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March 12, 2019

ANNE FRANK A HISTORY FOR TODAY EXHIBIT GALA

Submitted by Melissa Killion | Tipple Park Museum

We have a very special exhibit in Evansburg right now. It recently arrived from The Anne Frank House in Amsterdam, Netherlands: Anne Frank A History for Today.

Tipple Park Museum would like to host an opening gala Fri-

day, March 15 at 7 pm. Guests will get the opportunity to learn about Anne Frank, watch a historical movie clip, and snack on German desserts.

We are very excited to have this exhibit until the middle of May. If you can not make it to the gala, please stop by the Museum, Wednesday to Saturday, 10-5pm. We do not charge an admission fee, but donations are

always welcome.

A huge thank you to The Anne Frank House for lending us this traveling exhibit. We are very excited to present it to the community and surrounding area.

“This is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.” Monday, 9 November 1942, pg. 42 [The Diary Of A Young Girl]

2018 TAX RELIEF FOR LIVESTOCK PRODUCERS

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is

pleased to advise that Agriculture and Agri-Food Canada has indicated the need to expand the list of designated regions for 2018, with new regions identi-

fied for Alberta, Saskatchewan, Manitoba, and Ontario.

Continued on Page 2

FEEL THE BEAT AND GET LOOPY WITH RUPLOOPS

Interactive Live Looping and Vocal Percussion Artist Will Take You on a Global Journey of Sound on March 23 at Horizon Stage

Submitted by Horizon Stage

RupLoops: The Human Radio is an interactive, live looping performance that uses vocal

percussion, rhythmic rhymes, and an arsenal of eclectic instruments from around the globe. Vancouver-based interdisciplinary artist and facilitator Rup Sidhu utilizes his diverse skills

as a musician to create a pulsating, entertaining, and engaging musical experience that is fun for all ages.

Continued on Page 3

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AGE-WELL NATIONAL INNOVATION HUB

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is pleased to advise constituents that Western Economic Diversification has invested \$3.5 million in the new AGE-WELL National Innovation Hub: Digital Health Circle.

The funding will assist in bringing innovative health technologies to market by sharing resources and addressing industry gaps

by facilitating networking events, create custom training programs and provide business consultations to target audiences.

By helping commercialize preventative health technologies related to aging, Digital Health Circle will help create jobs, reduce healthcare costs and support increased independence and quality of life for our seniors. AGE-WELL network will impact the lives of seniors and caregivers.

"I encourage local industry and

non-profit organizations to partner with AGE-WELL by contacting partnerships@agewell-nce.ca.

As our population ages, the Digital Health Circle, will help our seniors live well with independence, dignity and good health," concluded MP Eglinski.

For more information please visit the following two links: <https://agewell-nce.ca> and <https://www.digitalhealthcircle.ca>

2018 Tax Relief for Livestock Producers

Continued from Page 1

The livestock tax deferral provision allows producers in prescribed drought or excess moisture regions to defer a portion of their 2018 sale proceeds of breeding livestock until 2019 to help replenish their herd. The cost of replacing the animals in 2019 will offset the deferred income, thereby reducing the tax

burden associated with the original sale.

Eligibility for the tax deferral is limited to those producers located inside the prescribed areas. Producers in those regions can request the tax deferral when filing their 2018 income tax returns.

"Those in the Yellowhead riding who have experienced forage shortages for their livestock in 2018, please check out the link

below. The tax deferral will help our farmers manage the impacts of drought and be able to focus on rebuilding their herds and businesses," concluded MP Eglinski.

Prescribed areas can be found at: <http://www.agr.gc.ca/eng/programs-and-services/drought-watch/livestock-tax-deferral-provision/2018-list-of-prescribed-regions/?id=1536603017155>



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JOKE OF THE WEEK

An Englishman, a Scotsman and an Irishman were without tickets for the opening ceremonies of the summer Olympics but hoped to be able to talk their way in at the gate. Security was very tight, however, and each of their attempts was met with a stern refusal. While wandering around outside the stadium, the Englishman came upon construction site, which gave him an idea. Grabbing a length of scaffolding, he presented himself at the gate and said, 'Johnson, the pole vault,' and was admitted. The Scotsman, overhearing this, went at once to search the site. When he came up with a sledge hammer, he presented himself at the gate and said, 'McTavish, the hammer.' He was also admitted. The Irishman combed the site for an hour and was nearly ready to give up when he spotted his ticket in. Seizing a roll of barbed wire, he presented himself at the gate and announced, 'O' Sullivan, fencing.'

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Feel the Beat and Get Loopy with RupLoops

Continued from Page 1

A gifted performer, Rup has a deep passion for intercultural work and sounds. His show, The Human Radio, will take you on a journey of sound; exploring anatomy, geography, and culture. Through body percussion and beatboxing, Rup demonstrates and teaches how the human form is a musical instrument. Mixing hip-hop, blues, and bhangra, this hour long concert tunes into themes of home, identity, culture, justice, dignity, and celebration. Bring your whole family to RupLoops: The Human Radio at Horizon Stage on Saturday, March 23 at 2 p.m.

Inspired by folk and classical forms of music from around the world, Rup's musical expressions range from groove oriented hip hop beats, to contemporary fusions of classical ragas, scores for the National Film Board of Canada and remixes of vintage Bollywood tunes, to experimental compositions for dance and theatre productions. Rup

has produced fourteen albums with emerging artists and shared stages with Fred Penner, Raffi, Chugge Khan, Rajasthan Josh, Tanya Tagaq, Michael Franti, Shane Koyzan and Delhi2Dublin, to name a few. Performance highlights include the Jaipur Literature Festival (India), Vancouver Folk Music Festival, Vancouver International Children's Festival, Aga Khan Museum, World Body Percussion Festival, Globalqurque (USA), Indian Summer Festival, Mehndi, Masala, Musti, Stern Grove Festival (USA), Shambhala Music Festival, Vancouver International Storytelling Festival, Vancouver International Jazz Festival, New Forms Festival, Oregon Country Fair (USA), Fete de la Musique (Germany), and Fusion Festival (Germany). His solo live looping show, RupLoops, has toured to over 300 locations across Canada.

Tickets for Horizon Stage's Family Matinee, RupLoops: The Human Radio, are \$12 for all ages 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 horizonstage.com and clicking on the 'Tickets' link. Free pre-show activities will be running in the lobby from 1 - 1:45 p.m.

Also on March 23, before The Human Radio, Rup is facilitating his Raise Your V.O.I.C.E. (Vocalize Our Inner Creative Expressions) Workshop at Horizon Stage from 11:30 a.m. - 1 p.m. Youth aged 7 - 15 are invited to explore vocal percussion, the art of live looping, and song writing to co-create original music that utilizes each of their voices. Live looping is the live recording, layering, and playback of music created in real time using loop station technology. Rup will also teach the basics of beatboxing and Indian vocal percussion to give them an understanding of what he likes to call the "tongue drum!" Students will create improvised and spontaneous compositions, listening to each other and utilizing everyone's skills. Then they will write original lyrics about what they

care most about in the world; ending the workshop with a brand new song that's ready to be performed or recorded. Work will be done in both small and large groups. If the children play an instrument, they are encouraged to bring it with them. The cost for RupLoops' Raise Your V.O.I.C.E. Workshop is \$15 per child - registration may be done online through horizonstage.com or by calling 780-962-8995.

As an educator, Rup Sidhu has facilitated and taught musical programs in universities, public schools, youth prisons, and communities throughout Canada, USA, UK, and India. He currently leads programs for a variety of not-for profit organizations including the Access to Media Education Society, the Power of Hope, Reel Youth, and the Sarah McLachlan School of Music. He also co-founded Metaphor, a program dedicated to bringing hip hop workshops and performances into schools, detention centers, and rural communities.

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VETERANS AFFAIRS CANADA ACCEPTING 2019 APPLICATIONS FOR THE VETERAN AND FAMILY WELL-BEING FUND

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, wishes to inform constituents that Veterans Affairs Canada is now accepting 2019 applications for the Veteran and Family Well-Being Fund.

This is the second call for applications for the Veteran and Family Well-Being Fund which supports innovative initiatives and projects through grants and contributions to private, public or academic organizations to conduct research and implement initiatives and projects that support the well-being of Veterans and their families.

Organizations are invited to share their innovative ideas and encouraged to submit their applications online as early as possible. The deadline to apply for the 2019 year is March 31, 2019. "I encourage all interested organizations to share their ideas and

apply for this funding. This will allow Veterans and their families to access more support," concluded MP Eglinski. For more information please see: <https://veterans.gc.ca/eng/about-vac/research/well-being-fund>

MP JIM EGLINSKI QUESTIONS THE GOVERNMENT ON THE CARBON TAX

Submitted by Jim Eglinski, MP – Yellowhead

During question period on February 1st, Jim Eglinski, Member of Parliament for Yellowhead, asked the following:

"Mr. Speaker, I have received over 600 comments regarding the Liberal carbon tax. John wrote me from my riding, saying, "People are losing their homes because of this extra expense and the rebates do not come close to

paying for it." Kenneth commented that he believes a carbon tax is ludicrous and "...that at some point we are going to need a F.L.D. tax—the Fixing Liberal Deficit tax—for all of their misspending...."

When will the Prime Minister stop making Canadians pay for his mistakes?

The Hon. Catherine McKenna (Minister of Environment and Climate Change, Lib.) replied:

"Mr. Speaker, I would like to

say directly to the residents in the member's riding that we are committed to making life affordable. That is why we increased tax on the 1%: so, we could reduce it on the middle class. That is why we increased the Canada child benefit: so, more families in his riding will have more money and we can raise kids out of poverty. That is why we are also taking action to put a price on pollution and giving more money back to families, so life will be affordable

while we tackle the biggest challenge of our generation.

The big question is this. Why does the party opposite not understand that the environment and the economy go together—that we need to tackle climate change and do it in an affordable way?"

After hearing her response, my rebuttal would have been, but time did not permit me to do so, was to ask her to tell that to those in my Yellowhead riding that are losing their jobs, and their homes!

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NATIONAL WOMEN'S DAY EVENT

Submitted by Melissa Killion | Tipple Park Museum

This March, Tipple Park Museum will be honoring famous women, local female entrepreneurs, and landmarks in female history by hosting National Women's Day March 23 from 1 -4 pm. Entrance is free.

Guests will have the chance to shop and get to know local female

entrepreneurs while observing live demos, learn about women who changed the world, take selfies in a photo booth, free henna hand art, learn the history of a women's roles from 1920 - 2019 and tour our latest exhibit, Anne Frank A History for Today.... Did I mention there will be free cupcakes!?

There is a lot one can learn about women throughout history. It's

amazing how much has changed over the decades!

Please come out March 23 and take in all the history and fun.

"Some of us have great runways already built for us. If you have one, take off! But if you don't have one, realize it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you."



Amelia Earhart

PLANNING ON AN OUTDOOR ADVENTURE – BE SAFE!

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, wishes to inform constituents of Public Safety and Emergency Management's funding announcement of \$977,916 to the Search and Rescue Volunteer Association of Canada (SARVAC), for the development and application of a new AdventureSmart Trip App. The funding will also be used to update training for SAR volunteers, data collection

and an e-learning platform. The app will increase safety awareness and spread prevention messages to Canadians.

The app is currently available on iOS and Android devices. The download is free.

In Canada, search and rescue is a responsibility shared by governments, the military, volunteers, and industry groups. There are approximately 15,000 Search and Rescue volunteers across Canada, representing ground, air and maritime domains. Canada's search and rescue area of responsibility is 18 million

square kilometres of land and water and includes the longest coastline in the world.

One of the app's features is to produce a #TripPlan, that can be left with a responsible person when heading out on an outdoor adventure. A plan can help first responders and search and rescue volunteers find a lost or injured person.

The AdventureSmart program, delivered by SARVAC with support from Public Safety Canada, is a national program dedicated to encouraging Canadians and visitors to Canada to get informed and go out-

doors. The three main tenets of the AdventureSmart program are Trip Planning, Training and Taking the Essentials (the three Ts).

"This app will keep you safe. I encourage my constituents who are planning an outdoor adventure to download this app. This will definitely increase the success of a rescue if required," concluded MP Eglinski.

For more information please go to: <https://www.adventuresmart.ca/>

For information on SARVAC: <https://sarvac.ca/> or <https://saralberta.ca/>



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WCFA 2019 ANNUAL GENERAL MEETING

Join West Central Forage Association at its Annual General Meeting and Mini Ag Show on March 19 at Darwell Hall!

Live entertainment by The Legacies Band, a local country/rock group!

General admission is \$40, and trade show booths cost an additional \$40. General admission, as well as trade show booth registrations, may be completed by clicking the "Get Tickets" button at westcentralforage.com or by phoning the office at 780.727.4447.

Please RSVP by March 15, 2019!

Reminder that membership renewals and sign-ups can be done at this event. membership renewals are due by March 30!



- 4:00 pm - Registration
- 4:30 pm - Year End Updates
- 5:00 pm - AGM
- 6:00 pm - Supper
- 7:30 pm - The Legacies Band

DARWELL PUBLIC LIBRARY NEWS

Submitted by Sandra Stepaniuk, Library Manager | Darwell Public Library

Spring is just around the corner and we are in the planning stages for our spring horticultural program line up. Time to get outside, start cleaning up and planning your gardening/landscaping adventure for the 2019 growing season. In the mean time we have a few things happening.

Wondering what to do with all those items from your spring cleaning? We continue our fundraising efforts to complete the library expansion. We are currently doing a Value Village donation drive and are look-

ing for your used clothing, shoes, accessories, books, linens and small household items (small items only no furniture). You can pick up a list of acceptable items at the library or find the complete list on our website or Facebook page. You can drop off your donations at the library expansion during regular library hours until early June 2019. Should these times not work for you please contact the library @ 780-892-3746 to make alternate arrangements.

The colouring club, LEGO and Family Games continue daily, during regular library hours, for patrons of all ages. We encourage you to ask about our passive program-

ing and provide ideas for what you would like to see in the library. We look forward to seeing/hearing from you.

Preschool Story Time for children 0 to 5 years of age continues every Monday morning, except holidays, from 10 – 11 AM. This program will run until May 27, 2019. This is a free drop in program so come join us for stories, activities, crafts and a snack. All children must be accompanied by an adult as this is a program designed for parents/caregivers and children together.

Tai Chi practice is every Wednesday morning at the library, except holidays, from 10 – 11 AM until

May 29, 2019. The drop-in fee is \$ 10.00. All you need are loose comfortable clothes and flat shoes.

Join us for Family Movie Night, at the Lake Isle Community Hall on Friday, March 22, 2019. We will be showing the "PG" rated title "The Nutcracker and the Four Realms". The doors will open at 6:30pm and the movie starts at 7:00 pm. Admission is \$ 2.50, and a concession will be available. See you there!

The Book Club will be meeting on Monday, April 1, 2019 at 7:00 p.m. to discuss "The Midnight Rose" by Lucinda Riley. Do you love to read? Do you like to discuss what you have read with others? We are always interested in a new perspective to add to our conversation. If you are interested in participating, you can register and arrange for loan of the current title by calling the library @ 780-892-3746.

We are currently planning to offer a Mother's Day and Father's Day Craft. Watch out for our articles, advertisements or check our social media sites as we finalize the details. All our programming, if not cost recovery, are fully funded by the Darwell Public Library, Darwell Library Friends, and FCSS.

Are you interested in the library and would like to help determine the direction and growth of this valuable community service? The Darwell Public Library will be holding their Annual General Meeting on Monday April 29, 2019 starting at 7PM at the library. The AGM will be followed by the regular meeting around 7:30PM. Light refreshments will be available, and everyone is welcome to attend. See you there!

The Library is open 11:00 am to 4:00 pm on Monday, Tuesday and Thursday and from 5:00 pm to 8:00 pm Wednesday and Friday, closed Saturdays, Sundays and Holidays. You can also find out what is happening at the library by checking our Website www.darwellpubliclibrary.ab.ca or like us on Facebook at www.facebook.com/DarwellPublicLibrary



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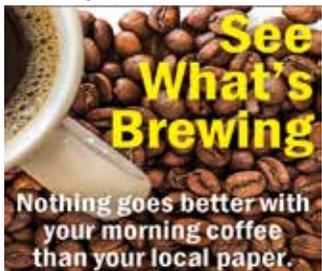
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YELLOWHEAD COUNTY COUNCIL HIGHLIGHTS

Submitted by Dan Ivanov, Communications Department | Yellowhead County

February 26, 2019

Public Hearing for Bylaw 01.19 – A public hearing was held in regards to Bylaw 01.19, which would amend Land Use Bylaw 16.13. This amendment is meant to define and incorporate cannabis-related use. No public comments were brought before council.

Grow Local Initiative Presentation – Representatives of the Grow Local Initiative gave council an overview of developed programming meant to encourage and promote local producers, including Open Farm Days events and a soon-to-debut, consumer-friendly website database of local producers and their products.

Yellowhead County/Edson (YCE) Centre – Council supported the recommendation of the Joint Steering Committee to move forward with the project at an estimated cost of \$70 million. The project timeline, as proposed by Yellowhead County's council, is as follows: Once the concept is presented to communities for information and clarity, pending any unforeseen negative reactions, the detailed design work would commence. This would likely begin at the end of 2019 or early 2020 and may take as long as 2 years to complete. At that point, pending economic conditions, the construction phase may begin in early 2022—estimated to be complete in 2024.

Wildwood School Statement – Grand Yellowhead Public School Division requested an impact statement from council in regards to Wildwood School's proposed programming change. Council moved to submit a written position statement that states, "Council for Yellowhead County does not support in principle the transfer or closure of programming at the Wildwood School."

2019 Evansburg-Wildwood Gravel Supply Contract – Council awarded the 3 year contract for the Evansburg-Wildwood Gravel Supply to Jones Trucking and Backhoe Services Ltd. in the amount of \$592,800.00 for 2019, \$598,000.00 for 2020, and \$604,000.00 for 2021.

Range Road 171 and Highway 748 Work Tender – Council moved to reject all tenders and re-tender Range Road 171 and Highway 748 intersection improvements, grading, and other work in 2020.

Bridge File Work Tender – Council awarded a contract to S & K Structures Ltd. in the amount of

\$172,721.00 for culvert replacement and other work on a bridge approximately 6 km south west of Wildwood (along Township Road 533).

Land Use Bylaw Public Notification Amendment – Council gave first reading of Bylaw 02.19 to amend Land Use Bylaw 16.13 to incorporate recent changes to the Municipal Government Act. The amendments will enable development permits for discretionary uses to be processed 6-12 days faster than relying on advertising the decision solely in the newspaper. A Public Hearing will be held on March 26.

Pinedale and MacKay 'Hamlet' Title Repeal – Council gave first, second, and third reading to Bylaw

03.19 to repeal Bylaw 1.79, being a bylaw to establish the Hamlet of MacKay. As well, council gave first, second, and third reading to Bylaw 04.19 to repeal Bylaw 2.87, being a bylaw to establish the Hamlet of Pinedale. These areas no longer meet the criteria to be considered hamlets pursuant to the Municipal Government Act.

Guenette Area Structure Plan Bylaw Repeal - Council gave first reading to Bylaw 05.19, being a bylaw to repeal Bylaw 13.99 (Guenette Area Structure Plan). Approved in 1999, this structure plan allowed for the creation of a one-lot subdivision south of Edson. Since that time, policy changes have meant that

developing an additional lot does not require such detailed planning. A Public Hearing will be held on March 26.

Terrace Heights North Joint Area Structure Plan Repeal - Council for Yellowhead County gave first reading to Bylaw 06.19, being a Bylaw to repeal Bylaw 29.95 (Terrace Heights Joint Area Structure Plan). Please see above for the rationale. A Public Hearing will be held on March 26.

The next Council Meeting is March 12, 2019. The next Governance & Priorities Committee Meeting is April 16, 2019. All meetings start at 9:30 a.m. in the Council Chambers.

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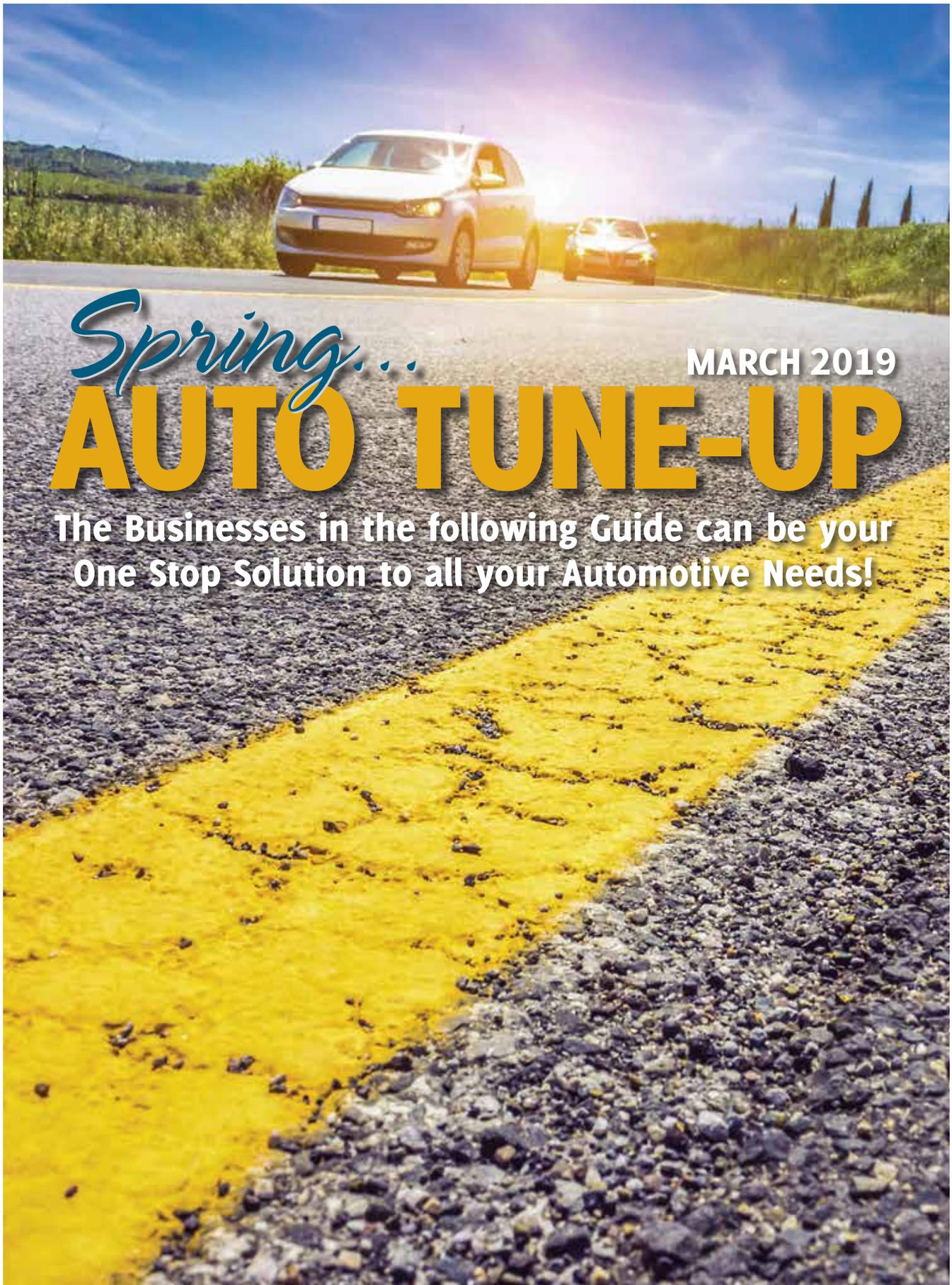
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Spring... **MARCH 2019**
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Auto TUNE-UP

KEEP TIRES ROAD-WORTHY FOR SAFER DRIVING

Making driving more safe can come down to ensuring that the vehicle is in good working order - starting from the ground up.

The National Highway Traffic Safety Administration warns that an average of 200 people die each year in tire-related crashes. In 2016, 733 people across the United States lost their lives in accidents in which tire malfunction was a contributing factor. Roughly 70 percent of single vehicle accidents are tire-related. Taking tire maintenance seriously can greatly reduce the chances of blowouts, accidents and fatalities.

Maintain the right pressure
Caring for tires not only improves safety, but also it extends

the life of the tires, saving drivers money as a result. Michelin Tires says that simply checking the tires' inflation pressure can make a significant difference in how long tires last. For example, a tire that is consistently 20 percent under-inflated may see its life expectancy reduced by 20 percent.

Tires that are not properly inflated also can have a high rolling resistance. In such instance, the engine must expend more effort to move the vehicle - thus eating up fuel.

Pressure should be checked at ambient temperature before driving, states AAA. The recommended inflation pressure can be found in the drivers manual or on the tire.

Check tire tread

Tires rely on good tread depth to maintain traction and shed water during wet conditions. AAA recommends checking tread with a visual inspection and with the "quarter test." Insert a quarter into a tread groove with the top of Washington's head facing down. If the top of his head is not visible, the tires have at least 4/32" of tread and are acceptable for continued use. If the top of Washington's head shows, tires need to be replaced.

Learn about tire aging

Check the owner's manual for specific recommendations concerning replacing the spare tire for the vehicle. Some manufacturers state after six years, while others say 10 years is the maximum service life for tires.

While most tire centers will use newly manufactured tires when replacing tires, you can double check the age of any tire by looking at the sidewall for the tire identification number (TIN), offers NHTSA. The last four digits are the week and year of manufacture.

Keep up on maintenance

Wheel alignment, tire rotation and tire balancing are all key to minimizing wear and extending the life and safety of tires. Each vehicle has specific recommendations, and drivers should consult their manuals to find those specifics.

Tire function is an important part of maintaining vehicle safety and performance.

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Auto TUNE-UP

DEVELOP A VEHICLE MAINTENANCE SCHEDULE

The oft-sudden expense of vehicle repairs can throw monthly budgets into disarray. Maintaining a routine service schedule is one way for drivers to keep repair costs down.

The online automotive resources Edmunds.com says many car owners do not adequately prepare for scheduled maintenance, and may not give maintenance a thought until it's too late. The first step drivers take upon purchasing a new or preowned vehicle should be to familiarize themselves with the vehicle's owner's manual, which is filled with valuable information and likely includes maintenance interval recommendations.

Next, drivers should learn about their vehicle, which is particularly relevant when buying

a preowned vehicle. Getting to know how the car or truck rides, as well as any sounds it may make, can provide drivers with a solid foundation they can then use to keep their cars running strong.

Routine service typically includes tire rotation, oil changes and topping off of fluids. So just how long between service appointments can a car go? Here are some generalized estimates.

- Oil change: Oil chemistry and engine technology have improved so much that most cars can go well beyond the once-recommended 3,000 mile interval between oil changes. Now many vehicle manufacturers recommend between 5,000 and 10,000 miles between changes, advises Edmunds.

Drivers should err on the side of caution if they do a lot of stop-and-go driving and short trips. Other drivers may want to invest in vehicles that have oil change maintenance minders built in. A light or countdown will come on the dashboard, indicating when the oil has reached the end of its usefulness.

- Tire rotation: Rotating tires helps prolong the life of the tires and alleviates uneven tread and wear. During the rotation, each tire is removed and relocated to a different position to ensure that all the tires will wear evenly. Michelin Tires states that tires should be rotated around every six months, or between 6,000 and 8,000 miles.

- Vehicle fluids: Your best bet is to see what the man-

ufacturer recommends in regard to fluids such as transmission fluid, differential oil, brake fluids, coolant, etc. Some transmissions need regular maintenance, while others can go 150,000 miles between changes, according to the vehicle information site The Drive. Coolant typically can last 100,000 miles. For these types of changes, it may be best to go to a mechanic or service center familiar with your make and model rather than a quick-lube center, as knowing when to drain and refill can be more complicated.

Service schedules can be designed to adhere to manufacturers' recommendations and drivers' personal preferences.

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Auto TUNE-UP

PROPERLY PACK A CAR EMERGENCY KIT

After home and work, the next most common place people spend their time is in their vehicles. The AAA Foundation for Traffic Safety says the average American spends 17,600 minutes driving each year. Statistics Canada indicates that most of the Canadian population averages 1.2 hours per day behind the wheel.

Because they spend so much time behind the wheel, drivers need to be prepared for breakdowns. Packing an emergency kit in the car can help people make the best of such situations.

A car emergency kit can help drivers get back on the road promptly. Without such kits, drivers may be stranded for hours after a breakdown. Emer-

gency kits also come in handy during weather-related events that can sideline cars until roads become passable. Getting caught in a vehicle during a snowstorm and failing to have the proper gear can be a life-threatening scenario under extreme conditions.

It is always wise to plan for the worst and hope for the best. The Department of Motor Vehicles and the Department of Homeland Security note that these key items should always be included in a car emergency kit.

- durable bags or crates to store supplies
- complete first aid kit
- small fire extinguisher
- jumper cables
- rain ponchos

- plastic tarp
- flashlights and extra batteries
- bottled water
- small cache of nonperishable foods
- wrench and pliers
- local maps
- rags
- duct tape
- multipurpose tool
- ice scraper
- automotive fluids
- blankets/warm clothing
- cat litter for slick roads
- tire-changing equipment
- spare tire
- road flares or caution reflec-

- tors
 - empty, refillable gas canister
 - cash for gas
 - phone charger cable
- Being prepared can make a difference when vehicles are sidelined. In addition to an emergency kit, cars and trucks should be regularly maintained to prevent breakdowns. This includes ensuring all fluids are at proper levels, filters are changed, batteries are in good working order, and tires are inflated correctly. Investing in a roadside assistance service also can help get drivers back on the road quickly.

DID YOU KNOW?



Sedan owners who suspect they might be part of a dying breed are not wrong to harbor such suspicions, as auto industry insiders note that the production of sedans has been in decline for about a decade. According to LMC Automotive, which tracks the auto industry, many auto manufacturers are responding to consumer demand for taller vehicles by producing more trucks, SUVs and crossovers at the expense of sedans. In fact, LMC Automotive estimates that, by 2022, 84 percent of the vehicles sold by General Motors in the United States will be SUVs or trucks. And GM won't even be leading the pack in that regard, as LMC estimates Ford (90 percent) and Fiat Chrysler (97 percent) will be almost exclusively manufacturing some type of truck or SUV. While trucks and SUVs might first have taken hold of the U.S. automotive market, other countries are now

following suit. According to the automotive research firm JATO Dynamics, SUVs, including crossovers, accounted for more than one in three cars sold across the globe in 2017.

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TWO PEOPLE ARRESTED FOR THEFT OF COPPER WIRE

Submitted by Stony Plain/Spruce Grove/Enoch RCMP

On Jan. 14, 2019 Stony Plain RCMP received information from TELUS Security that there was a theft in progress of communications cable in the rural area of Spruce Grove. Suspects had cut a live TELUS Communications line. RCMP attended and located a male walking away

from the site of the attempted theft. Further investigation determined there was another suspect involved. The second suspect was located and arrested without incident.

The cut of the live communication cable resulted in a critical infrastructure breach. The attempted theft caused an outage with no availability to Emergency 911 and other potential

emergency services for approximately 5 hours, impacting forty Spruce Grove residents.

The two suspects are currently waiting for a judicial hearing. The investigation is ongoing and their names will not be released at this time.

TELUS Security continues to work with the RCMP and other enforcement agencies to attempt to prevent these types of thefts.

The RCMP ask the public to report any suspicious activity to police. If you need to report a crime, please call the Stony Plain RCMP at 780-968-7267 or call your local police detachment. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477, www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.

MESSAGE FROM COUNCIL

Submitted by Parkland County

Parkland County is proud to be steeped with a rich agricultural history and grateful for the strong entrepreneurial spirit of our residents. We are equally proud of being a coal community and have been fortunate to reap the economic and financial benefits that came from coal-fired electricity generation operations.

As the municipality most impacted by the federal and provincial policy decisions to phase out coal-fired power generation, as a result, for the last two years, Council has been forced to direct Administration to make significant budget cuts across all departments to ensure the tax impact on our residents is as low as possible. Further, Council and Administration continue to work diligently to lobby the provincial government to provide adequate support during this transition.

With the lack of provincial support, Administration presented a budget to Council at the beginning of November that will allow for sustained service delivery and investments into projects and initiatives that will support the needs of our residents. The budget includes a proposed 3.8% tax impact for both residential and non-residential. The interim budget was brought back to Council on December 11, 2018 for final approval.

Next year, Administration will

be undertaking the task of implementing priority-based budgeting. This initiative will see greater engagement with our residents when developing our budget, allowing us to allocate resources with a focus on strategic priorities, service priorities and operational and infrastructure priorities.

Be sure to periodically check out the 'Have Your Say' page on Parkland County's website to stay up-to-date with key projects we'll need your input on.




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Alexis	Contact Shelley Nelson: 780.983.2205
Anselmo	Contact Rennae Swartzenberger: 780.706.5379 rrswart@telus.net
Darwell	Mar. 19 4-6:30 pm OR Mar. 21 5:30-8:00 pm at Darwell School Contact Jillene McDonald: 780.903.3805
Onoway	Online registration only Feb. 18-Mar. 18: visit onowayballandsoccer.com (click RAMP link). Contact Monty Doig: 780.405.4617 ballcoordinator@onowayballandsoccer.com Registration concerns: Jared Thompson ballregistrar@onowayballandsoccer.com
Rich Valley	Feb. 22 7-9 pm at Rich Valley Arena Contact Steven Borle: 780.721.4462 fireblaze47@hotmail.com
Sangudo	Mar. 6 5-7 pm at Sangudo Community School or pre-register by dropping off forms with Rene at the school or Shelly at ATB Agency. You can also register online (and receive a discount) at sangudominorsports.com . Contact Rene Werenka: 780.785.2722 or 780.305.8200
Wabamun	Feb. 11 & 25 4-7 pm at the Wabamun School OR Mar. 3 11 am-3 pm at the Wabamun Union Hall Contact Rhonda Neron: 780.718.1323

This co-ed league’s 2019 regular season will run April 29 to approximately mid-June, and will include a playoff tournament.

The league involves all the above-noted communities. Players must register in the community where they reside, based on local elementary school boundaries. If you aren’t sure which community you should register with, call your closest contact listed above to discuss.

Physical addresses will be required to complete the registration process.

PLEASE NOTE: this is a FUN league. Fair play and sportsmanship are essential.

The Lac Ste. Anne Minor Softball League has programs for all ages including:

- U6 for players born in 2012*, 2013, 2014 (some communities accept younger participants)
- U8 for players born in 2011*, 2012*
- U10 for players born in 2009, 2010, 2011*
- U12 for players born in 2007, 2008
- U14 for players born in 2005, 2006
- U16 for players born in 2003, 2004
- U19 for players born in 2001, 2002 (No overage players)

***Age overlap within the U6/U8/U10 categories allows for flexibility based on each player’s previous experience. Category placement for overlap is at the discretion of each community.**

To participate, waiver forms MUST be completed for all players.

For more info, please contact the County Administration Office at 1.866.880.5722.

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**Mail to: Easter Bunny c/o Community Voice
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RCMP LAY CHARGES FOLLOWING BREAK AND ENTER INVESTIGATION

Submitted by Stony Plain/Spruce Grove/Enoch RCMP

Spruce Grove, Alta – On Feb. 18, 2019 Stony Plain/Spruce Grove/Enoch RCMP members responded to a call of a Break and Enter to a business in Spruce Grove, Alta. RCMP attended and investigation revealed that over five thousand dollars worth of tools were stolen from the

business. Initially, there were not many leads, however, with the assistance of video surveillance and a thorough investigation, two suspects were identified and subsequently charged.

Nicholas Lepine (38) and Allisha Garipey (21), both from Edmonton, AB, were charged with:

- Other theft over \$5000
- Breaking and entering a business with intent

• Possession of a weapon for dangerous purpose

• Possession of methamphetamine

• Possess break-in instruments

After a judicial hearing, both were released and will be appearing in Stony Plain Provincial Court on Mar. 13, 2019 at 9:30 A.M.

Some of the stolen property was recovered, however, much

of it is still outstanding. 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.

KEY MESSAGES FROM GYPSD'S PUBLIC BOARD MEETING

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

February 27, 2019

• A report on the implications of the 45 Credit Enrolment Unit (CEU) cap by the province was reviewed by the board. One consequence of the lower CEU cap is that it limits students' learning opportunities for both academic and non-academic credits, including dual credit programs.

• The division has been closely monitoring the anticipated training expense per bus driver of the Mandatory Entry Level Training (MELT) program coming into effect on March 1, 2019, that is expected to exceed \$5,000 per driver. The province has not announced any additional funding to support the new mandatory program.

• For the 2018/2019 school year, GYPSD's average class size for core subjects across the division was well under provincial class size guidelines for Grades 4-12. The division's average class size in Grades 10-12 was 17.2; the provincial guideline is 27.

• GYPSD is proud to nominate ten students for this year's Honouring Spirit: Indigenous Student Award. These awards recognize First Nations, Métis, and Inuit students who model commitment in the pursuit of their personal education path while celebrating the ways of their people. The awards are avail-

able to students in K to Grade 12. Winners will be announced in April.

• Verna Anderson, a GYPSD bus driver since 1980, has been awarded the 2019 Driver of the Year Award from the Student Transportation Association of Alberta. GYPSD nominated Verna for her passion and dedication for students and their safety.

• A provincial Health and Wellness \$15,000 grant will allow students from the Superintendent's Youth Council to be change agents in their schools and shape projects focused on improving health and wellness in their schools..

• Trustees shared information from various stakeholder meetings, school council meetings, and conference events that they attended as part of their governance role. Some of the highlights from the last few weeks included:

- Luncheon at North Central Teachers Convention.

- Hosting a parent information night on the proposed transfer of the junior high program at Wildwood School.

- Informative meeting with Mark Smith, MLA for Drayton Valley-Devon.

- Collaborative discussions with Evergreen Catholic School Regional Division's school board and senior administration on matters of mutual educational interests and concerns at a recent meeting hosted by GYPSD.

• Trustees Ellen Aust and Shirley Caputo attended school

council meetings at all three Hinton schools and brought forward parent inquiries about when the board would be approving the 2019/2020 school calendar. When announcing a new pilot calendar format for the 2018/2019 school year, Grande Yellowhead Public School Division's Board of Trustees promised to hold two online surveys to receive feedback from stakeholders before making a decision on the 2019/2020 calendar. The second survey will be open to the public after the spring break. Trustees will then review all stakeholder input, including feedback on the Fall break, before approving the final calendar at the Public Board meeting on April 24, 2019.

• Trustee Caputo shared information on the division's community engagement session, 2019 Share Your Voice: Strategic Planning, at the Hinton Inter-Agency community meeting.

• Trustees Ken Fate and Fiona Fowler provided updates from their attendance at the Public School Boards' Council meeting, where Trustee Fowler attended an excellent session on 'Effective Board Meetings'. Trustee Fowler also shared information from the local chamber of commerce about upcoming community events. Both Trustee Zaporosky and she thoroughly enjoyed the excellent student drama production of 'Mamma Mia' at Parkland Composite High School in Edson.

• Board Chair Brenda Rosadiuk attended the closing banquet

of the division's Tekarra Winter Language Camp, part of the International Education program. Eleven students from China participated in various winter activities and school events in Jasper while developing their English language skills over a two-week period. Chair Rosadiuk commented on the importance of the community meeting recently held in Wildwood about the proposed transfer of the junior high program. She felt it was a solid process, and thanked the community members who came out to share their input and receive information about the reasons behind the proposal from the board. Along with the community meetings, Chair Rosadiuk met with local constituents and municipal officials on a number of local education issues.

• Trustee Karpluk reported highlights from the last meeting of the ASBA Zone 2/3 Committee, including an excellent presentation on student mental health.

• Superintendent Lewis shared with trustees her team's recent work in schools around visionary best practices and instructional leadership opportunities. She also proudly shared that a teacher from Niton Central School, Thomas Meier, has been nominated for a Prime Minister's Award for Teaching Excellence. Winners will be announced this spring.

2017-18: A YEAR OF GROWTH!

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

December 12, 2018 - Grande Yellowhead Public School Division (GYPSD) is proud to release the 2018-21 Three-Year Education Plan (3YEP) and the Annual Education Results Report (AERR) for the 2017-18 school year that was approved at the Public Board Meeting on November 28, 2018. The detailed publication is divided into two parts: the 3YEP provides an outline of the goals and objectives for the enhancement of educational opportunities for students, and to keep school communities informed of the direction GYPSD is committed to following in the current school year. The AERR section reflects the division results from the past year from students' participation on provincial achievement tests (PATs), diploma exams,

and feedback collected from stakeholders on education matters such as from the annual provincial Accountability Pillar Surveys.

Carolyn Lewis is pleased with the division's positive growth in her first year as GYPSD's Superintendent of Schools. "We have strategically focused on our work this past year to align with the board's priorities of student learning, teaching and leadership excellence, and community engagement."

The board encourages the public to review this year's report to learn more about GYPSD's innovative programs, supports, and exemplary teaching practices that create engaging learning environments for all students to achieve their full potential. Read the 3YEP/AERR document in full, or an overview summary to learn more.

As part of their commitment to engaged the communities, the board will be hosting engage-

ment sessions for staff, students, parents, and community members to provide input and share ideas as part of the creation of the 2019-22 Three-Year Education Plan in early 2019.

The Annual Education Results Report for the 2017-18 school year, and the Education Plan for the three years commencing September 1, 2018, were prepared under the direction of the board of trustees in accordance with its responsibilities under

the School Act and the Fiscal Planning and Transparency Act. This document was developed in the context of the provincial government's business and fiscal plan. The board has used the results reported in the documents to the best of its abilities, to develop the Education Plan, and are committed to implementing the strategies contained within the Education Plan to improve student learning and results.



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

ANSWER:

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

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Darwell Seniors, Phone Debra 780-785-2907

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Obituaries

Krasowski Marion(nee Shumborski) It is with great sadness that we announce sudden passing of Marion Krasowski of Duffield formerly of Tomahawk, with her family at her side at the age of 80 years. Left to mourn and cherish her memory daughter Gloria (John) sons Lennie (Cecilia) Calvin & granddaughter Calandra, and 5 other grandchildren and 3 great grandchildren, numerous nieces, nephews & relatives. Also survived by her brother Frank and sisters Helen, Ruby and Marion. Was predeceased by her parents Harry and Anna and brothers Andrew, Walter, Steve and Peter. A Funeral service was held on March 11, 2019, Internment followed at Horen Cemetery. Donations can be made to the Cancer Foundation. (1) 12-03

Bookkeeping

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Available Immediately, Large 2 Bedroom in 12 Unit Apartment building in Entwistle. Includes Heat, Water & Parking. Rent \$785/month + DD \$300. Please Call Ivka 780-807-1300 or email: jakovljevicivka@yahoo.ca (2) 05-03

House For Rent in Cherhill, 3 bedrooms, 1.5 bathrooms, attached garage, covered

veranda off dining room, recently renovated, fridge, stove, dishwasher, washer/dryer, N/S, N/P, References required, available immediately, \$1000/month + DD same. Beautiful home on a double lot in quiet community, 15 mins West of Onoway oon Hwy 43. Call 780-305-7077 or email: dismoole@hotmail.com (4) 05-03



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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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- CONVENIENT:** Can be sprayed into pet's mouth or on food.

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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 16 - ST. PATRICKS DINNER & DANCE at Duffield Hall. Cocktails 5pm, Jiggs Dinner 6pm, 7pm Blue Northern Dancers Performance. Dance to follow by Singing Sawyer & Comrades Band. Advance Tickets \$20. PH: 780-717-6291, 780-963-9664

MAR 20 - ANNUAL GENERAL MEETING for Lake Isle Community Hall @ 7pm. Location: Lake Isle Hall, (RR 55 & HWY 633). Refreshments & Light Snack Provided.

APR 13 - EASTER BUNNY BREAKFAST, 9am-2pm at Duffield Hall. Also, FLEA MARKET: Tables \$10. Egg hunts, activities for kids all ages. \$7/Breakfast 9am-12pm. Hot Dogs 12-2pm. Info, 780-963-9664 or 892 2425.

APR 27 - GARAGE SALE at Entwistle Senior Center. Tables \$10. Call Dan 780-982-0353.

FARMERS MARKETS

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

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

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

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

BINGO

ENTWISTLE COMM. LEAGUE BINGO: Every Wednesday, Doors Open 6PM.

STONY PLAIN SENIORS' DROP-IN CENTRE: public bingo every Tues, 7pm. All ages welcome. Phone (780) 963-6685

TOMAHAWK: every Mon at Agra Centre, doors 6pm, Bingo 7:30PM. Info 339-2423 or 339-3747

WILDWOOD: Mon night, 6:30PM, bingo starts 7:30PM, Early Birds & Lucky 7.

MEAT DRAWS

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

Evansburg: Evansburg Legion, Friday 8:00PM & Saturday 3-5PM

Wildwood: Wildwood Legion, Saturday 3-5PM

JAMBOREES

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

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

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

DRAYTON VALLEY: Last Sunday of month. Upstairs @ the "55 Rec. Center" Doors at 12PM, Starts at 1PM. 780-542-3768

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

MAGNOLIA: at Magnolia Hall. Every 2nd Saturday, Supper at 6PM. 727-2015 or www.magnoliacomunityclub.ca, Call to confirm. *October - May

RAVINE COMMUNITY ASSOCIATION: 1st Sat of each month. Info 780-325-2391 *Sept - May.

SEBA BEACH: 2nd Friday 7PM, Seba Senior's Centre, Toni 797-4233

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

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

TOMAHAWK: Tomahawk Agrilex, 3rd Friday of month. 7PM. PH: 780-339-3755. *Starts Oct 21st.

WILDWOOD: Wildwood Community Hall, 3rd Wed Each Month, 7PM. 325-3749 *Oct - June.

TOPS (Take Off Pounds Sensibly)

ENTWISTLE: Wed 5:30PM weigh-in, 5:30-6:30PM meeting, food bank building, South entrance. 780-932-2695.

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

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

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

YOUR COMMUNITY

ALBERTA PARENTING FOR THE FUTURE ASSOC: Call 963-0549 or visit www.apfa.ca to register. All programs are confidential & free.

FREE HOME MEAL DELIVERY PROGRAM, for Wabamun Seniors & Wabamun Lions. Arrange for meal preparation through a local restaurant. Call Darlene, 892-2551.

PEMBINA SKATING CLUB (Evansburg Arena), offers Learn-to-Skate, CanSkate & STARSkate. All ages. Call Lisa 727-2729.

*RUNS Sept-March

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

LIBRARY EVENTS

AFTERNOON BOOK CLUB at Keeplinks Library, 2nd Tues of every month, 1:30-3:00PM. Visit www.pclibraries.ca for info.

FAMILY GAMES NIGHT: 3rd Wed of every month, 6-8PM. Located at Entwistle Library, Duffield Library and Tomahawk Library. In partnership with Parkland School Division. Visit www.pclibraries.ca for more info.

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

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

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

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

TOOT SOCIALS

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors. 12PM at Stony Plain United Church Basement, \$8/plate. 3rd Wed of Month. Call Barb 780-952-0882.

***Sept-June AEROBICS:** Low impact, Mon/Wed, 11AM-12PM, Wildwood Senior's Centre, \$1/session.

BREAKFAST SOCIAL: 9:30AM-NOON, Parkland Village Community Centre - 3rd Sunday. PH: 780.298.9155 Social Media: PVCentre.

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

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

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

EVANSBURG GUIDES & PATHFINDERS: Mon 6PM, Camp Evansburg.

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

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

HEALTHY AGING NURSE & FOOT CARE

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

OPEN HOUSE for socializing, Crib & card playing at Entwistle Senior Center, Thursdays at 6:45PM. Dan 780-982-0353

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

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

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

SEBA BEACH QUILTERS & FIBER ARTS: Wednesdays 9:30AM, Seniors Centre.

SENIORS 50+ LUNCHEON: 3rd Wed, 12PM at Stony Plain United Church basement hall. Call Audrey (780) 963-7582

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

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

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

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

STONY PLAIN'S 5TH MERIDIAN GOOD SAMS RV CHAPTER: Ecole Meridian Heights School. 3rd Tues of Month, 7PM. Call Pat at 780-963-6976 or Ruth at 780-288-9829.

MEETINGS

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

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

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

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

AL-ANON: Wed 8PM. Spruce Grove United Church, 1A Fieldstone Drive, 962-5205

CHAMBER OF COMMERCE (Evans/Ent): 7:30PM 3rd Thurs, Heritage House.

C.H.I.L.D. (Citizens Helping In Life's Defence) Please join our Pro-Life meetings once a month in Stony Plain. For info call Chris 963-6997.

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

COMMUNITY QUILTERS & CRAFTERS: 3rd Tues. Evansburg, Liz 727-3872 Brenda 727-4476

DARWELL & DISTRICT AG SOCIETY: 8PM, 1st Mon, Community Hall.

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

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

ENTWISTLE COMMUNITY LEAGUE GENERAL MEETINGS: 2nd Thursdays monthly 7:30PM. *Except June, July, August

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

ENTWISTLE SENIORS 55+ CLUB: Tue & Fri, 1:30-4:00PM at Entwistle Hall

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

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

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

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

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

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

LOBSTICK GARDEN CLUB: 1st Mon, 7PM at Tipple Park Museum, Clara (780) 399-2205

MAGNOLIA BOARD MEETINGS: 1st Tuesday of month, 7PM at Magnolia Community Hall.

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

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

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

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

PEMBINA PORCUPINES - JUNIOR FOREST WARDENS: Entwistle Porcupine gathering: 7PM, 1st Tue. Len & Tineke at 727-2020. Porcupines@yellowheadfw.ca

SOLVE: Community Enviro issues discussed at Smithfield Hall (N of Hwy 16 on RR34). 2nd Thursday. Jana 892-0006

STONY PLAIN FISH & GAME ASSOCIATION & WABAMUN GUN CLUB: 2nd Mon, Stony Plain Comm Centre, 7:30PM.

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

TOMAHAWK SENIORS (50+) meets every Thursday from 1-4pm at the Tomahawk Agra.

W.E.E COMMUNITY FOOD BANK: Call (780) 727-4043 for emergency food needs. Monthly Meeting: LAST Monday of month at 7:00PM at the Food Bank (Old fire hall in Entwistle). *Except December

WILDWOOD & DIST AG SOCIETY: 2nd Wed of each month 7:00PM at the Wildwood Complex. Wilma 325-2424

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

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

Church Directory

<p>Seba Beach Christian Fellowship Sunday School 10:00a.m. Worship Service 11:00a.m. Weekdays Bible Study & Prayer (780) 305-3594</p>	<p>Advent Lutheran Church Sunday Worship & Sunday School 11:00a.m. Evansburg O: 727-3594</p>	<p>Roman Catholic Church St. Agnes' Parish, Mayorburge Sunday 9:00a.m. St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p>St. Joseph's Catholic Church Sunday Mass 11:30a.m. Tuesday Mass 7:00p.m. Wabamun, AB</p>	<p>St. Augustine's - Parkland Anglican Church 131 Church Rd. Spruce Grove Sunday Service 10:00a.m. Eucharist with Sunday School & Nursery All are Welcome Office 780-962-5231 www.staugustinesparkland.org</p>	
<p>Parkland Baptist Church Sunday Worship Service 10:30a.m. All Welcome 121 Brookwood Drive (780) 962-4101 www.parklandbaptist.ca</p>	<p>Word Church Apocalyptic Era Border Crossing Athletic Centre, 9 Tri Leisure Way, Spruce Grove upstairs in the Wild Rose room. Ph: 780-962-7579 Service starts at 10:00 a.m. every Sunday morning, come all & be bless.</p>	<p>St. Saviour Mission (Anglican Diocese of Edmonton) 5117-51 Avenue (Wabamun Seniors Center) Services every Sunday at 10:00a.m. Rev. Aaron Parsall-Myler at St. Augustine's - Parkland 780-962-5131</p>	<p>Stony Plain United Church Sunday Service 10:30a.m. 5012-51 Ave. Stony Plain Mewassin United Church Sunday Service 9:00a.m. Rev. Heather Koots Hwy 627 - Rg Rd 30 Ph: 780-963-4745</p>	<p>Immanuel Lutheran Church of Rosenthal Traditional Service Sunday 9:30a.m. Contemporary Service 10:15a.m. Christian Counselling Services Rg Rd 13, Twp Rd 524 Ph: 780-963-4048 www.lcr.ca email: ofb@lcr.ca</p>	
<p>Emmaus Lutheran Church Sunday Worship Service 11:30a.m. Rev. Robert Marshall 604-50th Ave, Drayton Valley Ph: 780-542-5101 www.emmauslutheranchurch.worpress.com</p>	<p>Church of God Worship Service Sun. 11:00a.m. Please contact for activities 5004-49 Street, Drayton Valley Ph: 780-542-5091</p>	<p>Calvary Baptist Church Pastoral Team: Kenton Penner Sunday Worship 10:30a.m. Youth & Ministries Info - calvbapt@telus.net 4401-50th Ave, Drayton Valley 780-542-4774 www.calvarybaptistdu.ca</p>	<p>Drayton Valley Alliance Church Pastor John Haazen Join us for Sunday Service at 10:30a.m. 5014-56 Ave. (next to Value Drug Mart) Programs for all ages Ph: 542-6501 dvalliance.ca</p>	<p>All Saints' Anglican Church Sunday Morning Worship 9 BCP 10:30 BAS with Sunday School & Nursery 5212-47 Ave. Drayton Valley (780) 542-5048</p>	<p>St. Anthony Catholic Church WEEKEND MASS SCHEDULE: Saturday 5:00p.m. Sunday 12:00p.m. 4708-50 Ave, Drayton Valley Parish Office: 542-5254</p>

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CELLULAR HOMEOSTASIS FORMULA

A NUTRITIONAL BREAKTHROUGH THAT SUPPORTS YOU...
RIGHT DOWN TO THE LAST CELL!

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Xtreme LEAN NRG

Xtreme LEAN NRG
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- Regulates Blood Sugar
- Regulates Fat Absorption
- Improve Energy Levels
- Improve Your Mood
- Increase Mental Focus

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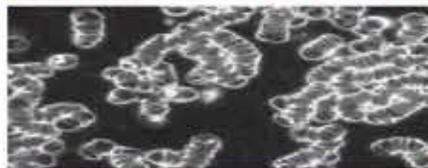
CELLULAR HOMEOSTASIS FORMULA

A NUTRITIONAL BREAKTHROUGH THAT SUPPORTS YOU ...RIGHT DOWN TO THE LAST CELL!

How do you want your **BLOOD** to look?



Before PrevailMAX:



- poor circulation
- low energy
- brain fog
- dehydration
- decreased nutrients
- pH imbalance
- poor endurance

After PrevailMAX:



- better circulation
- more vitality
- mental clarity
- cellular movement
- nutrient assimilation
- 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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