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February 26, 2019

FOUR ARRESTED AFTER SEARCH WARRANTS EXECUTED

Submitted by Mayerthorpe RCMP

“A significant amount of drugs has now been removed off the streets,” says Corporal Chris Power, Western Alberta District Rural Crime Reduction Unit (WADRUCRU). “We will continue to track down repeat offenders and interrupt their criminal activities in our efforts towards crime reduction.”



FATAL COLLISION ON HWY 18

Submitted by Barrhead RCMP

On the afternoon of February 19, 2019 at approximately 2:00 p.m., Barrhead RCMP responded to a fatal two vehicle collision on Highway 18 and Range Road 40 west of Barrhead.

Preliminary investigation has revealed that a SUV was travelling westbound on Highway 18 and was struck by a northbound pickup truck at the intersection of Range Road 40.

Tragically, the lone occupant of the SUV, a 76-year-old woman from Barrhead, was pro-

nounced deceased at the scene.

The youth driver of the truck was not injured.

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

ARMED ROBBERY AT BANK

Submitted by Whitecourt RCMP

Whitecourt, Alberta - On February 15th at 12:30 p.m. Whitecourt RCMP responded to an armed robbery at a financial institution on 50th Street in Whitecourt. A lone male suspect

entered the bank and approached the employee demanding cash. The suspect fled the store on foot after making off with an undisclosed amount of cash. No one was injured.

The male suspect is described as

- Caucasian

- 5'10 to 6'
- Black toque and mitts
- Camouflage style jacket
- Black pants

The investigation is ongoing and police are asking if you have information about this incident to please call the Whitecourt RCMP at 780-779-5900.

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2018-19 Season

Canada's Ballet Jörgen Coppélia



**Saturday, March 2
7:30 p.m.**

Family-Friendly Story Ballet

Ticket Centre: 315 Jespersen Ave.

Theatre: 1001 Calahoo Road

Spruce Grove, AB **780-962-8995**

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RIDING UPDATE

Submitted by Jim Eglinski, MP – Yellowhead

Week of February 11, 2019

On Monday, I met with constituents in the Edson office and caught up on phone calls.

On Wednesday morning, I met with grade six & seven students at Niton Central School about my role in government. That afternoon I attended the 6th annual 'Grandparents Tea' in Wildwood. Later that day, I attended the Goal Zero Program at Thorsby Senior Centre. This program is a community engagement initiative that challenges residents to reuse 100% of their treated wastewater. In fact, Thorsby is the first community in Alberta to sign on to this program.

On Thursday, I spent the morning in Drayton Valley and returned to Edson in the afternoon, meeting with constituents.

On Friday, I was in Edmonton.

I will be back in Ottawa on Monday, February 18th to get ready for the return of Parliament on the 19th.

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Four Arrested After Search Warrants Executed

Continued from Page 1

On Feb. 18, 2019, the RCMP Emergency Response Team executed search warrants at a residence located in Sangudo and a residence located in Rochfort Bridge as a result of a joint investigation between the Mayerthorpe RCMP Detachment and the Western Alberta District Rural Crime Reduction Unit (WADRCRU).

The first search warrant was executed at a residence in Sangudo and police seized the following items:

- 889 grams of methamphetamine
- 32.5 grams of fentanyl
- 89 grams of cocaine
- 3.4 grams of heroin
- 296 grams of cannabis
- a stolen 2015 Arctic Cat side-by-side
- two snowmobiles believed to be stolen

William Raymond Blackwood (41) of Grande Prairie, and Sonja Marie Susan Sanders (28), of Edmonton, have been charged with the following:

- Possession of methamphetamine for the purpose of trafficking
- Possession of fentanyl for the purpose of trafficking
- Possession of heroin for the purpose of trafficking
- Possession of cocaine for the purpose of trafficking
- Possession of proceeds of crime over \$5000
- Possession of cannabis for the purpose of selling
- Possession of property obtained by crime over \$5000

Blackwood was also arrested on a Canada wide warrant for a parole violation and was wanted by police since May of 2018. Both Blackwood and Sanders were remanded to appear in Mayerthorpe Provincial Court on March 14, 2019.

A second search warrant was executed of the residence in Rochfort Bridge area police seized the following items:

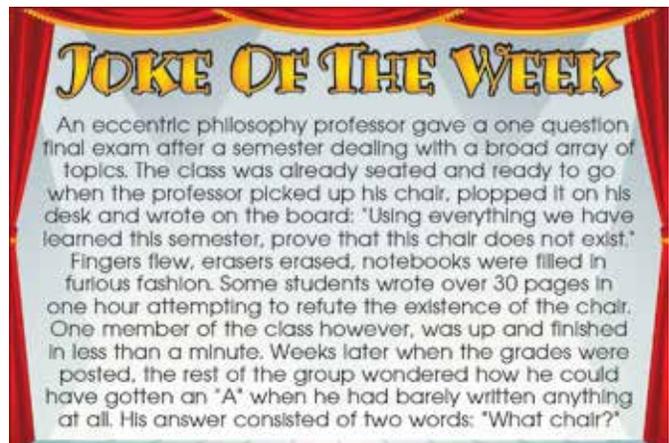
- 45 grams of methamphetamine
- 90 grams of cannabis
- Two firearms
- a small amount of heroin
- a large amount of property believed to be stolen

Jeremiah (Jerry) Johnathon Goodine (44) and Karen Lynn

Braithwaite (47) both of Rochfort Bridge were charged with:

- Possession of methamphetamine for the purpose of trafficking
- Possession of cannabis for the purpose of selling
- Unauthorized possession of a firearm (x6)
- Careless use, storage of a firearm/ammunition (x3)

Both Goodine and Braithwaite were remanded into custody but have since been released and their next court appearance will be March 14, 2019 in Mayerthorpe Provincial Court.



R.S.V.P. for the EQUUS Annual General Meeting

EQUUS REA LTD. is holding their 2019 Annual General Meetings over three sessions on the following dates and locations, with voting occurring at all three locations. Connect with your Board and EQUUS Staff - 3 pm to 5 pm

Monday, March 25 The Coast Lethbridge Hotel & Conference Centre, 526 Mayor Magrath Drive South, Lethbridge	Tuesday, March 26 Radisson Red Deer Hotel, 6500 67 St, Red Deer	Wednesday, March 27 Best Western Sunrise Inn & Suites, 3101 - 43rd Avenue, Stony Plain
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Arrive early for the information booths and complete your Passport to the AGM for a chance to spin the prize wheel and win great prizes including a weekend stay at your choice of one of the Charming Inns of Alberta.

The Board of Directors and EQUUS staff members who will be on hand to answer members' questions on:

- Member Services and Billing
- Automated Metering Infrastructure
- EQUUS App/Web Portal
- Micro-generation
- Construction and Maintenance
- Safety
- EQUUS Community and Member Relations
- Vegetation Management

3:00- 5:00pm	Registration & Information Booths
5:00- 6:30pm	Annual General Meeting
6:30- 8:00pm	Dinner

Members are required to R.S.V.P. on or before March 15 by calling 1.888.211.4011.

Please note dinner and meetings are open to EQUUS Member and EQUUS Board of Director invited guests only.



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PARLIAMENT UPDATE – WEEK OF FEBRUARY 18, 2019

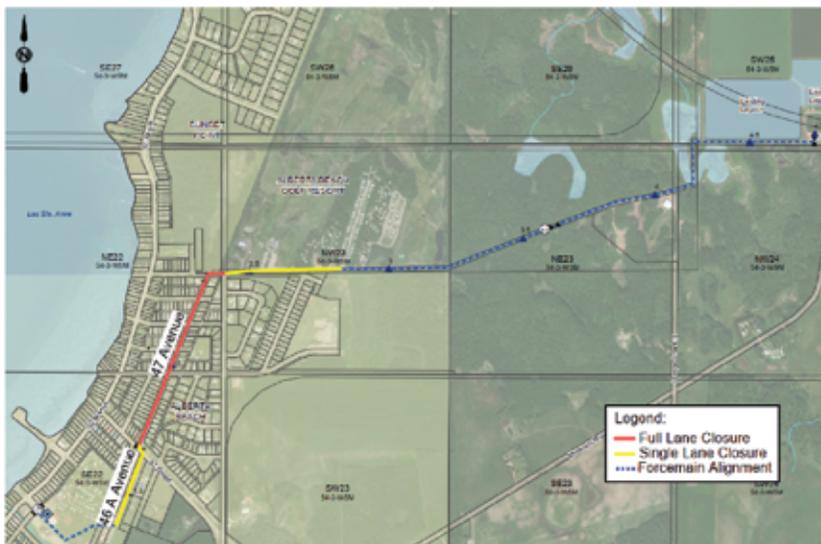


Submitted by Jim Eglin-ki, MP – Yellowhead

Tri-Village Regional Sewage Services Commission FORCEMAIN REPLACEMENT

February 22, 2019

The Tri-Village Regional Sewage Commission will be replacing the existing sewage forcemain in Alberta Beach. The Forcemain Replacement is scheduled to start on March 4, 2019 and be completed by the end of July 2019. Lane/road closures will be required and are outlined in the figure below.



Increased construction traffic is anticipated throughout project duration. Detours will be provided and access to residents will be maintained. Sanitary sewer service will also be maintained for the project duration.

All construction timelines are subject to change due to weather conditions and unforeseen circumstances. Should you have any questions pertaining to the above information, please contact the Tri-Village Regional Sewage Commission at 780-446-1426.

What a short, explosive week! Parliament was a buzz about ex-Minister of Justice, Jody Wilson-Raybould being able to speak on what transpired regarding SNC-Lavalin. Then the resignation on the 18th of the Prime Minister's principal secretary, Gerald Butts'. Very interesting!

The following was debated in the House:

- C-77 – An Act to Amend the National Defence Act and to make related and consequential Amendments to other Acts (Third Reading)
- C-83 – Corrections and Conditional Release Act (Report Stage)
- C-91 – Indigenous Languages Act (Second Reading and Referred to a Committee)
- C-391 – Aboriginal Cultural Property Repatriation Act (Third Reading)
- C-406 – Canada Elections Act (Second Reading)
- C-429 – Zero Waste Packaging Act (First Reading)
- C-430 – Income Tax Act (First Reading)
- M-194 – Precarious Employment in Canada
- S-6 – Canada-Madagascar Tax Convention Implementation Act, 2018 (Second Reading)
- S-238 -- Ban on Shark Fin Importation and Exportation Act (First Reading)
- NDP Opposition Motion – Transparency and Accountability

Parliament Update

Monday, being Family Day, the House did not sit. I left the riding that morning and flew back to Ottawa. Upon my arrival, I headed to the office where I caught up on emails, letters, and phone calls.

On Tuesday and Wednesday, hundreds of trucks under the banner of "United We Roll" arrived in Ottawa to let this Liberal government know that our oil and gas sector is suffering and that pipelines must be built. See my Facebook page video on this at: www.facebook.com/jimeg-linski.mp It was an honour to speak at this event and mingle among the participants. Later I wandered down the line of trucks on Wellington Street and met with some of the drivers.

On Wednesday afternoon, in the Standing Committee on Public Safety and National Security (SECU), we continued hearing from witnesses on Cybersecurity in the Financial Sector. For more information on these meet-

ings, visit the SECU Committee website at www.ourcommons.ca/Committees/en/SECU

To my constituents: please put blockers on your computer software program, etc. Our systems are not safe from unwanted intruders.

On Thursday, during debate on S-6, I asked my Conservative colleague to explain to the House the importance of working with other governments from other countries. Later that day, I participated in the debate on C-83. You can read comments and questions from Debates on the House Publications page at www.ourcommons.ca/en

On Friday I was required to be in Ottawa for house duty and other commitments. I have chosen to stay in Ottawa over the week-end.

Look for my update next Friday on the happenings of Parliament.

NOTICE TO CREDITORS AND CLAIMANTS

Estate of **JOACHIM "(JACK)" WOLFGANG DIETMAR HASCHICK** who passed away on February 9, 2019.

If you have a claim against this estate, you must file your claim by March 22, 2019 and provide details of your claim, with Donald William MacIntosh (Executor) at 417 - 4 Street, West Cove, Alberta T0E 0A2

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

NOTICE TO CREDITORS AND CLAIMANTS

Estate of **ALVIS KIT KLAPPER** also known as **BUTCH KLAPPER** who died on July 26, 2018.

If you have a claim against this estate, you must file your claim by April 05, 2019, with the Lawyer for the Personal Representative: JOSHUA ALLEN, MAIN STREET LAW LLP, Box 3407, #12, 119 First Avenue, Spruce Grove, Alberta T7X 3A7 and provide details of your claim.

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.



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Kindness Starts Here

Pink Shirt Day
February 27, 2019

WE WEAR PINK TO STAND TOGETHER TO PREVENT BULLYING AND PROMOTE HEALTHY RELATIONSHIPS.

 Northern Gateway Public Schools

LAC STE. ANNE COUNTY PARENT LINK/ EARLY CHILDHOOD DEVELOPMENT INITIATIVE



EDMONTON – Capital Region
GUN SHOW
 March 2 & 3, 2019
 Located at "The Pavilion at Heritage Park"
 5100-41 Avenue, Stony Plain, AB

Public Welcome - FREE PARKING ADMISSION: \$8.00
SATURDAY 10:00AM-5:00PM
SUNDAY 9:00AM-3:00PM

FREE PROGRAMS FOR MARCH 2019

Submitted by Lac Ste. Anne County

Mindfulness
 What is it and how can it help manage stress, anger, and anxiety? Join us Wed., March 6 from 1:00 – 3:00 p.m. in the Parent Link Room, Onoway Heritage Centre. Pre-registration is required by March 4. Childcare is available but MUST be requested at time of registration.

Celebrate Kids!
 Onoway Health & Wellness Fair for children 0-12 years & their families. Join us Friday, March 15th from 10:00am – 2:00pm at Alliance Activity Centre & Onoway Heritage Centre, 4708 Lac Ste Anne Trail N. Admission is Free, Free Swag Bag for the first 75 families, Free Entertainment, Free Book for the first 100 children, Door Prizes, Sparkle Tattoos, 25+ Exhibitors & Vendors (No cash machine on site). Food bank donations accepted. On Stage performances are:

- 10:30am Kompany Family Theatre
 - 11:45am Heart of Dance Performances
 - 12:30pm Kangoo Fitness
 - 1:00pm Mad Fitness
 - MESSY PLAY!**
 - March 7, 13, 14, 20, 21, 27, & 28 from 12:30 – 3:00 p.m. in the Parent Link Room, Onoway Heritage Centre. FREE drop-in program – no pre-registration is required
 - Friday, March 22 from 10:00 a.m. – 12:00 Noon at Alberta Beach Agliplex. FREE drop-in program – no pre-registration is required
 - Stay & Play**
 - Onoway: March 6, 13, 20, & 27 from 9:00 – 11:30 a.m. in the Parent Link Room, Onoway Heritage Centre
 - Sangudo: Every Tuesday! March 5, 12, 19, & 26 from 11:00 a.m. – 12:00 noon in the Sangudo Early Childhood Room (Arena).
- FREE drop-in program – no pre-registration is required. For families with kids aged newborn and up!
- Be sure to watch for:
- Earth Day Seed Planting
 - Easter Party
 - Nurturing Self Esteem in Kids
 - All Stressed Up & Nowhere to Go
 - and much more!

For more information, or to register, please contact: Cathy Steeves, Parent Link/Early Childhood Development Coordinator, Lac Ste. Anne County, 780-785-3411 ext. 3682, 1-866-880-5722, or csteeves@LSAC.ca



Attention Truckers!

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Drive Time: 8:38
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 Shift Time: 8:38

Next Shift Time: Last Read: August 11, 2018 PM

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 Thursday 8:30am - 8:00pm
 Saturday 9:00am - 4:00pm

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NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Royal Canadian Legion

Meet Our Sponsor

Gladys Boissonnault and her son Shane operate Grande Tire in Onoway, which has been there since 1999, supporting the community and local needs whenever they have the chance. The full-service shop has five long-serving employees, the most recent hired over 5 years ago.

“We’re a family-owned business, and because our staff has all been here for so long, we’re a family at work too,” says Gladys. With three journeyman mechanics, the shop offers full automotive services as well as the better-known tire sales and services, and also includes a mobile truck for farm service. Even customers are more friends than customers, with many bringing various treats to the shop to say thanks for great service.

Grande Tire is proud to support

the community in many ways, seldom saying no to requests for donation support. They are one of the sponsors of the Onoway Elementary School’s annual turkey dinner, donate bottles to groups bottle drives, and standing behind the Darwell Ag Drag and SnoMo Days. “We might not be able to provide a lot to each group, but we give what we can,” Gladys emphasized.

Sponsoring a Legion dinner was a natural step for Grande Tire. “We don’t have any direct tie to the military or veterans, but we know how much veterans did for our community and country. We want to give them the recognition they deserve, and sponsoring a meal is easy for us.” Gladys went on. “It was fun, too, serving so many people we know.”

Did You Know?

Gaming proceeds from meat draws and Nevada tickets help support your community groups. This year, eight different groups will receive a donation from the legion.

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 DEVELOPMENT PERMIT APPROVALS

The following Development Permits have been approved or conditionally approved under the provisions of the Land Use Bylaw. This list does not include Permitted Uses.

Interested parties are encouraged to contact the Planning & Development Department at 1.866.880.5722 or devassistant@LSAC.ca, Monday to Friday from 8:30am until 4:30pm to request additional information on a permit.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DATE DEADLINE
19-D0015	SE 01-54-02 W5M	Caretaker Residence	March 11, 2019
19-D0019	NE 34-55-02 W5M	manufactured home on basement 28' x 60' (1680 sq. ft.) with deck 16' x 80' (1280 sq. ft.) - second residence, caregiver	March 11, 2019

Anyone who claims to be affected and who wishes to lodge an appeal against any of the above developments must do so in writing on the applicable form on or before 4:30pm on the above noted date(s).

Secretary of the Subdivision and Development Appeal Board, c/o Lac Ste. Anne County, Planning & Development Department, Box 219 Sangudo, Alberta T0E 2A0.

PLEASE NOTE: Lac Ste. Anne County requires that a non-refundable fee of \$250.00 be paid for every appeal served on the Subdivision and Development Appeal Board. The fee may be paid by cheque, Visa, MasterCard, Interac or cash.

LAC STE. ANNE COUNTY



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COUNTY JOB OPPORTUNITY HEALTH & SAFETY DIRECTOR

Full-Time Permanent (Competition #2019-CPS01)

OR Contract Position (Competition #2019-Contract01)

The County is recruiting for a Health & Safety Director, either through full-time permanent employment or through a contract position. Reporting to the General Manager of Community & Protective Services, this position will support the enhancement of the County’s Safety Program with the ultimate goal of minimizing occupational injuries, accidents and health problems through promotion of a positive health and safety culture, development and implementation of policies and procedures, and monitoring workplace activities and enforcing safety regulations.

Salary Range: Competitive salary, commensurate with experience.

Benefits: Full benefit package available including an earned days off program.

Closing Date: This position will remain open until a suitable candidate is found.

For complete details on this job opportunity, please visit LSAC.ca/Careers.

CANADA'S BALLET JÖRGEN PRESENTS COPPÉLIA, A COMEDY WITH LOVE

Toy Story-esque Ballet That Brings A Life-Sized Doll to Life Will Amuse and Delight Audiences of All Ages on March 2

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

Coppélia is one of the world's oldest surviving ballets and one of the most performed comedic ballets. It is a daring, bold, playful story about a beautiful life-sized doll who comes to life and the men who fall in love with her. Touring British Columbia, Alberta, and Manitoba this winter, Canada's Ballet Jörgen (CBJ) bring their contemporary retelling of this classic fairytale to Horizon Stage on Saturday, March 2 at 7:30 p.m.

Coppélia takes audiences into the mysterious mind of Dr. Coppélius, a lonely and disillusioned toy maker who wishes he could bring a perfect doll to life to become his perfect wife. He creates Coppélia, a life-sized dancing doll so gorgeous that Nathanael, one of the local villagers, falls madly in love with her. Nathaniel's spurned sweetheart, Klara, enacts revenge by dressing as the doll and pretending to come to life to punish him.

Emotional and captivating, Coppélia is one of the best balletic representations of fantastical storytelling the world over and is one of CBJ's most popular family ballets. Told through vibrant choreography, it features a set of large interlocking geometric shapes which are integrated into the production through intricate scene changes.

Choreographed by the award-winning Bengt Jörgen, CBJ's Artistic Director and CEO, and set to the original score by Leo Delibes, Coppélia is an international co-production with The Hong Kong Ballet. It originally premiered in 2001 and audience members young and old have been thoroughly captivated and delighted by it ever since.

Canada's Ballet Jörgen is a classical ballet company based in Toronto that aims to make ballet accessible and relevant to 21st century audiences. CBJ likes to tell Canadian stories and always reflect a Canadian identity in their programming. As an added bonus, the company's local participant program will bring local young dancers from

Spruce Grove and surrounding areas to join their professional dancers on stage. The local participant program allows the students (age 14+) the opportunity to experience being part of a professional production while also allowing the company to support the local dance community.

Bring your family to see Cop-

pélia, a real life Toy Story told through dance, at Horizon Stage on Saturday, March 2 at 7:30 p.m. Tickets are \$35 for Adults and \$30 for Students and Seniors and may be purchased at the City Hall Ticket Centre (315 Jespersen Ave), by phone at 780-962-8995 or 1-888-655-9090, and online by visiting and clicking on the 'Tickets' link.



LAC STE. ANNE COUNTY

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

COUNTY FCSS ONCE AGAIN OFFERS THE COMMUNITY VOLUNTEER INCOME TAX PROGRAM (CVITP)

Qualification Guidelines for this FREE service:

FAMILY SIZE	TOTAL FAMILY INCOME
1 Person	\$35,000
2 Persons	\$45,000
3 Persons	\$47,500
4 Persons	\$50,000
5 Persons	\$52,500
5 + Persons	\$52,500 plus \$2,500 for each additional person

(The CVITP is a partnership between the Canada Revenue Agency and Community Organizations which host tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals).

Volunteers are ready to assist you in preparing your 2018 income tax returns. Returns will be completed between March 1 and April 15.

Returns CANNOT be completed by our Volunteers if any of the following situations apply:

- are self-employed or have employment expenses
- have interest income over \$1,000
- are completing a tax return for a deceased person
- have business income and expenses (unless income is in box 048 on a T4A slip and less than \$1,000 with no related expenses)
- have rental income and expenses
- have capital gains or losses
- filed for bankruptcy
- are foreign workers

We require the following information in order to complete your return:

- Personal information (address, birthdate, Social Insurance Number, marital status)
- Dependents' information (spouse/children's names, birth dates)
- All forms, schedules and labels you have received from Revenue Canada
- Receipts for any expenses, such as medical, moving, tuition, sporting activities, etc.
- Previous year's tax return, if available
- All "T" slips (T4, T4A, OAS, etc)

To book an appointment, arrange for document pickup (weekly pickups are planned for Onoway and Alberta Beach areas, details to be determined), or for more information, please contact:

Taryn Monteith, Community Services Coordinator
780.785.3411 or 1.866.880.5722



FEBRUARY 2019

Bridal Guide

*The Businesses in
the following Guide
can be your One
Stop Solution to all
your Bridal Needs!*

Bridal Guide

MAKE HEALTHY HABITS A PART OF WEDDING PREP

After the big question is popped and loving partners decide to spend their lives together as a married couple, a whirlwind of activity will ensue. Although wedding planning is exciting, some couples may feel overwhelmed with all the decisions that need to be made before they can tie the knot. In this state of increased pressure, stress may build and health could falter. According to a Cornell University study, more than 70 percent of brides-to-be have weight loss on the brain, but shedding pounds shouldn't be the only health factor to consider. Here are some easy ways to stay mentally and physically fit in advance of a happy wedding day.

- Get daily exercise. Exercise is important for maintaining a healthy body weight and keeping stress levels in check. Exercise also can boost mood. The Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. Strength training exercises performed at least twice a week complete a well-balanced exercise regimen.

- Slow down and relax. Those who go full-throttle with all of their responsibilities - including wedding planning - may burn out. Stress can weaken the immune system and make people vulnerable to illness. Schedule some time for date nights with your fiancé, and don't overlook the benefits of hanging out with friends and getting away from wedding planning for a bit.

- Eat body-boosting foods. The foods we eat can impact everything from energy levels to skin radiance. Foods like berries, sweet potatoes, broccoli, greens, green tea, and dark chocolate all contain antioxidants that boost the immune system, states The Food Network. Avoid drastic diets that can do more harm than good. Simply cutting 500 calories a day can help the average person lose a pound per week if weight

loss is a goal. Simple ways to trim calories are to choose skim milk over whole milk and choose low-calorie snacks.

- Cut down on alcohol consumption. Toasting to the future with a glass of wine may become rote in the months leading

up to the wedding, but alcohol is a diuretic and a source of liquid calories. Alcoholic beverages dehydrate the body and cause it to hold onto water. When imbibing, stick to low-calorie cocktails like a vodka spritzer (60 to 80 calories) instead of a calo-

rie-laden frozen margarita (300 calories).

Feeling and looking one's best starts long before the wedding day. By making health a priority, couples can start their new lives together on healthy footing.

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Bridal Guide



FACTORS THAT CAN AFFECT THE LENGTH OF YOUR ENGAGEMENT

Each year, millions of couples around the world tie the knot. But before couples walk down the aisle, the proposal to get married must take place. Many couples mutually agree to get engaged, while the experience may

be a surprise for others who have thought about it, but may not have been sure when one partner or another would "pop the question." Upon getting engaged, couples may ponder how long their engagement

should last. There is no perfect answer, and engagement length typically depends on personal preference and the needs of the couple. In fact, according to The Knot 2017 Real Weddings Study, the average length of an engagement is 14.5 months.

A number of factors affect the length of a couple's engagement, and couples should not feel as if they need to hurry down the aisle. For example, couples who will be financing their own weddings may need a longer engagement than those whose parents will be chipping in. In such instances, longer engagements give couples more time to save and may help them ensure their weddings are everything they hoped for.

Others may prefer a shorter engagement if they are financially stable and prepared to tie the knot. Couples in their late 30s may feel the tug of a biological clock and want to ensure

there is ample time to get married and have children. A shorter engagement can facilitate that.

Some couples may have little choice in the matter, as the length of their engagements may be dictated by the availability of their favorite venues.

Military deployment, work commitments, medical issues, or travel responsibilities also may affect the length of an engagement.

Some couples may feel that an especially lengthy engagement diminishes their excitement about getting married. That "new engagement shine" can wear off as family and friends wait months or years for the wedding to take place.

Couples generally are advised to stick with what feels right to them regarding the length of their engagements. Just like all aspects of the wedding, couples can weigh the opinions of others but follow through with what works best for them.

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WEDDING REGISTRY TIPS

Building a wedding registry is a task unlike any other couples may encounter during their lifetimes. Wedding registries are invaluable resources that provide engaged couples' loved ones with gift suggestions. In spite of that value, couples may find it daunting and even a little uncomfortable to build their wedding registries.

Building a wedding registry can feel like walking a tightrope. Couples likely won't want to ask for too much or for gifts that are too expensive, but a poorly built registry can be a major inconvenience for guests. The following tips can help couples build adequate registries that benefit them without asking too much of their guests.

• Register with more than one store. It's important to register

with more than one store. Doing so makes things as convenient as possible for guests and increases the chances they will be able to shop at stores they're familiar with. Unless your guest list is predominantly local, try to register with at least one national chain so guests who live in different regions can shop for gifts in-person if they prefer to do so.

• Make a large list. Some couples are hesitant to make large wedding registries, feeling that doing so gives the impression that they're asking for too much. But large registries simply give guests more options to choose from. Many industry insiders advise registering for two to three gifts per guest. That might seem like a lot, but guests will appreciate having all of those options.

• Don't hesitate to include expensive items on your registry. Couples also may be hesitant to include especially expensive items on their wedding registries. However, the couples' parents and other close relatives may be honored to purchase more expensive items, so couples should not feel embarrassed to include them on their lists. It's also important to note that many retailers, after couples' wedding days have come and gone, discount registry items that weren't purchased. So even if no one purchases the more expensive items, including them on a registry may significantly reduce their cost for couples who want to buy such items themselves after tying the knot.

• Vary the prices of items on the

list. In addition to including more expensive items on the registry, make sure to include moderately priced and inexpensive items. This gives guests more options and ensures guests who might be spending a lot to travel to and from the wedding can still purchase gifts without digging too much deeper into their pockets.

• Periodically update the registries. Periodically update your registries to remove items you have already received and to add items if many of the less expensive ones have already been purchased. This also makes things more convenient for guests.

Building a wedding registry is a unique task that couples can embrace as their wedding day draws near.

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MORINVILLE RCMP SEEK ASSISTANCE LOCATING TWO MISSING YOUTH

Submitted by Morinville RCMP

Alexander First Nation, Alta. - The Morinville RCMP are requesting the public's assistance in locating Ayasha Bruno and cousin Michael Bruno. Both were last seen at approximately 10:00 am, on Feb. 12, 2019 in Alexander First Nation, Alta.

Ayasha Bruno (16) is described as:

- Indigenous
- 5' 7" tall
- 130 lbs
- Brown hair
- Brown eyes

She was last seen wearing a

medium length tan jacket with fur around the hood, black sweats and was walking with a white back pack.

Michael Bruno (14) is described as:

- Indigenous
- 5'10" tall
- 110 lbs
- Brown hair
- Brown eyes

He was last seen wearing a female's black jacket, long in length with a belt. As well as black skinny jeans and black shoes.

Police believe the two are currently in Edmonton. Though they have been known to travel too St. Paul and St. Albert.



Ayasha Bruno



Michael Bruno

If you have any information as to the whereabouts of AYASHA Bruno and/or Michael Bruno,

please contact the Morinville RCMP Detachment at 780-939-4550.

MORINVILLE RCMP SEEK PUBLIC ASSISTANCE TO LOCATE 40 YEAR OLD FEMALE

Submitted by Morinville RCMP

The Morinville RCMP are requesting public assistance to locate 40 year old Deanna ADAMS (AKA MCINNES) who was reported missing on February 19th,

2019. Deanna was last seen in the Sandy Beach area near Morinville, Alberta on January 28th, 2019.

Deanna is described as:

- Caucasian
- 5'8" tall
- 130 pounds
- Brown hair



• Blue eyes
Morinville RCMP need to check on Deanna's well being. If you

have been in contact with Deanna, please contact the Morinville RCMP at 780-939-4520.

FAIR WAGES FOR ALL WORKERS

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

Our government was elected on a commitment to make work fairer by raising the minimum wage so that regardless of the job they perform, people can earn enough to take care of themselves and their families. Statistics show most people making minimum wage are adult women, many of whom are single parents or are elderly. Raising the minimum wage helps thousands of working women put food on the table for

their families, and helps close the wage gap between men and women. I have seen the StatsCan reports for Whitecourt-Ste. Anne and women are routinely making tens of thousands of dollars less than their male counterparts.

This past week Jason Kenney endorsed a lobbyist campaign that is looking to roll back minimum wage for young people, people with disabilities, and servers. This is very concerning. I believe everyone deserves to have a wage that keeps a roof over their head and food on the table – that's why it is a minimum wage. If a worker puts

in the earned time, they should be paid for that work – period. The single mom who works as a server deserves a wage that supports her household. The 16 year old who is helping out at home because their family needs a little extra deserves a good wage. The 19 year old working hard to afford to go to university deserves a good wage. No one deserves poverty because they make minimum wage.

Numerous studies in North America have shown that when people make good wages, they spend that money locally, with little negative effect on overall

employment levels. Our government remains steadfast in our commitment to a \$15/hour minimum wage because we know who's benefitting from the minimum wage increase – it's every day, blue collar people trying to make a good life for themselves and their families. Increasing the minimum wage gave more spending power for our economy, and more saving power for youth. I will not stop fighting to ensure that all my constituents are treated fairly, can provide for their families, and can save for the future.

REQUESTED -- YOUR INPUT FOR CANADA'S HOMELESSNESS STRATEGY

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is pleased to advise that Employment and Social Development Canada is seeking your input to expand the Designated Communities stream of Reaching Home: Canada's Homelessness Strategy.

Reaching Home will replace

the existing Homelessness Partnering Strategy and will officially launch April 1, 2019.

Under Reaching Home, the Designated Communities will be expanded up to six new communities outside of Quebec and the territories with a population size of 25,000 and over who demonstrate a need for long-term stable federal homelessness funding. Eligible communities are encouraged to submit one concept

per community that demonstrates a need for this funding.

An application process has been outlined to assist eligible communities to complete their submissions. Completed submissions with attachments are to be sent via email to hkd-dci@hrsdc-rhdcc.gc.ca.

The deadline for applications is March 8, 2019, at 11:59 p.m. Pacific Time.

"I encourage communities in

the Yellowhead riding who meet the criteria and are experiencing homelessness in their community to apply," concluded MP Eglinski.

For further information please go to: <https://www.canada.ca/en/employment-social-development/services/funding/homeless/expansion-designated-communities/apply.html>

HORTICULTURE SESSIONS

Submitted by Lac Ste. Anne County | www.LSAC.ca

Alberta Beach Library Mondays, 6:30-8:00pm. For more information contact the library at 780-924-3491. On Facebook at Alberta Beach Municipal Library. Everyone welcome!

March 4, 2019.

Virtual Gardening- We know, gardeners just want to be outdoors. But when there's snow on the ground this is time to do some planning and daydreaming. There are garden forums, blogs, how-to videos, seed catalogues & exchanges, webinars, photo galleries, and problem-solving sites. Lac Ste. Anne

County Horticulturist Lorraine Taylor takes you on a whirlwind trip around the internet to highlight some favourite resources. Do you have some "always reliable" websites? Bring your list to share with fellow gardeners.

March 11, 2019.

Give the Bad Bugs the Boot- Black knot, forest tent cater-

pillar, tomato blossom end rot, quackgrass ... Join County Horticulturist Lorraine Taylor for a quick look at the top troublesome pests you might see in your yard this summer. We'll talk about why these critters are lurking in your garden, what to look for, and a range of control measures. Bring your questions!

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Announcement

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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 pre register. No deposit required, payment at door. (4) 05-02

Obituaries

JOACHIM "Jack" WOLFGANG DIETMAR HASCHICK - It is with

great sadness the family and friends announce the death of "Jack" on February 9, 2019, at his home, at the age of 80 years. Jack will be lovingly remembered by his family in Germany and friends in Costa Rica and Alberta. Jack was pre-deceased by his parents Karl and Edith of Germany. In Honour of his wishes, no funeral service will be held. Cremation has taken place on February 15, 2019. (1) 26-02

Notices

Now Booking for 2019 Season - MAY to SEPT. Commercial Marine Charters Ltd. Ken H. Seymour, Owner/Caption: info@commercialmarinecharters.com or www.commercialmarinecharters.com OR Hugh Provence 780-967-4944 or 780-499-8850. Fishing for Salmon, Halibut, Crab - \$5670 GST included for 3 days fishing for 4 people. All you bring is your rain gear. (9)

Lost & Found

22-01
FOUND: Gold Ring with diamonds, around the hospital area. Size 6 1/2 with inscription. Please call to identify, 780-906-1949 (2) 26-02

Services

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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!

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

ANSWER:

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

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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Dog Caretaker

Alberta Beach & Surrounding Areas, thinking of a Summer Getaway? Worried about leaving your dog in a kennel? Don't worry anymore, you can leave your pet with me! There is a wrap around deck in court yard! I will provide tender loving

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Bookkeeping

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needs a full cycle bookkeeper to process your paperwork and get your year end work done for your accountant - That is what I can do for you! Looking for a contract, or part-time job. Call me @ 780-918-1645 Let's talk to see if I come to your place to work or you can drop off and pick up as needed. Call Addy. (3) 26-02

Computers

FREE COMPUTER REPAIRS (or computers as available) for single parents, lonely seniors or low income. **FREE** check up while you wait. Repairs for NOT over \$50. Laptop win 7 or 10 like new refurbished only \$100. Donate your computers, tabs, cells or program disks for single parents (will be erased/cleared refurbished or used for parts). Call or leave clear message, 780-892-4993 (14) 11-12-18

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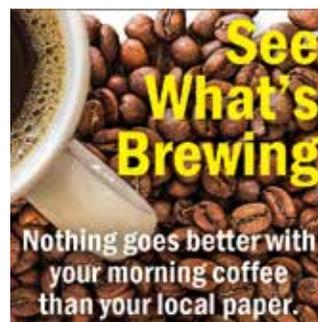
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COMMUNITY EVENTS 2019

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).

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 (Entertainers free). Info call 785-4105 or 305-5088.

MAR 5 - SHOVE TUESDAY PANCAKE SUPPER, 5:00pm-6:30pm at Peace Evangelical Lutheran Church, (303 Church Rd, Spruce Grove). Free Will Offering. Please plan to join us and bring your friends & family.

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

APR 7 - ST. PETER'S CWL ANNUAL HAM BINGO & BONANZA, 1:00pm at Villeneuve Hall (wheelchair accessible). \$5/Cost, donuts available for purchase, Free Juice & coffee. All proceeds go to charities we support.

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.

CHEMILL BINGO: Tuesdays at Chemill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

CHEMILL 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 March 6 & 20, April 3 & 17.

STONY PLAIN SENIORS' 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 CBC.

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

TOPS (Take Off Pounds Sensibly)

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

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

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

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

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

YOUR COMMUNITY

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 Loraine 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: Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

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

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

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

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

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

CHEMILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Chemill Seniors Hall. Call Rosamy

780-785-2625

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

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

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell

DDRA MEETING, 7:00PM, 2nd Mon, Darwell 892-3099. *except Jul/Aug/Dec

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

GREENCOURT COMMUNITY ASSOCIATION meet 2nd Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

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

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

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

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

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

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

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

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

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

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

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

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

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agplex 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 Agplex - 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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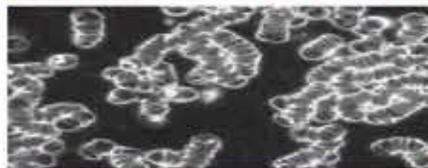
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