

Mayerthorpe, Rich Valley, Barrhead, Whitecourt, Stony Plain and Spruce Grove

March 26, 2019

# LSARA ANNUAL GENERAL MEETING

Submitted by Lac Ste. Anne and Communities Ratepayers Association

LSARA (Lac Ste Anne and area Ratepayers Association) will be hosting our Annual General Meeting on Sunday March 31st from 2-4 PM at the GUNN Hall in GUNN, Alberta. Join us to hear updates on what we have been working on for the past year. We have provided the LSAC Council and Administration a very fair opportunity to address issues they campaigned on. Have they effectively addressed the issues? Have they communicated and been transparent with the Ratepayers?

As it is the Annual General Meeting, we will be once again seeking Executive Members, Directors, Researchers and Advisors. This is an open meeting to the Public. Membership fees were removed for the 2018 term but will be reintroduced for 2019 as we are being charged for obtaining information. We also pay for meeting venues, office supplies. Memberships will be minimal. \$10 per person or \$20 per household. Joining our Non Profit Association provides us all with the opportunity for a voice. The more voices we have the stronger we are. We invite you to join us on Sunday March 31st. You can always reach us on our Facebook Page Lac Ste Anne Ratepayers Association. On our blog http://lsaracares.blogspot. ca or email lsaracares@gmail. com We are always interested in the view points of the Ratepayers and want to hear yours. Hope to see you then.



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# ONOWAY REGIONAL MEDICAL CLINIC IS UNDERGOING SOME EXCITING CHANGES

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

From 2008 to 2016, twelve municipalities supported the operations of Onoway Regional Medical Clinic by providing an annual \$76,000 cash subsidy to the clinic's operator. Concerns about the sustainability of a permanent and growing subsidy led these municipal partners to consider alternative funding structures. A business case was developed that suggested the clinic could be operated for profit without a municipal subsidy, and in January of 2017, six municipal partners (the Town of Onoway; Lac Ste. Anne County; and the Summer Villages of Ross Haven, West Cove, Silver Sands and Val Quentin) assumed operations of Onoway Regional Medical Clinic (ORMC).

The initial commitment was

for a two-year trial to prove a business case for a medical clinic in Onoway operated without subsidy. The results of this trial have been nothing short of remarkable. At the end of the two-year mark, our clinic was operating with a small profit, which was reinvested back into the facility. The clinic exceeded revenue projections by 11% in 2017 and 15% in 2018.

Continued on Page 2





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#### Page 2 Community Voice



### Keeping You and Your Community Informed

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# Onoway Regional Medical Clinic Is Undergoing Some Exciting Changes

### **Continued from Page 1**

With the departure of Dr. Winterbach earlier this year, we are now focused on recruiting a new third physician. Additionally, we're interested in working with a Primary Care Network to bring the services of nurses, dietitians, therapists, and other specialized medical resources to the community. Although the ORMC Board and partner municipalities are all supportive of adding these services, the current clinic space limits our ability to house and support these additional services. The ORMC Board has made an official request to its municipal shareholders to support its efforts to improve the variety of services available in the region and help it find a new



### Night shift Security Agent position available immediately for Academy Fabricators located in Onoway, AB.

Criminal record check and class 5 license required. Send resume and questions to <u>kelsey@academyfabricators.ca</u> for further job description information larger location for the clinic.

Regardless of the outcome of our request for additional clinic space, we will begin to work through the process of incorporating as a Municipally Controlled Corporation. This process will complete the efforts of our municipal partners to ensure the sustainable and independent operation of Onoway Regional Medical Clinic without a dependence upon municipal subsidies to survive.

A Success Story in Accessible, Family-focused Medical Care

Onoway Regional Medical Clinic continues to accept new patients. With its convenient location next to the pharmacy in Onoway, the clinic's friendly and knowledgeable staff provide a spectrum of essential services from routine check-ups to more specialized treatments such as:

• Medicals & completion of required forms, including driver's medicals, insurance, employer physicals and notes, and Work-



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# JOINE OF THE WEEK TOOL DEFINITIONS

- Table Saw a large stationary power tool commonly used to launch wood projectiles for testing wall integrity.
- Skill Saw a portable cutting tool used to make studs too short.
   Belt Sander an electric sanding tool commonly used to
- convert minor touch-up jobs into major refinishing jobs.
  Hose Cutter used to make hoses too short - but only usually at one end.
- Hammer a divining rod to locate the most expensive parts: adjacent the object you are trying to hit.
- Pliers designed for rounding off bolt heads.
- Pry Bar best used to crumple the metal surrounding that clip or bracket you needed to remove in order to replace a 25 cent part.

Lac Site. Anne County | P.O. Box 219 | Sangudo. Alberta | TDE 2A0 | 1.866.880.5722 | www.LSAC.ca COUNTY SEEKS CONTRACT

#### CAMPGROUND/FACILITY CARETAKERS PADDLE RIVER DAM CAMPGROUND | OPPORTUNITY FOR: \* Phase 1 & 2 (Peter's Pond Area) \* Phase 1, 2 & 3

Phase 1 & 2 (Peter's Pond Area)
 Phase 3 (New expansion near boat launch)

LAC STE. ANNE COUNTY

Please specify any preference when submitting your application.

SANGUDO RIVERSIDE CAMPGROUND | OPPORTUNITY FOR:

- Standard Contract
- Open to considering alternative proposals
- All positions: May 1 September 30, 2019

#### \*Caretaker must live on-site (in a site specified by Administration) for the duration of the campground season.

Duties include but are not limited to: Fee collection, bookkeeping, janitorial duties, grounds and site maintenance (grass cutting included), minor repairs, supervision and enforcement of rules, check users in/out.

Caretaker(s) will be required to have a valid driver's license, first aid/CPR certificate, vehicle suitable for hauling garbage and grounds checks, holiday trailer as you must live on site (a serviced campsite is included). A criminal record check will be required prior to employment.

Please forward questions or applications/resumes with references to Community Service Coordinator Taryn Monteith at the address below:

Lac Ste. Anne County Box 219, Sangudo, AB T0E 2A0 Phone: 780.785.3411 (toll-free 1.866.880.5722) Fax: (780) 785-2985 E-mail: tmonteith@LSAC.ca

Submission Deadline: April 5, 2019

We thank all applicants for their interest; however, only those candidates shortlisted for an interview will be contacted.

#### **Community Voice Page 3**

### March 26, 2019 **RCMP ARREST MALE FOR THEFT OF VEHICLE AND BREAK AND ENTER** LAC STE. ANNE COUNTY

### Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

Acheson, Alta. - On Feb. 15, 2019 Stony Plain/Spruce Grove/Enoch RCMP members were dispatched to a location in Acheson where it was reported a truck had been stolen. The truck was distinctive in colour and the complainant was able to provide a direction of travel. RCMP members made patrols and located the truck at a rural residence. The suspect was standing in front of an open garage door and it appeared he was loading property from inside the garage. The suspect was apprehended and arrested without incident.

Jaycee Michel (26) of Duffield, Alta. was charged with:

• Theft of truck

· Breaking and entering with intent

• Other theft under \$5000

· Fail to comply with condition of undertaking

Jaycee Michel was remanded into custody and will appear in

Onoway Regional **Medical Clinic** Is Undergoing Some Exciting Changes

ers' Compensation

· Cyst, wart, mole, skin growths, and STI treatments

· Injections: corticosteroids, contraception & vaccines

· Minor procedures such as ear and eye irrigation, IUD insertion/removal, suturing/suture removal, toenail removal, biopsies, etc.

Call 780.967.6477 today for an appointment. \*Remember: we're open late on Wednesday evenings and can often accommodate same-day appointments! Stony Plain Provincial Court on Feb. 20, 2019.

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 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.

Lec Ste. Anne County | P.O.Box 219 | Sangude, Alberta | TOE 2A0 | 1.866.880.5722 | www.LSAC.ca

### Extending the Growing Season FREE Tuesday, April 2, 2019 at the Onoway Public Library 1 7:00 - 8:30 pm



In our cool climate, warm season crops can be a challenge to grow. We'll talk about the art of squeezing a little more time into the vegetable growing season. A few extra days can make the difference for harvesting a great crop of corn. Share your ideas for getting an early start or pushing back the first frost: from setting out transplants to fall planting; from sunny slopes to hot caps, cold frames, and mini-greenhouses

This is the second session in a Let's Get Growing Series with Lac Ste. Anne County Horticulturist Lorraine Taylor. Pre-registration is preferred, call 780.967.2445 or email onowaylibrary@ytl.ab.ca.

FREE Pancake Breakfast Valley Saturday, March 30 at 8:00AM-10:30AM Arena

# CH VAL

Your votes are vital to helping this local community win the grand prize in this year's Canada-wide competition.

The Rich Valley community has been named a Top 4 finalist for Kraft Hockeyville. By demonstrating their passion for hockey and community spirit, Rich Valley's nomination rose to the top of thousands submitted to be selected as a Top 4 Finalist. Learn more about their nomination by visiting their Kraft Hockeyville profile on krafthockeyville.ca.

Winning the Hockeyville competition would have a tremendous impact of the small community of Rich Valley in terms of considerable financial support for the arena; the strengthening of its minor hockey program; and a renewed sense of community pride.

### What's at stake?

- This year, Kraft Hockeyville is awarding prizing across four communities in Canada:
  - One grand prize of hosting an NHL<sup>®</sup> Game, \$250,000 for arena upgrades and the coveted title of Kraft Hockeyville
  - 3 Finalist prizes of \$25,000 each for arena upgrades
  - The top 4 finalists will also each receive \$10,000 in hockey equipment through NHLPA **Goals and Dreams**

### We're asking residents to help rally their friends, family and the community at large to vote — and vote often to help Rich Valley win the title of Kraft Hockeyville 2019.

Beginning March 29 at 10 pm, Canadians can cast their votes for their favourite finalist at krafthockeyville.ca. Voting will close at 6:30 pm on March 30, with the grand prize winner live announcement later that evening on Hockey Night in Canada on Sportsnet.

This is a very big deal for the Rich Valley community, and for Lac Ste. Anne County in general. Your vote can help keep grassroots hockey alive and well in our rural region.



### Page 4 Community Voice



# RCMP – INTERIM MANAGEMENT ADVISORY BOARD

### Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, wishes to advise constituents that the Department of Public Safety is taking immediate steps to establish a new Interim Management Advisory Board for the RCMP, to provide advice on the administration and management of the RCMP, and strategies to achieve its objective, by:

• transformation and modernization plans;

• the effective and efficient use of RCMP resources;

• corporate risk and responses to address them;

 policies and management controls that support RCMP operations;

• human resources and labour relations;

• corporate and strategic direction, and implementation plans including, financial and human resources strategies and multi-year plans;operating and capital budgets;and

• performance measurement and departmental results.

The Governor in Council will appoint up to 13 part-time members to the initial Board by April 1, 2019. Legislative changes will be introduced this spring to the RCMP Act to make the Board permanent.

The mandate of the Board will initially focus on key priorities of RCMP transformation, including supporting the development of a "People First Strategy," RCMP business modernization and employee health and well-being.

"As a former RCMP Officer for 35 years, I welcome the creation of an Interim Management Advisory Board to assist in modernizing the RCMP," concluded MP Eglinski.

For more information visit: https://www.canada.ca/en/public-safety-canada/news/2019/01/ new-interim-management-advisory-board-to-help-drive-rcmp-modernization.html



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Thanks for being there to help your community!

### Page 6 Community Voice NOMINATIONS FOR THE VETERANS OMBUDSMAN COMMENDATION

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

Jim Eglinski, Member of Parliament for Yellowhead, is advising constituents of the nominations for the Veterans Ombudsman Commendation. The commendation will recognize the efforts of individuals and groups across Canada, and especially in the Yellowhead riding, on behalf of Veterans and their families. These individuals and groups often have a thankless job, but their passion and dedication are crucial to the advancement of Veterans' issues.

This is an opportunity to recognize someone's outstanding contributions that meets one of the following criteria:

• National organization or group – to recognize the exceptional work and significant contribution of an organization or group with a national scope that resulted in a long-lasting and positive impact on the well-being of Veterans and their families;

• Local organization or group – to recognize the exceptional work and significant contribution of an organization or group that resulted in a long-lasting and positive impact, at the local or regional level, on the well-being of Veterans and their families;

• Individual – to recognize the exceptional work and significant contribution of an individual that

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Monthly service fee includes rental cost of equipment, except Xplomet WiFi router. Taxes apply. Offer valid until March 31, 2019 for new customers and is subject to change at any time. 'If installation requirements go beyond the scope of a basic installation, additional fees apply. Subject to site check, site check fee may apply. See dealer for details. 'Service must be installed by April 10, 2019 to gualify for \$50 credit. Bill credit to be applied after the first month of service is complete; customer account must be in good standing. Actual speed online may vary with your technical configuration, Internet traffic, server and other factors. Traffic Management Policy applies, see xplomet.com/legal. These packages are intended for single households and typical residential usage. Packages subject to availability. A noter is required for multiple users. Xplomet@ is a trade-mark of Xplomet Communications Inc. @ 2019 Xplomet Communications Inc. resulted in a long-lasting and positive impact on the well-being of Veterans and their families at the national or local level; and

• Lifetime Contribution – to recognize the life-long dedication, exceptional work, and significant contribution an individual has made in supporting or advocating for Veterans and their families.

"I encourage you to complete the online nomination form with a brief summary describing the exceptional work and significant contribution of the nominee, as well as two letters of support from individuals other than the nominator," said MP Eglinski.

"This is your opportunity to recognize someone's outstanding contributions to the well-being of Veterans and their families," concluded MP Eglinski.

The deadline for receipt of nominations is March 31st, 2019.

The online nomination form can be found at: http://www.ombudsman-veterans.gc.ca/pdfs/ about/Nomination-Form-e.pdf

To learn more about the nomination form, please go to: http:// www.ombudsman-veterans. gc.ca/eng/about-us/ombudsman/ commendation#nomination

Once the call for nominations has closed, the Veterans Ombudsman's Advisory Council will review all nominations and provide their recommendations.

Nominations can be sent electronically to ovo.communication.bov@canada.ca or by mail to:

Office of the Veterans Ombudsman

1560 - 360 Albert St. Ottawa, ON K1R 7X7





March 26, 2019



#### **OPTIONS FOR FUNDING YOUR** PROJECT NEXT H VFM $\mathbf{D}\mathbf{N}$ FN of financing. Those who have

Before starting a home improvement project, either on one's own or with the assistance of a professional contractor, homeowners must first consider the costs involved. According to the home improvement resource HomeAdvisor, more than one-third of homeowners do not understand what hiring a professional will cost, and then cannot successfully budget and secure financing once they have set their sights on a renovation project.

HomeAdvisor says that some

of the more popular projects, such as remodeling a kitchen or bathroom or building a deck, can cost, on average, \$19,920, \$9,274 and \$6,919, respectively.

Homeowners may find that the more expensive renovations require them to secure some type

ਊ Saturday 8:00A.M. - 4:00P.M.

options. 1. Cash-out refinancing: With cash-out refinancing, a person will begin the mortgage process anew with the intention of paying off the current mortgage balance, and then taking out additional funds for other purposes. Cash-out refinancing is a way to tap into a home's existing equity for use on improvements or other expenses, such as college

never before sought such financ-

ing may want to consider these

tuition. 2. Home equity line of credit: The financial experts at Bankrate indicate that a HELOC works like a credit card, with the house as collateral. There is



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**Barrhead Industrial Park** 



### **6 Options For Funding Your Next Home Improvement Project**

a credit limit, and borrowers can spend up to that limit. The interest rate may or may not be fixed. However, the interest may be tax-deductible if the financing is used to improve, buy or build a home.

3. Home equity loan: Individuals also can borrow against equity in their homes with a fixed interest rate through a home equity loan. Most lenders will calculate 80 percent of the home value and subtract a homeowner's mortgage balance to figure out how much can be borrowed, according to the financial advisory site The Simple Dollar.

4. Personal loan: Homeowners can shop around at various financial institutions for competitive personal loans to be used for home improvement purposes. Funds may be approved within one business day, which can be ideal for those who want to begin their improvements soon.

5. Personal line of credit: A personal line of credit allows borrowers to borrow only the money needed at the time, and offers a variable interest rate that is generally lower than fixed loan rates. Again, like a credit card, PLOC gives a person a maximum borrowing amount and is ideal for ongoing purchases.

6. Credit cards: In a pinch, credit cards can be used to finance improvements, but they do come with the cost of very high interest rates if the balance is not paid in full by the time the bill comes due. However, for funding smaller projects

Stucco,

and maximizing rewards points through home improvement retailers or specific credit card company promotions, credit cards can be a way to earn various perks in addition to the benefit of improving a home. Homeowners looking to finance their next improvements should speak to a financial advisor and shop around for the best types of funding for them.







# **RETHINK YOUR KITCHEN LAYOUT**

Kitchens are the most popular rooms in many homes. Even though The U.S. Bureau of Labor Statistics states the average person spends just 68 minutes each weekday consuming food, and around 37 minutes preparing meals, the kitchen is not just a spot for food. It also is a gathering place for conversation, homework and family time.

In recognition that so much time is spent in this heart of the home, many people are embracing some of the more popular trends concerning kitchen lay-



outs to maximize the comfort and efficiency of these rooms. Communal zones

Unlike the days of yore when the kitchen was utilitarian, today's home floor plans make kitchens a focal point of a home. Food preparation also is no longer a solitary task. Thanks to larger kitchen footprints and multiple zones set up for meal creation, a greater number of people can hang out in the kitchen and help with meals. You'll find multiple sinks, large islands and more counter space are key components of modern kitchen layouts.

Dining nooks

Kitchen designs are bringing back banquette seating in a cozy nook. This design is a practical use of space, and can fit in large and small kitchens alike. It also can give a kitchen a high-end look, as built-in banquettes can highlight a bay window or seem custom-made for the space. Banquette seating can fit a number of people comfortably and provides a sensible and casual dining spot solution.

Family table

The trend experts at Southern Living magazine indicate that formal dining and living rooms are now used infrequently. As a result, kitchens have evolved to accommodate meal prep and dining. A large family table in the center of the room brings people into the kitchen to get more involved with food, according to San Francisco designer David Kensington.

Counter culture

Taking a page out of a favorite corner diner or bar, kitchens are increasingly outfitted with a large island flanked by chic



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**Community Voice Page 11** 



# VALUABLE RENOVATIONS

Each year, Remodeling magazine publishes its "Cost vs. Value" report to give homeowners a greater understanding of how much popular home projects will cost across the nation, as well as which renovations will offer the greatest return on investment. According to their research, these projects improved in value between 2017 and 2018 and can be smart choices for homeowners looking to add popular features to their properties. Below are the popular projects and the average cost of the renovations.

• Midrange bathroom addition: \$44,717

• Midrange bathroom remodel: \$19,134

### **Rethink Your Kitchen Layout**

counter stools, according to the design pros at Domino. Family members can pull up a stool and grab a quick snack. It's also a great place for friends to engage in conversation while a host or hostess prepares cocktails and appetizers for an evening soirée.

Work zone

Many families like to have an area of the kitchen set up as a tech zone where kids can do their

CO-OP North Central

homework and even parents can do some work, such as paying bills. Setting aside an area of counter space as a small desk area can be a great idea. Such areas also help parents keep a watchful eye on children while they're surfing the internet.

Kitchens are the hub of the household, and modern design trends cater to a growing need for a multipurpose space. • Midrange deck addition (wood): \$10,950

• Midrange entry door replacement (steel): \$1,471

• Upscale garage door replacement: \$3,470

• Midrange manufactured stone veneer: \$8,221

• Midrange minor kitchen remodel: \$21,198

• Midrange siding replacement: \$15,072

• Midrange universal design bathroom: \$16,393

• Upscale window replacement (vinyl): \$15,955



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March 26, 2019



# **GRAY IS HERE TO STAY IN HOME DESIGNS**

Decorating a home in neutral tones has long been recommended as a way to sell a home quickly. But the color gray also provides a blank canvas for homeowners who have no intention of putting their homes on the market anytime soon.

Beige and white have long been go-to colors for neutral living spaces. But many interior decorators now look to gray as the neutral color of choice.

Design experts advise that gray



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has a broad range. Gray can include everything from silver to charcoal to a dusty cloud. According to the trendsetters at Glidden Paints, gray coordinates well with other colors. Plus, the neutral appeal of gray boasts a timeless quality.

Gray is not a clear-cut color that's simply a 50-50 blend of white and black. Gray has subtle nuances that can lean toward blues, greens, taupes, and more depending on the lighting and surrounding furnishings. That means that homeowners who are ready to replace their furniture or accessories need not necessarily repaint if they've previously decorated in shades of gray.

Individuals need only replace small items to produce a big effect in rooms where gray is dominant. Because gray is so neutral, it works with soft, calming colors in various pastels, but equally as well with bright reds, yellow and oranges, according to Scott Bodenner, a Brooklyn-based textile designer.

Gray also is a predominant color in natural stones used throughout homes in entryways, bathrooms and kitchens. It can make design sense to maintain continuity throughout by dabbling in gray elsewhere.

Designers have shown how gray does not have to be cold, industrial or gloomy. It can be sophisticated in just about any room of the house. More designers are now leaning toward warmer variations of gray, such as taupes and blends dubbed "greige," that are beautiful but not as stark as pure gray.





# WHEN IT CAN BE SMART TO HIRE A PAINTING PRO

Few things can revitalize a home more readily than a fresh coat of paint.

Thanks in part to the affordability of paint and its ease of application, painting is something that even novice DIYers can typically handle. According to the marketing advice guru Brandon Gaille, it is estimated that residential interior paint only lasts around three years before it needs to be updated. Exterior paint can fade, chip and peel due to various environmental factors. As a result, many homes can likely use a fresh coat of paint in at least one room.

As DIY-friendly as painting can be, when attempting to paint the interior or exterior of their homes, homeowners may learn that some painting projects are best left to the professionals. Painting requires skill, patience and a knowledge of how various paints - including finishes for particular applications - will hold up. Novice painters may do more harm than good by dripping paint on expensive carpeting or floors or fail to recognize the nuances that indicate a spot-on painting job.

Professional painters have spent hours upon hours learning the ropes of what works - and what does not. Painters often understand that painstaking preparatory work is crucial to getting pristine finished results. Walls and ceilings must be properly repaired and prepared even before a base coat is applied.

Professional painters also have an eye for details. And because professional painters make a business out of doing interior and exterior surfaces, they understand which techniques can improve efficiency. That means a professional job can typically be completed much more quickly than a DIY project. Even though some people think they'll save money by painting their own homes, that's not necessarily true. Professionals already have all the equipment necessary, unlike novices who may need to make repeated and potentially costly trips to the hardware store for supplies. Plus, if mistakes happen, DIYers have to spend additional time and money fixing them.

Safety can be a large motivator for turning painting over to a pro. Navigating exterior areas or tall interior ceilings can be challenging and may require scaffolding or tall ladders DIYers do not have. Risk of falls or other injuries increase with lack of experience.

Painting can give a home a facelift, and oftentimes it is smart to turn the work over to professionals to ensure the job is done just right.

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March 26, 2019



PD KNOW?

Improved performance and reliability has increased the life expectancy of many vehicles. As a result, many drivers are keeping their cars and trucks in excess of 10 years. According to an IHS Markit study, the average age of vehicles in the United States is a record 11.6 years, with the average length of ownership at 79.3 months, or nearly seven years. Even after an owner has relinquished his or her new vehicle, that used car or truck can go on to provide many more

years of utility for its next owner. Certain models top the charts among the longest kept vehicles, according to iSeeCars, an automotive industry group. These include the Toyota 4Runner, Chevrolet Corvette, Mercedes-Benz SLK, Porsche Boxster, and the Toyota Land Cruiser, which is the longest kept vehicle and also is the automaker's longest-running SUV. This vehicle is held onto for an average 10.6 years after being bought new. To hold on to their vehicles as long as possible, drivers should follow maintenance schedules, keep their cars and trucks clean and make repairs promptly. When it comes time to get a new vehicle, upkeep can go a long way toward improving resale value or getting back more on trade-ins.



NEWS HIGHLIGHTS



Lac Ste. Anne County | Box 219, Sangudo Alberta TOE 2A0 | 1.866.880.5722 | www.LSAC.ca | facabook.com/LSACounty

# LAC STE. ANNE COUNTY NEEDS YOUR HELP!

Residents in the Lac Ste. Anne County area are asked to share their thoughts by participating in a survey about social needs in the area.

Lac Ste. Anne County is completing a Needs Assessment to understand the social needs of the area's residents. The information collected will be considered when making decisions concerning the needs of our residents.

Residents living in the following communities are invited to participate in the survey:

- Lac Ste. Anne County
- Town of Mayerthorpe
- Town of Onoway
- Village of Alberta Beach

• The Summer Villages: Birch Cove, Castle Island, Nakamun Park, Ross Haven, Sandy Beach, Silver Sands, South View, Sunrise Beach, Sunset Point, Val Quentin, West Cove, and Yellowstone

To participate in the survey online please visit Lac Ste. Anne County's website

### COUNTY ADDRESSES FROZEN CULVERTS

Lac Ste. Anne County is experiencing a significant number of frozen culverts and incidents of ditch glaciation.

This issue was precipitated by arctic temperatures, large amounts of insulating snow cover, and groundwater continuing to run throughout the winter months.

Public Works employees are actively thawing culverts throughout the area on numerous roads and approaches within our borders. Thawing culverts is a very time consuming and challenging process. When the warmer weather arrives, it will take some time for the culverts to fully thaw and to handle the



increases in water volume. This may result in water pooling near our infrastructure. Residents are advised to use caution while driving and slow down while crossing these affected areas.

Please report frozen culvert locations to PW@LSAC. ca. Please note that culvert issues will be handled on a basis of urgency. Non-urgent matters will be addressed in the order they are received.

### (www.LSAC.ca).

Hard copies of the questionnaire will also be available at the following locations:

• Lac Ste. Anne County Administration Office (56521 Range Road 65, Sangudo)

• Village of Alberta Beach Office (4935 – 50 Avenue)

Onoway Town Office (4812
 – 51 Street)

 Mayerthorpe Town Office (4911 Denny Hay Drive 52 Street)

• Or any local library (Rich

Valley, Sangudo, Onoway, Alberta Beach, Darwell, Mayerthorpe)

You can participate in the survey beginning in March 2019.

For more information about the Community Social Needs Assessment, please contact Donna Kerr (Lac Ste. Anne County) at dkerr@LSAC.ca



### CHANGES TO DUST CONTROL PROGRAM

After much discussion, at the March 14 County Council meeting, Council moved to make some changes to the current dust control program that's provided annually to County residents. Historically, the service has been offered to the residents for private dust control at a subsidized rate. This subsidy, funded by public tax dollars, equated to roughly 55%, meaning residents paid \$400/100 meters toward the full cost of \$877/100 meters.

To make this program fair and equitable, and to avoid any budget implications, Council has elected to discontinue the subsidized rate for private dust control. Recognizing that there are many residents who utilize the service, the County will continue to offer the service at full application costs. At this time, two dust application options are available:

1. Purchasing Calcium **with** a gravel application = \$877 + GST/ 100 meters (minimum)

2. Purchasing Calcium without a gravel application = \$558 + GST/ 100 meters (minimum)

To apply for the dust control program, please visit LSAC. ca/Dust. Please direct any questions regarding the dust control the Public Works department at 780.785.3411 or PW@LSAC.ca.

## COUNTY LAUNCHES MUNICIPAL LAND CORPORATION

County Council has initiated a process to establish a Municipally Controlled Corporation (MCC) to provide property development and facility management services desirable to the municipality and for the benefit to residents of Lac Ste. Anne County. This entity will be called Legacy Municipal Land Corporation, or Legacy MLC for short. Projects that bring significant benefit to regional communities and residents may not always be seen by the private development sector as having sufficient return on investment. Recognizing this economic barrier, the County has decided to establish a Municipally Controlled Corporation (MCC) to provide property development and facility management services for community-focused projects.

Municipally controlled corporations (MCCs) are for-profit corporations where a municipality (or group of municipalities) holds more than 50 per cent of the votes in electing directors of the corporation. Controlled corporations are similar to other privately-owned business corporations, but must comply with specific requirements under the Municipal Government Act and the Control of Corporations Regulation. Although municipalities maintain the controlling interest in these corporations, day-to-day operations occur at arm's length. More information about Legacy MLC and the Municipally Controlled Corporation process can be found on the County website at LSAC.ca/ Legacy.



### March 26, 2019 Community Voice Page 17 ONEIL CARLIER FIGHTS FOR SENIORS AND THEIR HEALTHCARE PROVIDERS -- Kenney's Plan to Cut and Privatize Health Care Hurts Albertans --

# Submitted by Alberta's you've worked your entire life to help Alberta prosper, you deserve

Onoway — Oneil Carlier applauded Alberta NDP Leader Rachel Notley's announcement this week to open 2,000 more long-term care and dementia beds across the province.

Notley made the announcement today standing next to nurses and caregivers in Lethbridge, which will not only benefit seniors, but also those who take care of them.

"Funding more long-term care beds in every corner of the province ensures that seniors can age close to home and close to family. When you've worked your entire life to help Alberta prosper, you deserve a government that's there for you when you need it." - Oneil Carlier, Lac Ste.Anne-Parkland candidate

The 2,000 new long-term care beds provide benefits to both patients and their caregivers by:

• Reducing crowding in emergency rooms which helps ER nurses and ER team.

• Helping to improve the responsiveness of our paramedics.

• Reducing wait times.

• Ensuring people who need longterm care are being treated in the proper facility. • Allowing nurses and other staff to focus on patients who should be treated in hospital.

• Ensuring long-term care nurses and caregivers get the space and resources they need to care for longterm care patients.

Notley's \$170-million strategic investment ensures the 2,000 new long-term care beds are added over the next five years and that the beds already added under her government are kept operational. Since forming government, more than 2,100 long term care and dementia beds have already been added, the seniors' benefit was protected and increased, and Alberta's first permanent seniors' advocate was appointed.

There are also more doctors and nurses working in Alberta now than ever before thanks to Notley's continued support of our public healthcare system.

"Jason Kenney wants to privatize public health care, but Albertans shouldn't need a credit card to see a doctor or go to an emergency room," said Carlier. "Rachel Notley and our team are fighting to protect and invest in the frontline services that our loved ones depend on."

# HARGES LAID FOLLOWING BREAK & ENTER

Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

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 Gariepy (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.



3rd party billing (AADL, WCB, DVA, FCH) • Personal 0% Financing if Needed For The Latest Technology In Hearing Aids & Assisted Living Device Stop By & See Dawn #220-70 McLeod Ave - Westland Market Mall, Spruce Grove

# Classified Ads - Call 962-9228

### **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 care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop in's or overnight stays welcome. If interested call 780-920-4166 (4) 05-03 OG

### 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** 

FREE for ALL computer immediate check up, while you

watch. Repairs NOT over \$50. Good refurbished computer for only \$100. See it working. Also, parts, screens, batteries, Save, Erase, Update, Recycle, Trade. Call for appointment 780-892-4993 (14) 12-03



Spring Seacan Storage Container Sale: Get your shop, garage, basement back with safe and secure container storage. New 20' \$3800.00; New 20' HC \$4700.00 Used 20' \$3000.00; Used 40' HC \$3900.00; New 40' HC \$6800.00. Used 40' double door HC \$5900.00; 100% Guaranty. Delivery available. We also sell container doors with or without frames. Jason Robinson 780-604-2276 Premium Container Sales 4905-45 Ave. Entwistle, AB (12) 12-03 Z1-Z2-AW

### Firewood

FIREWOOD FOR SALE - Birch, Tamarack & Spruce Pine mix. Poplar \$300/cord. 4x4x8 cords and 1/2 cords. Quality seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (28) 30-10-18 OG

### Services

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (13) 19-02 OG

### Buy & Sell

I buy Guns/Gun Collections & WW2 Collectables. Please call Jay at 780-686-1350 (24) 19-03

### For Rent

2 Bedroom House for Rent in Alberta Beach. Large deck, 2 fireplaces, 1.5 baths, close to lake. \$1200/month + DD same + Utilities, Available May 1st. Call 780-221-8306 (1) 26-03 Alberta Beach Inn & Suites -Nightly, weekly and monthly rentals available, resonable rates. Call 587-763-0351 (13) 18-12**-18** 

Alberta Beach Hotel rooms for rent. Upgraded, very clean & well maintained, shaw cable tv included. \$60.00 per night or \$500.00 per month. Damage deposit is required. Call 780-924-3005 for more information (50) 08-01

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

Downtown Onoway House with 2 Suites, two bedroom apt. whole house \$1200. Seperate entrances and shared laundry. Contact Cheryl at 780-906-1675 (2) 19-03



### **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!

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



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!

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).

APR 6 - JAMBOREE at Sangudo Community Hall starts at 7pm. Late lunch will be served. Admission \$12/person. Everybody welcome. Info call 785-4105 or 305-5088.

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: MARKET: Community Hall. Starts May 1\*. 780-667-6327 or onowayfarmersmarket@ imail com

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

STONY PLAIN: Sat, 9AM-IPM, Downtown, Stony Plain. Nancy 780-962-3993. WESTLOCK: 11-3PM, Bargain Shop Mall, Dave 780-954-2437

#### BINGO

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

CHERHILL BINGO: Tuesdays at Cherhill Community Association. Doors @ 6:30рм, Games @ 7:30рм. CHERHILL LEGION: First Sunday of

Month. Doors Open 12:00PM MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30PM, bingo

7:30рм

7:30PM **RICH VALLEY COMMUNITY HALL BINGO:** 7:30PM. Loonie Pots. Next bingos March 6 & 20, April 3 & 17. **STONY PLAIN SENIOR'S DROP-IN CENTRE**, public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

#### **MEAT DRAWS**

ALBERTA BEACH MUSEUM: Every Sat

ALBERTA BEACH MOSEOM: 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

4:00рм. Located downtown behind the CIBC

#### **MEALS ON WHEELS**

ALBERTA BEACH & DISTRICT: Coordinator - Diane 780.924.2348 DARWELL & AREA: Coordinators - Tracey: 780.915.2621 or Edie:

- Tracey: 780.892.2457

780.892.2457 ONOWAY: LSAC Div 1 & 2, East of Hwy 43. Hazel Bourke: 780.967.2338 or bhbourke@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: 2<sup>nd</sup> Sunday of month. \$6 lunch served. Info 780-991-3001

Served. Info 780-991-3001 SANCUDO: Sangudo Community Hall, 1ª Sat of month 7PM. 785-4105 or 305-5088. \*October - May. SPRUCE GROVE: at Sandhills Community Hall, 3ª 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 2<sup>nd</sup> & 4<sup>th</sup> 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) 3<sup>rd</sup> 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

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

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

0869 SPRUCE GROVE: Wed 8:45Ам at Anglican Church, 131 Church Rd. Anglican Church, 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. 9:00-3:00рм. Info 960-4600.

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

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

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

#### **SOCIAL EVENTS**

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

Welcome BADMINTON: Wed, 7-10рм, 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.

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

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

ab.ca (780)786-2404 ONOWAY COLDEN CLUB: Cards Tuesdays, 1PM. 1<sup>st</sup> Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436. ONOWAY HAVE FUN & GET FIT! Excercise Class with Video La Blast.

APR 14 - SPRING SUPPER & SILENT AUCTION at Zion United Church, Doors open at 4:30pm, Supper 5pm. Tickets: \$15/ Adults, \$5/Under 6yrs. Tickets can be reserved by calling 780-924-3351 or 780-892-2390.

APR 14 - ANNUAL EASTER HAM BINGO & BONANZA, 1:00pm at Calahoo Community Hall. Games start at 2pm. Cost: \$5. Hotdogs, popcorn and pop available for purchase.

# Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056. PANCAKE/BREAKFAST SOCIAL: 3<sup>rd</sup>

Sunday 9:00-11:30AM, Parkland Village Community Centre. \*except June, July, Auaust

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

SANGUDO ART GROUP: Wednesdays 9AM-12PM at Sangudo Community School. Info call 780-785-2112. SPIRITUAL LIVING STONY PLAIN INSPERATIONAL CINEMA & DECLICIONS at DECC. Duilding

INSPERATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-5] St). 2<sup>nd</sup> Friday of month at Building (5413-51 St). 2<sup>nd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032 **WRITERS PROGRAM:** Mayerthorpe Library, I<sup>#</sup> & 3<sup>rd</sup> Wednesday at 1PM.

### MEETINGS

IST 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 6:30-9:30рм, High School. Ages 12-18. 780-305-7233

755 PARKLAND AIR CADETS Thurs, ages 12-18. Info call 405-6585 or www.755aircadets.com.

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

AA - SANGUDO GOLDEN CLUB, Tues 8PM call 786-4402/785-9214/785-3599 AL-ANON - ONOWAY: Meetings are suspended for January thru April inclusively

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

780-962-5205 ALBERTA 55 PLUS: Villenvue Hall at 10AM. Meetings on 2<sup>nd</sup> Tues of month. Info: Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4<sup>th</sup> Tues 7:00рм, Alberta Beach Agliplex.

ALBERTA BEACH AG SOCIETY meets Alberta Beach Agliplex. ALBERTA BEACH MUSEUM meets on

the 2<sup>nd</sup> Wed, 7:00рм at Heritage House 924-3167.

AREA CA BARRHEAD CANCER

HARNHEAD & AREA CANCER SUPPORT GROUP: 4<sup>th</sup> Thurs. 6:30-8:00PM at Barrhead United Church. BARRHEAD ROYAL CANADIAN LEGION, meeting every 2<sup>nd</sup> Thurs, 7PM at the Legion Hall.

CHERHILL COMMUNITY ASSOC. Monthly Meeting 1<sup>st</sup> Wednesday, 8PM at the Hall. 785-2825 **\*Except Jan, July**, COMMUNITY Aug, Sept. CHERHILL SILVER & GOLD SENIORS

CLUB Regular Meetings 1st Tuesday of month, Cherhill Seniors Hall. Call

#### Rosamy 780-785-2625

Rosamy 780-785-2625 CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agliplex. 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, 1<sup>st</sup> Monday, Darwell DDRA MEETING, 7:00PM, 2<sup>nd</sup> Mon, Darwell 892-3099. \*except Jul/Aug/Dec GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30PM, Onoway Heritage Centre. Info Laura, 780-967-1004. GREENCOURT

meet 2<sup>nd</sup> Tuesday. ASSOCIATION meet 2<sup>nd</sup> 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. Tracy: 780-786-0161

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

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

LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3<sup>rd</sup> Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121 MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4<sup>th</sup> Mon, 5PM in Hospital Basement Education Room.

MEN FOR SOBRIETY: Wednesdays at 7:30рм, FCSS Building (#105, 505 Queer 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:

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:00рм, Onoway Legion ONOWAY & DISTRICT HISTORICAL GUILD: 3<sup>rd</sup> Wed 7рм, Onoway Museum. 967-5263 or 967-2452.

**ONOWAY & DISTRICT QUILT GUILD:** Every 2<sup>nd</sup> Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Dixie @ 780 967 0528. ONOWAY ROYAL CANADIAN LEGION

General Meetings, 1st Mon, 7PM. \*Sept-June

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agriplex on the 2<sup>nd</sup> Wed of the month. 7:00 PM. RIVER TALKERS TOASTMASTERS

RIVER TALKERS TOASTMASTERS CLUB Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180. SANCUDO PAINTING CROUP: Every Wind David Japant Sanguido Community

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

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

CANCER

Wed. 6:30-

WESTLOCK & AREA SUPPORT GROUP: 3<sup>rd</sup> V 8:00PM at Westlock Library.













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.

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