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September 18, 2018

PRACTICAL PEMBINA AFTER SCHOOL PROGRAMS GRADES 5 – 9

Submitted by Melissa Killick | Tipple Park Museum

Let's get right down to the basics. Whatever happened to practical life skills? You know, the basic ones, like cooking, money management, first job prep, power tool essentials, and dancing. Don't worry, we have you covered. Tipple Park Museum would like to take the time to introduce Practical Pembina After School Programming for Grades 5-9.

We have you covered! Children will get to learn the follow-

ing, Basic cooking skills, first job prep, thrifty Christmas gifts, power tool help, dancing, and Babysitting. Each course will have a knowledgeable instructor, that will lead students in the right direction.

Not only do we offer practical afterschool programming, we also, offer a safe and social environment as well.

There is a five-dollar fee for each session, not including the babysitting course. Each course can accommodate twelve students. Please register by phoning 780.727.2240 or emailing us at tippleparkmuseum@gmail.

Basic Cooking Skills on Friday, September 28 from 4-6pm
First Job Prep on Friday, Oc-

• First Job Prep on Friday, O tober 19 from 4-6pm

• Thrifty Christmas on Saturday, November 24 from 3-6pm • Budgeting on Friday, Decem-

• Power Tool Essentials on Sat-

urday, January 12 from 2-4pm

• Lean how to dance on Saturday, February 9 from 2-4pm

Babysitting Course - TBD





FALL AND WINTER EVENTS, AT EVANSBURG ARENA

Submitted by Melissa Killick

Another summer has come and gone, with that comes exciting Fall and Winter events, at Evansburg Arena.

We would like to take this time to welcome our new employee Sam Olsen. We are glad to have you on board.

Public skating will be starting September 25th on Tuesday, from 3:30 – 5:15 pm, Wednesday and Thursday from 3:30-5: 30 pm. Evansburg Arena is offering free admission.

If you're looking for a friendly team sport that is open to all ages, Pond Hockey has been changed to Monday evening from 5:45-6: 45 pm. Starting on September 24th Please bring gloves and a helmet. For pricing information please contact Evansburg Arena.

We are looking for Volunteers that can help us with our annual 'Nightmare on 52 Ave' haunted house. The first meeting is taking place Wednesday, September 19, 2 pm at Evansburg Arena. If you are interested, please attend.

Looking for a kid-friendly activity this Halloween, Evansburg Arena, and Successful Kids and Families are putting on a FREE kids Halloween party Friday, October 19 from 1-3pm. There will be food, games, and prizes. Make sure to dress up!

Ready to be terrified? 'Nightmare on 52 Ave' is taking place on October 19 and 20 from 6-9pm. We are looking for sponsors, if you are interested please phone the arena at 780-727-4340.

We are looking for an energetic, hardworking, casual concession staff member that can join our friendly team. If you are interested, please contact Evansburg Arena.

Please stay tuned for more information! Contact us at 780-727-4340 or Email: evansburgarena@live.ca, We are on Facebook: PARS. Happy Fall.

Page 2 Community Voice



MULTI-USE FACILITY UPDATE

Submitted by Stefan Felsing, Communications Coordinator | Yellowhead County

Edson, Alberta, September 12th, 2018 – Submissions received from the 'Architectural and Professional Services' Request for Proposal (RFP) process are now being reviewed by



with the new school year approaching

Students are asked to remember:

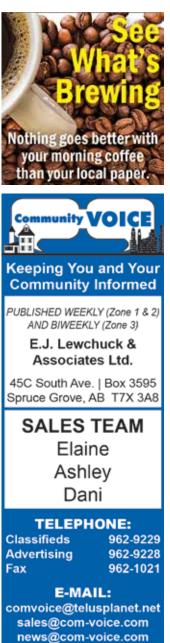
- . Respect the bus driver at all times
- . Follow the rules on the school bus
- Arrive 3 to 5 minutes prior to your designated bus pick-up location
- · Dress appropriately for weather conditions
- Keep your hands, arms, and head inside the bus at all times



Administration and will be forwarded to the Project Steering Committee on October 16 for review and recommendation to the respective Councils.

It is anticipated the award of the professional services contract will be ratified by the respective Councils at subsequent Council meetings in the following weeks.

Further updates will be released as the project moves forward.



September 18, 2018

Community Voice Page 3



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G. R. A.D. WORD IS You Graduated! Congratulations to the Class of 2018! Hope the future spells out continued happiness and success for all of you. Jim Eglinski^{MP}

Jim.Eglinski.C1@parl.gc.ca www.jimeglinski.ca • 1-800-268-7117

CONGRATULATIONS CLASS

C,

Congratulations to All of Our Graduates from Grand Trunk High School!

> On Behalf of the Board of Trustees, Administration, Staff and Families of



www.gypsd.ca

Page 4 Community Voice





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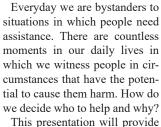
TO HELP OR NOT TO HELP FACILITATING POSITIVE ACTION FROM BYSTANDERS

Submitted by Heather Slade, Coordinator | Pembina Crisis Connection Society

YOU ARE INVITED TO PREVENT ABUSE & BULLY-ING on Tuesday, November 13, 2018 at 7:00pm at Lakeview Inn & Suites



Dr. Betty Jo Barrett PhD, Associate Professor and Director of Women's Gender Studies, University of Windsor, acclaimed researcher & speaker



This presentation will provide an overview of social-psychological research & theories on bystander behaviour. We will explore the factors that facilitate positive action as well as common factors that inhibit action. This session will conclude with 5 pivotal steps that individuals must undertake to provide effective intervention to assist those in need.

This FREE presentation is proudly hosted by: Pembina Crisis Connection Society

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September 18, 2018 Community Voice Page 5 GYPSD SEPTEMBER SCHOOL NEWS

Submitted by Nikki Gilks, Manager, Communications Services | Grande Yellowhead Public School Division

LOBSTICK ZONE

Evansview School

We are excited to welcome back students, parents, and staff to another great year at Evansview School! We hope everyone had a safe and enjoyable summer break and are ready for a great year. We would like to welcome three new staff members this year: Mrs. Sharon Fehr joins us as an educational assistant, Miss Krystyne McDonald joins us as our new Grade 3 - 3/4 teacher, and Mr. Matt Kolotyluk is our new school principal.

Grade 1 - 6 classes will have stand alone instruction for the mornings in language arts and math, and the Grade 1 - 2 and 3 - 4 classes will combine in the afternoons for their other classes. We have a focus on literacy this year and have a goal of improving reading skills for all of our students.

We would like to invite parents and students to a welcome back bbq on September 18th from 4 to 6 p.m. Please bring your families and come and join us for a hamburger or hotdog, and meet our staff and other school community members. Evansview School will be participating in the Terry Fox Run this year. Our chosen date is Friday, September 21st, and more information will come as we get closer to this date. Also, Orange Shirt Day will be recognized on September 28th, and all students will receive an orange t-shirt designed by a Grand Trunk student. We look forward to working with you all this year!

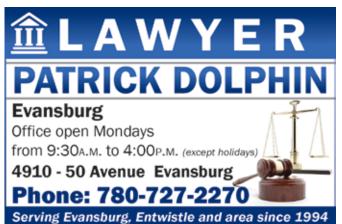
Grand Trunk High School (GT)

There is excitement in the hallways of Grand Trunk High School for the upcoming school year! Our staff has come up with many exciting ideas and activities for the 2018/2019 school year.

For the first day of school, on September 4th, we greeted students with a conference-style day, where they learned about the upcoming school year, and how we will be working together as a team to make their year successful. The most important part is to build relationships, following the Significant 72 model. We had several sessions for the students including a presentation by the fire department, a scavenger hunt to get to know the building and staff, high school graduation requirements, 'A Recipe for Success' (goal setting, self-care, study skills, and school supports), and sign-up for sports teams.

On the second day of school, our Grades 8 - 12 students had the opportunity to listen to a presentation by Dwayne Peace entitled, 'Life Challenges in Secondary School'. During the afternoon, Mr. Peace worked with one of our classes on the second part of this program.

Continued on Page 23



Crande ellowhead

PROPOSAL CALL FOR SNOW REMOVAL

Grande Yellowhead Public School Division No. 77 invites all interested contractors to submit a proposal for the removal of snow, grading and the sanding of all Division owned parking lots at the following locations:

Grand Trunk High School, & Evansview School in Evansburg, Wildwood School, and Niton Central School.

The successful contractor must demonstrate that all of the areas bid on will be cleaned and sanded within a 12 hour period after any significant snowfall.

The proposal call should therefore include the type and number of pieces of equipment available to clean, grade, sand and remove the snow from all parking lots and the hourly rates charged including travel time. Include WCB clearance letter and proof of liability insurance in proposal.

When submitting a proposal bear in mind the distance between the sites and restrictions on a single operator for a number of sites.

Preference will be given to those contractors that submit their company safety program including safe work practices and up to date equipment maintenance records.

Sealed quotes will be received by Grande Yellowhead Public School Division No. 77 attention:

Director of Facilities 3656 – 1st Avenue Edson, Alberta T7E 1S8 Telephone: (780) 723-4471 Toll Free: 1-800-723-2564 Fax: (780) 723-2414

Closing Date: Friday, September 28, 2018 at 2:00 p.m.

Grande Yellowhead Public School Division No.77 reserves the right to accept or reject any or all applications.



Evansburg/ Wildwood Facilities Review Project

WE ARE LISTENING: YOUR VOICE MATTERS!



Grande Yellowhead Public School Division (GYPSD) is conducting a review of three of our facilities in the Lobstick zone: Evansview School and Grand Trunk High School in Evansburg and Wildwood School in Wildwood.

The goal of this review is to determine how we can provide the best learning environment and educational programs for the students of Wildwood and Evansburg, given the resources available. No decisions have been made yet.

JUNE 2018:

START THE CONVERSATION **EXPLORE OPTIONS:**

SEPT. 13, 2018: HANDS-ON WORKSHOP SEPT. 19 & 20, 2018: DROP-IN REVIEW SESSIONS PUBLIC BOARD MEETING SEPT. 27, 2018: MAKE DECISION

YOUR INPUT IS NEEDED!!

Phase One:

Community sessions were held in both Evansburg and Wildwood in June to learn about community hopes and concerns. Input from the community was used to plan Phase Two events. Information gathered at the June sessions can be viewed on our website at www.gypsd.ca.

Phase Two:

 Hands-On Workshop on Thursday, September 13th at the Wildwood Community Hall from 6 to 9 p.m.

The public from Evansburg, Wildwood and surrounding areas are invited to participate in a handson, three-hour workshop to provide their input on decision criteria and options that should be considered by GYPSD's Board of Trustees when they decide on revisions to the current Capital Plan. Let us know what is important to you and what school facility options you want considered. **Please pre-register online at www.gypsd.ca** to ensure we have sufficient materials and snacks for everyone!

 Drop-In Review Sessions: Wednesday, September 19th at Grand Trunk High School in Evansburg and Thursday, September 20th at Wildwood School in Wildwood

The public are invited to drop-in any time between 4 and 8 p.m. on either day to review the facility options being considered and help us evaluate them. Your input on the options is important to us.

Online Survey

An online survey will be open between September 19th and 22nd for those who were unable to attend in person, but wish to share their thoughts on the options presented. The link to the survey will be on our website at www.gypsd.ca.

Phase Three:

Special Public Board Meeting on Thursday, September 27th at 10 a.m.

GYPSD's Board of Trustees will review all community input received through the workshop, drop-in sessions, and the online survey. A special board meeting will be held on Thursday, September 27th to discuss this feedback, and make a decision on whether the division's current Three-Year Capital Plan should be changed. This meeting is open to the public and will be held at the Royal Canadian Legion in Edson, beginning at 10 a.m.



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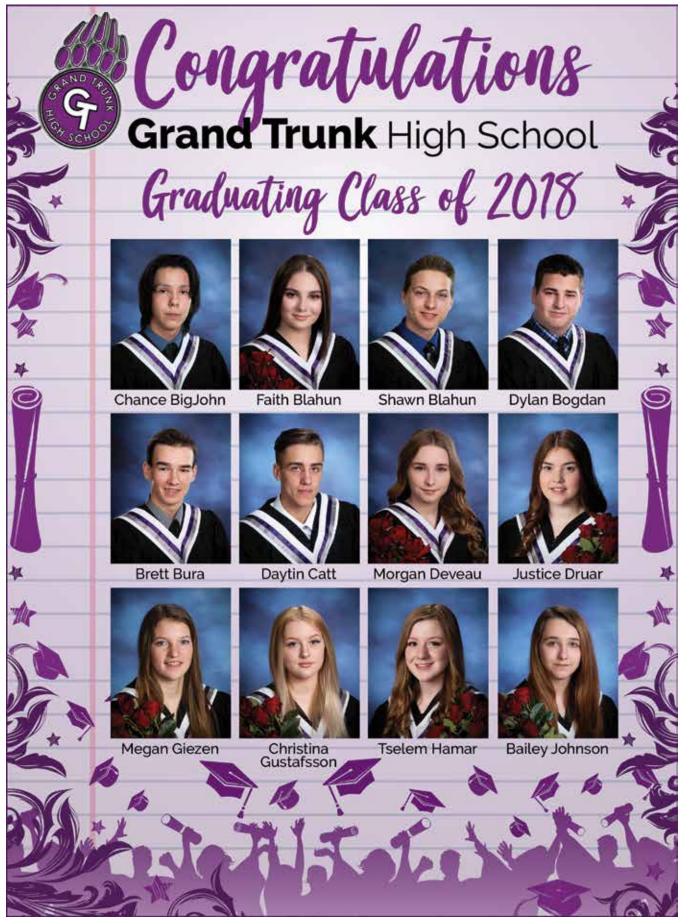
Down 17 lbs and fitting into clothes that were way to tight before!

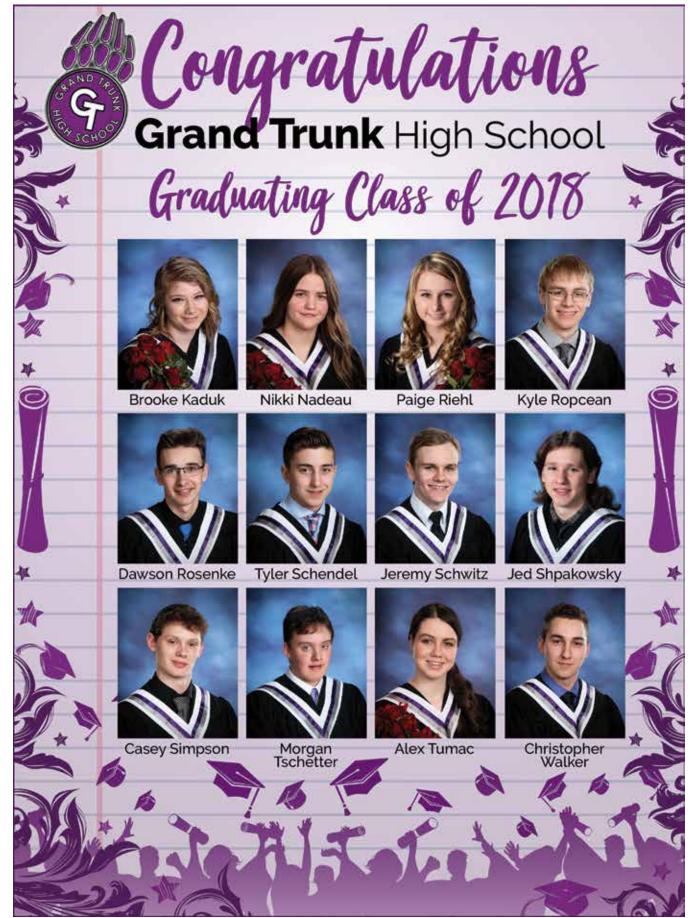
Managed to lose 7 lbs very fast & much more in inches the way my clothes are fitting now! 1 cup a day is all for me!

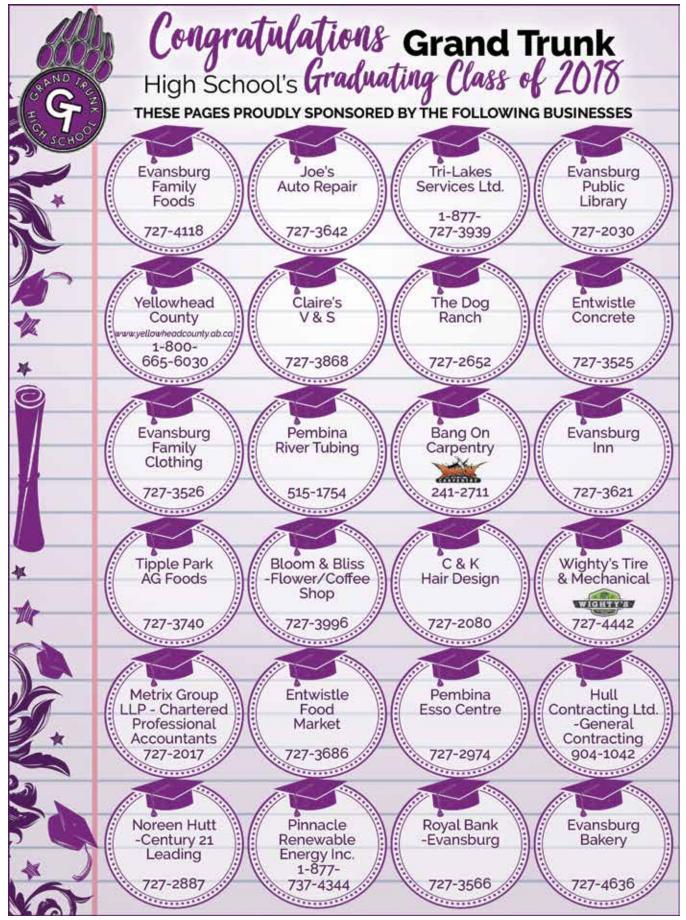
No dieting, first month finished. Down 7 ½ lbs 8.5 inches. Awesome product!

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YELLOWHEAD COUNTY **COUNCIL HIGHLIGHTS**

Submitted by Dan Ivanov, Communications Coordinator | Yellowhead County

September 11, 2018

Township Road 534/Range Road 170 Resident Presentation - Local resident Larry Irwin presented to council regarding perceived concerns over traffic safety on Township Rd. 534 and Range Road 170. Mr. Irwin noted that he is concerned with safety issues regarding access to and from Highway 748 and Township Road 534 due to

train blockage. Mr. Irwin has asked council to consider his comments during their next Governance and Priorities Committee meeting.

IDP Exemption (Clearwater County) - Council moved to apply for an exemption (to Municipal Affairs) from creating an Intermunicipal Development Plan (IDP) with Clearwater County, as both counties share a border composed entirely of provincial crown land, and the development of the IDP would require considerable loss of time and resources.

IDP Exemption (Brazeau County) - Council also moved to apply for an exemption (to Municipal Affairs) from creating an IDP with Brazeau County, as per the same reasons stated above.

IDP Exemption (Municipal District of Greenview) - Lastly, council moved to apply for an exemption (to Municipal Affairs) from creating an IDP with the Municipal District of Greenview, as per the same reasons stated above.

MSI Capital Funding for 2019 and 2020 - Council approved the

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allocation of the 2019 and 2020 Municipal Sustainability Initiative (MSI) capital grant in the amount of \$10,543,805 to be applied to the Joint Multi-Use Facility. MSI funding is provided by the province as to strengthen the municipal sector and provide significant financial support to municipalities for infrastructure needs.

Wildwood Recreation Complex Parking Lot Tender - Council rejected all tenders for the paving and drainage work required at the Wildwood Recreation Complex. The project will be re-tendered in early 2019 for spring/summer completion.

Wildwood Area Structure Plan Amendment - Council gave first reading in regards to a landowner's request to amend the Wildwood Area Structure Plan Bylaw 9.05 to accommodate an Overhead Door Manufacturing Facility (within a parcel located at the west end of Wildwood). The company anticipates the employment of some 30 people when fully operational.

Land Use Bylaw Amendment - First reading of Bylaw 17.18, to amend Land Use Bylaw 16.13 from Hamlet Commercial (HC) to Hamlet Commercial (HC) in support of an Overhead Door Manufacturing Facility (as referenced above).

2018 Accounts Receivable Write Off - Council approved the write off of the 2018 Accounts Receivable noncollectable accounts in the total amount of \$10,313.97. There has been extensive follow up on these accounts, three of which originated in 2016 and one in 2015, however it is felt that all avenues of collection have now been exhausted.

Land Acquisition Negotiations Suspended - Council moved to temporarily suspend land acquisition negotiations for phase one (east side) of the Chip Lake connector road project, and engage in acquisition negotiations for phase two (west side) of the Chip Lake connector road project.

The next Council Meeting is on September 25, 2018. The next Governance & Priorities Committee Meeting is on September 18, 2018. All meetings start at 9:30 a.m. in the Council Chambers.

NOTICE OF PUBLIC HEARING

In accordance with the requirements of Section 606 of the Municipal Government Act, as amended, the Council of Parkland County has scheduled a Public Hearing regarding the proposed adoption of the following Bylaw:

Date: October 9, 2018 Time: 9	9:30 am Location:	 Parkland County Council Chambers 53109A Hwy 779, Parkland County, Alberta
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Proposed Bylaw 2018-18 Parkland County and Yellowhead County Intermunicipal Development Plan An Intermunicipal Development Plan (IDP) is a statutory document prepared with two (or more) municipalities that share a common border, and where at least one member is not a part of a growth management region. An IDP ensures future development and land use policy are coordinated between municipalities. Parkland County and Yellowhead County, under the direction of Section 631 of the Modernized Municipal Government Act, have agreed to jointly engage in an IDP. This plan has been developed to reduce the possibility of any potential conflicts between Counties and to ensure the relationship remains strong, transparent and collaborative in the future.

Hearing Procedure

This is a formal Public Hearing and Council is prepared to hear and receive formal submissions and presentations (verbal or written) from those who wish to speak to the proposed Bylaw. Written submissions or presentations may either be submitted to Planning & Development by 4:00 P.M. on October 2, 2018, or submitted at the commencement of the Public Hearing.

Anyone wishing to make a verbal presentation to Council must notify Planning & Development Services by 4:00 P.M., on October 2, 2018. Verbal presentations at the Public Hearing will be limited to a maximum of 10 minutes. Anyone wishing to make a verbal presentation who has not made prior arrangements may be allocated a time at the commencement of the Public Hearing. Council advises that this is your last opportunity to comment on the proposed Bylaw as Council is unable to receive further submissions after the Public Hearing is closed.

Copies of Proposed Bylaw

Copies of the proposed Bylaw are available free of charge during regular business hours (8:30 A.M. to 4:30 P.M., Monday to Friday) from Planning & Development Services at Parkland County Centre. They are also available on the County's website at https://www.parklandcounty.com/en/county-office/inter-municipal-planning.aspx. If you have any questions or wish to present a written or verbal submission, please contact Rachelle Trovato, Planner at Planning and Development Services at 780-968-8443.



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CARING FOR KITCHEN COUNTERTOPS

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. 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 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.

Continued on Page 19

Do I have the time? Many home improvement





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

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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

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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.





ITEMS TO CONSIDER WHEN OUTFITTING A HOME GYM

Home gyms can make working out more efficient, saving time driving to a fitness facility and enabling people to stick to a workout regimen during inclement weather. Having a gym at home also may motivate people to work out more frequently and more effectively, as they can exercise at any time of day they choose and won't need to share equipment with fellow fitness enthusiasts.

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 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 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.

Continued on Page 19





Questions To Ask Before Embracing DIY

Continued from Page 16

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.

Items To Consider When Outfitting A Home Gym

Continued from Page 18

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.



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!

turn West on Parkland Drive to range road 14 and go south 1 km to location! HighLights Horse-Draw Collector Wagons & Memorabilia: • John Deere Mini Wagon - an exact replica of larger JD wapons, only one known be exist in Canada loday • Quebec Dump Carl - built in Drummorville, Quebec in 1908, a great collector's item and and decor • Mountain Wagon - built by Anderson Carriage Works, Wooler OnL in 1922, made for rough terrain • Petrolia Heavy Wagon - built in 1904 in Petrolia, Ontaino, decals and names are still visible • Restored Farrier's Wagon - suberby restored, the 100-year old farrier and in 1904 in Petrolia, Ontaino, decals and names are still visible • Restored Farrier's Wagon - suberby restored, the 100-year old garse - Grain Mini pot in Potencia, Ontaino, decals and names are still visible • Restored Farrier's Wagon - suberby restored, the 100-year old garse - Grain Wagon - fus wagon with pneumatic tires made mini horses earn their orats in old days • Grain Wagon - Mayen - fusible wagon is another fine survivor of life years ago on Alberta farms - Original Mik Wagon - are commercial vehicle, original sign reads 'Moser Bros. Mik & Cream 1900 - 1986 • Grain Wagon - built by Masey Harris Co. in Hamilton - Ont. 1919 is still in received the wagon - built by Masey Harris Co. in Hamilton - Ont. 1910 is still in received the wagon - built by Masey Harris Co. in Hamilton - Ont. 1910 is still in received the wagon - built by Hamey Steiph - Johns Corw. Forginal Early Runabout Wagon - built by Farons Normandeau Co. In Quebec, this wagon has a Grain Tank Box • Martime Jumper Steiph - Johns Kar & Son, Fredericton, NB, in 1905, this is a fine rare steiph - Black hores enakes a superb and decoration - Hamess on town hores - A beautiful and intricate harmess - Graine Carl - a stury little carl ideal for a charming garden or And the duration - Hamess for carl hores + A beautiful and intricate harmess - 6 Grainel Sont harmess hangers - by each - heavy dittry and decoration - Original Platform Scale - a Beam

UNRESERVED AUCTION SALE FOR LARRY & FRANCIS BOYER Sunday, September 23, 2018 at 12:00PM

Directions: County of Yellowhead | Entwistle, AB

HIGHLIGHTS: <u>Cars. Trucks. Tractors and RVs</u>: • 2007 Copper Canyon 24' Holiday Trailer • 1994 Cadillac Sedan De Ville • Cockshutt 80 Tractor (not running) • 2006 Pontiac Van - 7 Passenger • 1970 Dodge Dart - 2 Door • 1985 Olds Delta 88 <u>Collector Cars and Trucks</u>: • 1952 Studebaker • 1939 Chev Coach (2 only) • 1966 Chev C-30 c/w Box and Hoist. <u>Large</u> <u>assortment of Antiques & Collectables plus Wagons</u>. <u>Lawn and Garden Tools and Equipment</u>, <u>Hunting Rifles and</u> <u>Equipment</u>. <u>Selection of Antique and Modern Household Merchandise</u>. We will be selling a selection of RVs, vehicles, collectors, barn find vehicles, trucks, collector tractors, horse drawn and tractor antique machinery. Very large selection of antiques and collectables from the original farm plus household furniture and accessories. *Thank you in advance for attending this sale!*

Looking for consignments for Rainbow's Annual Harvest Auction on Saturday, October 6, 2018

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.

Sale Conducted By: **RAINBOW LIQUIDATORS AND AUCTIONS** Stony Plain, AB. 780-968-1000 or TOLL FREE 1-866-968-1001 **Complete Liquidation and Auction Services Since 1978** <u>www.rainbowauctions.ca</u>

September 18, 2018 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

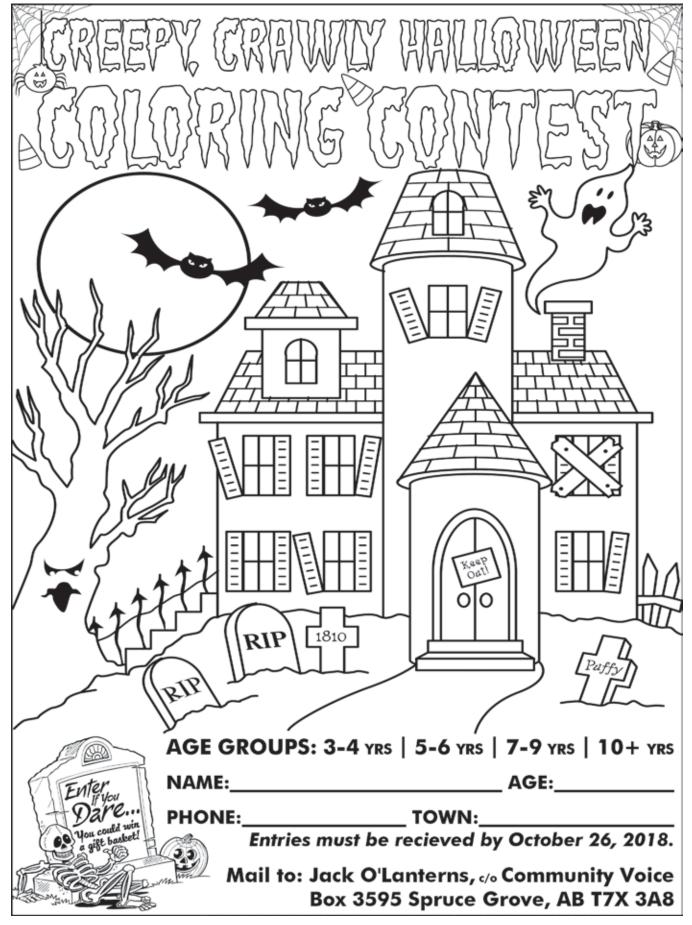
9. September 5 – Area of Township Road 540 and Range Road 30 – Theft of Vehicle, 2017 white Ford F350

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





HOW TO HELP KIDS GET INTO GOLF

Golf is a game of skill that can take years, if not decades, to master. Many golfers find their time on the golf course both rewarding and relaxing, even on those days when the fairways seem impossible to find.

Though many players never swing a golf club until they reach adulthood, it's never too early to hit the links. Some of the world's most accomplished golfers, including four-time Masters champion Tiger Woods, began playing as toddlers, and many feel that getting an early start can lead to a more successful game down the road.

Getting kids into golf is a great way for parents to bond with their children while enjoying the great outdoors. Golf can also be used to teach kids humility, sportsmanship and the importance of hard work. Thanks to the often frustrating nature of golf, parents may find it somewhat challenging to instill a love of the game in their youngsters. But there are ways to introduce kids to this wonderful game that kids might just play for the rest of their lives.

Focus on having fun. Few, if any, golfers at your local golf course on a given weekend could say with certainty that golf has never frustrated them. The challenge of golf may be its most appealing characteristic to older players, but young kids can be easily overwhelmed by the challenges golf presents. By focusing on having fun instead of perfecting techniques, parents can get kids to look forward to their time on the links. The more fun kids have, the more likely they will be to embrace the game and its many challenges. Don't put pressure on youngsters as they develop their games, but

encourage them through their struggles and reassure them that you faced the same obstacles when you started playing.

Hire an instructor with experience teaching children. Instructors with experience teaching children will understand the basics of the game and how learning those basics provides a great foundation for future enjoyment and success on the course. Instructors who have taught kids in the past also know that teaching youngsters the finer points of golf requires patience and encouragement. Ask a fellow parent or an employee at the club where you play to recommend an instructor for your child. And take advantage of any kids' courses your club offers.

• Purchase the correct equipment. Even the best golfers are bound to struggle when using the wrong equipment. While it might be unwise to invest in especially expensive equipment for youngsters likely to grow out of it in a few months' time, deals can be found on used kids' equipment. Used kids' equipment is typically subjected to less wear and tear than used equipment for adults, as kids tend to play less often and fewer holes than adults when they do play. But make sure to find correctly sized equipment that kids feel comfortable using.

• Play some holes. Instructors may teach kids the differences between the types of clubs and how to swing and putt. But golf is most fun when players are out on the links going from hole to hole. Instruction is important, but don't forget to play a few holes with your child each week as well.

Golf is a challenging game, but it's one that can be enjoyed by athletes of all ages.



September 18, 2018 GYPSD September School News

Continued From Page 5

As very important members of our team, parents were invited to a parenting session at 6:30 p.m. on Wednesday, September 5th. During the morning while our Grades 8 -12 students were engaged with Mr. Peace, our Grade 7 students worked with our team members to help them get organized and ready for their new adventure at our school. On Friday afternoon, we planned some games and activities to end the week with activities meant to continue building strong relationships.

The month of September will be very busy with activities at our school. School pictures will be taken on September 19th. Be sure to dress in your best clothing for that day. We will be starting volleyball right away, with our high school teams heading to a tournament on September 7th.

Our graduation ceremony will take place on Saturday, September 22nd, at 3:30 p.m. at our school with a banquet to follow at the Evansburg Legion. We will be holding our awards ceremony on the 27th at 1:45 p.m. These events are held to celebrate the accomplishments of our students from the past school vear.

Our school council's annual general meeting will take place on Monday, September 24th at 5:30 p.m. This is a great way to get involved in your child's education and we look forward to seeing our Grand Trunk parent community in attendance.

Niton Central School

Niton Central School has been a real hub of activity this summer! While our staff has remained the same, there have been changes in teaching and room assignments, so everyone was working hard to set things up well for our students. The result is a cheerful, welcoming atmosphere incorporating many new ideas and approaches to teaching and learning. We have very high hopes for student success this year!

This month includes many things to look forward to, besides our monthly staff, professional learning, and administrators' meetings.

Niton Events For September Sept 18 - Welcome Back Event from 5 - 7 p.m.

Sept 21 - Terry Fox Run

Wildwood School

Thank you to Mr. Mike Gray for serving as principal of Wildwood School last year. We ended our awards ceremony last year with a helium balloon release in his honor. We did it to celebrate his highly rewarding thirty year career as an educator. As anyone who has ever been a part of a balloon release knows, the combined emotion of everyone's happiness, appreciation and wonderment is indescribable! Though only in Wildwood for one year, Mr. Gray was frequently credited with giving the building a completely positive atmosphere. We extend our very best wishes to him in retirement!

With that being said, we are pleased to introduce Mr. James Randall, the incoming new principal of Wildwood School. Returning to Wildwood in a leadership role is somewhat of a return home for him. Mr. Randall's very first year of teaching was at Wildwood School back in 1993/1994. Born and raised in the Niton Junction area, he graduated from high school at Niton Central. Mr. Randall also taught a year in southern Alberta near Taber. He taught in Niton for eight years, and

was a teacher at École Pine Grove Middle School in Edson another eight years. He was principal of Pine Grove for the past seven years. Mr. Randall has a team philosophy, "It takes a whole team to run a school!" he explains. "It's not just one person. And I feel like I am joining a great team of people!"

When you enter Wildwood School for the first time this fall you will be amazed by freshly painted walls and new flooring! The school division's facilities crew and our dedicated custodial team transformed many aspects of the school over the summer. Besides new paint and tile in the hallways, office area and some classrooms, the parking lot out front was repaved. The gym bleachers will be repainted in the near future.

Activities and events school-wide are in full swing. Volleyball has started up. Grade 4 - 5's will tour the Edmonton Waste and Recycle Centre later this month. As the school division continues to work with the community on a possible revised capital plan, meeting dates for this fall have been announced on the division's website. Everyone is excited for what the year will bring!

Parkland County Fire Department Recruitment



Do you have what it takes?

Are you a motivated team player with a strong work ethic and the ability to operate effectively during emergency situations? You may be just who we're looking for!

Parkland County Fire Services is recruiting paid-on-call firefighters through the month of September, with plans to hire in October.

See the full requirements and apply online today!

Visit our website or call 780-968-8338 for more details.

www.parklandcounty.com/firefighter

🛎 parkland

Page 24 Community Voice

September 18, 2018



Letter to the EDITOR POTENTIAL SCHOOL CLOSURES IN WILDWOOD AND EVANSBURG

Dear Members of the Grand Yellowhead School Division Trustees and Superintendent Lewis,

I am writing to you in the hopes that the community of Wildwood's voices will be heard. After GYPSD held their information sessions between June 12 -14, 2018. The parents and community members came together and voiced their concerns on June 21, 2018. From that meeting a collective fear that members of the community had was that we would most likely lose our school. A petition was circulated and 369 signatures were collected with the hopes that Wildwood School will remain open. The community is standing behind our little school.

I understand that Grand Yellowhead Public School Division has to take in to account all aspects, it is a daunting decision to be made. Each student represents a dollar amount. However, they are not just dollar

amounts; they are our future and our community's future. It's the little girl, who struggled to read and write their name on the first day of school who is now reading chapter books and dreaming about becoming an author because she had the support of an incredible teacher who was able to give her more one on one time because of the smaller class sizes. It is the shy little boy, who was scared to death to say anything at the beginning of the year and now dreams of becoming a politician to improve their community. It's the little boy who is dealing with medical conditions and struggles every day to fit in and not get bullied who has the confidence in his surroundings and peers to walk up and talk to everyone and excel in his education. It's where hundreds of Children's dreams start to become a reality. These children will be the ones who stay in their community and strive to make it better. Majority of the residents in the area grew up here and have decided to have their own families attend the same schools they did. There are others like myself, who grew up in an urban city and can honestly say that I don't think having a big school with hundreds of students, who was known by my teachers as a student number not by name is an asset. I wanted more for my children, which is why we made Wildwood our home. I. like many of our community members believe that our children should have the right to an education in their own community and not shipped off somewhere.

There is a final Report – Impact of Schools on Rural Communities Study by Schollie Research and Consulting on behalf of Alberta Education, Alberta Municipal Affairs, and Alberta Agriculture and Forestry released in April 2017; which outlines the effects of what happens to rural communities when a school closes. The findings are that once a school is removed from the community; property values decrease, businesses close due to loss of revenue, cannot attract new residents, culture changes, and social well-being declines.

Wildwood School is in your hands, not only the school, but the community. Your decision will affect every single resident, whether or not they have children in the system. Your decision will directly impact families, businesses, seniors, Yellowhead County.

Our plea is that you take into account the 369 people who are opposed to removing Wildwood School from the township of Wildwood.

Jennifer Hollman



Properties sell @ 12 PM in conjunction with Consignment Auction see teamauctions.com CALL CLAYTON DUBNYK @ 780-910-6221 FOR MORE INFO!



WWW.teamauctions.com Head Office - Drayton Valley AB 780-542-4337



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Classified Ads - Call 962-9228

Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@com-voice.com, dropped off at Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice.com/classified.htm

Hall Rentals

Camp Encounter, Vincent Mireau - Camp Director. director@ campencounter.com. C: 780-504-2012 W: 780-967-2548

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

Darwell Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

Duffield Hall, 892-2425 or 963-6887 Entwistle Hall, Contact Tracey at 780-898-2317 or Cheryl at 780-515Entwistle Senior's Drop In Centre, Barb 727-2108 or Glennis 727-4367 Mon-Fri

Evansburg Senior's Heritage House, Dennis 727-4186

Evansburg Legion, upper hall 250 people, lower hall 80-100 people, 727-3879

Fallis Community Hall, 892-3150

Gunn Hall (G.A.R.S.) 780-951-9452

Keephills Hall, 731-3761

1755

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

Lake Romeo PeaVine Hall, 785-2700

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, 786-4044

Moon Lake Community Hall, Nikki Berg 780-898-1390

Park Court Hall, call or text Karyn 780-712-3918

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

Ravine Community Hall, 325-2391

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

Rosenthal Community Hall, 963-7984

Seba Beach Heritage Pavilion, 797-3863

Smithfield Community Hall, 892-2390

Tomahawk & Dist Agra Center, 898-3443

Wabamun Jubilee Hall, 892-2699.

Wildwood Community Hall, 325-2180 or 780-514-6105

Wildwood Rec Complex 325-2077 or 514-8944

Wildwood Senior's Hall, 325-3787 or 325-2391

Help Wanted

Housekeeper Wanted in Sangudo - 3 hours every 2nd week. Call 780-785-2454 (S) OG

Wanted

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



For more information, Call (780) 907-8642 www.Elaine1.com

Classified Ads - Call 962-9228

Services

FURNITURE RESTORATION - Chair tightening, repairs, finishing, re-finishing, milk/ chalk paint, glazing, shading, antiquing, burn through, hand rubbed lacquer, painted finishes. 40 Years Experience, (there is a difference) for FREE Estimate call/text John at 780-337-4046 (9) 14-08

Best-Cistern-Septic-Solutions. Cistern and Septic Inspection, Installation and Repair! New Installs Available. Plastic, metal, fiberglass or concrete. We clean them all! Your cistern will be vacuumed, cleaned and sanitized with our high pressure, hot wash, sanitizing system. Reasonable Rates, Call 780-668-4306 (5) 11-09 OG

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

Landscaping & Maintenance

FALL CLEANUP - Tree Trimming/Removal, Power Raking, Aeration, Clean & Repair Eavestroughs, Junk Removal, Roofing/Roof Repair and More! Call 780-278-5296 (6) 21-08

Cleaning

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

Recreational Vehicles

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

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

Cabin for Rent, \$900/month + utilities included. North of Evansburg on Hwy 22. 12 kms. Call 780-239-0553 (3) 11-09

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, jakovljevicivka@yahoo.ca or 780-807-1300 (2) 18-09 OG

Hose For Rent in Seba Beach. \$850 per month + utilities. Available October 1st, 2018 -April 30th, 2019. 3 Bedrooms, 1000 square feet. Call 780-686-9915 (2) 18-09





	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMMUNITY							1
	2	3 Labor Day	4	5	6	7	8
			11	12	13	14	15
EVEN IS 2018	16	17	18	19	20	21	22 Fall Begins
	23 30	24	25	26	27	28	29

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

SEPT 29 - STEAK OR CHICKEN SUPPER AND DANCE at Duffield Hall, Advance tickets only \$25/person. Music: The Rebels. Supper at 6pm. For tickets phone 780-892-2425 or 780-963-6887.

FARMERS MARKETS

CARVEL: FARMERS' MARKET at Carvel Hall every Thursday from 5-8 pm, May to August. Info (780) 554-0240

DRAYTON VALLEY: Evergreen Farmers' Mar-ket, Wednesdays at the Mackenzie Center of the Omniplex from 10:30AM-1:30PM. *Ends Dec. 19

EVANSBURG: Sat, 10AM-2PM, Tipple Park Mu-seum. Call 727-2240 for tables. *OPEN Saturdav May 6th

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30PM, tables (780)240-5821 STONY PLAIN: Sat, 9AM-1PM, Downtown, Stony

Plain. Phone Nancy 780-962-3993.

BINGO

ENTWISTLE COMM. LEAGUE BINGO: Every

Wednesday, Doors Open 6PM STONY PLAIN SENIOR'S DROP-IN CENTRE:

public bingo every Tues, 7рм. All ages welcome. Phone (780) 963-6685 **TOMAHAWK:** every Mon at Agra Centre, doors

6pm, Bingo 7:30PM. Info 339-2423 or 339-3747 WILDWOOD: Mon night. 6:30PM, bingo starts 7:30PM, Early Birds & Lucky 7.

MEAT DRAWS

Darwell: Put on by Alberta Beach & District Li-ons Club, 4:00PM, bi-weekly, Darwell Lounge & Restaurant

Evansburg: Evansburg Legion, Friday 8-10PM & Saturday 3-5PM

JAMBOREE

CHIP LAKE: Ravine Comm Hall, 1st Sat 325-2119 or 325-2391

DUFFIELD: 4th Sat, Duffield Community Hall. 6:00PM Supper. *Sept - May.

DRAYTON VALLEY: Last Sunday of month. Up-stairs @ the "55 Rec. Center" Doors at 12PM, Starts at 1PM. 780-542-3768 ENTWISTLE: at Entwistle Community Hall, 3"

Saturday. For more info call Diann at 780-514-0045. *Starting Oct - May.

MAGNOLIA: at Magnolia Hall. Every 2nd Satur-day, Supper at 6PM. 727-2015 or www.magnoli-

acommunityclub.ca *October - May. RAVINE COMMUNITY ASSOCIATION: 1st Sat of each month. Info 780-325-2391 *Sept - May. SEBA BEACH: 2nd Friday 7PM, Seba Senior's

Centre, Toni 797-4233 SPRUCE GROVE: at Sandhills Community Hall.

3rd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 ***Sept - June.**

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of onth, 7рм, \$2. PH: 587-989-7214 or 963-7920. TOMAHAWK: Tomahawk Agriplex, 3rd Friday of month. 7PM. PH: 780-339-3755. *Starts Oct 21st. WILDWOOD: Wildwood Community Hall, 3rd Wed Each Month, 7рм. 325-3749 *Oct - June.

TOPS (Take Off Pounds Sensibly)

ENTWISTLE: Wed 5:15PM weigh-in, 5:30-6:30PM meeting, upper level Lions Hall, 780-932-2695. EVANSBURG: Thursday Mornings 9:30AM at Evansburg Legion Lodge. 241-0864.

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

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

WILDWOOD: Thurs at Wildwood School, 5PM. Connie (780) 325-2420 YOUR COMMUNITY

ALBERTA PARENTING FOR THE FUTURE AS-SOC: Call 963-0549 or visit www.apfa.ca to register. All programs are confidential & free. ALCOHOLICS ANONYMOUS IF Drinking is a

Problem! 780-236-1043 FREE HOME MEAL DELIVERY PROGRAM, for Wabamun Seniors & Wabamun Lions. Arrange for meal preparation through a local restau-

rant. Call Darlene, 892-2551 PEMBINA SKATING CLUB (Evansburg Arena). offers Learn-to-Skate, CanSkate & STARSkate. All ages. Call Lisa 727-2729. *RUNS Sept-March PROBLEMS WITH DRUG OR ALCOHOL AD-DICTION in a loved one? Contact Drug Rehab

Resource for a free confidential consultation. 1-866-649-1594 or www.drugrehabresource.

LIBRARY EVENTS

AFTERNOON BOOK CLUB at Keephills Library. 2nd Tues of every month, 1:30–3:00PM. Visit www.pclibraries.ca for info. FAMILY GAMES NIGHT: 3rd Wed of every month,

-8Рм. Located at Entwistle Library, Duffield Library and Tomahawk Library. In partnership with Parkland School Division. Visit www.pclibraries.ca for more info.

HATCHET CITY READERS at Tomahawk Library. 3rd Tues of every month, 10-11AM. For what we're reading next, visit our website, www. pclibraries.ca

INVENTORS CLUB: 2nd Thurs of every month, 3:30-5:00PM at Entwistle Library. 4th Thurs of every month, 3:30-5:00PM at Tomahawk Li-brary. Ages 8-13. To register: Call the library at 780-339-3935

SEBA BEACH PUBLIC LIBRARY BOOK CLUB - meets the 4th Tuesday of the month in the li-brary at 10:30AM. For info call 780-797-3940 or E-mail us at sebabeachlibrary@yrl.ab.ca. EVANSBURG PUBLIC LIBRARY BOOK CLUB: 4th

Thurs, 7:00рм Grand Trunk High 727-2030 **SOCIAL EVENTS**

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors. 12PM at Stony Plain United Church Basement, \$ plate. $3^{\rm rd}$ Wed of Month. Call Audrey 780-963-1782. *Sept-June AEROBICS: Low impact, Mon/Wed,11AM-12PM, Wildwood Senior's Centre,\$1/session.

BREAKFAST SOCIAL: 9-11:30AM, Parkland Village Community Centre - 3rd Sunday. PH: 780.298.9155 Social Media: PVCCentre. *except June-Auaust

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. EVANSBURG ART CLUB: meet & paint Thurs 1-4PM Rec Plex. 727-4340 or 727-4098

EVANSBURG GUIDES & PATHFINDERS: Mon 6PM, Camp Evansburg

EVANSBURG SENIOR'S HERITAGE HOUSE: Floor Curling Mon & Thurs, 1pm. Court Whist Thurs, 7PM

EVANSBURG TIPPLE PARK HISTORICAL BUILDING TOURS: Wed - Sat, 10:00-5:00PM

HEALTHY AGING NURSE & FOOT CARE PER-SON, Wabamun Seniors Centre, 2 month. 9AM

OPEN HOUSE for socializing & card playing at Entwistle Senior Center, Every Sunday from

PARENT & TOT PLAYTIME: PERC Building Stony Plain Wed. 10-11AM, Holborn Commu-nity Hall. Thurs 9:30-11AM, Parkland Village Thurs 9:30-11:30AM.

POT LUCK every Tues 12:00PM, Wabamun Seniors Centre. Come on down!

SEBA BEACH SENIORS CENTER: Yoga, mon, 9:30AM, \$10/session. Bridge thurs, 1PM. Jams every Wed night, 7PM. Thrift Shop every Wed & Sat at 10-3PM

SEBA BEACH QUILTERS & FIBER ARTS: Wednesdays 9:30AM, Seniors Center. SENIORS 50+ LUNCHEON: 3rd Wed, 12PM at

Stony Plain United Church basement hall. Call Audrey (780) 963-7582

SENIORS WEDNESDAY* AFTERNOON 1-4PM at Parkland Village Community Centre. Games, Crafts & more! Call Sheryl 780.695.7032 *excep-

tions incl. Weather. SPIRITUAL LIVING STONY PLAIN INSPER-ATIONAL 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 SPRUCE GROVE ELEVATOR TOURS: Tues-Sat,

9-3PM. 960-4600. STONY PLAIN'S 5TH MERIDIAN GOOD SAMS

RV CHAPTER: Ecole Meridian Heights School. 3rd Tues of Month, 7PM. Call Pat at 780-963-6976 or Ruth at 780-288-9829.

MEETINGS

2ND **TIMERS:** A support & confidential group for Grandparents Parenting. 1st Thurs of month, 6:30рм. Grand Trunk High School (meet in Lob-stick Literacy & Learning room). Child care provided at the Evansburb Public Library. *Starts October

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

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

AA: Friday at 8PM, Evansburg. Call 325-2204, 727-2466 or 727-6652.

AHS: Addiction Services provides assessment and counseling for alcohol, other drugs, tobacco and gambling in Breton on court day Wednesdays. To make an appointment, please

call 780-542-3140. AL-ANON: Wed 8PM. Spruce Grove United Church, 1A Fieldstone Drive. 962-5205 CHAMBER OF COMMERCE (Evans/Ent): 7:30PM

3rd Thurs, Heritage House. C.H.I.L.D. (Citizens Helping In Life's Defence)

Please join our Pro-Life meetings once a month in Stony Plain. For info call Chris 963-6997.

CITIZENS ON PATROL: The Pembina Com-munity Watch Patrol Meets 2nd Thurs of each month at 7:30PM, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000

COMMUNITY QUILTERS & CRAFTERS: 3rd Tues. Evansburg, Liz 727-3872 Brenda 727-4476 DARWELL & DISTRICT AG SOCIETY: 8PM, 15

Mon, Community Hall. DDRA MEETING: 7рм, 2nd Mon, Darwell Community Hall 892-3099. *Except Jul/Aug/Dec

DRAYTON VALLEY BRANCH OF ALBERTA GE-NEALOGICAL SOCIETY: meets 7PM at Municipal Library (5120-52 St.) every 3rd Wed of month. Call (780) 542-2787

ENTWISTLE COMMUNITY LEAGUE GENERAL MEETINGS: 2nd Thursday monthly 7:30PM. *Ex-cept June, July, August

ENTWISTLE LIONS CLUB: 2nd & 4th Tues, 8PM, Entwistle curling Rink. Jim 727-3573

ENTWISTLE SENIORS: Ladies: 10AM 2nd & 3rd Wed, Floor Curling: Tue & Fri, 2PM ENTWISTLE SENIORS 55+ CLUB: Tue & Fri, 1:30-4:00Pм at Entwistle Hall

EVANSBURG SENIOR'S HERITAGE HOUSE: 2nd Tues of Month, 1:30рм. Dennis, 727-4186.

FALLIS COMMUNITY ASSOCIATION: 3rd Tuesday, 7:00рм.

GIRL GUIDES OF CANADA: Poplar Hollow District Guides-Pathfinders, Mon 6-8PM. Sparks-Brownies Tues 4-5:30PM. Meet at Camp Evansburg. Brenda 780-727-4476

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

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

LOBSTICK 4-H BEEF & MULTI CLUB: 1st Mon, Evansburg Arena, 7PM, Jackie 780-727-2541 LOBSTICK GARDEN CLUB: 1st Mon, Evansburg

Baptist Church, Charlotte (780) 325-3787 MEN FOR SOBRIETY: Wednesdays at 7:30PM,

FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

MS SOCIETY DRAYTON VALLEY COMMUNI-TY GROUP meets 1st Tues of month, 6-8PM at Norquest College. Terra Leslie, 1-403-346-0290. *Sept-June

MS SOCIETY PARKLAND COMMUNITY SUP. PORT GROUP: Are you diagnosed with MS and have questions? Last Tues of month. 7-9PM Westview Health Centre. Contact Cassy 780-471-3034

NA MEETING: Tuesdays, 7:00pm. 514-6011

PEMBINA AL-ANON FAMILY GROUP: meets Tuesdays @ 7:30PM. at Evanburg Catholic Church Hall. Call Patty H. (780) 727-4516 or Cheryl (780) 727-6671 PEMBINA PORCUPINES - JUNIOR FOREST

WARDENS: Entwistle Porcupine gathering: 7PM, 1st Tue. Len & Tineke at 727-2020. Porcupines@yellowheadjfw.ca

SOLVE: Community Enviro issues discussed at Smithfield Hall (N of Hwy 16 on RR34). 2nd

Thursday. Jana 892-0006 STONY PLAIN FISH & GAME ASSOCIATION & WABAMUN GUN CLUB: 2nd Mon, Stony Plain Comm Center, 7:30PM

SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy 960-5258 TOMAHAWK SENIORS (50+) meets every

Thursday from 1-4pm at the Tomahawk Agra. W.E.E COMMUNITY FOOD BANK: Call (780)

727-4043 for emergency food needs. Monthly Meeting: LAST Monday of month at 7:00PM at the Food Bank (Old fire hall in Entwistle). *Except December WILDWOOD & DIST AG SOCIETY: 2nd Wed of

each month 7:00PM at the Wildwood Complex.

WILDWOOD & DIST ROD & GUN CLUB: 2nd

Thursday, 7:30PM at the range clubhouse, wild-woodrodandgun@gmail.com

WILDWOOD SENIORS: 4th Wednesday at 2:00PM. PH: 325-3787 or 325-2391. *No meeting

Wilma 325-2424

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