully functional secondhand equipment online. If you currently have a gym membership, speak with the

owner about purchasing a used item directly from the facility.

Outfitting a home gym requires homeowners to give careful consideration to their workout preferences so they can tailor their gyms to their specific needs.

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A GUIDE TO SAFELY REMOVING FALLEN LEAVES

The University of Pittsburgh Medical Center advises that pain from outdoor leaf chores can range from strained back muscles to twisted knees. Blisters on the hands and sunburn are other potential side effects. Many people do not realize that raking is a thorough cardiovas-

cular workout. Individuals at risk for cardiovascular disease or those who have recovered from surgery may not be well enough to rake leaves.

Here's how to make autumn leaf removal more of a breeze when the job is done safely.

- Pay attention when us-

ing a leaf blower. Be cautious not to point an operational blower in the direction of people or pets, as debris can be blown about and cause injury.

- Stretch out before raking leaves. Warm up muscles beforehand so they are less likely to

cramp. UPMC experts suggest taking a short walk prior to raking to stimulate circulation.

- Use proper raking form. Much like snow shoveling, one should emphasize proper posture when raking, with legs slightly bent and weight distributed evenly. Hold the rake handle close to the body and keep one hand near the top of the rake for better leverage.

- Use the proper gear. A leaf rake fans out like a triangle and comes in various widths. Choose a lightweight material that can be easily maneuvered. A metal rake is for stones and dirt and shouldn't be used for leaves. To get between bushes, a smaller version of a leaf rake, called a shrub rake, should be used.

- Wear protective gear. When raking or leaf blowing, protect your eyes against debris. You also may want to use a mask to prevent inhalation of leaf mold and other particulates. Gloves can protect hands from blisters.

- Follow manufacturers' directions. Read the instructions for powered leaf blowers, and never modify the device in an unauthorized way.

- Use a tarp and lift wisely. Rake leaves onto a tarp that can be dragged to a garbage pail or to the curb for municipal pick up. For those who must lift bags of leaves, do so by bending at the knees, not from the waist.

- Wear sunscreen. Protect skin from the sun. Even though temperatures are cooler in the fall, this does not mean the sun's rays are any less harmful. Also, take breaks to rehydrate frequently.

- Use a secure ladder. When removing leaves from gutters, be sure the ladder is sturdy and secure. Consider having a friend serve as a spotter, holding on to the ladder to offer greater security. Do not overextend to stretch for leaves.

If at any time during leaf clean-up you feel sharp or dull, incessant pains, stop working. Listen to your body's signals and start the task anew the next day or when you feel better.

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LET LOCATIONS INSPIRE DESIGN

Homeowners looking to add flair to their homes can find inspiration anywhere. Style can even be tailored to reflect places homeowners have visited.

Whether they call to mind the narrow streets of London, the sand-bleached beaches of a Caribbean island or the urban buzz of New York City, designs can reflect one's travels and evoke some of the same feelings homeowners got when visiting their favorite places. Professional interior designers often pull inspiration from unique places, and so can homeowners who love to travel.

Those who want to illustrate their wanderlust through their home's decor can consider these tips.

Work with colors

Think about the colors that signify a particular locale and bring those hues into the space. The

color palettes of the beach, for example, include grays, beiges, blues, and greens. The popularity of gray-tone neutrals allows homeowners to bring in these colors as a neutral backdrop, and then add a splash of whimsy with a few decorative accents.

Try natural materials

Vacation hotspots like Hawaii, Southern California and other areas of the Pacific tend to put heavy emphasis on natural materials. Items like bamboo, sea grass, stones, and woven baskets can invite the outdoors into a home.

Embrace the vibe

Urban centers are awash in energy and color. This spirit can be reflected with modern architecture, bold prints, metallic accents, and innovative lighting.

Pick an inspiration piece

Homeowners can direct their

focus to one particular memento from a vacation or excursion. A vivid piece of artwork, a piece of furniture, a sculpture, or even a wardrobe element can serve as a catalyst for an entire room. Use this piece to match colors and

textures.

Remember, to evoke the spirit of an area when decorating, keep it subtle. Too many details or over-the-top replication might seem like one is dressing a stage set rather than his or her home.

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REFRESH YOUR HOME'S APPEAL WITH FURNITURE PAINT

(MS) - Furniture, bookcases, cabinets, and doors present opportunities to add or change color throughout a home. Woodcraft offers an extensive line of furniture paint, tools and supplies necessary for successful painting projects. In addition, Woodcraft retail store as-

sociates are always ready to help customers, and extensive how-to material is a click away at woodcraft.com.

Lori Harper, Woodcraft public relations manager and blogger, offers some advice about updating a kitchen: "Painting kitchen

cabinets is a big job, but it can transform the look of your kitchen at a fraction of the cost of new cabinets. It may sound daunting, but breaking it down into bite-size steps can take away the fear factor."

To read her project blog, vis-

it Woodworking Adventures on Woodcraft.com and search for "Kitchen Cabinet Conundrum."

Paint & Color Selection

Three easy-to-use and easy-to-mix paints are:

- Black Dog Salvage Furniture Paint is a water-based, low-VOC, matte finish paint for indoor use that requires only cleanup before painting, except in the case of chips and scratches, and adheres to wood, metal, glass, ceramics, and plastic.

- General Finishes Milk Paints are premixed water-based acrylic paints suitable for a variety of interior or exterior applications from furniture to crafts.

- General Finishes Gel Stains are heavy-bodied gels formulated to flow evenly for consistent color control.

Before you pick up a paint brush, consider which colors are best for the area you plan to refresh. Choices will need to complement wall color and colors of other pieces or accents in a room. Two handy color guides are the 36-page General Finishes Milk Paint Fan Deck and the Black Dog Salvage Furniture Paint Color Recipes (available for download as a free PDF on Woodcraft.com).

For more than just a change of color, consider creating decorative effects, such as distressing, antiquing, faux marble, or rag rolling. Choose General Finishes Pearl Effects to make it easier to create specialty finishes.

Repair

If furniture, cabinets and other surfaces need repair prior to painting, the Mohawk PermaFill Wood Touch-Up and Repair System is an easy answer. Just pop in a color cartridge (six color families available), power on the battery-operated dispenser, aim, fill and level this durable repair. Briwax ChairRX is perfect to fix loose parts in chairs. Drill a small hole, inject ChairRX, and in 12 hours the thin unique formulation

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will penetrate the wood cells and permanently swell the joints and bond them together. Visit <https://youtu.be/iWMu6OKyOUE> to watch a video that demonstrates these products.

For more extensive repairs, use the Kreg Jig R3 Kit to reinforce weak parts with pocket holes and avoid complete disassembly of your project.

Clean and Prep

Use Krud Kutter TSP Substitute to remove dirt, grease, smoke, mildew, food stains, crayon, wax, and more from surfaces to be painted so paint will adhere better. For sanding chores associated with painting, consider the Porter-Cable Restorer Handheld Drum Sander with attachments, which is designed to remove paint and finish from wood, brick and fiberglass, as well as remove rust

and polish metal. The Porter-Cable 382 5" Random Orbital Sander and the Norton 5" Random Orbital Sander are other good choices. For sanding with hand power, the Preppin' Weapon Sanding Block Kit and Norton 41/2" x 51/2" SoftTouch Sanding Sponges are handy helpers.

Application & Topcoat

If spraying is your preference, HOMERIGHT Finish Max Fine Finish and HOMERIGHT Super Finish Max HVLP Sprayers are easy to use on everything from furniture to fences with oil- and water-based products such as chalk-style paint, latex paint, milk paint, enamels, primers, polyurethanes, stains, and varnishes. Large and Small Spray Shelters make painting furniture easier.

For painting by hand, Black Dog Salvage Furniture Paint Round

Brushes, made from both natural and synthetic bristles, and Redtree Matey Synthetic Bristle Brushes work well.

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MAINTAIN INDOOR AIR QUALITY ALL YEAR

Millions of people anxiously anticipate the arrival of spring. Months spent cooped up indoors as temperatures outside dip below freezing can take their toll, and those first warm, sunny days of spring can be just what people need to kick the winter blues.

Winter can be dreary for people confined to indoors as temperatures drop, and poor air quality in a home

can add to that dreariness while adversely affecting individuals' health. Air quality tends to suffer most in winter, but there are ways to ensure the air inside a home stays healthy all year long.

• Inspect and address any sources of carbon monoxide. Carbon monoxide, or CO, is an invisible, odorless gas that can contribute to poor indoor air quality and a host of

health problems if it goes undetected in a home. According to the U.S. Centers for Disease Control and Prevention, potential sources of CO in a home include improperly vented natural gas appliances, such as stoves and water heaters, gas-powered tools that are used indoors, clogged chimneys, or blocked heating exhaust vents. Men and women can periodically inspect potential

sources of CO and address any issues they find while also making sure all CO detectors are properly installed and functioning optimally.

• Inspect HVAC ducts. Ductwork is used to deliver warm or cool air in homes with heating and air conditioning systems. The U.S. Environmental Protection Agency notes that much of the dirt in air ducts adheres to the duct surfaces without ever entering living spaces. However, the EPA notes that homeowners should consider having their ducts cleaned if an inspection uncovers substantial visible mold growth. In addition, the EPA recommends homeowners consider cleaning if ducts are infested with vermin or clogged with excessive amounts of dust or debris.

• Avoid chemical cleaning products. Chemical cleaning products may be great at disinfecting dishes, countertops and other areas in the home, but such items may be toxic and adversely affect indoor air quality. For example, chemicals such as bleach and ammonia, which are used in many commercial cleaning products, can linger in the air, irritating the eyes, nose, throat, and lungs. Homeowners concerned about the quality of air in their homes also can avoid scented products, such as air fresheners and scented detergents, which the National Institute for Occupational Safety and Health notes may release volatile organic compounds into the air.

• Inspect bathrooms for mold growth. Mold can grow on surfaces that are routinely wet, and that makes poorly ventilated bathrooms common sources for home mold infestations. Mold can adversely affect indoor air quality when mold spores are released, potentially triggering allergic reactions, asthma attacks and respiratory conditions. After bathing in bathrooms without vents, men and women can open windows so the room dries before mold can grow. In bathrooms with vents, make sure vents are running during baths and showers and afterward until ceilings, walls and floors appear dry.

Poor indoor air quality can be easily addressed to ensure individuals stay healthy throughout the year.

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GOLFER'S GUIDE

INTERESTING FACTS ABOUT GOLF

Golf is played all over the globe. Golf is one of the world's oldest sports, boasting a rich history. Golf is a sport of skill, that can involve not only athletic prowess, but also brain power. Here are some interesting facts about the game.

- To this date, golf is only one of two games to be played on the moon. The other is a javelin throw.

- Long before the advent of tees, golfers played off of hand-built sand piles.

- In 1889, Ab Smith inadvertently coined the phrase "birdie," when he hit a shot he defined as a "bird of a shot."

- Making a hole-in-one during a round of golf is quite a challenge. However, the odds of making two are incredibly low, at one in 64 million.

- Only around 20 percent of golfers have a handicap below 18. The United States Golf Teachers Federation defines handicap as "a

measure of a player's current ability over an entire round of golf, signified by a number. The lower the

number, the better the golfer is."

- The word "caddy" comes from "cadet," the French word for "stu-

dent."

- A regulation golf ball contains 336 dimples.

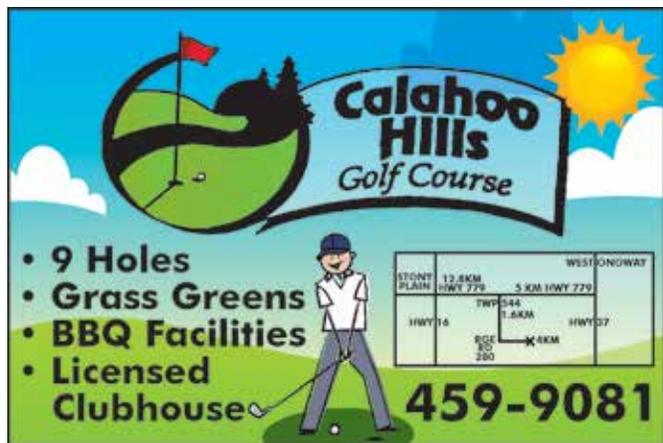


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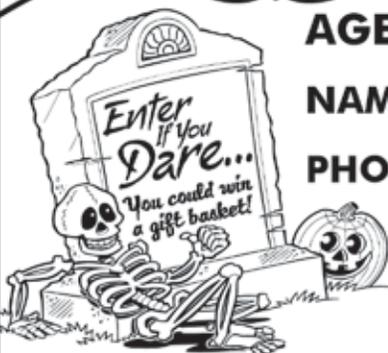
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From Hwy 16a West of Stony Plain, AB turn West on Parkland Drive to range road 14 and go south 1 km to location!

ANOTHER RAINBOW SALE

HIGHLIGHTS *Horse-Drawn Collector Wagons & Memorabilia:* • John Deere Mini Wagon - an exact replica of larger JD wagons, only one known to exist in Canada today • Quebec Dump Cart - built in Drummondville, Quebec in 1908, a great collector's item and yard décor • Mountain Wagon - built by Anderson Carriage Works, Wooler Ont. in 1922, made for rough terrain • Petrolia Heavy Wagon - built in 1904 in Petrolia, Ontario, decals and names are still visible • Restored Farrier's Wagon - superbly restored, the 100-year old farrier and smithy tools are still in back of wagon • Light Express Wagon - built by R Ringer, Picton Ontario in 1915, this is a one-seater with a drop tailgate • Ezeze Roll Mini Horse Wagon - this wagon with pneumatic tires made mini horses earn their oats in old days • Grain Wagon - this wagon is another fine survivor of life years ago on Alberta farms • Original Milk Wagon - a rare commercial vehicle, original sign reads "Moser Bros. Milk & Cream 1900-1958" • Grain Wagon - this wagon is another fine survivor of life years ago on Alberta farms • Hay Rack Wagon - by Massey Harris, built in 1906, original name and stencils are on rear axle • Cariole Sleigh - built by PT Legare, Quebec, this sleigh is low enough to escape the wind • Massey Harris Grain Wagon - built by Massey Harris Co. in Hamilton, Ont, 1919, is still in excellent shape • Original Early Runabout Wagon - built in 1895, this is one of the oldest runabouts around today • Advocate's Buggy - built by Thomas Crow, Toronto in 1906, meant to be light and fast, was used by early lawyers • Delivery Express Wagon - estimated at over 100 years old, the delivery wagon was a common sight during the horse era • Original Adams Grain Wagon - never painted or altered, comes from Sask with a 3-section box and spring seat • Heavy Farm Wagon - built by famous Normandeau Co. in Quebec, this wagon has a Grain Tank Box • Maritime Jumper Sleigh - built by FJ Clark & Son, Fredericton, NB, in 1905, this is a fine rare sleigh • Black horse and harness - a life-size model like this is great for displaying tack or as a driveway decoration • Brown horse - exceptionally nice life-size model horse makes a superb yard decoration • Harness on brown horse - A beautiful and intricate harness • Garden Cart - a sturdy little cart ideal for a charming garden decoration • Original Platform Scale - a Beam scale built by Fairbanks, still weighs accurately, a rare original • John Deere cast bill hanger - printed with Moline, Illinois 1847, the site of John Deere's world headquarters • 5 giant Scottish harness hangers - by each - heavy duty hangers are ideal for hanging harnesses or other heavy items • One-horse Cultivator - this vintage cultivator makes a charming garden or yard decoration • Framed Limited Edition print - 28"x42" picture entitled "Wagons that Won the West" showcases vintage wagons • 2 No. Antique wagon light fixtures • Antique Coca Cola hanging bell • Antique Nat. Advert. Box c/w misc horse items • Antique Canadian bell; Antique accordion • Old-time children's dump sleigh • Antique wood crate • Mini bob sleigh; Sleigh bells • Mirror decorated with 7 horse figurine • Collar with harness for cart horse • 3-hook hanger with horses decoration • Antique wagon seat • Antique cultivator • 100 year old anvil • Antique plow • 2 No. of 54" wagon wheels • Horse-related parts and accessories • 2 No. of 44" wagon wheels • Homesteader's cupboard. **Lawn & Garden Equipment & Tools:** • Montana Tractor 3-Point Hitch c/w loader • 10"x10" Plate tamper • JD X739 tractor with heated cab - used only 18hrs - new • 2 No. of John Deere turf tires c/w rims - like new • Yardworks electric log splitter • Flat collapsible wheelbarrow • Troy-bilt Pony tiller • Stihl FP-40C trimmer-new • 24" self-propelled Swisher • Stihl FP-38 trimmer-new • Ariens model 911183 mower - needs travel cable • 2 No. Landscape leveling rakes - new - by each • 30" lawn roller • Little Giant ladder c/w step plate - like new • Contractors' wheelbarrow • Manual garden tiller - new • Post-hole auger • 20" skidding logs - new • 2 No full-length sickles • BCS Cultivator • Bundle of lawn tools • Yardworks 24" snow thrower • Bundle of solid metal tree/snow fence supports • Yardworks 24" snow thrower • 4'x3" harrow - new • John Deere 1028E 30" snow thrower • John Deere pull-behind till trailer • Spray-tech model ES260 with 25 gal tank • 60" snow blade for John Deere tractor • 44" Rough-cut Swisher trail cutter • Stihl MS-362 chain saw c/w case - like new • Agrimetral mechanical rake model MR 380 • Stihl HT101 pole saw - 16' reach from ground - like new • Triton 2010 Utility trailer - like new • Stihl MS-192 chain saw c/w 2 extra new chains. **Large Selection of Antiques Plus High End Products, Shop Equipment and Tools, Yard Decor, Large Selection of Miscellaneous & Variety of Items too big to list!**

UPCOMING SALES

CONSIGN NOW!

Thursday, September 20, 2018 @ 5:00 p.m.
Unreserved Auction Sale for DNI Bolting Solutions
 5328-68 Ave. Edmonton, AB

Sunday, September 23, 2018 @ 12:00 noon
Unreserved Auction for Larry and Francis Boyer
 County of Yellowhead - Entwistle, AB

****WATCH FOR UPCOMING ESTATE & ON SITE SALES****

Terms and conditions: Cash, Visa, MasterCard, Debit, Interac. Nothing to be removed until paid for. Subject to additions and deletions. A 10% handling fee, plus GST will be charged where applicable. Please be conscious of the handling fees and factor them into your bidding. Owner Rainbow Auctions & Liquidators or it's employees shall not be responsible for accidents.

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RCMP BEATS

**Submitted by Stony Plain/
Spruce Grove RCMP**

Occurrences for the week of 27 August to 2 September, 2018.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 649

Total Calls for Service for the Victim Service Unit: 25

Individuals Charged: 103

Person Crimes reported: 58

Property Crimes reported: 78

Impaired Driving Complaints reported: 6

Impaired Driving Charges Laid: 1

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 41

Property Crimes:

Spruce Grove

1. August 28 – Area of McLeod Avenue and Belmont Crescent – Theft from Vehicle, tools stolen

Stony Plain

2. August 27 – Area of South Creek Wynd – Theft from Vehicles, wallets and keys stolen

3. August 27 – Area of Grayridge Bay – Theft from Vehicle, wallet stolen

4. August 29 – Area of South

Creek Link – Theft from Vehicle, wallet stolen

Rural

5. August 28 – Area of 47 Avenue and 44 Street, Alberta Beach – Theft of Vehicle, 2006 blue Volvo S40

6. August 28 – Area of Township Road 524 and Range Road 20 – Theft from Vehicle

7. August 31 – Area of Township Road 532 and Range Road 272 – Theft of Vehicle, 2007 black Ford F350

8. September 1 – Area of Township Road 532 and Range Road 272 – Theft of Trailer, 2012 20' white Atlas

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Ensure all doors and windows and the sunroof to your vehicle are closed and locked whenever you are not occupying it.

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.

SEPT 22 AUCTION

FOR: ALBERT GOLDNICK

Located: From Westlock Inn – 1 1/4 mi N on Hwy 44

Saturday Afternoon, September 22nd at 1:00P.M.

ACREAGE EQ: * IHC 674 Tractor w 3pt, IHC 1850 FE Loader * MF 35 gas Tractor w 3pt, Tire Chains * JD 506 / 3 pt Mower * 7' Leon HD Rear 3pt Blade * 6' HD/HM/3pt Cult * 3pt/2 Btm Plow * 3 pt / 4' Maschio Rototiller * 8 hp Gas Motor * Truck Box Trailer

STORAGE AND RECREATION: * 40 Green SeaCan * 8' x 6' Shed on Skids w metal exterior * 1998 Yamaha Triple 700 RV/ w (6596km), red, ES, reverse * 8' SkiDoo Trailer * Evinrude 4hp and 6hp O/B Motors * Commercial Trampoline * ATV Lift, Portable

YARD EQ: * JD F525 FM Mower * 25 gl PF Trail Yard Sprayer * Trailing Aerator * YM 6hp/21" Push Mower * 5hp Rototiller * Grass Catcher * 2W 4x8 Yard Trailer * Poulan Chain Saw * 4 Alum Ladders

RECREATION: * Yamaha 250/2W Timber Wolf Quad * 12 Alum Boat * 5 hp Evinrude O/B * Saddle * Boat Trailer * Hoof Trim Kit * Husq 270 Mag Weather by Win Model (60 30-30) * Rem 1870 Pump w 3" * Fish Gear * Bike

COLLECTABLES: * Anvil * World Book Encyclopedia * Pedestal Wood Table w 2 Leaves * Side Board * Light Oak China Cabinet * C/Oil Lamps * Guitar * Singer Sew Machine * H/C Cream Separator * Baby Crib

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 Pictures Available on: parsons-auctions.com

ARMY CADETS BEGAN SEPTEMBER 5TH

Submitted by Captain R. Heinz, CD | 3053 (Lac Ste Anne) Royal Canadian Army Cadets Corps

After what seemed like a very short summer, the cadets, staff and parents of 3053 (Lac Ste Anne) Royal Canadian Army Cadets Corps began the 2018-2019 training year on Wednesday night September 5th at 1900hrs (7pm)!

The Royal Canadian Army Cadets (RCAC) is a national Canadian youth program sponsored by the Canadian Armed Forces (CAF) and the civilian Army Cadet League of Canada. Under the authority of the National Defence Act, the program is administered by reserve force personnel of the CAF and funded through the Department of National Defence. The civilian partner of the RCAC, the Army Cadet League supports corps at a more local level in ways which the CAF do not. Others supporters of the Canadian Cadet Organization can be local community groups such as the Royal Canadian Legion (Branch #132 in Onoway is the official sponsor of 3053 RCACC).

The RCAC is recognized as Canada's oldest youth program. As of 2016, there are approximately 18,920 army cadets in about 429 corps which are spread across this vast nation. Youths of any country of origin, nationality and citizenship can join cadets, provided that they are between the ages of 12-18.

The membership in cadets is always FREE of charge! Uniforms, training equipment and instruction are provided for free and all items are returned at the end of their involvement with the unit.

The aim of the Royal Canadian Army Cadets is "to develop in youth the attributes of good citizenship and leadership; promote physical

fitness; and stimulate the interest of youth in the sea, land and air activities of the Canadian Armed Forces.

The "army side" of cadets focuses on training in the field of activities such as map and compass, GPS, bushcraft skills, wilderness survival

and teamwork. 3053 RCACC also has a very successful marksmanship program with both the Daisy air rifle and the small bore .22 cal Enfield rifles! Our affiliated unit is the South Alberta Light Horse Regiment, who also assist our cadets with advanced

military training.

If any of these activities interest you, please don't hesitate to contact us and we will answer your questions. Hope to see you any Wednesday evening in the old gym behind the Onoway museum. Cheers



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Badge of the Royal Canadian Army Cadets

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AUCTION

11 AM Saturday, October 20, 2018 Rochfort Bridge, AB

K1: 57132 RR80 Rochfort Bridge (15 ± acres)

Pt NE12 & Pt SE13-57-8-W5

1700± sq ft 3 bedroom 2 bath home, heated workshop, large storage building. U-Pick Berry Farm (Saskatoon & Raspberries)

K2: Pt SE13-57-8-W5 (133± acres)

Productive farm land with cultivated land and also with U-Pick Saskatoon operation

K1 & K2 are both subject to final registration of property boundary realignment.

Real Estate sells at 12 PM

Directions to Property & Sale Site:

57132 RR 80, Rochfort Bridge, AB (Lac Ste Anne County)
 From Junction of Hwy 43/Hwy 22 (Mayerthorpe) - southeast 7.5 km on Hwy 43 to RR80 - (Rochfort Bridge turnoff), then north .9 km to property on left.

Moore's Agri-Trade Ltd
 780-388-3759



Partial Listing

Tractors & Attachments: JD 4430 2WD Tractor • Ford 4000 2WD Loader Tractor
Construction / Industrial Equipment: 2005 McCloskey Bros 512R Trommel Drum Screener • 2011 JD 332D Skid Steer • JD 644D Wheel Loader • Lemar HD Skid Steer Tree Spade • HLA 96" Skid Steer Snow Bucket
Harvest Equipment: JD 6601 Pull Type Combine
Tillage & Seeding Equipment: Rem 24 ft Harrow bar Cart • Versatile 20 ft Field Cultivator • Allis Chalmers 1200 13 ft Field Cultivator • Golden Arrow 40 ft Field Sprayer • Older 12 ft Deep Tillage Cultivator
Trailers: 2012 PJ 22 ft Tri/A Deck Trailer
3 PT, Lawn & Garden: JD 673 3 Pt Rototiller • JD LA145 Lawn Tractor • Farm King Y750R 3 Pt Finishing Mower • Cosmo P500 3 Pt Broadcaster • Shop Built Watering Trailer • Demco 3 Pt Weed Sprayer • Rem 10 ft 3 Pt Chain Harrows • Muratori MB105 72" 3 Pt Tiller • Saskatoon Berry Picker • Shop Built 2 Prong 3 Pt Bale Fork
Recreational: Honda Foreman 500 4X4 Quad • 1997 Ski-Doo Touring LE 440 Snowmobile • Shop Built Arctic Snowmobile Sled and much more!



John Deere 644D Wheel Loader



2011 John Deere 332D Skid Steer



Ford 4000 2WD Loader Tractor



2012 PJ 22 ft Tri/A Deck Trailer



2005 McCloskey Bros 512R Trommel Drum Screener



John Deere 4430 2WD Tractor

internet BIDDING 12 PM

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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.) 780-951-9452

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

Stettin Nakumun Comm. Hall, 967-9198

Employment Opportunities

Gunn Esso, Now hiring Part time. Experienced workers preferred. Please bring resume to store. (6) 04-09

Wanted

Oneway Caretaker Required for 17ft Suite Apartment Building, 780-423-3664 & 780-920-3652 (4) 11-09

Services

Stump Grinding For Hire - Alberta Beach & surrounding areas, Call 780-779-3589 (22) 01-05

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) 31-07

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (13) 07-08 OG

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Dog Caretaker

Alberta Beach & Surrounding Areas, thinking of a Summer 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 in's or overnight stays welcome. If interested call 780-920-4166 (4) 04-09 OG

Music

Piano, Harp, Theory, Dance Lessons available Thursdays in Wabamun. All ages and levels welcome, 780-916-1317. www.youvegotrhythm.webs.com (2) 11-09

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Ceiling & Wall Cleaning - Stipple, Wood, All Types. Ceramic Tile Cleaning, Cig. Smoke Removal, Biodegradable non toxic cleaner. We travel to acreages and farms! Seniors Discount, Call Nano Cleaning Today! 780-914-0323 (5) 28-08 OG

Computers

Free Computer Check-ups, repairs NOT over \$50. Available: LIKE NEW Laptop or Desktop. your world or family access, clean, refurbished, upgraded, net, games, music, pictures and introduction lesson. ONLY \$100. Free repairs for single parents. Call or leave message, 780-892-4993 (15) 28-08

Firewood

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 (28) 24-04 OG

His Helping Hands Firewood - Poplar, Tamarack & Birch for sale. All profits go to charity. 780-218-4177 (4) 28-08 OG

Recreational Vehicles

1979 Chev Glendale Motorhome '22', 350 V8, sleeps 6, good condition - \$3900 OBO. Call 780-785-2454 (S) OG

Miscellaneous

Top Soil, Peat Moss, and Utility Trailers for sale - some have VIN#'s. 780-967-2279 (7) 14-08

For Rent

1 Bedroom Apartment, fully furnished with full kitchen, WIFI, cable, phone, A/C, power, gas all included. New Motel looking over lake, downtown Alberta Beach, \$950/month. Cheryl 780-906-1675 (10) 24-07

Beautiful 3 Bedroom House on acreage near Alberta Beach. \$1500/month includes utilities. Call Dave 780-886-0736 (6) 28-08

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 Ivka 780-554-5493, jakovljevicvka@yahoo.ca or 780-807-1300 (2) 04-09 OG

Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00a.m.</p> <p>Worship Service 11:00a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00a.m.</p>	<p>St. John's Anglican Church</p> <p>Onoway</p> <p>Sunday Service 10:00a.m.</p> <p>Everyone Welcome</p>	<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30a.m.</p> <p>Children's Church 10:30a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>
<p>St. John's Lutheran Church</p> <p>Alberta Beach</p> <p>Sunday Service 11:00a.m.</p> <p>Sunday School</p>	<p>Zion United Church</p> <p>Sunday Service 10:00a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabamun, Darwell & Lake Isle, Onoway & Area (780) 924-3351</p>	<p>Sangudo United Church</p> <p>Worship Service 3rd Sunday 11:00a.m.</p> <p>All Services Begin at 1:30p.m. Reverend Barry Rose Officiating 4907-50 Ave. Sangudo, AB</p>	<p>Infuzed Ministries</p> <p>Worship Service Sunday 3:30p.m.</p> <p>in Alexis Community Hall</p> <p>Pastor Daniel Jackson (780) 719-0240</p>
<p>Trinity Lutheran Church (LC-C)</p> <p>The Church of the Lutheran Hour - Rochfort Bridge Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00a.m.</p> <p>Senior's Service & Cottage Bible Study - Phone for locations</p>	<p>Mayerthorpe Pentecostal Assembly</p> <p>P.A.O.C. Rev. Arnold Lothoiz</p> <p>Sunday 10:30a.m. Morning Service Tuesday 7:30p.m. Ministry Training (780) 786-2141</p>	<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 2:00p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>	<p>Onoway Baptist Church</p> <p>Sunday Service 10:00a.m.</p> <p>Youth Group Friday 7:00p.m.</p> <p>(780) 967-2266</p>
<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00a.m.</p> <p>Sunday School 10:00a.m.</p> <p>(780) 924-3282</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00a.m. - 11:00a.m.</p> <p>Worship Service Sunday 11:00a.m.</p>	<p>Roman Catholic Church</p> <p>St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

COMMUNITY EVENTS 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <small>Labor Day</small>	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 <small>Fall Begins</small>
23 <small>30</small>	24	25	26	27	28	29

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

SEPT 15 - THE HARVEST FAIR, 9:30am-1:30pm at SG Grain Elevator Museum Site. Hosted by Spruce Grove & Dist Ag Society.

SEPT 22 - ONOWAY HISTORICAL GUILD THRESHING BEE, 11am-4pm. Location: NW junction of Hwys 43 & 633. Antique cars, tractors, parachute jumpers, blacksmith, activities, all ages! For more info phone 780.967.1015 or visit www.onowaymuseum.ca.

SEPT 23 - OUR LADY OF LOURDES FALL HARVEST SUPPER at Camp Encounter, 5pm. Adults \$15, 6-12yrs \$7, under 5 Free. Call 780-967-5710 or 780-967-2907 for info.

OCT 13 - CRIB TOURNAMENT at Rich Valley Hall. Registration at 10am, Play at 11am. \$40/team, lunch included. 50/50 Nevada Tickets available. More info 780-967-5710

FARMERS MARKETS

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

BARRHEAD: Open Saturdays, May - Dec. 10AM - 1PM. Sherry 780-674-6802

ONOWAY FARMERS' MARKET: Thursdays, 5-8pm 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 September 5 & 19, October 3, 17 & 31.

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: Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungle's 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: Tracey, 780-915-2621.

ONOWAY & DIST: Call 967-2338.

JAMBOREES

MAGNOLIA: at Magnolia Hall. Every 2nd Saturday, Supper at 6PM. 727-2015 or www.magnoliacomunityclub.ca *October - May.

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@isac.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.

COME PLAY CRIB: Fridays, 7:30PM at Darwell Seniors Hall; lite lunch is served. All ages!

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

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 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS, Onoway Historical Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586

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.

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, 6:30PM, 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 COMMUNITY CHOIR, Wed 7-9PM at Alberta Beach Heritage Centre. 18+ Guys & Gals, especially Guys! All voice ranges. Call Diane Gibbs @ 780-924-2348. **NEW SEASON BEGINS SEPTEMBER 5TH.

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

LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3rd Wed 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: Every Wed, 9AM-12PM 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!

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

ANSWER:

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

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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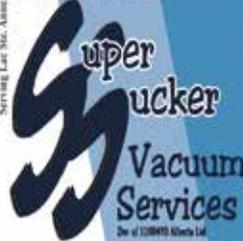


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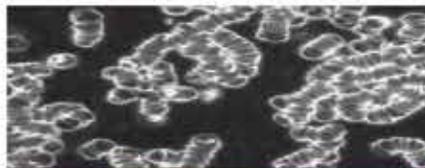
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