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February 19, 2019

NGPS AWARDED MENTAL HEALTH CAPACITY BUILDING FUNDING FOR NEW SUPPORT TEAM IN ONOWAY SCHOOLS!

Submitted by Lisa Bakos, Communications Officer | Northern Gateway Public Schools

In-house mental health and wellness supports for students, staff and families important part of NGPS vision

Funded by Alberta Health Services, and coordinated by Northern Gateway Public Schools (NGPS), the Mental Health Ca-

capacity Building in Schools initiative uses schools as hubs to provide promotion, prevention and early intervention services across the mental health continuum through collaborative networks with schools, communities and health providers.

“The work these teams do in schools is invaluable and we are excited to be one of the 18 Alberta school jurisdictions awarded a contract and funding

this year,” shared NGPS Superintendent, Kevin Andrea. “From classroom presentations, clubs and one-on-one programming, to connecting learners and families with community professionals and services, Mental Health Capacity Building teams support all learners and make a difference in our school communities every day.

Continued on Page 5

MADE-IN-ALBERTA UPGRADER MOVES AHEAD

Submitted by Oneil Carlier, MLA for Whitecourt-Ste. Anne

These past months we’ve seen major movement on refining more of our oil and gas here in Alberta with this week’s announced petrochemical processing facility to be built in Sturgeon County by Canada Kuwait Petrochemical Corporation (CKPC), which includes Calgary-based Pembina Pipeline

Corp. During the announcement, Premier Rachel Notley stressed that this project will be “led by thousands of Alberta workers and a Calgary-based company, this project is truly Made-in-Alberta. By adding value to resources owned by all Albertans, we’re putting economic diversification first and seizing opportunities to upgrade more resources right here in this province.”

While I cannot stress enough

the importance of getting our products to tide water and holding Trudeau’s feet to the fire on the Trans Mountain pipeline, we have known for decades more refining, upgrading and value-added processing needs to be done here at home. Our Made-In-Alberta plan has made this project possible. It will create jobs and help us keep diversifying and growing the economy.

Continued on Page 4

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RCMP WARN RESIDENTS ABOUT ONGOING SCAM

Submitted by Spruce Grove RCMP

Spruce Grove, Alberta - Spruce Grove RCMP are reminding the public about an ongoing scam in which taxpayers across the country receive phone calls or emails from individuals impersonating CRA employees. These people are scammers. A local resident recently fell victim to

this scam and RCMP are once again educating the public on this issue.

An individual received a call from the Canada Revenue Agency indicating that she owed taxes following an audit. The caller demanded that she pay the amount owing by purchasing iTunes cards and providing the activation codes to the caller.

The phone scammers typically

threaten individuals with arrest, imminent legal action, a warrant for arrest, or deportation if their demands are not met. No legitimate government agency or business will demand payment in gift cards or prepaid credit cards. These methods are used by criminals in order to hide their activities from police.

To learn how to protect yourself from frauds and scams check out The Little Black Book of Scams: <https://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html>

Please contact Stony Plain RCMP at 780-968-7267 or your local police if you have information to share with the RCMP. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store."



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{ BOTH LOCAL EDMONTON }
Darren (780) 473-3032 ; John (780) 455-5036
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JOKE OF THE WEEK

A lawyer's wife dies. At the cemetery, people are appalled to see that the tombstone reads, "Here lies Phyllis, wife of Murray, L. L. D., Wills, Divorce, Malpractice."

Suddenly, Murray bursts into tears. His brother says, "You should cry, pulling a stunt like this!" Through his tears, Murray croaks, "You don't understand! They left out the phone number!"

Lac Ste. Anne Foundation

Employment Opportunity

Finance Officer (Full -Time)

Directly reporting to the Chief Administrative Officer (CAO), the Finance Officer is accountable for: General Accounting, Financial Consultation, Insurance & Contract Management, Operating and Capital Budgets and Financial Reporting.

Budgets and Forecasts

- Develop and manage the budgeting and forecasting processes;
- Ensure that the budgeting and forecasting process is efficient and effective and reflects the organization's strategic and financial plan;
- Ensure there is alignment between business plans and the annual budgets;
- Ensure appropriate processes are implemented to produce sound forecast information, enabling the organization to make decisions efficiently in anticipation of emerging issues.

Performance Analysis and Reporting

- Develop a deep understanding of the Lac Ste. Anne Foundation, act as a key advisor to the CAO, and provide support and recommendations for operational improvements and proposal pricing;
- Provide timely, relevant and value-added financial performance information for the CAO;
- Provide consistent and timely monitoring of financial performance and analysis of variances from budgets, forecasts, and business plans, ensuring that any divergences are detected early and brought to the attention of the CAO.

Process Improvements

- Engage effectively across the organization, proactively identifying, recommending, and promoting opportunities to minimize risk, efficiencies, performance, understanding, and analysis. Work with the CAO to support the implementation of new financial, business and project information processes;
- Support the CAO in preparing and evaluating the organization and provide decision support financial analysis.

Finance and Accounting, Team Support

- Undertake various Finance and Accounting responsibilities as assigned and based on emerging requirements;
- Provide support to other team members to accomplish period end, quarterly, and annual reporting requirements;
- Involvement in cash management, cash forecasting, credit, and collections.

The ideal candidate will possess

- A Chartered Professional Accountant (CPA) designation is required;
- A Business Degree from a recognized University is an asset;
- Five or more years of practical experience relevant to a Finance Manager role with experience in management accounting, cost accounting, financial accounting, budgets, and forecasts;
- Knowledge and experience in Payroll and Benefit administration;
- Knowledge and experience in the use of Simply Accounting is required;
- Excellent knowledge of Microsoft Excel and Word;
- The ability to create and format financial & project reports;
- Ability to approach process and information improvements from a project management standpoint with the ability to lead, plan, document, communicate, facilitate progress, and meet deadlines;
- Excellent written and verbal communication skills;
- Ability to work within a dynamic environment subject to the changing pressures of the environment, including evolving responsibilities, change of supervisory responsibilities, and sharing of supervisory responsibilities;
- Satisfactory Criminal Record Check #4.

Lac Ste. Anne Foundation offers a very competitive salary and attractive benefit package.
Closing date: Friday, February 22, 2019 at 4:00 p.m. or until a suitable applicant is hired.

Please send Resumes with references to:

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

Thank you to all who may apply; only those chosen for an interview will be contacted.



ONOWAY AND DISTRICT HISTORICAL GUILD

**Annual General Meeting
March 20, 2019 8:00 pm**

Regular meeting commences 7:00 pm
Onoway Heritage Centre – Room 3

The Historical Guild was established on December 17, 2003 with the goal of creating a museum that would showcase the history of Onoway and surrounding area. When the new elementary school was built in 2007, the Guild members were delighted – the Old Brick School would be the ideal museum! Over time, the Guild took responsibility for the entire building, creating the Onoway Heritage Centre which today is the home of numerous community clubs, organizations and activities including the public library, pre-school as well as a venue for meetings and events including birthday parties and funerals! Who would have thought that back in 2006 when the Onoway Museum opened in the old Anglican Church (now gone) that the Guild's dream is a thriving building which welcomed 62,880 people through its doors in 2018.

Help us keep the dreams alive! Dream big dreams!

- Agenda:**
- Election of Executive & Board of Directors
 - Audited Financial Statement
 - Review of 2018 operation
 - Plans for 2019
 - Showcasing our history

**We invite you to join us at this meeting.
*Plan now to be part of the action in 2019!***

- ✓ Fall Harvest Festival
- ✓ Heritage Days
- ✓ New exhibits/programs

Help us to:

- make Onoway Museum/Archives Onoway's #1 tourist attraction
- ensure that the Onoway Museum/Heritage Centre thrives in today's economic reality
- find ways to entice locals to visit our/their museum
- provide a broad-use community resource centre
- show everyone the fascinating pieces of local history to be found in the Onoway Museum and Archives

Made-in-Alberta Upgrader Moves Ahead

Continued from Page 1

The complex will process approx. 23,000 barrels per day of Alberta propane into polypropylene, a high-value plastic used internationally to make products such as food packaging, auto parts and electronics. At the peak of construction, more than 3,000 workers will be on site, with the project expected to create over 200 full-time operations and head office jobs upon completion. There will also be huge benefits to subcontractors all across the province. Construction is expected to start in 2019, with the complex fully operational by mid-2023. The project will receive royalty credits after the facility has been constructed and is in operation so there is no risk to Alberta taxpayers.

According to Mick Dilger, President and CEO of Pembina Pipeline Corp, our Petrochemical Diversification Program has provided "the incentive and vision that has helped make this investment a reality."

Another project, Inter Pipeline's \$3.5-billion Heartland Petrochemical Complex, is already under construction near Fort Saskatchewan as a result of this program. The complex is a similar gas-to-plastics operation, employing about 2,300 people during construction with 180 full-time jobs upon completion.

This program, like several others we've spearheaded to diversify the economy have created, and will continue to create, tens of thousands of jobs for Albertans. Let's keep investing in our future.



NGPS Awarded Mental Health Capacity Building Funding For New Support Team In Onoway Schools!

Continued from Page 1

We look forward to developing this team in Onoway, and to their contribution to these school communities in the coming year.”

NGPS has two Mental Health Capacity Building teams already, operating the CHAMP Team (Choosing Healthy Attitudes through Modeling Pals) in Fox Creek and the TEAM for Success in Whitecourt. The yet to be named Onoway team will be the third mental health support team in the division and will increase and enhance these types of support for students in the east end of the division.

Teams work with students of all ages to promote positive mental health and to help nurture and develop the skills required to be emotionally and mentally prepared and successful. Based on research and best practice that demonstrates that mental and

emotional well-being can be developed, nurtured and supported through promotion and prevention efforts, these teams:

- deliver mental health promotion and prevention programming including presentations to students, staff, parents and other community members that increase well-being, resilience, self-esteem, protective factors, promote early identification of issues and address risk factors;
- build capacity in others who work with children, youth and families, to deliver wellness presentations and programming;
- organize and facilitate school and community-wide Mental Health events and awareness campaigns (i.e. Pink Shirt Day, Hats on for Mental Health);
- facilitate access for students to community supports and services
- examples of supports include in-school clubs and workshops like Mental Health First Aid,

Family Games Night, Mindful Walking, Community Gardens, Yoga for Anxiety and Chicks in Charge.

Check out the CHAMP Team Fox Creek and the Team for Success Whitecourt Facebook pages to learn more, and stay tuned for more information in the coming year!



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JOIN THE EDMONTON PHOTOGRAPHIC HISTORICAL SOCIETY

Submitted by Al Elliott, Secretary / Treasurer | Edmonton Photographic Historical Society

The Edmonton Photographic Historical Society is a camera / photography club open to the public. There is no charge to join and no cost to belong. We exist to promote the historical aspects of photography, the art and science of the processes, the

equipment that was used and the photographers that made the images. If you are interested in any of these aspects, then this group is for you.

We meet from 7:30-9 pm on the third Wednesday of each month at the Highlands Library, 6710 - 118 Avenue, Edmonton AB T5B 0P3. The bus service is good, the parking is free, and the atmosphere is friendly. Put us on your Bucket List before it's too

late!

2018-2019 MEETING SCHEDULE

- February 20, 2019 - MILESTONE EVENTS
- March 20, 2019 - HISTORIC CAMERAS
- April 17, 2019 - PHOTOGRAPHY BOOKS
- May 15, 2019 - HISTORIC IMAGES
- June 19, 2019 - PHOTO SHOOT OUTING (LOCATION

TBA)

• July & August 2019 - SUMMER BREAK

For more information about the Society please send your email to edm_photographic_hist_society_2@yahoo.ca

Please visit, like, and share us at Facebook <https://www.facebook.com/Edmonton-Photographic-Historical-Society-111963348855385/>

NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Royal Canadian Legion

Onoway Legion Dine and Dance

On March 1, kick up your heels at the Legion's Dine and Dance, sponsored by Jack's Auto Body

and 24 Hour Towing. Glo Jahlka and crew will prepare and serve a meal straight from the Outback. Enjoy Alice Spring chicken, French onion soup, Caesar salad and garlic toast, wild rice, roasted vegetables and fresh fruit trifle. Dinner is served from 5:30 to 7, then dance to the tunes of the Blue Dragon Band

until 9 pm.

Poker Rally Coming

The Legion is planning to hold a Poker Rally (with a difference) very soon. At this Poker Rally, there will be different stations set up where a specific activity will earn you a card. At the end, the cards you collect will be your poker hand. The date isn't

firm yet, but watch for details.

Did You Know?

The Onoway Legion makes a difference in the lives of veterans and their families, while also contributing to local groups. Membership is open to anyone who wants to support the cause, not just veterans.

2019 WORLD DAY OF PRAYER

Submitted by Glenda Foster

"Come to the table—everything is ready" is the theme of this year's World Day of Prayer service to be hosted at the Onoway Baptist Church (5036-48 Ave.) on Friday, March 1st at 7

p.m.

The program for this service focuses on the Eastern European nation of Slovenia. Formally part of the USSR, Slovenia has been an independent country since 1991. But as one of the smallest countries in Europe, it continues to suffer both phys-

ically and spiritually from the many years of communist control. Slovenians are asking fellow Christians in 170 countries around the world to unite in prayer for those whose lives are touched by ongoing injustice, especially for the women and children.

All are welcome to join in with this World Day of Prayer service which is organized in our community by Onoway Baptist Church, St. John's Anglican Church, St. Rose of Lima Catholic Church, and the Onoway Seventh Day Adventist Church.

AIRSOFT RIFLE WARNING

Submitted by St. Albert RCMP

St. Albert RCMP were called to a report of two suspicious males with a rifle in a wooded section of the Grandin neighbourhood of St. Albert at approximately 10:45 a.m. on Saturday, January 26, 2019. RCMP responded and

were able to locate two youth with an airsoft gun playing "war games".

While no charges were pursued in this incident, the youth and their parents were educated about the 2017 Protection of Persons and Property By-Law that defines a firearm as any device from which any shot, bullet, or

other projectile capable of causing bodily injury or death can be discharged including but not limited to air guns, BB guns, sling shots, bows and arrows, and gas powered guns. The By-Law further states that no person shall use or discharge any firearm within the St. Albert city limits.

The youth and their parents

were also educated about the fact that police will respond to firearms calls prepared to protect the public from someone with a weapon. This could mean that officers may have their firearms drawn as they search for the person with a weapon, as the safety of everyone is of upmost importance to the RCMP.

RCMP INVESTIGATE THEFT OF TRAILERS

Submitted by Stony Plain/Spruce Grove/Enoch RCMP

On Feb. 8, 2019 RCMP were advised that two trailers had been stolen. The trailers were parked on the side of road as the truck broke down and the trailers were disabled. The trailers were

parked off the westbound lane of Hwy 16, one mile west of Hwy 43.

The trailers are black Tycrop End Dump B Trains that had 24-foot silver tubs attached that were approximately six feet tall. The trailers were loaded with approximately 40 tons of grain and were

covered with black tarps. The license plates are from British Columbia – 80457U and 80456U.

The trailers went missing sometime between 5:00 P.M. on Feb. 7, 2019 and 2:00 P.M. on Feb. 8, 2019.

If you have any information regarding this incident, please

contact the Stony Plain RCMP at 780-968-7267 or call your local police. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.

RCMP MEMBER CHARGED FOLLOWING ASIRT INVESTIGATION

Submitted by Alberta Serious Incident Response Team

January 24, 2019

On Nov. 15, 2017, the Alberta Serious Incident Response Team (ASIRT) was directed to investigate the circumstances surrounding the arrest of a 26-year-old man by members of the RCMP that occurred in Nisku, Alberta.

On that same day, the subject officer entered a gas station where a confrontation occurred when the officer placed the man under arrest for possession of stolen property. During the arrest, the officer is alleged to have used both physical force and a pair of handcuffs to strike the man. Following the arrest, it was determined that the man had sustained serious injury, including an orbital floor facial fracture.

ASIRT conducted a thorough and independent investigation into the circumstances surrounding the incident. Upon review, it was determined that the evidence raised reasonable grounds to believe that an offence or offences had been committed. As required under the Police Act, the complete investigative file was

forwarded to the Alberta Crown Prosecution Service (ACPS) for a determination on whether it met the standard for prosecution. Having been advised by ACPS that the case meets the Crown standard for prosecution, and having carefully reviewed the investigation, and there being reasonable grounds to believe that offences were committed, ASIRT executive director, Ms. Susan D. Hughson, Q.C., made

the determination that the involved officer should be charged accordingly.

Today, Cpl. Peter MacMillan, a member of the RCMP, has been charged with one count of assault causing bodily harm and one count of assault with a weapon, to wit: handcuffs.

Cpl. MacMillan was served with an appearance notice, and is required to appear in Leduc Provincial Court on Thursday,

Feb. 28, 2019.

As these matters are now before the courts, ASIRT will not provide any further information in relation to these incidents.

ASIRT's mandate is to effectively, independently and objectively investigate incidents involving Alberta's police that have resulted in serious injury or death to any person, as well as serious or sensitive allegations of police misconduct.

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MISERICORDIA COMMUNITY HOSPITAL TO OPEN UNIQUE SPACES TO KEEP PATIENTS AND LOVED ONES TOGETHER

Submitted by **Katrina Lingrell, Communications Advisor | Covenant Health**

The Misericordia Community Hospital will open five Compassion Rooms on February 19, 2019 to enhance care for patients who would benefit from having loved ones nearby continuously during their hospital stay.

“Compassion Rooms allow us to ensure that our patients can be with

their loved ones during difficult times,” says Janet Schimpf, Senior Operating Officer, Misericordia Community Hospital. “These are dedicated spaces for patients who need their family or loved ones with them at all times, whether to ease anxiety or help navigate their care.”

Compassion Rooms are available to patients who are particularly vulnerable, including those who are at the end of life, have experienced a pregnancy loss, are experiencing

delirium or do not speak English.

The private rooms have special comforts that allow patients and loved ones to stay together 24 hours a day, including pull-out beds or fold-down chairs, coffee makers and refrigerators. Patients and loved ones may also order food from the Misericordia’s made-to-order food service and enjoy meals together in the Compassion Rooms.

“Caring for our patients includes supporting their families and loved

ones,” says Janet Schimpf. “Helping them stay together is one way we can partner with them to give them the best experience possible.”

The Associates of Caritas provided \$160,000 to fund the Compassion Rooms. The organization operates businesses in Edmonton Covenant Health sites and donates profits back to the hospitals to enhance patient care and comfort.

Contact: Katrina Lingrell, Covenant Health Communications, 780.721.0723

Misericordia Community Hospital Compassion Rooms

Compassion Room locations

The Misericordia Community Hospital will have five Compassion Rooms available throughout the hospital:

- 5 East (surgery unit)
- 4 West, 7 West, 7 East and 8 East (medicine units)

Vulnerable patients

Patients who may benefit from a Compassion Room include those who:

- Are at the end of life
- Have experienced a pregnancy loss

- Are experiencing delirium
- Do not speak English

Compassion Room features

Each Compassion Room has amenities to keep patients and their loved ones as comfortable as possible during their stay, including:

- Pull-out beds or fold-down chairs to allow loved ones to sleep comfortably

- Coffee maker
- Refrigerator with complimentary sandwiches and juice

• Menus for the Misericordia’s made-to-order food service so loved ones and patients can enjoy fresh meals together in the Compassion Rooms

Covenant Health is one of Canada’s largest Catholic healthcare organizations with over 15,000 physicians, employees and volunteers serving in 12 communities across Alberta. A major provider in Alberta’s integrated health system, Covenant Health works with Alberta Health Services and community partners to positively influence the health of Albertans through a broad range of programs and services. CovenantHealth.ca



LAC STE. ANNE COUNTY

Lac Ste. Anne County | P.O Box 219 | Sangudo, Alberta | T0E 2A0 | 1.866.880.5722 | www.LSAC.ca

PLANNING & DEVELOPMENT

Notice of Open House and Public Hearing

Bylaw 22-2017 to replace amended Land Use Bylaw #24-2014

Pursuant to the provisions of Section 692 of the Municipal Government Act, the Council of Lac Ste. Anne County is considering a new Land Use Bylaw to replace Land Use Bylaw through Bylaw 24-2014 (as amended).

Some of the proposed changes include:

- Recreational vehicles – allowed on some lots where no residence exists in some locations and prohibits RVs in other locations
- Rezoning residential parcels 3 to 10 acres in size outside of subdivision
- Allowing garages prior to principal residence: garage as principal use in the multiple districts
- Caretaker residence must be accessory to industrial use
- Municipal infrastructure as principal use on some properties
- Administrative Amendments:
 - o Updated referral requirements
 - o Removed age limit on mobile homes
 - o Clarification on when a permit is not required
 - o Update LUB to match Alberta Building Code for permit requirements on accessory buildings 100 sq. ft.
- And other various changes

Open House

Presentation to begin at approx. 5:40 pm. Interested individuals may attend to discuss the proposed changes with staff and provide feedback.

Tuesday, February 26, 2019 | 5:00 - 8:00 pm

Alberta Beach Agriplex
4811 47 Avenue – Alberta Beach

TAKE PART IN THE DISCUSSION

Your Thoughts and Ideas About the Proposed Changes are Important

Written comments on the above proposed Bylaw may be provided prior to March 15, 2019 to Lac Ste. Anne County at Box 219, Sangudo AB T0E 2A0 or by email at devassistant@lsac.ca.

The proposed amendment may be reviewed during regular business hours at the County Office at 56521 Range Road 65. The Bylaw and Information Summary Sheets can be found online at LSAC.ca/LUB.

Public Hearing

Interested individuals may attend to voice their comments directly to Council. Schedule a 5-minute speaking time by contacting the County office at 780.785.3411 and requesting the Planning & Development department.

Those with scheduled appointments will be given priority. We strongly encourage those wishing to speak to call and book a time.

Saturday, March 23, 2019 | 1:00 pm

Onoway Heritage Centre Gym
4708 Lac Ste. Anne Trail – Onoway

MAN FACES CHARGES OF CRUELTY TO ANIMAL

Submitted by St Albert RCMP

St. Albert, Alta - At approximately 7:30 p.m. on Tuesday, February 5, 2019, St. Albert RCMP received a report of animal cruelty towards a dog. The animal was in critical condition and was being taken to the 24

hour Veterinarian Hospital in Edmonton, where it was not known if it would survive.

The RCMP investigation found that the dog is alleged to have been kicked more than once by a 27 year old man residing in the same home as the animal. This investigation is continuing and charges will be pending against

the man.

Under the Criminal Code, animal cruelty is defined as wilfully causing unnecessary suffering, pain or injury to an animal or a bird, and convictions under this section would result in a criminal record, a fine or even a term of imprisonment. As animals cannot speak for them-

selves, there is a responsibility for people to help watch out for their safety. To report cruelty or neglect to an animal, please call the St. Albert RCMP or St. Albert Municipal Enforcement Services at 780-458-7700.

EX-RCMP MEMBER ARRESTED BY ASIRT

Submitted by Alberta Serious Incident Response Team

On Sept. 28, 2018, as a result of ASIRT investigations and a subsequent prosecution, Aaron Lee Sayler, a former member of the RCMP, was convicted of multiple criminal offences.

That same date, Mr. Sayler was released pending sentencing on his own recognizance on multiple conditions including that he surrender his passport to the court, which he did.

On Feb. 7, 2019, Aaron Sayler was arrested pursuant to the provisions of S. 524 (2) of the Criminal Code on the basis that there were reasonable grounds to believe that the accused was about to contravene his bail conditions. The matter was brought back before the court to seek bail revocation.

Subsequent investigation provided reasonable grounds to believe that Mr. Sayler had committed additional criminal offences and, as a result, on Feb. 11, 2019, in consultation with the Alberta Crown Prosecution Service, four additional charges were laid. Mr. Sayler has been charged with criminal offences of making a false statement to procure a passport, fraud under \$5000, obstruction of justice and failure to comply with a condition of a recognizance.

As these new charges are now before the court and the proceedings in relation to Mr. Sayler's bail are the subject of a publication ban pursuant to S.517 of the Criminal Code, no further information will be released at this time.

ASIRT's mandate is to effectively, independently and ob-

jectively investigate incidents involving police that have re-

sulted in serious injury or death to any person, as well as serious

or sensitive allegations of police misconduct.



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DRIVEWAY CLEARING PROGRAM

Any property owner residing within the County who requires the services of the County Public Works Department to clear the snow in their driveway must purchase a snowplow flag in advance at various outlets throughout the County. The charge is \$25.00 per flag, per clearing. This means one (1) flag will be used each time you request snow removal.

The \$25.00 fee provides snowplowing from the road to the residence only. For snowplowing services with no flag (call in), the cost will be \$40.00 paid via credit card at the time of the call. Additional clearing and/or custom snowplowing requirements are to be requested through the Public Works Department at the County office and will be charged at a rate of \$80.00 per hour with a minimum charge of one (1) hour.

Please note that your approach and driveway must be a minimum of 22 feet wide, with no obstacles and have a clearance of 18 feet high, with no overhanging trees or wires, otherwise the County grader(s) will NOT clear your driveway.

After a major snowstorm, opening of roads will take approximately three (3) days Therefore plowing of driveways would not normally occur until the fourth (4th) day or later. Other arrangements should be made if you require your driveway plowed sooner.

SNOWPLOW FLAGS CAN BE PURCHASED AT THE FOLLOWING LOCATIONS:

• County Administration Building Sangudo	780.785.3411
• Town of Mayerthorpe Admin Building (Box 420, T0E 1N0) Mayerthorpe	780.786.2416
• Onoway Bigway (Box 220, Onoway T0E 1V0) Onoway	780.967.4291
• Darwell Trading Post (Box 1000, Darwell T0E 0L0) Darwell	780.892.2461
• Gunn General Store Gunn	780.967.5550
• Rich Valley School Rich Valley	780.967.5754

COUNTY SNOWPLOW FLAG RULES

PLEASE NOTE: The flag signifying a request for service must be placed on the **RIGHT-hand** side approach shoulder near the property line (RIGHT hand side of approach - when facing the driveway from the road). Flags must be attached or pinned to a stake in a manner to facilitate retrieval by the motor grader operator. **Flags placed in other location will NOT be acknowledged.**




Snowplowing of any driveway will not occur without the proper flag. The \$25.00 fee provides snowplowing from the road to the residence only. **Please do not write additional instructions on the flags as they will NOT be acknowledged.** Additional clearing and/or custom snowplowing requests are to be reported to the County Office, Public Works department, and will be charged at a rate of \$80.00 per hour plus GST with the minimum charge being for one (1) hour, any time over the one (1) hour will be charged accordingly.



FEBRUARY 2019

Bridal Guide

*The Businesses in
the following Guide
can be your One
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your Bridal Needs!*

Bridal Guide

GET THE MOST OUT OF BRIDAL SHOWS AND WEDDING EVENTS

Recently engaged couples may be excited to get a jump on wedding planning. Bridal shows can be a great way for couples to meet and familiarize themselves with local wedding professionals, all the while introducing themselves to the terminology of wedding planning.

Though they're a great source of information, contacts and samples, bridal shows also can be a bit overwhelming. Learning how to maximize time spent at shows can help couples plan their weddings as efficiently as possible.

- Start small. If the idea of large crowds is unappealing, attend the more intimate, boutique shows that are often held at local reception halls and restaurants instead of the larger installations at convention centers and hotels.

- Scout out vendors. Check the bridal show's website for lists of exhibitors and see if your desired vendors are on the list. But even if they're not, keep an open mind and use the show as a chance to compare offerings. If an event map is available, marking off must-visit booths can help save time.

- Pre-register. Pre-registering for bridal events saves time at check-in, and doing so may make you eligible for discounted tickets.

- Come prepared. Chances are each vendor is going to ask couples for information so that they can follow up with a phone call or email with more detailed offerings and estimates. Couples attending the show can expediate the process by coming equipped with labels that feature their names, contact information and wedding date. They can then stick the labels on sign-in sheets or use them like business cards.

- Dress comfortably. Bridal expos involve a lot of walking and roaming around. Wear comfortable clothing and shoes. Consider a backpack or hands-free bag so you are not weighed down when collecting the swag

and other handouts throughout the day.

- Ask questions. When face-to-face with vendors, rely on their expertise but don't hesitate to ask questions concerning themes, colors, recommendations for honeymoon locations,

invitation paper suggestions, and much more.

- Stay for the fashion show. Many shows will offer a runway experience to present the latest gown and tuxedo offerings. This can be an entertaining way for couples to formulate their

wedding styles.

Wedding shows introduce couples to vendors and set them on the path to making decisions regarding the planning of their weddings.

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THINGS TO CONSIDER WHEN CHOOSING A WEDDING PARTY

Making the important decision to get married can fill couples with joy and excitement as they imagine spending the rest of their lives together. Naturally, brides- and grooms-to-be are anxious to share the good news with others and include family and friends in the festivities. One way couples exemplify inclusion is by asking their closest acquaintances to be part of their wedding parties.

Being asked to serve as a bridesmaid or groomsman is an honor. Some couples may be tempted to ask every friend, sibling or cousin they have to be in their wedding parties, and some do. In fact, ancient Roman law required 10 witnesses to be part of the wedding ceremony. However, the

larger the wedding party, the more people couples have to coordinate and the more personalities they must manage.

While large wedding parties are in style, there isn't any one-size-fits-all formula to decide which size party is right for a particular situation. Trends vary based on geography and culture. These tips can help couples decide on the size of their wedding parties.

• Match it to scope and style. Wedding planners may use a standard ratio for a proportion of guests to wedding party members. That ratio is one pair of wedding attendants for every 50 guests. This creates a balanced feel where the more people in attendance, the

larger the wedding party and vice versa.

• Consider your expenses. Wedding party members may be asked to spend considerable amounts of money to be in the wedding, but the couple will have certain expenses tied to the wedding party as well. These can include limousines to ferry people between the ceremony and reception, photography costs to arrange and photograph large wedding parties, the cost of boutonnieres and bouquets, attendants' gifts, as well as extra mouths to feed at the rehearsal dinner. Small wedding parties can be easier on couples' budgets.

• Know your expecta-

tions. Couples should discuss what they expect from their wedding parties. Do couples want their loved ones to be very hands-on or waiting in the wings? For those who want a lot of input from their wedding parties, asking distant friends or family to be included may be impractical.

• Select reliable, easy-going people. Wedding party members should be people couples can rely on, and it only helps if wedding party members are not prone to overreacting. Choose a wedding party that can be trusted and people with whom you get along.

Wedding party sizes are up to the couple, but bigger isn't always better.

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Bridal Guide

ALTERNATIVES TO ENGAGEMENT RINGS

Engagement rings are often sizable investments. Money magazine reports the average engagement ring costs around \$5,800. An engagement ring symbolizes the start of a life-long commitment and may even set the tone for a couple's wedding day.

Jewelry styles are personal, and grooms-to-be should carefully research their significant others' preferences in terms of precious metals, colors and gemstones. Even though tradition holds that a diamond gemstone is classic for engagement rings, these precious stones are not the only options. In fact, before World War II, just 10 percent of proposals involved diamond engagement rings. That number jumped to 80 percent by 1990. However, many modern couples now lean toward other offerings not only for the uniqueness they provide, but also for the potential cost savings.

Those seeking something unique can embrace these engagement ring options.

- **Amethyst:** This vibrant, lavender-hued stone can be breathtaking when cut the correct way. Purple shades have long been associated with royalty, making an amethyst fitting for such an occasion as special as an engagement. Because amethysts, which are less expensive than diamonds, are a seven on the Mohs scale for gemstone hardness, they can be very durable.

- **Knot rings:** These rings do not have a center stone. Rather, they're designed to be a tied knot or infinity symbol. These rings can be particularly sentimental as they represent true, unbroken love.

- **Opal:** Gemstones, like flowers, have been assigned certain meanings. Tying the engagement ring to one of them can infuse more symbolism into the relationship. Opal, for example, represents love, passion, creativity, spontaneity, and inspiration. Those traits

seem tailor-made for surprise proposals.

- **Sapphire:** While sapphire stones often are blue, they can also be yellow, green, pink, and white. Sapphires are the third hardest mineral. A white sapphire can be the perfect diamond replacement.

- **Garnet or ruby:** Red

is the definitive color of love. A Valentine's Day proposal can be made even more special by presenting an engagement ring with a red gemstone.

- **Moissanite:** The jewelry source Brilliant Earth says moissanite is a gemstone first discovered in 1893 by Henri Moissan in a meteorite that fell

to earth. It is remarkably similar to a diamond in appearance and strength. Moissanite also has heightened brilliance, with a refractive index higher than that of a diamond.

Couples have many beautiful alternatives to diamonds that they can explore when shopping for engagement rings.

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TYPES OF WEDDING OFFICIANTS

Many people play a role in a wedding. The bride and groom, bridesmaids, groomsmen, ring bearers, and flower girls are front and center on the day a couple ties the knot.

Another central, and very important, figure on a couple's wedding day is the officiant. Officiants perform the wedding ceremony and are the first to introduce the newlyweds to their guests as an officially married couple.

Various types of officiants can officiate a wedding, and understanding each type can help couples find the right one for them.

Religious officiant

Couples who want traditional religious ceremonies often choose a religious officiant, such as a parish priest or rabbi, with whom they're familiar. For example, couples who grew up attending

a particular church might choose the priest who's been preaching to them since they were children, while others might choose the priest at their current place of worship.

Religious officiants may be governed by certain rules that restrict them to performing ceremonies in a house of worship, which might rule them out for couples who want outdoor or destination weddings. Couples should inquire about such restrictions as early as possible in the planning process so they aren't caught off guard.

Civil officiant

Civil officiants are officers of the court, such as a judge or justice of the peace. Many couples who are planning destination weddings abroad still choose to have a civil officiant perform

a wedding ceremony at home. This is because some overseas officiants may not be authorized to marry couples in their home countries, meaning their marriages won't be recognized once they return home. Civil officiants make sure marriages are legal, and they also make great options for couples who just want to get hitched without a grand ceremony.

Professional officiant

Professional officiants are not affiliated with a particular religious organization. That makes them great choices for couples who aren't religious as well as those who come from different religious backgrounds and won't be converting to the same faith. Professional officiants typically meet with a couple once or twice to get to know them before writ-

ing the speech they will give during the ceremony. Many will share the speech with the couple in advance of the big day, and some even allow couples to write the speech.

Loved ones

Many couples ask a friend or family member to officiate their weddings, which can add a fun and very personal component to the ceremony. Couples who want to take this route should research local laws to determine the steps loved ones must take to become ordained ministers who will be recognized by the state or country where the ceremony will take place.

Officiants play a significant role during a wedding, and couples can choose one who best fits their personalities and ceremony preferences.



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PROVINCIAL FUNDING ANNOUNCED FOR WOODLANDS COUNTY AND WHITECOURT INTERMUNICIPAL COLLABORATION PROJECT

Submitted by Town of Whitecourt & Woodlands County

February 13, 2019
Woodlands County has received \$50,000 from the Alberta Commu-

nity Partnership program to manage and complete the Intermunicipal Framework Negotiations project.

The Municipal Government Act requires all municipalities prepare Intermunicipal Collaboration Frameworks (ICF). The framework

will formalize how municipalities that share borders will manage growth, coordinate service delivery, and optimize resources for citizens.

Woodlands County and Whitecourt have respected history of partnership projects and initiatives.

This project will further build on agreements currently formalized and under negotiation; and provide continuous, seamless and enhanced services to residents of both communities.

CONSULTATIONS ON AIR PASSENGER PROTECTION REGULATIONS

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is pleased to advise that the Canadian Transportation Agency's proposed air passenger protection regulations will be published in the Canada Gazette Part I for public comment this weekend.

The Transportation Modernization Act mandated the Agency to develop regulations for air travellers that would be clear, consistent, transparent and fair. After months of public

and stakeholder consultations, Canadians will have 60 days to comment.

Air passengers who are bumped from overbooked flights or forced to sit through long delays could receive up to \$2,400 in compensation -- under proposed regulations for the government's long-promised Passenger Bill of Rights.

Draft regulations, which will apply to all flights to and from Canada, and those within Canada include:

•Airlines would be required to provide passengers with food, drink and free Wi-Fi after delays of two

hours, and accommodation if the delay stretches overnight.

•Compensation of up to \$1,000 for lengthy flight delays and cancellations. This will vary depending on the length of delay and the cause and whether it was in the airline's control.

•Compensation of up to \$2,400 if a passenger is denied boarding and is delayed reaching their destination because an airline overbooked the flight.

The final regulations will be published in Part II of the Canada Gazette. Regulations are expected to

come into force next summer.

Comments can be submitted to: consultations@otc-cta.gc.ca until February 20, 2019. For further information on the proposed passenger regulations go to: <https://otc-cta.gc.ca/eng/consultation/air-passenger-protection-regulations>.

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Bright Bank Hall, 780-968-6813
Cherhill Legion, Mary 780-785-3578.

Cherhill Community Assoc. Hall, Kevin 780-785-8153

Darwell Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

Goose Lake Hall, Contact Deanna (780) 584-3738

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

Hathersage Community Centre, Noreen at 786-2946

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

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/Classrooms, 967-1015

Onoway Legion, 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

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Events

Backyard Birds & Bees are offering beginning Beekeeper courses, March 2nd & April 7th, 2019 at the Pioneer Center in Spruce Grove. Please email backyardbirdsandbees@outlook.com or call 780-446-4579. Cost is \$100 per person or \$150 per couple. Please register. No deposit required, payment at door. (4) 05-02



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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!

ANSWER:

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

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!

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



Cupid's Choice

We loved every entry but these
are the 2019 Valentine's Day
Colouring Contest winners



Brayden D. Age 4



Kayda M. Age 5



Leorah G. Age 8



Savanah P. Age 12

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Notices

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WELL-BEING: Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.



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COMMUNITY EVENTS 2019

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) 962-9228. 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).

FEB 19 - ANNUAL GENERAL MEETING, 7:00pm at Sangudo Community Hall. Regular meeting to follow elections.

FEB 23 - CHERHILL COMMUNITY'S FUN & FOOD ft. country entertainer Stan Champagne. Adults: \$20, Children 6 -12: \$10, 5 & under: Free. Tickets 780-785-2825 or 780-785-2689

FEB 25 - SANGUDO HORRTICULTURAL CLUB PRESENTS: What's New for 2019. A representative from the Big Greenhouse in Spruce Grove will be at the Sangudo Golden Age Club, 7pm. \$5 drop in fee.

MAR 1 - 2019 WORLD DAY OF PRAYER SERVICE, 7 p.m. at the Onoway Baptist Church.

MAR 2 - JAMBOREE 7pm at Sangudo Community Hall. Late lunch. \$12/person (Entertainers free). Info call 785-4105 or 305-5088.

MAR 16 - CRIB TOURNAMENT at Rich Valley Hall. Doors open at 10am, Play at 11am. \$20/person. Lunch served. Info 780-967-5710.

FARMERS MARKETS

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

ONOWAY FARMERS' MARKET: Thursdays, 5-8pm at Onoway Community Hall. Starts May 1st. 780-667-6327 or onowayfarmersmarket@gmail.com.

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30PM, tables (780)240-5821

STONY PLAIN: Sat, 9AM-1PM, Downtown, Stony Plain. Nancy 780-962-3993.

WESTLOCK: 11-3PM, Bargain Shop Mall, Dave 780-954-2437

BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7PM. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.

CHERHILL BINGO: Tuesdays at Cherrill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

CHERHILL LEGION: First Sunday of Month. Doors Open 12:00PM

MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30PM, bingo 7:30PM

RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos January 9 & 23, February 6 & 20.

STONY PLAIN SENIOR'S DROP-IN CENTRE, public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

MEAT DRAWS

ALBERTA BEACH MUSEUM: Every Sat 4PM, Alberta Beach Hotel

ALBERTA BEACH: Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungle's Bar & Grill.

BARRHEAD ROYAL CANADIAN LEGION: Fridays 6:00PM. Queen Of Hearts draw & 50/50.

DARWELL: by Alberta Beach & District Lions Club, 4:00PM bi-weekly, Darwell Lounge & Restaurant

ONOWAY ROYAL CANADIAN LEGION: Fridays, Ph. 780-967-5361

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM. Meat Draw & 50/50.

WHITECOURT LEGION: Saturdays 4:00PM. Located downtown behind the CIBC.

MEALS ON WHEELS

ALBERTA BEACH & DISTRICT: Coordinator - Diane 780.924.2348

DARWELL & AREA: Coordinators - Tracey: 780.915.2621 or Edie: 780.892.2457

ONOWAY: LSAC Div 1 & 2, East of Hwy 43. Hazel Bourke: 780.967.2338 or hnbourke@icloud.com

WEST END: Sangudo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: westendmow@outlook.com

JAMBOREES

CARVEL: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001

SANGUDO: Sangudo Community Hall, 1st Sat of month 7PM. 785-4105 or 305-5088.

***October - May.**

SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051

***September - June.**

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.

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

TOPS (Take Off Pounds Sensibly)

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

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

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

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

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

YOUR COMMUNITY

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

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

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

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

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

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

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES: Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.

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

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

COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.

JR. SCRAPBOOKING Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404

ONOWAY GOLDEN CLUB: Cards Tuesdays, 1PM, 1st Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.

ONOWAY HAVE FUN & GET FIT! Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre,

5023-49 Ave. PH: 780-967-2056.

PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village Community Centre. *except June, July, August

RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-5040.

SANGUDO ART GROUP: Wednesdays 9AM-12PM at Sangudo Community School. Info call 780-785-2112.

SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St). 2nd Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St). Every 2nd & 4th Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd Wednesday at 1PM.

MEETINGS

1ST ONOWAY SCOUTS: Registration, Mondays 6:30-8PM. Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.

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

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

526 BARRHEAD AIR CADETS, Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233

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

AA - MAYERTHORPE, Kingsmen Hall, Thurs 8PM. (780) 786-2604 or (780) 786-1927

AA - SANGUDO GOLDEN CLUB, Tues 8PM call 786-4402/785-9214/785-3599

AL-ANON - ONOWAY: Meetings are suspended for January thru April inclusively.

AL-ANON Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205

ALBERTA 55 PLUS: Villenvue Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7:00PM, Alberta Beach Agriplex.

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

ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House 924-3167.

BARRHEAD ROYAL CANADIAN LEGION, meeting every 2nd Thurs, 7PM at the Legion Hall.

CHERHILL COMMUNITY ASSOC. Monthly Meeting 1st Wednesday, 8PM at the Hall. 785-2825 *Except Jan, July, Aug, Sept.

CHERHILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherrill Seniors Hall. Call Rosamy 780-785-2625

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agriplex. Info call 780-902-4879 or 780-999-7622. *Sept-June.

Citizens Helping In Life's Defence (C.H.I.L.D) Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell **DDRA MEETING,** 7:00PM, 2nd Mon, Darwell 892-3099. *except Jul/Aug/Dec

GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30PM, Onoway Heritage Centre. Info Laura, 780-967-1004.

GREENCOURT COMMUNITY ASSOCIATION meet 2nd Tuesday,

monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

KINETTE CLUB OF MAYERTHORPE, 7:30PM at Kinsmen Hall, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443

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

LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3rd Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121

MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5PM in Hospital Basement Education Room.

MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSB Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 *Sept-June

NA MEETING, Tuesdays 7:00PM Poplar Valley Church (780)514-6011

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:30PM, Chateau Lac Ste Anne

ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7PM, Onoway Museum. 967-5263 or 967-2452.

ONOWAY & DISTRICT QUILT GUILD: Every 2nd Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Dixie @ 780 967 0528.

ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7PM. *Sept-June

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agriplex on the 2nd Wed of the month. 7:00PM.

RIVER TALKERS TOASTMASTERS CLUB Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180.

SANGUDO PAINTING GROUP: Every Wed, 9AM-12PM at Sangudo Community School. Info, call 780-785-2112.

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

WEIGHT WATCHERS Alberta Beach Agriplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00a.m.</p> <p>Worship Service 11:00a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00a.m.</p>		<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30a.m.</p> <p>Children's Church 10:30a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>	<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00a.m.</p> <p>Sunday School 10:00a.m.</p> <p>(780) 924-3282</p>	<p>St. John's Anglican Church</p> <p>Onoway</p> <p>Sunday Service 10:00a.m.</p> <p>Everyone Welcome</p>
<p>St. John's Lutheran Church Alberta Beach</p> <p>Sunday Service 11:00a.m.</p> <p>Sunday School</p>	<p>Zion United Church</p> <p>Sunday Service 10:00a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabaman, Daricell & Lake Isle, Onoway & Area (780) 924-3351</p>	<p>Sangudo United Church</p> <p>Worship Service 3rd Sunday 11:00a.m.</p> <p>4907-50 Ave. Sangudo, AB</p>	<p>Infuzed Ministries</p> <p>Worship Service Sunday 3:30p.m. in Alexis Community Hall</p> <p>Pastor Daniel Jackson (780) 719-0240</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00a.m. - 11:00a.m.</p> <p>Worship Service Sunday 11:00a.m.</p>	<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 2:00p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>
<p>Trinity Lutheran Church (LC-C) The Church of the Lutheran Hour - Rockyfort Bridge</p> <p>Pastor Dan Hansard Church (780) 778-2035</p> <p>Sunday Worship 9:00a.m.</p> <p>Senior's Service & Cottage Bible Study - Phone for locations</p>	<p>Mayerthorpe Pentecostal Assembly</p> <p>P.A.O.C. Rev. Arnold Lothoiz</p> <p>Sunday 10:30a.m. Morning Service Tuesday 7:30p.m. Ministry Training (780) 786-2141</p>		<p>Onoway Baptist Church</p> <p>Sunday Service 10:30a.m.</p> <p>Pastor Greg Garbutt (780) 967-2266</p>	<p>Roman Catholic Church</p> <p>St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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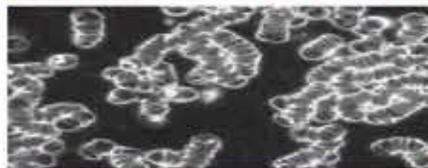
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- balanced pH
- optimal endurance

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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