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October 9, 2018

BENEFIT CHANGES FOR FAMILIES WITH CRITICALLY ILL LOVED ONES

Submitted by **Jim Eglinski, MP – Yellowhead**

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is pleased to inform residents that the Government of Canada has moved forward with the following changes to the Employment Insurance (EI) program in order to better support workers who take time off work due to specific life events:

Caregivers who provide care to a critically ill or injured adult family member now have ac-

cess to a new benefit of up to 15 weeks.

Immediate and extended family members of children who are critically ill will now have access to a new benefit that was previously available only to parents. It replaces the Parents of Critically Ill Children Benefit and continues to provide up to 35 weeks of benefits.

Parents are able to choose the option that best meets their family's needs: standard parental benefits (taken over 12 months at a benefit rate of 55 percent) or

extended parental benefits (taken over 18 months at a benefit rate of 33 percent).

Eligible pregnant workers are able to receive EI maternity benefits earlier, up to 12 weeks before their due date. This increased flexibility allows pregnant workers to consider their personal, health and workplace circumstances when choosing when to begin their maternity leave.

Continued on Page 2

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FARMCASH IS LIVE AND READY FOR APPLICATIONS AT FARMCASHADVANCE.COM

Submitted by **Victoria Decker, Communications Manager | Alberta Wheat Commission**

August 31, 2018 – FarmCash, a new cash advance option led by the Alberta Wheat Commission (AWC) under the Federal Government's Advance Payments Program (APP), is now live and ready to accept applications on September 1 for the Fall Advance at farmcashadvance.com. Farmers who use the on-line application will be guided through a step-by-step process that is simple, efficient, and

saves time on paperwork.

FarmCash offers advances on 45 commodities of up to \$400,000 per program year with \$100,000 interest-free and \$300,000 at a low interest rate.

"One of our goals in developing FarmCash is to improve the user experience," said Kevin Bender, AWC Chair. "Our web-based platform slims down the application process so applicants are only navigating through information that's relevant to what they're applying for. Our ultimate goal is to deliver something really simple that saves time. Farmers can also apply the

traditional way if they prefer."

FarmCash will provide top-notch customer service and any proceeds from the program will be reinvested back into Alberta's agriculture industry to benefit all commodities.

"We see a tremendous amount of value in the Federal Government's APP program as a cash flow management tool and we look forward delivering FarmCash to serve farmers' needs through a fully transparent financial model," Bender added.

Continued on Page 2



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

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RCMP TO LOCATE OWNER OF WOMEN'S WEDDING RING SET

Submitted by Stony Plain/
Spruce Grove/Enoch RCMP

women's wedding ring set was found in front of the Stony Plain Detachment. RCMP are looking for the owner of this wed-

ding ring, if it is yours please attend the Stony Plain RCMP with proof of ownership and description.

On September 28, 2018 a

Benefit Changes for Families with Critically Ill Loved Ones

Continued From Page 1

These changes apply to EI-eligible workers, as well as self-employed Canadians who opt into the EI program for access to EI special bene-

fits, and who meet minimum income and other requirements to qualify for EI special benefits.

These improvements were informed by consultations on EI maternity, parental and caregiving

benefits.

For more information, please visit: www.canada.ca/en/employment-social-development/news/2018/09/backgrounder-ei-maternity-benefits-and-leaves.html

FarmCash Is Live and Ready For Applications at farmcashadvance.com

Continued From Page 1

Farmers may also apply by downloading the complete form and emailing it to farmcash@albertawheat.com, by speaking to a FarmCash representative at 1-855-376-2274, by faxing it to 403-717-1966, or by mail or in person at AWC's Calgary office.

With the first iteration of the website now open for business, AWC's next step is to continue improving the online process by introducing new time-saving features to be ready in time for the Spring advance.

Visit farmcashadvance.com to learn more about the program and to apply for the fall advance.

Farmers seeking more information about FarmCash, please contact: Syeda Khurram, Chief Operating Officer - FarmCash, Chief Financial Officer and Director of Human Resources, Alberta Wheat Commission at skhurram@albertawheatbarley.com or 403-219-6264

JOKE OF THE WEEK

An industrious turkey farmer was always experimenting with breeding to perfect a better turkey. His family was fond of the leg portion for dinner and there were never enough legs for everyone. After many frustrating attempts, the farmer was relating the results of his efforts to his friends at the general store get together. "Well I finally did it! I bred a turkey that has 6 legs!" They all asked the farmer how it tasted. "I Don't know" said the farmer. "I never could catch the darn thing!"

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KEY MESSAGES FROM GYPSD'S PUBLIC BOARD MEETING

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

October 3, 2018
Increasing Students Supports & Resources

Trustees unanimously approved a motion to provide a letter of support for additional funding from the Mental Health Capacity Building (MHCB) Enhancement Fund to expand the supports and resources currently offered through the Bringing Empowered Students Together (BEST) Program in the division. The BEST Program is a Mental Health Capacity Building In-School Initiative funded by Alberta Health Services and has offered resources and supports in several GYPSD communities since 2011. The funding will allow the BEST Program to expand their supports and resources to promote positive mental health, facilitate access to early

intervention and improve knowledge of effective and innovative services across the mental health continuum in our children, youth, families and communities in all GYPSD schools.

Other Notes of Interest

- The board was pleased to provide a letter of support to the Town of Edson for their application for a provincial Civic Forfeiture Grant in the amount of \$100,000 for the local School Resource Officer position.

- Trustees completed an online survey from ASBA that will be used to assist the ASBA Board of Directors in developing key messages and advocacy points about education funding in anticipation of a provincial election.

- Ken Baluch, Director of Facility Services, provided a report on the various maintenance projects completed over the last few months.

- Cindy Wang, Secretary Treasurer, reported that the division has a slight increase in the total

student enrolments as of September 30th. The increase is 2.6 per cent compared to the 2017/2018 September 30th enrolment numbers, or an increase of 114 students. Ms. Wang also provided the fourth quarter unaudited financial report for the 2017/2018 school year which reports a deficit of \$1.9 million.

- A report on the various field trips over the last school year as well as upcoming international trips were discussed by the board. Local and international field trips offer GYPSD student enhancements to education opportunities, building global citizenship, and developing social awareness skills in our youth. Experiential learning opportunities also build essential competencies for life and the world of work.

- Superintendent Lewis shared with the board about her attendance at various school and divisional events and activities over the last few weeks.

THE ANNUAL STONY PLAIN NEW & USED TACK SALE

OCTOBER 13, 2018
10:00AM TO 2:00PM



STONY PLAIN HERITAGE PARK
5100 - 41 AVE. STONY PLAIN, AB

To information, email
FunHorseEvents@gmail.com

Follow us on Facebook:
"Stony Plain Tack Sale"
"Fun Horse Events"

Interlake Golden Age Club
Darwell Seniors 55+
will be having an

OPEN HOUSE

Tuesday, October 16th, 2018
1:00 to 4:00 at the Darwell Seniors Hall

Come out and Enjoy the comradery of playing pool, board games and card games! Enjoy meeting new people, laughter and stories. Lite lunch will be served at 3:00pm.

NEW MEMBERS ALWAYS WELCOME

EDMONTON - Capital Region

GUN SHOW

SATURDAY & SUNDAY
October 20 & 21, 2018

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PUBLIC WELCOME ADMISSION: \$8.00
SATURDAY 10:00AM-5:00PM
SUNDAY 9:00AM-3:00PM

SET-UP TIME FOR EXHIBITORS:
FRIDAY: 3:00PM-8:00PM; SATURDAY: 7:30AM-9:30AM
TABLE RENT: \$50 PER 6' TABLE
Concession provided by the Stony Plain Canadian Legion

FOR MORE INFORMATION CALL: (BOTH LOCAL EDMONTON)
Darren (780) 473-3032 ; John (780) 455-5036
EMAIL: edmgunshow@hotmail.com

UPCOMING 2018 EDMONTON GUN SHOWS DATES:
Located at new venue: The Pavilion at Heritage Park
(Immediately South of Stony Plain Chrysler) 5100 41 Avenue, Stony Plain, AB
December 1 & 2, 2018

ATTEMPTED BREAK AND ENTER



Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

On September 13, 2018 at approximately 4:20 a.m. RCMP were called to a business in Spruce Grove for an attempted break and enter.

Two suspects were observed on video driving a red dually pickup truck and back it into the front of the business numerous times to get through the security measures. Access was not gained to the business.

Description of the driver is un-

known, however the passenger is described as:

- 5'10"
- Approximately 180 lbs.
- Wearing black rimmed glasses.

If you have information about this incident, please call the Stony

Plain/ Spruce Grove RCMP at 780-968-7200 or call your local police. If you wish to remain anonymous, you can contact Crime Stoppers by phone at 1-800-222-8477 (TIPS), by internet at www.tipsubmit.com, or by SMS.

Submitted by Alberta Health Services

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable. Influenza immunization will be available, starting October 15, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influ-

enza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community.

Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 42%. Without immunization, Albertans were completely at risk. And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immu-

nization, even healthy Albertans are at risk of severe illness and even death.

Many pharmacists and physician offices are offering influenza immunization this season. Call ahead to ensure availability before visiting.

For more information on the influenza program, including AHS public immunization clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811. Prevention is your protection.

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PROVINCE TO HELP COMMUNITIES RECOVER FROM DISASTER

Submitted by Lauren Arscott, Press Secretary, Municipal Affairs | Government of Alberta

The Government of Alberta is supporting 33 communities with disaster relief funding to help them recover losses caused by recent flooding and wildfires.

Municipalities affected by natural disasters in 2017-18 will receive more than \$39 million through the Disaster Recovery Program and the Municipal Wildfire Assistance Program to help them rebuild and recover.

“When disaster strikes, Albertans need to have confidence that there is an effective program to help them recover. There can be great challenges when trying to overcome the financial loss as a result of disasters, and we are committed to supporting Albertans and municipalities through these challenging times.” - Shaye Anderson, Minister of Municipal Affairs

Disaster Recovery Program
The Disaster Recovery Program helps communities recover from undue hardship as a result of an extraordinary disaster. In order to be considered extraordinary, the disaster must meet certain criteria relating to rainfall, streamflow, ice jams, overland flood, wildfire or strong winds.

Homeowners, tenants, small businesses and agricultural operations are eligible to apply for funding that will go towards cleanup costs and repairing uninsured damage to infrastructure and buildings.

Program centres will be set up in communities to assist individuals during their application process. In the meantime, residents and business owners are encouraged to visit aema.alberta.ca/recovery-advice to learn what steps they should take after a disaster.

2018 spring flooding - \$29.1 million

- Southern Alberta: 19 communities south of the Red Deer River and Saddle Hills County.

- Northern Alberta: Saddle Hills County, County of

Grande Prairie, Village of Hythe and the Town of Sexsmith.

- Irrigation Districts: Bow River Irrigation District, Eastern Irrigation District, St. Mary River Irrigation District, Taber Irrigation District and Western Irrigation District.

2018 ice jam - \$7.9 million

- Woodlands County and Mackenzie County will receive funding to recover from

uninsurable flood damage resulting from ice jams.

Municipal Wildfire Assistance Program

The Municipal Wildfire Assistance Program helps communities outside of the Forest Protection Area recover costs associated with fighting wildfires. As fire insurance for homes and businesses is considered to be readily and reasonably available

in Alberta, the program is designed to support municipalities.

2017 wildfires - \$1.9 million

- Cardston County, Municipal District of Acadia, Cypress County and Wheatland County qualified for funding as they are located outside of the Forest Protection Area and incurred damages exceeding \$25 per capita.

Influenza is serious.
Immunization works.
Get Immunized.

Alberta's influenza immunization program is ongoing. Influenza immunization is offered, free of charge, to all Albertans six months of age and older.

Upcoming Immunization Clinics in Your Area

DATE:	TIME:	LOCATION:
Friday, November 2	9 a.m. - 1 p.m.	Wabamun Jubilee Hall 5124 53 Avenue, Wabamun
Thursday, November 1	9:30 a.m. - 4 p.m.	Entwistle Community Hall 4921 51 Street, Entwistle
Tuesday, October 16	12:30 p.m. - 7:45 p.m.	Evansburg Royal Canadian Legion 4815 50 Street, Evansburg
Thursday, November 15	4:30 p.m. - 7:30 p.m.	Evansburg Health Centre 5225 50 Street, Evansburg
Tuesday, November 13	10 a.m. - 4 p.m.	Seba Seniors Centre Melmoth Lounge 109 1 Street South, Seba Beach
Wednesday, November 7	3 p.m. - 7 p.m.	Tomahawk Agra Centre, 51122 Secondary Highway 759, Tomahawk
Wednesday, October 24	1 p.m. - 7 p.m.	Wildwood Community Centre 4921 51 Avenue, Wildwood
Thursday, October 18	9 a.m. - 8 p.m.	Spruce Grove Health Centre 505 Queen Street, Spruce Grove
Tuesday, October 16	9 a.m. - 8 p.m.	Heritage Park Pavilion
Wednesday, October 17	9 a.m. - 8 p.m.	5100 41 Avenue, Stony Plain

Please bring Alberta Health Care Card. Short sleeves recommended.

Influenza Immunization: Cut Albertans' risk for influenza in half last season.

ahs.ca/influenza | Call 811



PROTECTING ALBERTANS AT RISK OF HIV

Submitted by Laura Ehrkamp, Alberta Health | Government of Alberta

To help prevent HIV infections and protect lives, the Government of Alberta is covering the cost of a medication that can reduce the risk of contracting HIV.

HIV pre-exposure prophylaxis (PrEP) helps reduce the risk of HIV infection, but at an average cost of more than \$250 a month, many Albertans cannot afford the drug.

In order to reduce the cost and in-

fections, Alberta is making generic versions of the medication available at no cost to individuals at high risk of exposure.

“We are providing people with as many tools as possible to prevent the transmission of HIV and protect those most at risk. Covering the cost of this medication for the people who need it is an important tool in the province’s work to address HIV rates. By working with health providers and community partners on prevention, education and understanding, we’re working to get to zero new HIV cases together.” -

Sarah Hoffman, Minister of Health

HIV PrEP is one tool to reduce the risk of HIV transmission and works best in conjunction with other strategies, including the use of safer sex practices, regular testing for sexually transmitted infections and ongoing follow-up with a health professional.

The medication will be covered for eligible Albertans when prescribed by designated prescribers. Designated prescribers are physicians or other health professionals who have specific knowledge in HIV prevention and are registered

with the Alberta Health Services HIV PrEP Program. Approximately 60 designated HIV PrEP prescribers have been identified to participate in the program, with more prescribers being added on a weekly basis after completing training.

Quick facts

- PrEP is a tablet taken daily.
- Alberta has the fourth-highest HIV rate across Canadian provinces with 6.5 per cent per 100,000 population.
- Coverage is provided to varying degrees in other provinces.

CHANGING WHAT HURTS US AND OTHERS

Submitted by Tara Gorman | Drayton Valley Comprehensive Family Violence Institute

Moving Forward

The Moving Forward: Beyond Anger & Anxiety program is about understanding and controlling anxiety and anger. It is a fully funded 12 week program comprised of separate men’s and women’s group, and is designed to help families and individuals change the way they deal with stress, anger and anxiety.

Group sessions are free and one-on-one confidential counselling is available at no cost to group participants. This is not a therapy or “tell-all” group. It is a program to learn a healthier way to cope with worries, anger and aggression with new tools and skills. Each participant is actively involved in choosing the services which best suit their individual and family needs. Anyone can benefit from this program!

Do fear, anger and love have to go together? Do you feel that sometimes you have no control over your

own actions? Abuse can be physical, psychological, verbal, spiritual and emotional. It can be words, threats, controlling behaviour or withholding affection. Abuse causes loss in our relationship and in ourselves.

You and your family can choose to live your lives differently. Sometimes family problems become a way of life, but the pattern can be changed. Communication can occur without violence. People are not born angry, but they may not be aware of their other options.

Do you need new ideas and an

awareness of the power of self control? Then this program is for you, your partner, your children and your relationship.

Questions to ask yourself ...

How long has it been since you really felt good about yourself? Have you felt there is something wrong with your life? Are you often afraid of your own behaviours? Of your partner? Are your children afraid of you or your partner? Do you want a better life for you and your children? Are you ready to change?

Register by calling 780-542-6702



If you live within 800 meters of the Village of Spring Lake boundary, be sure to drop in and have your say at the Intermunicipal Development Plan and Intermunicipal Collaboration Frameworks Open House.

These important documents guide how neighbouring municipalities work together and grow!

- i** Intermunicipal Development Plans (IDP) help ensure future infrastructure and land use is coordinated between municipalities.
- i** Intermunicipal Collaboration Frameworks (ICF) are agreements between neighbouring municipalities that coordinate how municipal services are provided to residents in an efficient and cost effective manner.

Village of Spring Lake IDP & ICF Open House

October 24, 2018 | 5:00 p.m. - 7:00 p.m.

Village of Spring Lake Office,
990 Bauer Avenue, Spring Lake, AB

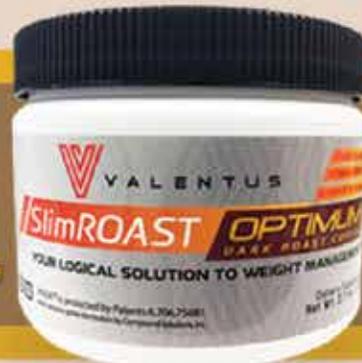
Drop in anytime



For a list of FAQs and more details, please visit www.parklandcounty.com/idp or contact Rachele Trovato, Parkland County’s Long Range Planner, either by phone 780-968-8443 or email Rachele.Trovato@parklandcounty.com



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FIRE PREVENTION WEEK

October 7-13

Learn the facts about devastating wildfires

Deadly wildfires ravaged thousands upon thousands of acres of land across California in the summer of 2018. Officials at the California Department of Forestry and Fire Protection said these combined fires comprised the largest wildlands fire in state history. Frightening images of blazes consuming landscapes dominated newscasts as thousands of people were forced to evacuate.

Wildfires torch everything in their paths, devastating communities, businesses and natural resources. Outbreaks seem to come out of nowhere, and meteorologists are not yet able to forecast when wildfires may occur.

It is important to note that wildfires are often started by humans. The National Park Service says as many as 90 percent of wildland fires in the United States are caused by negligence — whether it's discarded cigarette butts or campfires left unattended. Some are intentional acts of arson.

Nature also may be responsible, with lightning strikes causing torching of parched plants and trees. When combined with the perfect conditions, which can include dry weather, drought and strong winds, a mere spark can develop into a months-long blaze.

The NPS has wildland fire managers who constantly assess the threat of human-caused fires and the threat of wildland fires to humans. Assessments are made as to whether the wildfire should be left to run its course (in rural areas) or if it needs to be contained and extinguished in a human-dominated landscape. National Geographic states that, historically, wildfires are actually supposed to be beneficial to certain natural landscapes, clearing underbrush in forests and triggering the release of seeds in some plant species, such as the Jack pine. When they encroach on people, their danger intensifies.

According to Cal Fire, Santa Ana Winds and Diablo Winds are

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STOP HOME FIRES BEFORE THEY START

A fire at home can occur in just about any room of the house and even outdoors. While one can't account for natural disasters or other unforeseen problems, there are many steps homeowners can take to prevent fires.

- Check the cords on all appliances and electronics. Replace any frayed or damaged cords or wires.
- Do not overload outlets or rely heavily on multi-plug power strips.
- Keep cords out of the reach of children and pets.
- When cooking in the kitchen, always be present while food is on the stove or in the oven. Flareups can occur at a moment's notice.
- Don't store items over the stove. They can fall and ignite.
- Be sure appliance vents have room to "breathe."
- Turn pot handles so that children can't reach them and pull them over, risking burns.
- Have the chimney checked and cleaned regularly.
- Use a metal or glass fireplace screen to block embers.
- Limit the use of portable space heaters around the home.
- Use extreme caution with cigarettes and ashtrays. Empty them frequently when signs of heat and burning are gone.
- Use light bulbs that are at the recommended wattage for a fixture.
- Don't place any electrical items by water in the bathroom.
- Store flammable materials in a locked metal container in the basement or garage.
- Service the furnace and hot water heater on a regular basis.
- Do not store items too close to the furnace.
- Be sure the home is equipped with working smoke detectors on every level.
- Keep one or two fire extinguishers charged and at the ready.

Learn The Facts About Devastating Wildfires

stronger-than-normal wind conditions that occur in Southern and Northern California, respectively. These winds can push a fire the length of a football field in a minute. Embers also pushed in front of fires become small spot fires. Powerful winds can disrupt efforts to extinguish fires, dissipating fire retardants

dropped by aircraft. Wildfires can wreak havoc on the environment and impact personal health. Worldwide, wildfire smoke kills 339,000 people per year according to estimates from Environmental Health Perspectives. Inhaling smoke can exacerbate asthma, and carbon monoxide can damage the respira-

tory system. Considering how difficult it can be to contain fires, prevention remains key. Remember Smokey Bear's tips, which remain relevant for kids and adults today:
 • Never play with matches or lighters in the forest.
 • Always watch your campfire.

• Always be careful with fire.
 • Make sure a campfire is completely extinguished before leaving it.
 • Observe posted fire-risk warnings. Wildfires remain a constant threat wherever the conditions are right for fires to ignite. People need to be diligent in their prevention of these potentially far-reaching hazards.

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 23, 2018	Time: 10:30 am	Location: Parkland County Council Chambers 53109A Hwy 779, Parkland County, Alberta
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Proposed Bylaw 2018-19 Parkland County and Lac Ste. Anne 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 Lac Ste. Anne 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 16, 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 16, 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.

TURKEY TIPS: SAFETY AT EVERY STEP

Submitted by Alberta Health Services

'Tis the season for turkey dinners. From grocery store to leftovers, safe food handling practices are key to preventing the spread of harmful bacteria and keeping your feast free of food-borne illness.

Sound like a lot to digest? With these essential turkey tips, we're making it easy to serve up safely.

At the Grocery Store:

- Double check the "best before" date to ensure ex-

piration date has not passed.

- Place the turkey at the bottom of the cart away from other food.

- Ask for the turkey to be bagged separately from all other food.

- Keep turkey separate from other bags when transporting from store to home.

Pre-cooking Storage:

- Freeze your turkey immediately after returning home from the grocery store if you will be cooking it more than three days after bringing it home.

- Refrigerate your turkey immediately upon arriving home from the grocery store if you will be cooking it within three days.

- Prevent raw turkey or turkey juices from contaminating other items in your fridge or freezer by ensuring it is stored in a clean plastic container or plastic bag that will hold in any leaking juices and place the turkey on a platter to catch any leaking juices. Always place the turkey on the bottom shelf of the fridge or freezer.

Thawing:

- Always thaw your turkey in the fridge or by fully immersing it in a sink of cold water. If thawing in the sink, keep the turkey in its original plastic wrap and change the water every 30 minutes to ensure the surface of the turkey remains cold.

- Do not thaw turkey at room temperature – it is not safe and could result in the growth of dangerous bacteria.

- Cook turkey immediately after it has thawed.

Cooking:

- Turkey must be cooked thoroughly, in the oven, until the meat reaches a minimum internal temperature of 85 degrees Celsius or 185 degrees Fahrenheit.

- To ensure the turkey is properly cooked, always use a meat thermometer according to the manufacturer's instructions. Insert the thermometer into the fleshiest part of the thigh, ensuring it is not touching any bones.

- Never slow cook a turkey.

- Prepare and cook stuffing separately from the turkey.

Serving:

- Serve the turkey within 30 minutes of removing from the oven.

- Keep hot food hot: hot foods should be kept at a temperature of at least 60 degrees Celsius or 140 degrees Fahrenheit.

- Keep cold food cold: cold foods should be kept at a temperature of 4 degrees Celsius or 40 degrees Fahrenheit or lower.

- Do not serve food that has been sitting at room temperature for more than two hours.

Leftovers:

- Refrigerate all leftovers within two hours of serving.

- Leftover meat, stuffing or gravy should be eaten within two or three days of cooking. Any food that will not be consumed within three days should be immediately frozen after cooking.

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CALL FOR EXPRESSIONS OF INTEREST FOR LOW-RISE WOOD BUILDINGS

Submitted by Jim Eglinski, MP - Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is pleased to inform local residents that Natural Resources Canada has announced a call for Expressions of Interest for low-rise non-residential wood buildings.

Natural Resources Canada will spend \$39.8 million over the next four years on the implementation of a new national mass timber program, Green Construction Through Wood (GCWood), designed to en-

courage the use of wood as a building material. This program advances the ambitious goals set out in the Canadian Council of Forest Ministers' Forest Bioeconomy Framework, which aims to make Canada a global leader in the emerging bioeconomy.

GCWood provides non-repayable contributions of up to 100% of a project's eligible incremental costs for the demonstration of innovative mass timber products and systems. The funding is intended to offset the cost of being the "first mover" of wood-intensive projects, and to support the development of knowledge and

tools to support the success of future projects.

The focus is on low-rise non-residential buildings (1-4 storeys) in the following categories:

- Commercial/Industrial (e.g., retail, warehouse, box-type)
- Office/Institutional (e.g. office building, school, health facilities).

Not-for-profit and for-profit organizations validly incorporated or registered in Canada are eligible to apply. Projects must demonstrate an innovative technical solution, and represent

a significant advancement in wood construction.

The deadline is December 3, 2018.

"Conservatives strongly support our forestry industry, and fully appreciate the enormous value it provides to the Canadian economy. I encourage all those interested to consider applying to this program," concluded MP Eglinski.

For more information and to apply, visit: <https://www.nrcan.gc.ca/forests/federal-programs/gcwood/20046>



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AUCTION

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

K1: 57132 RR80 Rochfort Bridge (15± acres)

Pt NE12 & Pt SE13-57-8-W5

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

K2: Pt SE13-57-8-W5 (144± acres)

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

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

Real Estate sells at 12 PM

Directions to Property & Sale Site:

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

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Partial Listing

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

man'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 re-

leased 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

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.
 Stories may be edited for length due to possible space restrictions.

Community VOICE
 Keeping You and Your Community Informed

REAL ESTATE & CONSIGNMENT AUCTION 10 am Sat, Oct 27 2018
 Drayton Valley, AB

John McRae - Lac St Anne County, AB
 2 parcels on choice - House & Yard / Quarter of farm land
M1: Plan 1525356 Block 1 Lot 1: (18.68± acres)
M2: NE19-57-6-W5 (142.32± acres)

Directions to Property: From Junction of Hwy 43 & SH 757 just west of Sangudo, go north on SH 757 to Twp Rd 574, turn east 0.8 km. Properties located on the south side of the road. West on Hwy 18 property on west side and marked with signs. OR From Barrhead go on Hwy 18 to SH 757, turn south and go to Twp Rd 574, turn east 0.8 km. Properties located on the south side of the road and marked with signs.

Directions to Auction Site: 3351- 50th Street Drayton Valley, AB

Kim & Theresa Holbein - Wildwood, AB
 Home, Barn, Shop, Corrals, Pasture
H1: NE16-55-9-W5 (158± acres) 55220 RR 93 Wildwood, AB
H2: NW15-55-9-W5 (144± acres) Subject to final registration

Directions to Property: 55220 RR93 From the Junction of Hwy 22/ Hwy 16 west of Entwisle, go north 13.3 km on Hwy 22 to Twp Rd 550, then west 7.8± km to curve in road. Turn off paved road onto gravel road TWP Rd 550. Road angles to north & west. Continue to RR 92, then north 2.6 kms on RR92 to Twp Rd 552. Then west 1.8 km on Twp Rd 552 to RR93. North 1 km to Property

Directions to Auction Site: 3351- 50th Street Drayton Valley, AB

OPEN HOUSE 4:00PM-7:00PM Tuesday, October 9







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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

- Bright Bank Hall, 780-968-6813

- 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

- 780-515-1755

- Entwistle 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

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

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

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

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

Employment Opportunities

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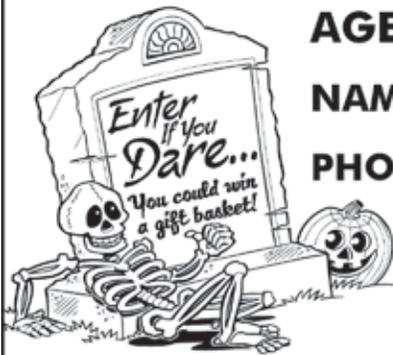
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Church Directory

<p>Seba Beach Christian Fellowship Sunday School 10:00a.m. Worship Service 11:00a.m. Weekdays Bible Study & Prayer (780) 305-3594</p>	<p>Advent Lutheran Church Sunday Worship & Sunday School 11:00a.m. Evansburg O: 727-3594</p>	<p>Roman Catholic Church St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m. St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p>St. Joseph's Catholic Church Sunday Mass 11:30a.m. Tuesday Mass 7:00p.m. Wabamun, AB</p>
<p>St. Augustine's - Parkland Anglican Church 131 Church Rd. Spruce Grove Sunday Service 10:00a.m. Eucharist with Sunday School & Nursery All are Welcome Office 780-962-5131 www.staugustinesparkland.org</p>	<p>Parkland Baptist Church Sunday Worship Service 10:30a.m. All Welcome 121 Brookwood Drive (780) 962-4101 www.parklandbaptist.ca</p>	<p>Word Church Apocalyptic Era Border Parking Athletic Centre, 9 Tri Leisure Way, Spruce Grove upstairs in the Wild Rose room. Ph: 780-962-7579 Service starts at 10:00 a.m. every Sunday morning, come all & be bless.</p>	<p>St. Saviour Mission (Anglican Diocese of Edmonton) Service every Sunday at 10:00a.m. Rev Coleen Lynch 5117-51 Avenue (Wabamun Seniors Center) Ph: 780-949-4733 www.stsaviourmission.ca</p>
<p>Stony Plain United Church Sunday Service 10:30a.m. 5012-51 Ave. Stony Plain Mewassin United Church Sunday Service 9:00a.m. Rev. Sally Boyle Hwy 627 - Rg Rd 30 Ph: 780-963-4745</p>	<p>Immanuel Lutheran Church of Rosenthal Traditional Service Sunday 9:30a.m. Contemporary Service 10:15a.m. Christian Counselling Services Rg Rd 13, Twp Rd 524 Ph: 780-963-4048 www.lhc.ca email: office@lhc.ca</p>	<p>Emmaus Lutheran Church Sunday Worship Service 11:30a.m. Rev. Robert Marshall 4604-50th Ave, Drayton Valley Ph: 780-542-5101 emmauslutheranchurch.wordpress.com</p>	<p>Church of God Worship Service Sun. 11:00a.m. Please contact for activities 5004-49 Street, Drayton Valley Ph: 780-542-5091</p>
<p>Calvary Baptist Church Pastoral Team: Kenton Penner Sunday Worship 10:30a.m. Youth & Ministries Info - calvbapt@telus.net 4401-50th Ave, Drayton Valley 780-542-4774 www.calvarybaptist.ca</p>	<p>All Saints' Anglican Church Sunday Morning Worship 9 BCP 10:30 BAS with Sunday School & Nursery 5212-47 Ave, Drayton Valley (780) 542-5048</p>	<p>St. Anthony Catholic Church WEEKEND MASS SCHEDULE: Saturday 5:00p.m. Sunday 12:00p.m. 4708-50 Ave, Drayton Valley Parish Office: 542-5254</p>	<p>Drayton Valley Alliance Church Pastor John Haazen Join us for Sunday Service at 10:30a.m. Aurora School 3901-55 Ave. Programs for all ages Office at 4901-55 St. Drayton Valley Ph: 542-6501 dvalliance.ca</p>

FOR RENT

Two Suites in Alberta Beach

One faces east and one west. Comes with 6 appliances, AC, window coverings, garbage pickup, water and detached garage (640 sq. ft.). Two bedrooms and two bathrooms. In just like new condition. Definitely worth a look. A one year lease is required. To View, call Angie 780-863-5621

COMMUNITY EVENTS 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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

OCT 13 - EVANSBURG ART CLUB PRESENTS: OCTOBER PAINTING CLASS with David Skholny, 10am- 4pm at the Evansburg Heritage House, AGM Meeting after class. For Info Janice 780-727-4340

OCT 28 - HARVEST DINNER at Park Court Hall, 12:30-2:00pm. Everyone is invited, quilt raffle and 50/25/25 draw. Call 780 727-4476 or 780 727-2138 for info.

NOV 3 - COMMUNITY WIDE GARAGE SALE + BBQ, 9am-5pm @ Lake Isle Hall (Hwy 633 & RR55). \$10/table, Contact: 780-892-0115

NOV 16 - VILLAGE MARKET, 5-9pm at Parkland Village Community Centre. Vendor Tables available for \$15. Contact Betty Gamble at morningdove@shaw.ca

NOV 24 - MURDER MYSTERY NIGHT at Parkland Village Community Centre. Doors open: 6:30pm; Show starts: 7pm. Dinner is provided by State and Main. Tickets go on sale soon, \$45/ticket, \$40 /members

FARMERS MARKETS

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

EVANSBURG: Sat, 10AM-2PM, Tipple Park Museum. Call 727-2240 for tables.

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, 7PM. 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 FARMS

Darwell: Put on by Alberta Beach & District Lions 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. Upstairs @ the "55 Rec. Center" Doors at 12PM, Starts at 1PM. 780-542-3768

ENTWISTLE: at Entwistle Community Hall, 3rd Saturday. For more info call Diann at 780-514-0045. *Starting Oct - May.

MAGNOLIA: at Magnolia Hall. Every 2nd Saturday, Supper at 6PM. 727-2015 or www.magnoliacomunityclub.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 month, 7PM, \$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, 7PM. 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 United 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 ASSOC: 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 restaurant. 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 ADDICTION in a loved one? Contact Drug Rehab Resource for a free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net

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, 6-8PM. 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 Library. 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 library at 10:30AM. For info call 780-797-3940 or E-mail us at sebaeachlibrary@yrlab.ca.

EVANSBURG PUBLIC LIBRARY BOOK CLUB: 4th Thurs, 7:00PM Grand Trunk High 727-2030.

SOCIAL EVENTS

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors. 12PM at Stony Plain United Church Basement, \$9/plate. 3rd 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: 9:30AM-NOON, Parkland Village Community Centre - 3rd Sunday. PH: 780.298.9155 Social Media: PVCCentre. *NEXT: October 21 & December 16

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 PERSON, Wabamun Seniors Centre, 2nd Thurs of month, 9AM.

OPEN HOUSE for socializing & card playing at Entwistle Senior Center, Every Sunday from 1-4pm.

PARENT & TOT PLAYTIME: PERC Building Stony Plain Wed 10-11AM; Holborn Community Hall Thurs 9:30-11AM; Parkland Village Tues 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 Centre.

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 *exceptions incl. Weather.

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

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, 6:30PM. Grand Trunk High School (meet in Lobstick Literacy & Learning room). Child care provided at the Evansburg 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 Community 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, 1st Mon, Community Hall.

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

DRAYTON VALLEY BRANCH OF ALBERTA GENEALOGICAL 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. *Except 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, 1:30-4:00PM at Entwistle Hall

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

FALLS COMMUNITY ASSOCIATION: 3rd Tuesday, 7:00PM.

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 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

LOBSTICK 4-H BEEF & MULTI CLUB: 1st Mon, Evansburg Arena, 7PM, Shannon 727-2358

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 COMMUNITY GROUP meets 1st Tues of month, 6-8PM at Norquest College. Terra Leslie, 1-403-346-0290. *Sept-June

MS SOCIETY PARKLAND COMMUNITY SUPPORT 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 WARENS: Entwistle Porcupine gathering: 7PM, 1st Tue. Len & Tineke at 727-2020. Porcupines@yellow-headfjw.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. Wilma 325-2424

WILDWOOD & DIST ROD & GUN CLUB: 2nd Thursday, 7:30PM at the range clubhouse, wildwoodrodandgun@gmail.com

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

SUDOKU OF THE WEEK

Fun By The Numbers

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

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

ANSWER:

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

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



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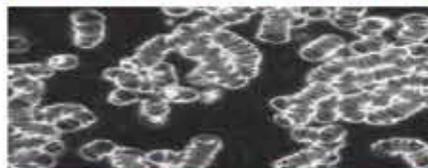
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- balanced pH
- optimal endurance

PrevailMAX™ is a nutritional breakthrough that delivers a rapid increase of internal blood cell pressure to speed absorption, enabling the body to take maximum advantage of the nutrients in foods and supplements. The electrolytes are small enough to penetrate your cell membranes, to bind with your cells, and to be carried wherever they are needed in the body.

At the microscopic level of human cells, **PrevailMAX™** supports healthy cell performance – a nutritional breakthrough for your cells.

When you use **PrevailMAX™**, you will feel more energy and an ability to focus like never before. Take a few sprays today and see just how good you can feel!

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