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September 18, 2018

NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Royal Canadian Legion

Delicious Ribs That Stick to your Ribs

You're invited for a delicious rib dinner at the Legion on Friday, September 21. Blakeman Drilling are sponsoring Lorne Olsvik and Bob Clark's county-famous ribs. The melt-in-your-mouth ribs will be served with baked potato, maple-glazed carrots, Caesar salad garlic bread and dessert. Space for these meals fills quickly, so make sure you reserve your spot!



Past president Scott Sadler was presented with his lifetime membership in appreciation for his service to the branch over the years last week. Left to right: Scott Sadler, Acting Sargeant-at-Arms Robert Heinz, President Neil Gorman.

These meals fill up quickly, so make sure you reserve your spot!

Continued on Page 5

NEW VETERAN'S SERVICE CARD

Submitted by Jim Eglinski, MP - Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is pleased to inform local residents that the Department of National Defence has announced that new Veteran's Service Cards will be distributed to former and releasing Canadian Armed Forces members who completed basic training and have been honourably released.

The new cards will provide a tangible symbol of recognition for former members, encourage an enduring affiliation with the Canadian Armed Forces and ensure linkages to Veterans Affairs Canada support programs as military members transition to post-service life.

The cards are a response to a call for action by Canadian Armed Forces members, Veterans, and the Vet-

erans Ombudsman's 2012 report.

The 2015 Conservative election platform promised to issue a similar card to reduce red tape for those seeking Veteran services and make it easier for them to receive benefits. However, the Conservatives would have gone a step further to make the card official government identification.

"We thank the government for implementing our 2015 campaign commitment, but Vets wanted this to be official government ID - it is not. Let's make that happen!" tweeted MP Phil McColeman, the Conservative Shadow Minister for Veterans Affairs.

The new Veteran's Service Card will be distributed in stages beginning in September 2018. The first stage includes all newly releasing Canadian Armed Forces members.

Interested Veterans who released

from the Canadian Armed Forces between February 2016 and September, 2018 can apply for the card during stage two beginning in December 2018.

The third stage will begin Summer 2019, and will see cards produced and issued upon request, to all eligible Veterans released prior to February 2016.

"Canada and its Veterans share a social covenant and the federal government should be committed to providing them the best possible services and benefits. I am pleased to see this development and look forward to working towards official government I.D. for our Veterans," concluded MP Eglinski.

For more information, visit: www.canada.ca/en/department-national-defence/services/benefits-military/transition/service-card.html

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RCMP BEATS

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

Occurrences for the week of 3 September to 9 September, 2018.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 570

Total Calls for Service for the Victim Service Unit: 32

Individuals Charged: 99

Person Crimes reported: 60

Property Crimes reported: 89

Impaired Driving Complaints reported: 4

Impaired Driving Charges Laid: 0

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 44

Property Crimes:

Spruce Grove

1. September 4 – Area of Henderson Link – Theft from Vehicle, iPad and laptop stolen

2. September 5 – Area of Tribute Common – Theft of Trailer, 2016 white Forest River cargo trailer

3. September 5 – Area of Matthew Road – Theft from Vehicle,

radar stolen

4. September 5 – Area of Spruce Village Drive – Theft from Vehicle, tools stolen

5. September 7 – Area of Lamplight Bay – Theft from Vehicles, registration and garage openers stolen

6. September 8 – Area of Greenwood Drive – Theft from Vehicle, wallet stolen

Stony Plain

7. September 3 – Area of 44 Avenue and 39 Street – Theft from Vehicle, cash stolen

8. September 5 – Area of 79 Avenue and Golf Course Road – Theft of Vehicle, 1999 grey GMC Yukon Rural

9. September 5 – Area of Township Road 540 and Range Road 30 – Theft of Vehicle, 2017 white Ford F350

10. September 5 – Area of Township Road 524 and Range Road 13 – Break and Enter to Residence, computer stolen

11. September 7 – Area of Township Road 553 and Range Road 34A – Theft of Quad, 1998 green Honda TE202W

12. September 7 – Area of Township Road 523 and Range Road 14 – Theft of RV, 2016 white Montana fifth wheel

13. September 8 – Area of Township Road 512 and Range Road 22 – Break and Enter to Residence, tools stolen

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Lock or remove all batteries and propane tanks from your RV when not in use.

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)

ANNUAL GENERAL MEETING
of the Gunn Area Recreation Society
#110 – 55022 Ste. Anne Trail

Monday, September 24, 2018
7:00 P.M. to 8:00 P.M.

Welcoming nominee's for all positions.

For more information, call:
Liane Wenckowski 780-909-4558

HORIZON STAGE
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2018-19 Season

Lisa Brokop Presents:
Legendary Ladies of Country

Monday, October 1 - 7:30 p.m.

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WHITECOURT TOWN COUNCIL UPDATE

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

September 14, 2018

Vitalization Grants, totaling \$40,000, have been allocated to four local projects. The Program was established to assist property owners in the downtown core and along the Highway 43 corridor to upgrade the façade of buildings to meet the stone and wood theme of the Whitecourt Vitalization Plan. To date, the Vitalization Grant Program has provided over \$110,000 to 18 business in our community. The improvements made by these businesses have been valued at close to \$850,000, and have made a significant impact on the aesthetics and appeal of our community. Each of the following grant recipients received \$10,000 as part of the 2018 program:

- 1272809 Alberta Ltd. (Starbucks);
- TimCourt Enterprises Ltd. (Tim Hortons);
- 5 Star Restaurant Group (Mr. Mike's);
- Friends of Whitecourt Society (Repeat Boutique).

Council has provided final reading to Road Closure Bylaw 1538. The closure is part of a lot consolidation requested by the Friends of Whitecourt Society.

The Town of Whitecourt will be revamping the Spring Clean Up Campaign for 2019. The municipality has been offering the service for over 18 years, and participation in the campaign has grown along with our community. In 2018, 928 staff hours and 556.5 equipment hours were required to collect, transport and sort 152.6 tonnes (174 truck-loads) of waste, including:

- 101.75 tonnes of garbage,
- 45.19 tonnes of metal,
- 5.67 tonnes of wood.

While the campaign's main objective is to assist with keeping our community and properties tidy, enhancements to the program are required to ensure it remains efficient and cost-effective. Council has directed Administration to prepare options for review during 2019 budget deliberations that will allow the program to continue while addressing capacity concerns.

Council has approved new rental rates for the Scott Safety Centre and sportfields. A review of fees is conducted every two years, and

the Community Services Advisory Board recommended that a 4% increase be approved to ensure rates are equitable. New rates for local facilities, which came into effect September 10, are still below the average fee of comparable communities.

September 22 to 30 is National Coaches Week and Whitecourt will be honouring local coaches throughout the week. Community members are asked to nominate their favourite coach and let us know why they are so great by messaging Whitecourt through the official @TownofWhitecourt Facebook page. The deadline for submissions is Friday,

September 21, and those nominated will be entered into a prize draw.

2018 Small Business Week, which is scheduled from October 14 to 20, pays tribute to the contributions that small and medium-sized businesses make to the Canadian economy. The Small Business Awards Gala is scheduled for October 12, and a number of other events and activities are planned in Whitecourt October 16 to 18. For more information, visit www.whitecourt.ca.

The Whitecourt Career & Education Expo is scheduled Friday, September 28 from 9am to 4pm at the Allan & Jean Millar Centre.

The event provides employers the opportunity to recruit new staff, as well as an opportunity for students to explore various careers available in our community.

- Over 50 exhibitors are confirmed (representing different industry sectors), and over 65% of those confirmed will be recruiting new employees.

- Over 20 different colleges and university will be represented, and it is anticipated that 1,500 students will participate in the Expo.

For more information visit www.careerandeducationexpo.ca.

Job Posting: Constituency Assistant for MLA Oneil Carlier, Whitecourt Ste. Anne

MLA Oneil Carlier is seeking to fill the full-time (40 hours/week) position of Constituency Assistant.

General Description: Reporting to the Member of the Legislative Assembly, under the direction of the senior constituency assistant, this position involves administrative management of the office, government resource casework, supporting community outreach, constituent advocacy, event planning and organization. This position will be based out of the constituency office in Mayerthorpe and involves travel throughout the constituency.

Job Duties:

- Assist in ensuring that the office is accessible to constituents through regular and consistent hours of operation, answering phone calls, e-mails and other correspondence
- Assist with office administration duties, including budgeting and file management, liaising with the Legislative Assembly Office when necessary
- Assist with advocacy work on behalf of constituents in need of support from various government programs (AISH, Alberta Works, WCB, MEP etc.) on a case by case basis (casework)
- Assist the senior constituency assistant with MLA scheduling and outreach activities when required
- Assist with outreach to community organizations and non-governmental organizations and individual constituents as directed
- Assisting the MLA in planning, follow-up and supporting follow-up with contacts made at local events
- Assist the MLA at community events and occasionally represent the MLA at events
- Data collection at community events when accompanying and/or representing MLA.
- Data entry of collected information
- Distributing information/pamphlets to constituents
- Assist with other duties as assigned

Qualifications and Skills:

- Academic degree in a relevant field or equivalent work experience
- Above average written and verbal communications skills
- Ability to work independently and as part of a highly motivated team
- Familiarity with MS-Windows, MS-Office, databases, graphic design
- Willingness to work flexible hours, including occasional evenings and weekends
- A demonstrated commitment to community volunteerism
- Familiarity with programs run by Alberta Works, AISH, MEP and WCB an asset

Please send application by Monday September 24, 2018 to:
whitecourt.steanne@assembly.ab.ca

Only applicants selected for an interview will be contacted.

LISA BROKOP PRESENTS: LEGENDARY LADIES OF COUNTRY

CANADIAN COUNTRY STAR WILL PERFORM HER NEW TRIBUTE SHOW AT HORIZON STAGE ON SEPTEMBER 28 AND OCTOBER 1

Submitted by Kerri Gibson Loranger, Theatre Marketing Coordinator | Horizon Stage & City of Spruce Grove

Hot on the heels of The Patsy Cline Project, comes Lisa Brokop's brand new show, *Legendary Ladies of Country!* This presentation features songs from many of the greatest female country singers of our time including Loretta Lynn, Tammy Wynette, Tanya Tucker, and Emmylou Harris. Lisa will tell stories about what these songs have meant to her and the influences that these ladies have had on her career. And, Lisa's fans will enjoy hearing a few of her own hits as well! Originally scheduled for one show on Friday,

September 28, tickets have sold so well (Friday is almost sold out) that Horizon Stage has added a second *Legendary Ladies of Country* performance on Monday, October 1 at 7:30 p.m.

In a day and age when many artists flicker for a moment before fading out of the spotlight, Lisa Brokop has spent over 20 remarkable years singing, songwriting and performing. What's the secret to her success? "I love what I do," she says. "Every note I sing, whether in the studio or from the stage, is true. It hasn't always been an easy road. There have been many curves, bumps and detours. But really, it is the love of the music that motivates each step I take in the business. It keeps me moving

forward. And I think fans feel and appreciate that love."

Lisa's love affair with performing began when she was very young. Even as a baby, it was clear that she was special—she was singing before she could talk! Growing up in suburban Vancouver, she joined her mother and brother on stage when she was seven, performing everything from polkas to Kenny Rogers' classics. By age 12 Lisa was sitting in with other Vancouver bands, going professional at age 15 when she joined a touring band. A year later she began her solo career, releasing "Daddy Sing To Me", the first successful single from her independent debut album, *My Love*, in 1991.

At the age of 19, Lisa landed the lead female role in the feature film *Harmony Cats*. The movie, in which she played a country singer who leaves home in search of a big break in Nashville, proved to be prophetic. Shortly after filming wrapped, and on the strength of her very first Nashville showcase, Lisa was

signed to Capitol Records.

Lisa has had a string of hits including "Give Me a Ring Sometime", "Take That", "How Do I Let Go", "Better off Broken". "Let it Burn", and "Love Me If You Can". She has earned multiple CCMA Awards, including two for Independent Song of the Year, and three for Independent Female Artist of the Year. To date she has released nine albums and her songs have been recorded by Reba McEntire, Terri Clark, and Pam Tillis.

Lisa's first tribute show, *The Patsy Cline Project*, sold out two performances and was a huge hit at Horizon Stage in 2016 and staff and fans are happy to welcome her back! Tickets for *Legendary Ladies of Country* are \$40 for Adults and \$35 for Students and Seniors and may be purchased at the City Hall Ticket Centre (315 Jespersen Ave), by phone at 780-962-8995 or 1-888-655-9090, and online by visiting www.horizonstage.com and clicking on the 'Tickets' link.



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Notes from the Onoway Legion

Continued from Page 1

Call Louise at 789-340-0760, or leave a message on the Legion answering machine at 780-967-5361.

Adults pay \$15, 10 & under are \$9. Doors open at 3, with the meal served from 5:30 to 7 pm. To ensure enough food is prepared, reservations are recommended. Space for these meals fills quickly, so make sure you reserve your spot! Call Louise at 789-340-0760, or leave a message on the Legion answering machine at 780-967-5361.

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.

Rack 'em up

Each Wednesday, drop-ins are welcome for a friendly game of pool. No experience is necessary, so drop by for the round-robin play for 8-ball (with Legion rules, not bar rules). Registration is at 7, and play begins at 7:30, every week from September to May. Tournaments are also held regularly. If you'd like more information, contact Larry Villneff at 780-945-0600.

Larry Miller Memorial Fun Dart Tournament

The Onoway Dart Club invites you to the Larry Miller Memorial Fun Dart Tournament at the Onoway Legion on Saturday, September 22. This is a mixed 4 person team tournament with at least one member being the opposite sex.

Registration is at 8:30 a.m., with play beginning at 9 a.m. Cost is \$8 per person, with lunch provided at nominal cost. For information to register call, contact Scott Sadler 967-4146 or 991-6777.

Attention Members

All members are urged to attend a special meeting on Monday, September 24 at 7 pm to discuss

options for future food service at the Onoway branch. The only item on the agenda will be a discussion about staffing for the kitchen for our meals, catering, rentals. The staffing discussion may include bar service.

Open House at the Legion

On Saturday, October 13, you're invited to an afternoon Open House at the Onoway Legion in order to re-dedicate the cenotaph, and to dedicate the Veterans' Way road signs being installed in Onoway. Watch for details about time.

Renowned Fiddler, Calvin Vollrath, Coming to Onoway

On Friday, November 23, we're in

for a treat when Canada's Fiddling Sensation, Calvin Vollrath, comes to the Onoway Legion. This Alberta-born fiddler has performed all over the world, with special guests Jeremy Rusu and Rhea Labrie. Doors open at 4 pm, with the show beginning at 7:30 pm. There's no dinner served that night, but door open at 4 pm and food will be available. Cost is \$25 per person with tickets available at Friday night suppers. Make sure this date is reserved, and come out to enjoy a fantastic evening of music.

Attention Members

There will be a special meeting

on Monday, September 24 at 7 pm to discuss options for future food service at the Onoway branch. All members are urged to attend.

Did You Know? Each year, millions of Canadians wear a poppy as a visual pledge to never forget those who sacrificed for our freedom.

Planning for Remembrance Day each year begins in late September, and millions of Canadians wear a poppy in November as a visual pledge to never forget those who sacrificed for our freedom. From the last Friday in October to Remembrance Day, the red poppy is seen everywhere in our community.

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SEPTEMBER NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

Submitted by Jennifer Parker, Library Programmer and Communication Coordinator | Rich Valley Public Library

The TD Summer Reading Programs was a huge success as we delved into the potential passions of our participants, ranging from science to art to reading and writing. Thank you to the 22 children who participated. We hope you had as much fun as our Summer Programmer did. We enjoyed having the children here and seeing their imaginations at work solving challenges and creating masterpieces. We felt that the most innovative project this summer were the Bath Bombs which the participants created themselves by measuring ingredients and mixing their concoctions. The growth and cooperation we saw that day was amazing and we couldn't be prouder. We had 9 teens participate in the Teen Club which

made Tuesday nights quite exciting at the Library. A lot of competition took place as the Teen Club held their weekly Minute to Win It Challenges. They hung out, had Mario Kart tournaments on the Wii, made bath bombs and practiced henna tattoos with quite a bit of laughter.

This month's programs: Story time began on September 5, 2018 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 begins in October and will be held every Tuesday from 2:30-3:30 pm. Join Melissa, our yoga instructor, in the Yellow Room on Tuesdays from 2:30 to 3:30 pm. Yoga is a wonderful way to stay strong and flexible

for life. The cost is \$60.00 for the six sessions or \$12 drop in fee. Please contact the library at 780-967-3525 to register or drop in on Tuesdays.

Adult Whist resumes on Friday October 12, 2018. Whist will be every 2nd & 4th Friday of the month at 7:30 pm. If you like cards join us for a night of fun and laughs. The cost is only \$2.00 per person and is held in the Yellow Room.

Join us for Free Movie Night at the Rich Valley Public Library. The Rich Valley Public Library will be showing "The Monster Family" on October 20, 2018 (Rated PG). Doors open at 5:00 pm and the movie will start at 6:00 pm in the Yellow Room. Admission is free. Popcorn, licorice, candy, pop and water plus juice will be available for sale. Please feel free to bring pillows or blankets to sit on.

Our annual Pumpkin Carving is on Saturday October 27, 2018 from 10:00 am-3:00 pm.

A family favorite! We invite you to come on down to the library and carve a pumpkin with your family, friends or neighbors. Children ages 0-6 will be carving from 10:00am-12:00 pm. Children ages 7 and over will be from 1:00pm-3:00 pm. Please register by October 16, 2018 so we can make sure we have enough pumpkins by calling us at 780-967-3525 or stopping by the library for more details.

We are located in the basement of the Rich Valley Community Hall.

Rich Valley Public Library is open Tuesday from 5:00-8:00 pm, Wednesday from 10:00 am-2:30 pm, Thursday from 2:00-6:30 pm, and Friday from 9:00 am-12:00 pm. We look forward to seeing you!

Please check out our website at www.richvalleylibrary.ab.ca and Facebook for all our programs and news.



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STORY TO TELL?

Know of a good event going on in the community? Ever wanted to write up a local event for the Community Voice?

If you have any good ideas for articles or would like to submit a story for the paper Email it to news@com-voice.com or just fax it in at (780) 962-1021.

Please call us at (780) 962-9228 for more information.

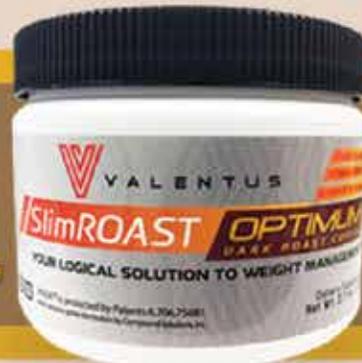
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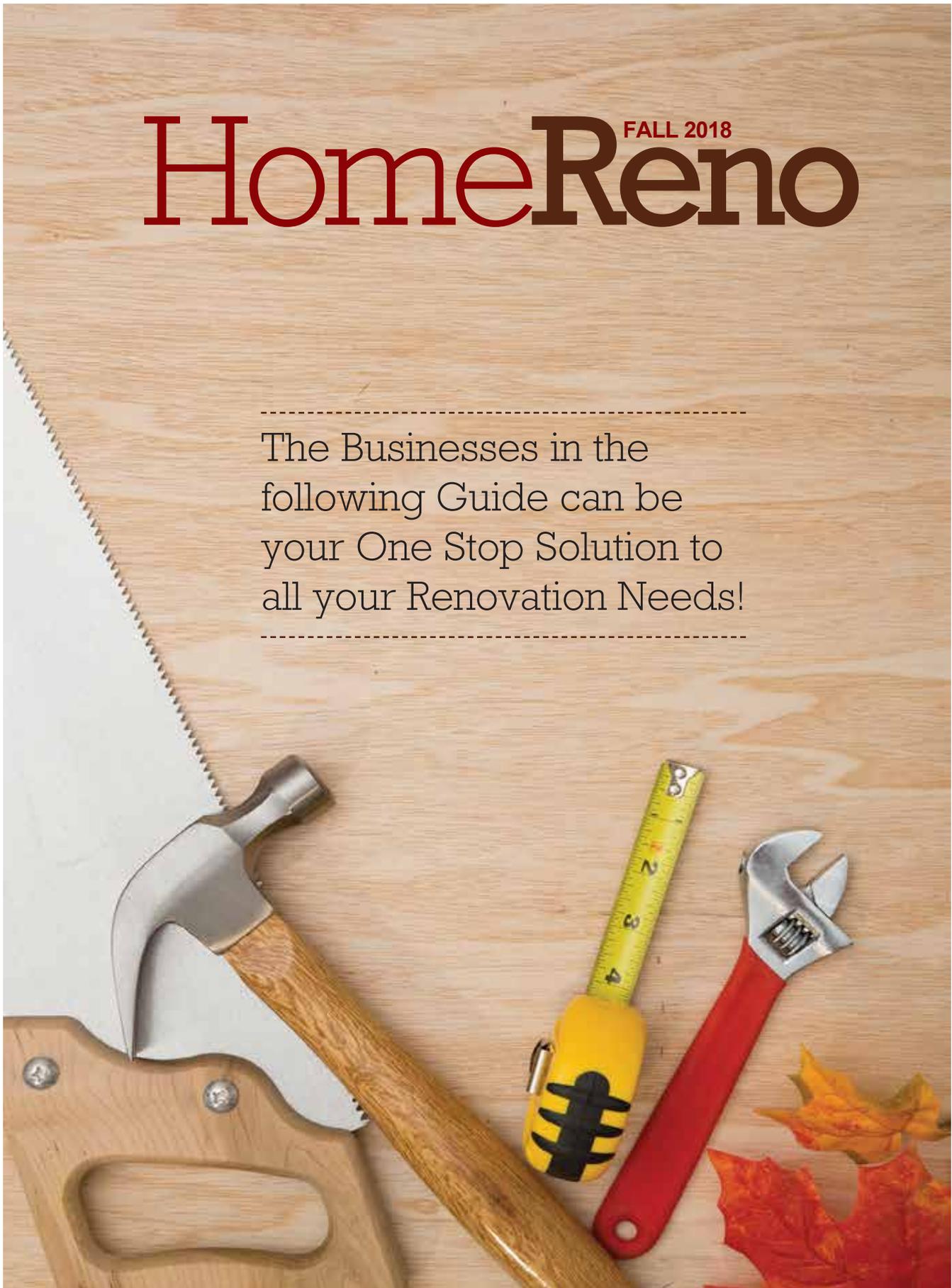
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Kitchen remodels are a popular home improvement project that help homeowners recoup large percentages of their initial investments at resale. A kitchen remodel can invigorate a home and make the most popular room in the house more functional.

According to HomeAdvisor, a home-improvement informational guide, homeowners spend an average of \$22,000 on kitchen remodels. However, lavish projects can cost more than \$50,000. Protecting such investments is important and requires that homeowners understand how to properly maintain kitchen features so they have the longest life possible. This includes the new countertops that make the kitchen look complete.

Countertops come in various materials, not all of which should be treated the same way. Quartz, granite, marble, laminate, and tile countertops require different types of maintenance.

Quartz - Engineered quartz countertops are popular. Quartz countertops are nearly maintenance-free and resistant to stains, scratches and even heat. Quartz will not need to be sealed like natural stone and can be cleaned using just a damp cloth with a mild, nonabrasive soap.

Granite - Polished or honed granite countertops offer a high-end look that adds instant value to a kitchen. Natural variations in granite give each kitchen a custom look. To keep granite countertops clean, avoid abrasive cleansers that can scratch, and opt for warm, soapy water instead. Stains are possible, but can be remedied with a baking soda paste left to sit for a couple of hours, advises Angie's List. Wipe up oils, acids and soda promptly to avoid stains, and follow advised sealing routines.

Marble - Marble is a natural stone that is porous and will need to be resealed periodically. Because marble has high levels of the mineral calcite, it can be reactive when acids come in contact with it, and etch marks may appear. Promptly wipe away tomato juice, lemon juice,

perfume, or toothpaste. Marble is softer than granite and will wear at a faster rate. Avoid scratching and exercise caution when using knives or sharp objects around marble.

Laminate - One of the more budget-friendly materials, laminate countertops can be fabricated to mimic the look of natural stone, wood or even quartz. Laminate is less resistant to damage than other

materials and will need a gentle touch. Formica® says to never use abrasive cleansers, scouring pads or steel wool when cleaning laminate countertops. For tough stains, an all-purpose cleaner should suffice when applied with a nylon-bristled brush. Test any cleanser in a discreet area first.

Tile - Cleaning tile countertops requires getting into crevices along

the grout lines. A toothbrush and a mildew-fighting cleaner or bleach diluted with water is advised. Also, unglazed tiles need to be sealed yearly. Some soap may leave residue, which can be removed with a solution of vinegar and water.

Check with the manufacturer or installer of the countertops to learn more about the ways to clean and maintain new counters.



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QUESTIONS TO ASK BEFORE EMBRACING DIY

Home improvement projects are as popular as ever. In its 2017 True Cost Survey, the home improvement site HomeAdvisor

found that, between February 2016 and February 2017, homeowners spent an average of just over \$5,000 on home projects.

That marked a nearly \$1,900 increase from the year prior, indicating that homeowners are increasingly opening their wallets to transform their homes.

In addition to spending money to improve their homes, many homeowners are spending their time on projects as well. While DIY projects can provide a sense of fulfillment and personal attachment to one's home, prospective do-it-yourselfers should ask themselves some questions before picking up their hammers and getting to work.

Do I have any physical limitations?

No matter how much home improvement television shows may

simplify projects, prospective DIYers should know that such undertakings are typically very difficult and oftentimes physically demanding. Homeowners with existing health conditions or other physical limitations may not be capable of performing certain tasks or may need to take frequent breaks, which can delay projects.

Do I have the time?

Many home improvement projects require a significant amount of time to complete. Homeowners whose time is already stretched thin with commitments to work and/or family may not be able to complete projects within a reasonable



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Questions To Ask Before Embracing DIY

amount of time. That's fine if working on a part of the home that won't affect daily life, but can prove stressful or problematic if the project is in a room, such as a kitchen or bathroom, that residents of the home use each day. Novice DIYers should be especially honest with themselves about the time they have available to work on the project, as such homeowners are bound to experience a few time-consuming missteps along the way.

Can I afford it?

While DIY might seem more affordable than hiring a contractor, that's not necessarily true. Novice DIYers may need to buy or rent tools, costs that can add up. Contractors already have the tools necessary to begin and complete projects, so the

cost savings of DIY might not be as significant as homeowners think. Before going the DIY route, homeowners should solicit estimates from contractors, comparing the estimates to how much a project will cost if homeowners do it themselves.

Can I go it alone?

Many home improvement projects require more than one set of hands, and it's risky and even foolish for first-time DIYers to assume they can begin a project and see it through to completion entirely on their own. Homeowners whose spouses, partners, friends, or relatives are willing to chip in may think that's enough. However, the DIY skills of those who volunteer may be a mystery until the project begins. Novice DIYers should enlist the help of

a friend or family member with home improvement experience. If no such person is available, it may be wise to hire a contractor instead.

Home improvement projects may seem simple on television.

But prospective do-it-yourselfers must make honest assessments of their skills, time and budgets before taking on a DIY project.

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PROTECTING PRIVATE DRINKING WATER SOURCES

Many people do not give much thought to their drinking water or where it comes from, only paying mind if the color, taste or pressure is unusual or if warnings are issued in the event of a water main break or flood.

Water for homes and businesses

is often sourced from municipal water sources, but private wells also provide water. According to the U.S. Census Housing Survey 2015, 13 million households in the United States rely on private wells to supply their water. Many of these homes are located in hard-to-reach

or rural areas where municipal water pipes do not travel.

Public water supplies are typically overseen by a governing body, such as the United States Environmental Protection Agency. However, these organizations may not regulate private wells, nor will

they provide recommended criteria or standards for individual wells. As a result, it is up to individuals to make sure their well water is safe for consumption. Private well owners may be surprised to learn that, according to the U.S. Geological Survey, at least 20 percent of private wells contain contaminants, of which 23 percent have levels high enough to be a potential health concern.

Well water is groundwater found in subterranean aquifers. This groundwater comes from rainfall that is absorbed in the soil and slowly seeps downward through the dirt, rock and various underground spaces. Along this path it can pick up contaminants. Common sources of contaminants include farm waste, fertilizers and pesticides, chemical spills, poorly maintained septic systems, and seepage from landfills. Arsenic is also naturally occurring in groundwater, and in some areas the levels are above the EPA threshold for safety.

Unfortunately, many contaminants are undetectable to the eyes, nose and mouth. And unlike public drinking water systems, people with wells typically do not test their water as often as they should. The EPA says that well water should be tested annually for bacteria and nitrates. The environmental medicine experts at Robert Wood Johnson Medical School in New Jersey suggest testing for lead, arsenic, radon, uranium, and other heavy metals every three to five years.

The National Groundwater Association says county health departments can conduct water tests for bacteria and nitrates. Those who want to test for other substances can get a list of state-certified drinking water testing labs. The Well Wise program is administered by the Ontario Ground Water Association and can provide water testing for consumers. This is a good place to start for Canadian residents. Learn more at <http://www.ogwa.ca>

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FIVE WAYS TO INCREASE HOME FIRE SAFETY

An average of seven Americans die each week as a result of house fires. Most fires occur in residential buildings between the hours of 11 p.m. and 7 a.m., when occupants are most likely to be asleep. Your first line of defense is fire preparedness.

Here's five things you can do to increase your chance of survival in a fire:

Install smoke alarms on every story of your home and outside sleeping areas. Be sure to test them monthly, clean them every six months and replace batteries in spring and fall. Having working fire alarms can cut your chance of dying in a fire in half!

Have a fire escape plan for your family and practice it. A small fire can spread rapidly - you may only have minutes or seconds

to escape. When going over the details of your escape plan, check windows and doors to ensure all open easily. Know your local emergency number (911). Never stop to gather belongings or reenter a home after safely outside.

When renovating, consider using fire-rated, noncombustible products. Your choice of insulation, for example, can be vital. Stone wool insulation, like that produced by Roxul, resists temperatures up to approximately 2,150 F. When directly exposed to fire, it will not off-gas, contribute to toxic smoke or promote flames. Fire-resistant building materials can give you extra time to escape when seconds count.

Purchase a multi-use fire ladder for each bedroom in your

home and practice using it. A fire ladder may be your only escape option if flames block critical exits.

Place fire extinguishers on every level of your home, especially in high-risk areas like the kitchen, near fireplaces and in the garage. Use only for small, contained fires that are not spreading rapidly. Know how to operate your extinguisher before an emergency occurs using the PASS method: Pull pin, Aim low, Squeeze lever and Sweep from side to side. The safest option is always to evacuate your home and call for help.

Fire prevention measures are a serious matter in every home. Find out how to keep your home and family safe at nfpa.org or improve your fire safety knowledge by visiting the Roxul website.

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TOP 5 HOME PROJECTS TO HELP YOU SAVE MONEY

(MS) - It's remodeling season, and with so many projects on the to-do list, which should you tackle first? While some projects provide great long-term return on investment, a

few simple ones can provide instant savings. Here are the top home spring projects to help you save money:

Caulk around windows and doors

- Stop air leaks around your home by sealing existing gaps and cracks. Use caulking or weather stripping around doors and windows. Installing a door sweep is also a good idea.

Insulate your home - Use insulation with a high R-value, such as Roxul Comfortbatt, which can be used to top up insulation in your attic. Aim for an R-value of 50 or a depth of 16 inches. For whole home efficiency, ensure other areas of your home, such as crawl spaces, basement headers, walls and ceilings, are well insulated. It will keep your house cool in the warm weather and take the stress off your air conditioning unit.

Clean your AC unit - Come spring, it's not uncommon to find an air conditioner's condenser and compressor blocked up with dirt and debris. This

can result in greater stress on the unit, causing it to work harder. Giving it a thorough cleaning is easy and can help maximize your AC unit's service life while minimizing your energy bill.

Plant trees - Direct sunlight can heat up surfaces and building materials, as well as the interior temperature of your home. Consider planting trees in strategic locations to provide shade and reduce cooling costs.

Install a rain barrel - Water is an important, but costly resource. Installing a rain barrel is an easy and affordable measure to reduce your water consumption, while keeping your lawn and garden looking great.

These simple home maintenance tasks can be well worth the effort, potentially providing hundreds of dollars in annual savings.

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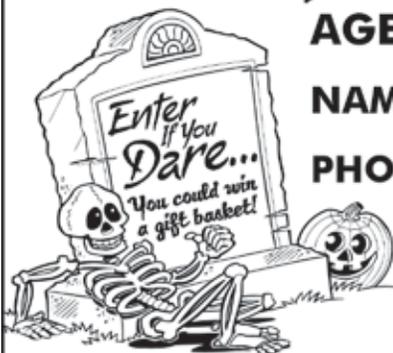
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ANOTHER RAINBOW SALE

ANOTHER RAINBOW SALE

**UPDATE! Due to inclement weather
Walter and June Volsky Auction Sale
has been moved to September 30, 2018
UNRESERVED AUCTION SALE
FOR WALTER & JUNE VOLSKY**

Sunday, September 30, 2018 at 10:00AM
Directions: 52522. Range Road 14 | From Hwy 16a West of Stony Plain, AB
turn West on Parkland Drive to range road 14 and go south 1 km to location!

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 • Eezee 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 tongs - 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 • 4X3 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 • Agrimet 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!!

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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
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).

SEPT 22 - ONOWAY HISTORICAL GUILD THRESHING BEE, 11am-4pm. Location: NW junction of Hwys 43 & 633. Antique cars & tractors, music, parachute jumpers, blacksmith, activities for kids - fun for all ages! And home-made pies! 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.magnoliacommunityclub.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, S2. PH: 587-989-7214 or 963-7920.

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

TOPS (Take Off Pounds Sensibly)

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

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

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

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

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

YOUR COMMUNITY

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

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

PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

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

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

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

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

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES: Tues 7:30PM Crib; Wed 1PM Bridge.

Mon, Wed, Fri 10:15AM Aerobics/Fitness.

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

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 Agliplex.

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

CHERRISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agliplex. 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, MEMORIES & 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!

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

ANSWER:

3	9	6	4	8	7	1	5	2
1	7	2	9	6	5	4	8	3
4	5	8	3	1	2	6	7	9
2	1	9	5	3	8	7	4	6
7	3	4	6	9	1	8	2	5
8	6	5	7	2	4	9	3	1
5	8	1	2	4	9	3	6	7
6	4	7	1	5	3	2	9	8
9	2	3	8	7	6	5	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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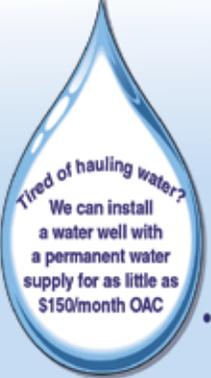
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REGISTRIES**
INSURANCE 

Box 390, Onoway, Alberta T0E 1V0
Tel: 967-5270 Fax: 967-4303

OPEN 9-5 MONDAY - FRIDAY
FIRST & LAST SATURDAY OF EACH
MONTH 9-12* *excluding long weekends
Registries Closed from 12:00 pm - 1:00 pm

ALL GENERAL REGISTRY SERVICES

Home - Auto - Farm
- Life and Business

Very Competitive
Rates & Convenient
Payment Plans.



Clients first...Service Always!

Stay connected at home like never before.

TELUS High Speed Internet with Smart Hub, is an ideal at-home Internet solution



The Smart Hub uses the TELUS LTE Network to provide High Speed Internet Access in rural communities.

Features

- ✓ Powered by the TELUS LTE Network
- ✓ Download speeds up to 25 Mbps
- ✓ Large data allowances at competitive monthly rates, starting at \$60 per month
- ✓ High speed Wi-Fi that lets you connect multiple devices



Wireless Home Phone **\$0**

Stay connected with all the minutes you need:

on 2 yr term

Enjoy unlimited nationwide calling, and 5 included voice features (Voicemail 25, Call Display, Call Forwarding, Call Waiting, Conference Calling) for a low monthly price.

Monthly Plans Starting from

\$10

per month*



82 Boulder Blvd.,
Stony Plain, Alberta

Open

Monday - Friday
Thursday
Saturday

8:30am - 6:00pm
8:30am - 8:00pm
9:00am - 4:00pm

780-963-9463