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September 10, 2019

SEPTEMBER PULL WAS A GO!

Submitted by Carol Saunders

On August 25, 2019 the OI' Pembina Tractor Pull Society of Sangudo had their last pull of the year.

The weather finally cooperated with us and we had nice weather for the pull. It was nice to have a sunny day and a dry track after the last three years of raining. There was a fairly good turnout for the pull with a sum of 42 tractors. We had a couple of new drivers which haven't been to Sangudo before, also a driver who hadn't pulled in a while.



JOE KOWALCZYK – receiving his cap and ribbon for coming in 1st.



TONY HNATIUK – receiving his cap and ribbon for coming in 1st.

Continued on Page 2

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MINISTER OF JUSTICE ON 'TALKING RURAL CRIME' TOUR

Submitted by Government of Alberta

Justice Minister Doug Schweitzer is hitting the open road to meet Albertans to gain their input and discuss their concerns about the rapid increase in rural crime.

"This government is committed to helping keep Albertans safe, secure and protected, wherever they call home. This includes

spending time outside the province's big cities to hear directly from people about their experiences with rural crime and their insights into it. That is why I'm hitting the road to meet with Albertans to ensure we have a faster, fairer and more responsive justice system to meet their concerns." - Doug Schweitzer, Minister of Justice and Solicitor General

Throughout September, the minister will meet with individual residents, business owners, rural crime watch groups and local officials to hear first-hand their rural crime concerns. To ensure a broad level of understanding of concerns, the itinerary includes both rural and urban municipalities.

Continued on Page 4

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CANADA COAL TRANSITION INITIATIVE

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, wishes to advise that Western Economic Diversification Canada, announced funding of \$4,489,100 through the Canada Coal Transition Initiative (CCTI) for four organizations in Alberta and five in Saskatchewan. This funding supports skills development and economic diversification activities to help communities in both provinces successfully transition to a clean growth economy.

The four organizations in Alberta are:

Cactus Corridor Economic Development Corporation

- Project Description: Hire a facilitator to host strategic planning sessions and provide the Hanna Climate Change Strategy Taskforce with a strategic transition plan.

- Location: Alberta (Special Area No. 2, Town of Hanna, Village of Youngstown)

- Funding: \$95,000

Leduc County

- Project Description: Create an Investment Readiness and

Implementation Strategy (IRIS) based on the key recommendations from several existing strategic economic development studies.

- Location: Alberta (Leduc County)

- Funding: \$428,750

Community Futures Network of Alberta

- Project Description: Deliver planning workshops and coaching services to support new and existing entrepreneurs and community-based organizations.

- Location: Alberta (Parkland County, Leduc County, Battle

River area, Cactus Corridor)

- Funding: \$497,350

Parkland County

- Project Description: Develop a Tri-Municipal Sub-Regional Plan to enable three municipalities to strategically align land use, municipal services, infrastructure investments and co-ordinate and integrate policies, programs, and systems.

- Location: Alberta (Parkland County, Town of Stony Plain, City of Spruce Grove)

- Funding: \$2,200,000

September Pull was a Go!

Continued from Page 1

I first used the 530 Case at the 2019 OPTPS June Farmers Day Event. In Class 1, I won second place! I was happy to receive a ribbon and cap. I also won a driver's draw... a \$50 UFA Bulk gift card."

We had a new announcer for the August pull, this was the first

time he did the announcing for us. Henri Therrien of Sangudo announced and he did an excellent job.

The Shura Family served lunch for the day again. There was hamburgers, hot dogs, taco salad, pie and a selection of other goodies. A very good lunch was served to us all.

Mary Jane Sunstjens served

supper on Sunday after the tractor pull was finished. The two helpers that helped with supper were Eva and Anna Klassen of Sangudo. They served a supper of roast beef, 2 different types of potatoes, corn on the cob, cole slaw, Caesar salad, pickles, homemade bread and buns with ice cream for dessert. You ladies served a very delicious meal to

all of us, a very big hand to you for your hard work!

We would also like to acknowledge all the helpers and volunteers who so generously spend the time to help with the different jobs to be done.

Our next tractor pull will be the second weekend in June 2020. Hope to see you all at the pull, have a nice fall and winter.

JOKE OF THE WEEK

THESE ARE EXCUSE NOTES FROM PARENTS (WITH THEIR ORIGINAL SPELLING), COLLECTED BY SCHOOLS FROM ALL OVER THE COUNTRY.

- My son is under a doctor's care and should not take P.E. today. Please execute him.
- Please excuse Pam for being absent from skool. She was sick and I had her shot.
- Dear School: Please excuse Cecil being absent on June 28, 29, 30, 31, 32, and also 33.
- Please excuse Gloria from Jim today. She is administrating.
- Please excuse Jennifer for missing school yesterday. We forgot to get the Sunday paper off the porch, and when we found it Monday, we thought it was Sunday.

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WATER QUALITY ADVISORY LIFTED FOR THE SUNSET POINT CAMP BEACH AREA OF LAC STE. ANNE

Submitted by Alberta Health Services - Health Advisory

ONOWAY – Effective immediately, Alberta Health Services (AHS) has lifted the water quality advisory that was issued July

19, 2019, for the Sunset Point Camp Beach area of Lac Ste. Anne, located within the North Zone of AHS.

Water quality has returned to an acceptable level and the health risk is low for usage of the beach for recreational pur-

poses.

As always, visitors and residents are reminded to never drink or cook with untreated water directly from any lake or reservoir, at any time.

Alberta Health Services is the provincial health authority

responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

Minister Of Justice On ‘Talking Rural Crime’ Tour

Continued from Page 1

“First-hand conversations with Albertans will help ensure our actions truly reflect where Albertans are today. We recognize the unique vulnerability of Albertans in rural areas. We want to work with them to ensure our justice system reflects the realities of rural Alberta and has the tools and resources necessary to ensure rural Albertans

feel their justice system protects them, their loved ones and their property.” - Doug Schweitzer, Minister of Justice and Solicitor General

The minister’s tour begins Sept. 5 in Bragg Creek. It will include communities from Fairview in the north to Raymond in the south, with many locations in between. The itinerary is subject to change.

Tour schedule

Thursday, Sept. 5

- Bragg Creek
- Springbank

Friday, Sept. 6

- Red Deer

Tuesday, Sept. 10

- Lacombe-Ponoka
- Athabasca

Wednesday, Sept. 11

- Slave Lake
- Fairview

Thursday, Sept. 12

- Grande Prairie
- Whitecourt

Monday, Sept. 16

- Cheadle

Tuesday, Sept. 17

- Lethbridge
- Coaldale

Friday, Sept. 20

- Airdrie
- Drumheller

Monday, Sept. 23

- Drayton Valley

Monday, Sept. 30

- Okotoks
- Raymond
- Medicine Hat



LAC STE. ANNE COUNTY PARENT LINK / EARLY CHILDHOOD DEVELOPMENT INITIATIVE FREE PROGRAMS IN SEPTEMBER

STAY & PLAY

September 18 & 25 | 9:00 am - 11:30 am

— and —

September 18, 19, 25 & 26 | 12:30 pm - 3:00 pm
Parent Link Room, Onoway Heritage Centre



Drop by to enjoy a coffee, visit, and browse through the resources while your kids explore the awesome toys and sensory bins.

Free Drop-in program — no need to pre-register.

BABY NETWORK

(in partnership with Alberta Health Services and the Onoway Public Library)

Thursdays, September 19 - October 24

10:45 am - 12:15 pm

Parent Link Room, Onoway Heritage Centre

Meet other parents and discover parenting strategies. Learn about great resources in your community, infant massage, dental care, speech & language development, introduction to solid foods, self-care & depression around childbirth, and much more!

Pre-registration is required. Please contact Alberta Health Services at 780.967.4440 to register.

To register, or for more information, please contact Parent Link/Early Childhood Development Coordinator Cathy Steeves: 780.785.3411 / 1.866.880.5722 or email csteeves@LSAC.ca.



GOLFER'S GUIDE

HELP KIDS LEARN THE GAME OF GOLF

Adults who play golf know just how fun and frustrating the game can be. Whether you're a veteran golfer or someone just learning the links, golf can be challenging.

But as exacting as the game can be, it also can be just as rewarding, even for kids. Children who embrace the game of golf will learn a host of lessons they can apply in all facets of life. A humbling game even for professional golfers, golf can teach kids lessons in humility and the value of persistence even when things aren't going your way.

Golf is also a great way for parents to get kids off the couch and outdoors for some fun in the sun. Instead of spending summer afternoons in front of the television, kids who play golf are out patrolling pristine golf courses while getting some cardiovascular exercise along the way. Golf can also strengthen a child's hand-eye coordination, which can help them in other activities, including many different sports.

Though many people do not begin playing golf until they've reached adulthood, it's never too early for boys and girls to start learning the game of golf. Parents of preschoolers can start their kids off with a toddler play set. Though it's just a toy, a play set can help lay a solid foundation for future golfers. Kids who have watched Mom and Dad play golf or practice their swing can develop their own swings on their play set.

As kids approach school age, don't overlook the nearby putt-putt or miniature golf range as a valuable teaching tool. Miniature golf clubs are small enough for many children to use comfortably, and kids can use miniature golf courses as a place to put any lessons or advice on putting to good use. What's more, a miniature golf course is more than just golf, with creative courses and other fun activities, so kids won't feel overwhelmed with golf.

When kids move on from preschool to elementary school, some might want to tag along with Mom or Dad to the driving range. You should try to avoid overwhelming

kids with too much instruction or information. Instead, keep things as simple as possible, teaching them the basic swing and encouraging them no matter how quickly they adapt.

As kids enter middle school and approach high school, those who are enjoying the game of golf can take advantage of the driving range if they haven't already begun to. A driving range typically has markers that indicate the distance of a regular hole, regardless of which tee you will play from on an actual golf course. Kids can aim for holes at shorter distances to learn how far their drives are going. You can then adjust the lessons you teach

your children based on how far youngsters can drive the ball.

As a child gets closer to high school, you might want to buy the child his or her own set of clubs. Look for inexpensive clubs (oftentimes, thrift stores or other secondhand retailers have clubs for sale) because growing children will eventually grow out of their first set of clubs. When your child finds a set of clubs that suits him or her, teach the proper way to swing and consider signing up your son or daughter for lessons. Those first few lessons can prove invaluable, turning a pastime into a passion kids will carry with them throughout their lives.



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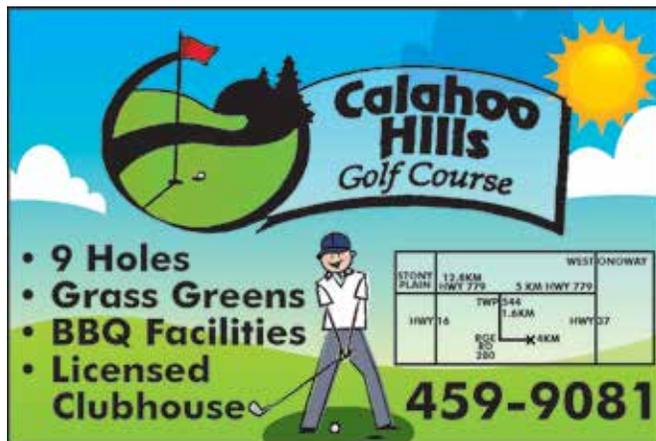
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SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Submitted by Alberta Health Services – ahs.ca

This month marks Prostate Cancer Awareness Month. The annual event is an opportunity to educate North Americans about the importance of prostate health and to provide information about prostate cancer.

Prostate cancer is the most common cancer facing men in

Canada. One in seven Canadian men will be diagnosed with prostate cancer in their lifetime. Every year, about 21,000 Canadian men are diagnosed.

Any man can develop prostate cancer but you may be at a higher risk if you have a family history of it, or if you are black, overweight or over the age of 50.

Common prostate cancer symptoms include:

- Urination problems
- An urgent need to urinate
- Frequent urination, especially during the night
- A burning sensation or pain when urinating
- Being unable to urinate, or having problems starting or stopping urine flow
- Blood in urine or semen.

If you have any of these symptoms, tell your doctor or call

811.

The prostate is a small gland that is part of the male reproductive system. Normally about the size of a walnut, it is located just below the bladder.

If you have been diagnosed with prostate cancer, you can find more information, including biopsy, treatment options and support groups, online at prostatecancer.ca.

HEALTHY IDEAS FOR BACK-TO-SCHOOL SNACKS

Submitted by Alberta Health Services – ahs.ca

Whether your kids spend their after-school time at home or on their way to an extra-curricular activity, they may be hungry. Plan and pack healthy snacks so your children get the right energy they need to grow and be active.

• Offer snacks at least two hours before dinner to keep your child from being too full at meal time.

• Choose foods from two of the four food groups from the new Canada's Food Guide (available online in 28 languages) at snack time.

• Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab when you're heading out the door.

• Keep a small supply of non-perishable snacks such as unsalted nuts, pretzels, or whole-

grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole-grain crackers, mini whole-grain pitas, or apple slices.
- Peanut butter, soy butter or almond butter spread on a whole

wheat tortilla and rolled around a banana. (Keep in mind that nut butters may not be allowed at some schools and sporting events because of allergies.)

• Low-fat yogurt with fresh, frozen, or canned fruit.

• Pair snacks with water, milk, fortified soy beverage, or 100-per-cent fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information, search "healthy snacking" at ahs.ca.

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- **Roman riding**
- **Mini broncs**

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- **Mini Broncs**

SUNDAY @ 1:00PM

- **Mini Broncs**
- **Champions Crowned**



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PARKLAND RCMP DETACHMENT OPENS ITS DOORS



Submitted by Parkland RCMP

Spruce Grove, Alta.—The new Parkland RCMP detachment is officially open for business. To mark the event, City of Spruce

Grove Mayor Stuart Houston, Town of Stony Plain Mayor William Choy and Parkland County Mayor Rodney Shaigec were on site for the inaugural flag raising at the detachment.

The new detachment has con-

solidated employees from the previous Stony Plain and Spruce Grove detachments along with Traffic Services, formerly located in Edmonton.

Hours of operation for front desk service is Monday to Fri-

day from 8 a.m. to 5 p.m.

Members of the public will be invited to a grand opening event in October. More details on that event to come.

RCMP REQUEST PUBLIC'S ASSISTANCE TO IDENTIFY SUSPECT MALE

Submitted by Parkland RCMP

Stony Plain, Alta. - On Sept. 1, 2019 at 5:20 p.m. Parkland RCMP responded to the report of a theft from a local liquor store. A witness reported the theft and provided police with descriptors of the suspect's truck and license plate. Police checks revealed the license plate was stolen.

The suspect is described as:

- Male
- Caucasian
- Approximately 45-years-old
- Grey hoodie

The truck is described as:

- Dark colored Ford F150
- Dirty
- Extended cab
- Pedal bike in the box
- Alberta license plate BFF 7902

The RCMP are requesting the public's assistance. If you recognize the male or have any information to assist with the investigation, please contact the Parkland RCMP at 780-968-7267 or your local police detachment.



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SEPTEMBER 2019



fall HOME RENO GUIDE



HOW TO LEVEL AN UNEVEN YARD

Many things can cause a yard to be uneven. Drainage problems, leaky pipes beneath the grass and pests can wreak havoc on a yard, resulting in uneven turf that can be both unsightly and unsafe.

Addressing an uneven yard might be homeowners' ultimate goal, but the home experts at BobVila.com note that homeowners should first figure out what's causing the problem and make fixing that their first task. Fixing uneven ground above leaky pipes will only be a temporary fix if the leaks themselves are not addressed. Professional contractors might be necessary depending on what's causing the problem. However, once the underlying issue has been addressed, many homeowners can handle the task of leveling an uneven yard on their own.

- Get the right tools and materials. Leveling an uneven yard may require various tools. Thatch will likely need to be removed from the lawn before it can be leveled out, so homeowners will need a thatch rake or dethatching machine to get this task started. Dethatching machines are generally necessary for especially large lawns, and these can typically be rented from home improvement retailers. A shovel, bow rake and push broom are other tools homeowners will likely need. Materials such as topsoil, compost and sand will be necessary as well, and these are typically sold at local garden centers.

- Fill in areas beneath the grass. Areas beneath the grass can be filled in with a mixture of sand, topsoil and compost. The experts at Bob-

Vila.com advise using two parts sand, two parts topsoil and one part compost. Each of these components plays its own role in restoring the yard to full health. Sand helps the ground stay level, while the topsoil and compost provide the grass with valuable nutrients. If the low spots are not especially deep, this mixture can be applied without removing the grass. However, before filling in holes when addressing spots that are deeper than two or three inches, remove the grass then place it back in place once the hole has been filled. To dig up the grass, put the blade of the shovel at the outside of the low spot before sliding it under about two or three inches so you do not upset the grass roots.

- Spread the top dressing. Once the holes have been filled and the grass has been

placed back on the ground (if it was removed), spread the top dressing mix with a shovel. The mix should be spread evenly with the back of the bow rake at a depth of no more than half an inch. Make sure the mix is worked into the low spots and that it's not completely covering the lawn. If necessary, use the push broom to work the mix into the soil.

- Water the lawn. Finally, water the lawn to help the top dressing settle into the grass. If necessary, repeat the process of applying top dressing and watering until the lawn is even and has returned to full strength.

An uneven lawn is an eyesore and potentially harmful. But fixing an uneven lawn is simple once homeowners discover and address what's behind the issue.

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fall HOME RENO GUIDE



WHAT CAUSES CURLED SHINGLES?

No homeowner wants to look at the exterior of his or her home and see roof damage. Such damage may lead homeowners to think they need a new roof, a potentially costly expense that can quickly throw household budgets into a state of disarray.

According to the HomeAdvisor, the average homeowner spends a little more than \$7,600 installing a new roof. In addition, homeowners who see roof damage can rest assured that not all roof problems will necessarily require a replacement roof to be installed.

Curled shingles are a problem many homeowners have encountered. This particular problem is not always indicative that a roof is on its way out. In fact, the home improvement resource This Old House notes that, as asphalt shingles age, their corners often begin to curl downward or upward. Homeowners who notice this early enough can glue down the curled section

of each shingle that's beginning to curl.

Some shingles may be curling because they're defective. Fortified Roofing, a New Jersey-based roofing company that specializes in the repairing and replacing of various roofing configurations, advises homeowners to contact a local roofing professional to diagnose the cause of the curling. Doing so quickly can prevent curled shingles from contributing to more widespread damage.

Moisture and poor ventilation may be contributing to curled shingles as well. Homeowners with attics in their home may see curled shingles on their roofs because moisture is building up in their poorly ventilated attics. In addition to causing damage such as curled shingles, a poorly ventilated attic allows moisture to build up, potentially contributing to mold growth.

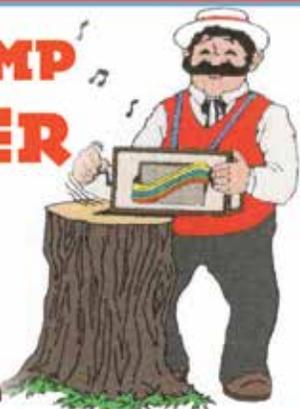
Improper roof installation also

may be the culprit behind curled shingles. When a roof is not installed correctly, shingles may not be aligned or nailed down in the right way. This might be what's causing shingles to curl on recently installed roofs.

Curled shingles are unsightly

and can pose a significant threat to a home if not addressed promptly. Homeowners can protect themselves and their roofs by working with skilled roofing professionals, who can diagnose issues like curled shingles and offer the right solutions.

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ARRANGE FURNITURE, DESIGN ROOMS MORE EASILY

Redesigning a room can involve several steps, from choosing a paint palette to taking down walls to buying new furniture. When it comes time to put the space back together, finding an appealing furniture arrangement or layout renovation that maximizes space efficiently can be challenging if it requires moving heavy pieces of furniture around. To make such tasks easier, homeowners can rely on a bevy of room-designing apps that enable one to manipulate a room in the digital realm.

Some people have great spatial reasoning and can work out designs in their head or by plotting items on graph paper. But many homeowners may need a little extra help. By figuring out a floor plan, anyone can start laying out

their furniture and other design elements.

Room planners come in various forms, from free downloads available through popular furniture companies to pay-for-use, third-party software. The following are some of the more popular room planners homeowners can utilize.

- Amikasa: This app enables users to create room layouts using furniture and more from real brands. It features a walk-through mode so you can take a virtual tour afterwards.

- Autodesk Homestyler: Brought to you by the company that produces professional design programs for architects and designers, like AutoCAD, Autodesk and Revit, this user-friendly technology allows

you to create 3D renderings and move around furniture, decorative items, appliances, and other elements right in the app.

- Floor Plan Creator: Start with the basics by plotting out precise and accurate floor plans. This app enables you to create multiple floor rooms in 3D and get automatic figures for perimeters, walls and more.

- Ikea Home Planner Tools: The free, easy-to-use home planner tool from the popular furniture giant enables you to see how items from the store can look in your space - before you bring it home. The Kitchen Planner from the company also makes it simple to enter Ikea components and see how much the proposed kitchen design may cost.

- Magic Plan: This is another

popular feature-filled app for planning designs. The technology even allows you to take a picture of your existing room and create floor plans.

- Planner 5D: This is an extensive room-design tool that helps you design rooms down to the smallest architectural details. It also can be taken outdoors for landscaping and pools, utilizing 3D graphics.

- Room Scan Pro: This app draws floor plans simply by having you hold the phone up to a wall. The software will then scan the circumference and plot out the requisite measurements.

These are just a few of the room planners that can make it easier to see what a finished design product may one day look like.

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HOME INSPECTIONS 101

The process of buying a home can be unlike any experience prospective buyers have ever had. After finding a home they like and coming to an agreement on a sale price with the seller, buyers can expect to add many items to their to-do list. One of the first things to jot down on that list is scheduling a home inspection.

Home inspections are a vital part of the home buying process. Such inspections can protect buyers as they're on the cusp of making what will likely be the most significant investment of their lives. Understanding the home inspection process can help buyers during an exciting yet potentially nerve-racking time in their lives.

What is a home inspection?

The American Society of Home Inspectors defines a home in-

spection as an objective visual examination of the physical structure and systems of a house. Inspectors will conduct visual examinations from the roof to the foundation of the home. Additional structures on the property, such as sheds or detached outdoor living areas, are not typically included in the examination.

What do inspectors examine?

The ASHI notes that inspectors will examine the condition of various parts of the home. The heating system, central air conditioning unit, interior plumbing and electrical systems, roof (though inspectors will not climb onto the roof), attic and insulation will be examined. Inspectors also will examine walls, ceilings, floors, windows, doors, the foundation of the home, basement (or crawl space), and structural com-

ponents.

Can a home fail inspection?

Homes cannot fail home inspections, which are just assessments of a home's existing condition. Municipal inspections are separate inspections conducted by government agencies to verify that a property is in compliance with local codes. Home inspectors will provide detailed reports describing the condition of a home and indicate if any repairs are in order.

Do I really need a home inspection?

A home inspection is a vital component that can help buyers make the most informed decision possible. Forgoing an inspection can leave buyers vulnerable to potentially costly repairs and issues with a home that might have been detected with a prop-

er home inspection. In addition, some lenders insist that buyers have home inspections conducted before they will allow them to borrow money.

Home inspections can protect home buyers as they prepare to make the most significant financial investment of their lives. More information about inspections can be found at www.homeinspector.org.

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THIS DESIGN TREND IS COMING BACK

Design trends come and go, but some have a funny way of resurfacing years after they first became popular. Homeowners who may have been considering renovating their home to remove a design element they believe to be passé might want to see if that feature has exper-

rienced a resurgence in popularity. In fact, one of the more derided home decor trends of yesteryear has slowly crept back into style, albeit in moderation.

Wood paneling is back and better than ever, advise many design professionals. It's the

formerly ugly duckling that filled homes starting in the 1950s, creating drab dens and faux-wood family rooms.

Paneling had long been an element of choice because it is relatively easy to install and can camouflage problem walls in a home, like those covered in

boisterous wallpaper prints.

Wood paneling reach the peak of its popularity in the 1970s, and since then homeowners have been tearing down these faux offenders for years or masking them in paint to brighten up spaces. However, the experts at Apartment Therapy report that wood paneling in shades of brown are making a comeback in cozy spots such as dens or studies. The warm tones of wood paneling elicit a retro vibe. But unlike their fake predecessors, today's paneled walls are being outfitted in real wood, making them more eco-friendly and stylish than ever before.

Designers have flocked to reclaimed wood and veneer panelings to incorporate them into design elements. And while wood paneling used to be hung vertically, designers now experiment with hanging paneling.

Many people no longer use paneling to cover an entire space. Paneling is used sparingly as an accent wall or another feature for character. Wood walls can be stained in a rich mahogany to look upscale or be weathered and rustic.

Homeowners ready to re-embrace wood paneling can choose to enhance one wall in a room. Think about the space above a fireplace or a strip of wall behind a sitting chair and side table. Paneling also can serve as a headboard behind a bed in a master suite. Painted horizontally, paneling can add dimension and texture to walls, even in a bathroom.

Wood paneling is slowly making a comeback, proving that no design trend every truly goes away.



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EXTERIOR RENOVATIONS THAT IMPROVE CURB APPEAL

Neglecting a home's exterior can be a disservice to homeowners, particularly those looking to increase the value of their homes. Curb appeal is important, as a home's appearance can greatly affect prospective buyers' perceptions.

Knowing which projects can offer the most bang for their remodeling buck can help homeowners make the right choices when improving the exterior of their homes. The following are some areas where homeowners can direct their focus if their end goal is a great-looking home with added value, as determined by the 2019 "Cost vs. Value Report" from Re-

modeling magazine. This report compares the average cost of 22 remodeling projects with the value those projects retain at resale across 136 markets.

- **Garage door replacement:** Homeowners can recoup 97.5 percent of their investment on a new garage door. This remodel tops the list for good looks and value. The average cost of \$3,611 is for replacing an existing two-car garage.
- **Manufactured stone veneer:** Replacing a portion of vinyl siding with stone veneer can greatly improve curb appeal, adding style that can set a home apart. Homeowners can expect to recoup a 94.9 percent

return on their investment.

- **Wood deck addition:** A wooden deck on the rear or side of a home enhances homeowners' ability to enjoy the outdoors year-round. A wood deck addition recoups 75.6 of the cost of homeowners' initial investment.
- **Siding replacement:** Not only does old or weathered siding look unsightly, it can impact the energy efficiency of a home. Even though a siding replacement project is costly - at roughly \$16,000 - it offers a 75 percent return and peace of mind that the home is being well-protected from the elements.

- **New entry door:** Replacing an existing door with a 20-gauge steel door complete with clear dual-pane half-glass panel, jambs and an aluminum threshold with composite stop gets homeowners 75 percent of their initial investment back at resale. Improving the door isn't all about good looks, either. A door that isn't well-insulated or secure can be problematic.

In addition to these improvements, homeowners would be wise to focus on some upgraded landscaping, an upgraded roof, new windows, and improved exterior lighting as surefire ways to add curb appeal and potential value to their homes.

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FIX WET SPOTS IN THE LANDSCAPE

Grass that is greener than green coupled with perfectly manicured shrubs set the tone for impressive curb appeal. Creating such landscapes requires hard work, and while doing such work, homeowners may find they have to contend

with certain issues that are adversely affecting their lawns and gardens. Wetness in a landscape is one problem many homeowners encounter. Wet areas in a lawn not only become muddy and messy, but they also can cause permanent

damage to the grass. Puddles can kill the roots, while wet spots can freeze and damage the lawn. Particularly problematic spots can remain soggy for days, while some people find their yards are seemingly always wet.

Wet spots can be caused by various factors. Compacted soil may prohibit adequate drainage, as can heavy clay or less porous soil materials. Landscape grading issues may be another concern. Neighbors who have home downspouts that extend into their yards may be pushing roof water into other areas, contributing to puddles and problems. Understanding what is causing the issue makes it easier to treat.

Heavy, compacted soil can be aerated and amended with sand and compost. Tilling the soil and mixing in these soil additions may help prevent further drainage issues.

Homeowners may need to have

their property professionally regraded to alleviate wet issues. Otherwise, the installation of a drainage system may be necessary. An underground trench or pipe can redirect water from wet areas to sewers. (Check with local municipalities about the legality of draining water properly.) Another potential solution is to build up low-lying areas that collect water with soil.

Homeowners who want the path of least resistance may consider embracing the wet spot of their landscape by turning it into a man-made pond. Lining a pond and installing an air pump will help circulate the water and keep it from becoming a breeding ground for mosquitos.

Water issues in a landscape can be a tough nut to crack. But identifying the problem can help homeowners resolve soggy lawns and landscapes.

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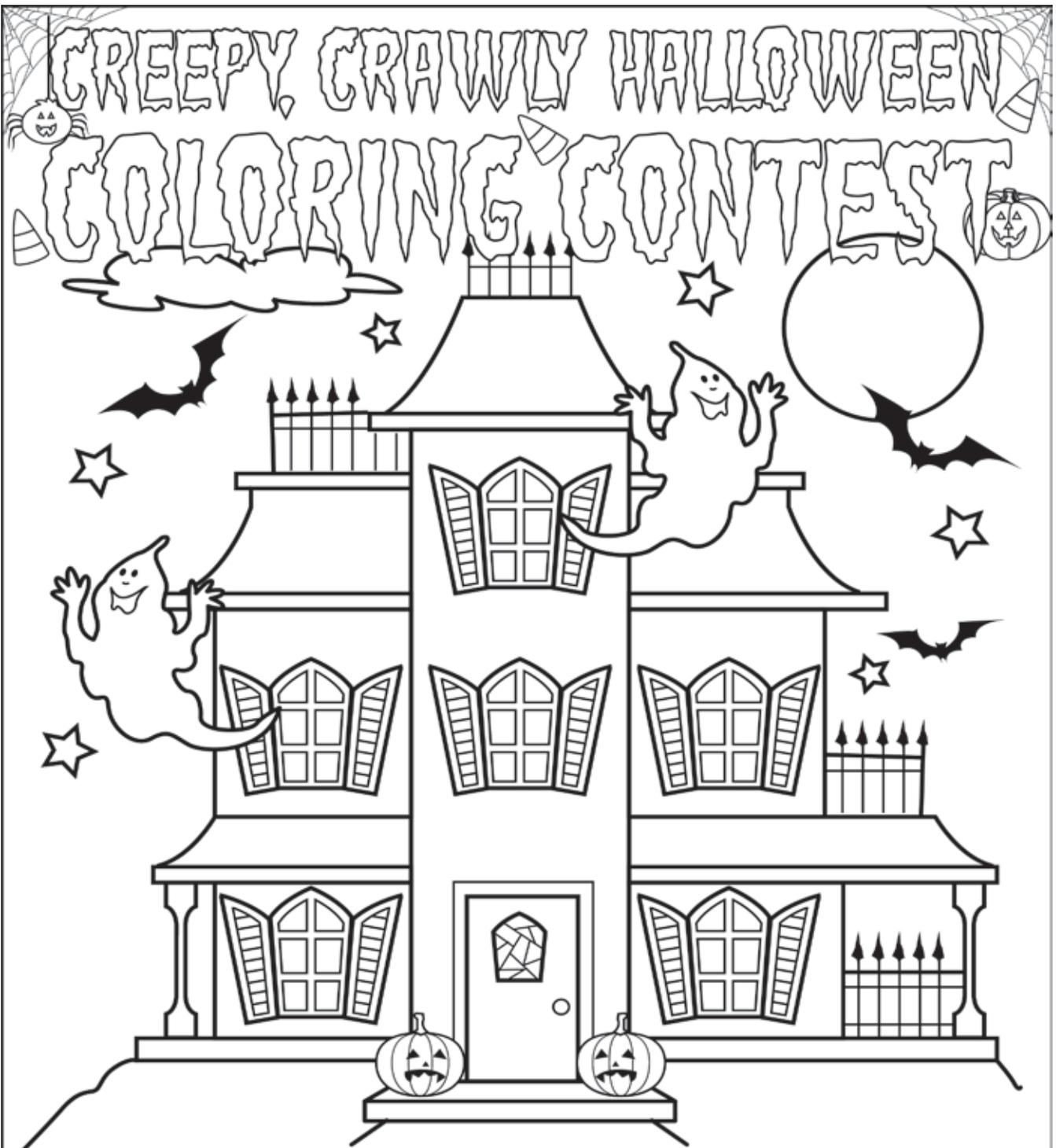
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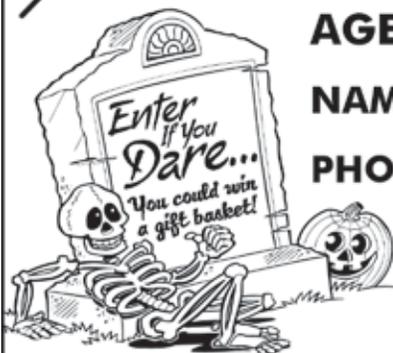
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WWI & WWII Memorabilia Estate Sale for Traffic Air Inc & Les Mroz

Wednesday, September 11, 2019 at 6:00PM

Viewing at 3:00PM *This sale will be a combination of live and silent auction*
Norwood Legion 11150 82 St NW Edmonton, Alberta T5B 2V1

- HIGHLIGHTS:**
- Collectible Art by Robert Bailey and other well known artists inspired from the Pilots of the Second World War. Some paintings signed by the actual pilots!
 - Assorted Artifacts from both World Wars • Memorabilia • Soldier Uniforms
 - Collector Plates & Books • Medals & Accessories

RETIREMENT SALE FOR ROZ KRUGGEL

Thursday, September 12, 2019 at 6:00PM

Rge Rd 1311, Secondary Highway 37 Onoway, AB T0E 1V0

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NOTES FROM THE ONOWAY LEGION

Submitted by Submitted by Onoway Royal Canadian Legion

Reservations for Friday Dinners For some time now, the Legion has asked for reservations for the Friday night meals. That helps ensure that there's enough food prepared for the expected numbers. People have been really good about making reservations by the Wednesday before each meal, but another problem has come up.

Many times, people have called to make reservations after the Wednesday deadline. Those people are put on a waiting list, hoping that someone will cancel at the last minute. However, many people simply don't show, after making a reservation! Please, for everyone's sake, if your plans change and you won't be able to attend a dinner after you've reserved, text 780-340-0760 to cancel. That way, someone on the waiting list can be included in your place!

Your support of the Legion and our Friday night suppers is greatly appreciated. When you support the legion, we pay it forward through support of veterans and their families, seniors, and the youth of our community.

September 20 Dinner

Yes, there'll be a meal, but details must still be settled. Watch for details next week, or on Facebook.

Kitchen Manager Required!

So that the weekly Friday dinners can continue for the community, the Legion is asking for a volunteer Kitchen Manager. That person is not expected to cook, but is purely an administration position. The manager will provide guidance to the volunteer coordinator, Friday night dinner coordinator, special events/functions coordinator, and kitchen administrator. This applies only to the regular Friday night dinners!

The Kitchen Manager will organize and coordinate the other volunteers, making sure they're in place and trained. He/she is also responsible for managing the Friday dinner finances and related record-keeping, and helping

WHISTLERS CAMPGROUND WILL REMAIN CLOSED IN 2020

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is saddened to hear that even though Parks Canada announced in 2016 the closure of Whistlers Campground in Jasper National Park for the 2019 season, I have learned that the campground will now remain closed until 2021. "Although other front-country

campsites in 10 campgrounds in Jasper National Park will be open for the 2020 camping season, Whistlers Campground closure is heartbreaking news for all our local businesses who rely on tourism for their livelihood as well as for students looking for summer jobs at this well sought-after campground," stated MP Eglinski.

For more information: <https://www.pc.gc.ca/en/pn-np/ab/jasper/visit/carte-FII-map/whistlers>

Notes from the Onoway Legion

the dinner coordinator to fill each open Friday.

Contact Carol at 780-967-0607 or by email at oldcrone11@gmail.com if you feel you have time to help keep Friday night legion dinners happening.

Throwing Darts Begins Again

The regular darts group starts again on Tuesday, September 10. It's a drop-in league, and spare darts are available if you want to

try it first. Play begins at 7 pm, but please arrive a bit early so you can be included on a team. Cost is just \$3 each week, plus some kind of snack if possible. The bar is always open.

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Pictures Available on: parsons-auctions.com

SEPT 26 AUCTION

FOR: STEVES PAINTING & OTHERS

LOCATED: 6124 – 46 Street, Barrhead Industrial Park. From Grizzly (GMC) Trail Motors – Take 62 Ave 3 blocks E Turn S

THURSDAY EVENING, SEPTEMBER 26TH AT 5:00PM

FIRE ARMS: * REM 30-06 w scope, auto * WIN 308 BA w scope * 303 Rifle * CIL 22 LR auto * CBC 22 LR * Ruko 223 * 177 Pellet Gun * Browning Magnum 12ga Auto w vent * WIN 12 ga Auto w vent rib * Mossberg 12ga Pump w vent * JC Higgins 12ga pump * Double Barrel 20 ga * Mini 410 SS * Selling at 5pm * Seniors 12V Scooter * Medical Bed

COMPLETE BUSINESS SELL OFF FOR STEVES PAINTING: * 1993 Ford Cube Van w rebuilt diesel, auto trans, 16' box, hyd power ingate, nice * Genie Z-60 Scissor Lift w/ 60' lift, power work stand * 1979 IHC 2T Truck w 4spd/revers, good rubber, cargo boxes, 28' Versalift, 300lb man basket, * GRACO Professional/Commercial Sprayers (Ultra 395 w/smart control) (333 Airless) * SKID STEER (Pallet Forks) (Extra Frame) (Post Puller AH) (6' Hi Flow Rotoiler) * 3 Pt Post Pounder * Roller Conveyer * Lots of Paint Items

FARM EQ: * 14' CS247 DT Cult w 16" Sweeps * Brandt 51x8 pto auger w new gear box, 12V Winch, VG Belts * WF 41 x 7 Auger w 16hp ES Kroler w good flighting, Eltc Winch, VG Belts

SEPT 27 AUCTION

FOR: MEL TURNER

LOCATED: (From Barrhead – 14 mi S on Hwy 33 to 57131 Hwy 33) (From Onoway – Go Westerly on Hwy 43 to Junction Hwy 33 Then 13 mi N to 57131 Hwy 33)

FRIDAY EVENING, SEPTEMBER 27TH AT 5:00PM

EXCELLENT JCB BACKHOE AND SHOP EQ: * Nice One Owner JCB 214 Series 3 Tractor Back Hoe w (3876hr), FWA, Nice Bucket, Extended Back Hoe, Very Nice, Cared For * DeVilBliss 220 Shop Comp * Floor Drill Press * Bench Grinder * HD Vise * Fomey 180 Welder * Cut Torch * Hyd Jacks * ¾ & ½ Air Impact * Hand & Power Tools * Plus – Wood Hobby Tools, Table Saw, R/Arm Saw, Scroll Saw, Nailers, Staplers, Mini Wood Lathe * Fuel Tanks – Tidy, 500, 1000 w stands * Transit * Oils, Solvents, Shop Misc, Beer Fridge

GOOD YARD EQ: * JDX300 Ride Mower w(103 hr) * Hardi Trailing Sprayer * 2W Wheel Barrow * Yard Tools, Trimmers, Ornaments, Patio Set, Tubs, Ext Ladder, Pres Tank, 2 Water Cond, Plastic Pipe

RECREATION: * 2006 GN 26FT Holiday Trailer * New 5th W Hitch * Honda EB 2200 X Generator * 2 Bikes * Camping Items

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WATCH OUT FOR ONE ANOTHER

Visible signs of recent flooding can be found in damaged properties and waterlogged fields, but the lingering social impacts on local producers are harder to spot.

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

This August, Lac Ste. Anne County declared a State of Agricultural Disaster due to unprecedented rainfall for a third consecutive year. This has resulted in an inability for producers to harvest livestock feed, and degraded value for what little they are able to salvage. A catastrophic event like a flood brings with it obvious physical and financial fallout, but it also triggers social aftershocks as increasingly desperate farmers and ranchers deal with acute stress, clinical depression, anxiety and post-traumatic stress disorder.

The impacts of flooding on the physical and mental health of regional producers can be extensive, and it often falls on family,

friends and neighbours to spot the emotional consequences. You may not work in the ag sector — but you likely know someone who does. Keep an extra watchful eye on them. Stop by and see how they're doing. Instead of saying "just let me know what you need," asking "What do you need?" is more likely to elicit a response.

Alberta Health Services provides a 24-hour mental health hotline at 1.877.303.2642 for regional producers and their loved ones suddenly dealing with more than they can handle. If you see someone who's struggling, please don't let them suffer alone. By helping those hit hardest by recent events, we will keep the fabric of our communities strong.

STORY TO TELL?

Know of a good event going on in the community? Ever wanted to write up a local event for the Community Voice?

If you have any good ideas for articles or would like to submit a story for the paper

Email it to news@com-voice.com or just fax it in at (780) 962-1021.

Please call us at (780) 962-9228 for more information.

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

Community VOICE
Keeping You and Your Community Informed

RIDING UPDATE – MONTH OF AUGUST 2019

Submitted by Jim Eglinski, MP – Yellowhead

It's that time again! Summer is winding down; the 2019-2020 school year is starting, and a federal election is on the horizon.

I've been busy during the month of August visiting constituents, answering your letters/emails, attending meetings and participating in events.

As reported in my July update, on July 27th I attended the Yellowhead EDA's 'Meet and Greet' BBQ, followed by an EDA meeting that afternoon and later that day I participated in the 70th Anniversary of Fallis Community Hall.

On August 2nd I was in the Edson office catching up on emails and phone calls. That afternoon, at the Parkland Lodge in Edson, I was proud to present a 100th birthday certificate to Else Folkinga.

On August 3rd I participated in the Peers Gold Dust Daze Parade and Flag Raising. Later that day I attended an event at Cadomin Legion.

During the week of August 5th, I spent time in the riding office catching up on a few things and on Wednesday, I attended the West Fraser 300 millionth tree planting event at the Gregg Cabin Recreation Area. I was off to the Jasper Rodeo that afternoon where I mingled with constituents.

On Thursday, I left for Ottawa where I met the next morning with the movers to go over the items to be returned to Edson.

On Saturday, I was in the Ottawa office clearing out my desk and getting things ready for the move on Monday.

On Sunday, I attended the third cross Canada PTSD awareness motorcycle event called 'The Rolling Barrage'. This Ottawa event was held to raise awareness and peer support for retired and active military, police, fire and First Responders suffering from PTSD or Operational Stress Injuries.

On Monday, August 12th, the movers were at my apartment and then at my Parliament Hill office for more packing. It was a long, sad day for me. The next morning, I returned to the riding.

On August 15th, I drove back from a meeting I had in Lethbridge on the 14th. On the 16th I attended the Paul First Nation Powwow

2019 Grand Entry.

On Saturday, I was at the Wildwood AG Society Annual Fair breakfast to celebrate their 80th anniversary. Later, I attended the Commemoration of 14 previously unmarked graves of Veterans at the Glenwood Cemetery in Edson.

On August 19th, I was at the Galloway Station Museum in Edson where we had a lively discussion on crime. This was hosted by the 'Edson Citizens on Patrol' and the Town of Edson. The next day I was at the Cold Creek Fire Base Camp

with Junior Forest Firefighters who came from all over Alberta for competitions, called 'Bull Of The Woods'.

On August 27th I was in the office returning phone calls, emails and meeting with constituents. On Wednesday, I was at Parkland Composite High School for the Grande Yellowhead Public School Division's welcome back breakfast. That afternoon along with MP Richards, I attended a Tourism Roundtable with 'Travel Jasper' in Jasper.

On August 29th and 30th I spent time in the constituency office and on the 31st I drove to Robb, Alberta, to attend the unveiling of a plaque recognizing the history of the Coal Branch region and the historic flight made by Wilfred 'Wop' May. That evening I attended a play at the Red Brick High School in Edson regarding the historic flight he made to apprehend a criminal.

My next update will be for the week of September 2nd, on the happenings in the riding. Stay tuned.



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CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs.

4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@com-voice.com, dropped off at Onway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice.com/classified.htm

Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Seniors 50+ Club. Air conditioning! Space Available! Val: 780-690-1655 or Dianne: 780-217-8482

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

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

Darwell Centennial Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

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

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

Hathersage Community Centre, Noreen at 786-2946

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

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onway Community Hall, 967-4749.

Onway Heritage Center - Gym/Classrooms, 967-1015

Onway Legion, 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

Stettin Nakumun Comm. Hall, 967-9198

Auctions

NOW OPEN!! ENTWISTLE AUCTION Junction of Hwy 16 & 22, One Bock south of Esso. Sales Start Sept 28th @ 11:00 AM. Regular Sale, Every Saturday. CONSIGN NOW!! 780-727-2724 & 780-727-4062 Sales conducted by Alberta Surplus Auction Inc. Licensed & Bonded Lic # 313301 (3) 10-09

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) 20-08 OG

Deb Gouin
780-497-0531
www.debgouin.ca
Century 21 Masters 780-963-2285
#105, 4302 - 33 St., Stony Plain, AB T7Z 2A9
Each office independently owned and operated

FEATURED LISTINGS:



\$396,500

GORGEOUS COUNTRY HOME

- 2270 sq ft 3 Bed 3 Bath
- 1/2 Acre Lot - PRIVATE
- Oversized Heated Double Garage
- Many Recent Upgrades
- RV Parking
- Lots of Upgrades
- E4170219



\$269,900

HUGE LOT - TRIPLE GARAGE

- 1/2 Acre Lot
- Back onto Golf Course
- TRIPLE GARAGE
- Many Recent Upgrades
- 3 Bedroom 1 Bath Bungalow
- E4168911



\$629,000

GATED COMMUNITY EXEC. HOME

- 1 acre lot MINUTES TO SPRUCE GROVE
- Soaring Ceilings & Luxury Finishes
- TWO TRIPLE GARAGES + RV PARKING
- E4147138



\$358,800

SPRUCE GROVE 1/2 DUPLEX BUNGALOW

- BEAUTIFUL 2+2 bedrooms, 3 baths
- Open Floor Plan & Main Floor Laundry
- Double Attached Garage
- NO CONDO FEES
- E4154703



\$279,900

ROSS HAVEN FAMILY HOME

- 1500+ sq ft, 3 beds, 2 baths
- Upgraded Inside & Out
- Double O/S Garage, 1/2 Block to Lake
- E4148150



\$225,000

ROSS HAVEN CHARMER

- 1050+ sq. ft. 2 bed + loft, 1 bath, laundry
- LARGE COVERED Upper Deck!
- Backs GREENSPACE, STEPS to Lake & Pier!
- E4148179



\$275,000

LAKE NAKAMUM WATERFRONT

- Next-to-New 1 bed + Loft, 1 Bath
- FULLY SERVICED
- Set Up for 2 RVs with HOOK-UPS!
- E4149606

VIEW FULL LISTING DETAILS AT WWW.DEBGOUIN.CA

LISTINGS NEEDED!! If you're considering selling, I currently have serious buyers looking! Give me a call for a **free market evaluation!!** With more than 30 years' experience in the real estate industry, I have both local knowledge as well as serious buyers currently looking for property in our area! Put me to work for you.....
FROM SIGN UP TO SIGN DOWN!!



Classified Ads - Call 962-9228

Obituaries



Ruth Elizabeth LANGFORD On August 18, 2019, Ruth Elizabeth (Leskow) Langford passed away at the Sturgeon Community Hospital in St. Albert. Ruth is survived by her children Cheryl (Vaughn) Atkinson, Margie Langford (Mike Shrimpton), Marilyn (Dave) Shrimpton, Terry Langford (Wendy Crispin), David Langford, Pat (Lina) Langford, Monica Langford and Dawn Atkin, twelve grandchildren and four great-grandchildren. She is also survived by her sister-in-law Margaret Philip and her family. Ruth was predeceased by her husband Gary, her parents John and Mary Leskow, and her brother Willard Leskow. Gary and Ruth had a home in Westmount for over 40 years, and enjoyed spending time at Alberta Beach. In both locations Ruth will be fondly remembered as the "neighbourhood mom." She loved trying new recipes, knitting, weaving and sewing. Her positive outlook and strength of will during her decades long battle with MS serve as an inspiration to all who knew her. She will be truly missed. Ruth's family is

appreciative of the care and support provided at Citadel Mews West during the final years of her life. A celebration of life will be held in the Parish Hall of the Lac Ste. Anne Catholic Church on Saturday, September 14 from 1:00 pm to 3:00 pm. In lieu of flowers, donations may be made to the Multiple Sclerosis Society of Canada or

the charity of your choice. (1) 10-09

ARMITSTEAD, Neil Russell, formerly of Onoway. August 1, 1938 - March 29, 2019. A Celebration of Life will be held at the Alberta Beach Seniors Heritage Centre, 5012 - 49 Avenue, Alberta Beach on Saturday, September 14, 2019 at 2:00pm. (1) 10-09

Cleaning

CEILING & WALL CLEANING - Specializing in cleaning Stipple & California knockdown. Cig. smoke removal & Odour removal. Ceramic floor tiles steamed cleaned. Call Nano Cleaning for Discount Prices! 780-914-0323 (5) 27-08



PURE HEMP CBD PRODUCTS

AGING IS INEVITABLE - LOOKING AND FEELING OLD ISN'T!

WHAT IS CBD?

A Health and Beauty Breakthrough!

Cannabidiol, CBD, is one of over 80 active cannabinoid chemicals in the hemp plant. CBD, unlike, THC, does not produce euphoria or intoxication. CBD targets specific receptors in the cells of your brain & body. There are many physical and mental benefits to using CBD products for both treatment and prevention of numerous ailments.



Therapeutic Uses For Pure Hemp CBD

Supports healthy blood sugar levels, promotes healthy energy levels, relieves anxiety, aids in digestion, supports optimal immune function and the regeneration of healthy cells, and promotes a sense of serenity and overall well-being.

Anti-Aging Uses For Pure Hemp CBD

Promotes more youthful skin, provides hydration, enhances radiance, lessens age lines as well as the appearance of dark spots.

KEY BENEFITS

PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.

PROMOTES HEALTH: Helps to promote relaxation and overall health.

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

CBD PET PRODUCTS

PET CHEW TREATS



KEY BENEFITS

SYNERGISTIC BENEFITS: Can be used in conjunction with regular medications with no side effects.

NO SIDE EFFECTS: Does not damage the liver, kidney or GI Tract like OTC medication.

DIETARY SUPPLEMENT: Can be administered daily as part of your pet's diet.



ORAL SPRAYS & DROPS

KEY BENEFITS

MANAGES PAIN: Helps to treat inflammation, arthritis and joint pain.

TREATS DIGESTIONAL ISSUES: Helps with loss of appetite, nausea, IBS and gastrointestinal swelling.

GENERAL HEALTH: Helps to manage mood, anxiety and general joint pain. For healthy, happy pets.

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

Cash for Cars

967-2492

R & S TOWING

For more information, Call (780) 907-8642

Classified Ads - Call 962-9228

Computers

FREE Computer Checkup. Repairs **work** or extract Doc or Pictures from Old or Broken PC **NOT** over \$50. No Prepayment - No Charge if not Repairable. Yes, I have for you a good, clean, refurbished and upgraded laptop or desktop with Legal win 10 for **ONLY \$100**. Call now 780-892-2407 (12) 13-08

Landscaping & Maintenance

Stump Grinding For Hire - Alberta Beach & Surrounding areas. Call 780-779-3589 (28) 23-04

Firewood

FIREWOOD FOR SALE - Birch, Tamarack & Spruce Pine mix. Poplar. 4x4x8 cords and 1/2 cords. Quality

seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (28) 28-05 OG

SEASONED FIREWOOD: Birch, Tamarack, Spruce/ Pine & Poplar. 4x4x8 cord, Split and delivered or pick up at wood yard, 1/2 cord or full cords available. Call 780-967-5835 or 780-983-1495 (28) 27-08

Vehicles

1999 FORD 350 Dually 4 x 4 Lariat - 7.3 diesel motor, automatic, air, tilt, cruise, leather seats, c/w box liner and fifth wheel hitch - 379,000 km. Asking \$6,000.00. Call 780 623-8979 (2) 10-09

Miscellaneous

Top Soil for garden or else, \$20 per skid steer bucket.

Burning Barrels \$20/each. River Rocks from my farm field \$25 per barrel, assorted sizes. Call 780-967-2779 (8) 13-08

Buy & Sell

Pepsi-Cola Cooler chest type .10 (cent) coin dispenser, 5 bottle rows, key. Asking \$800, Onoway area, Call 780-983-0753 (2) 10-09

Free Pasture

3 Acres Free Pasture, Spruce Lane Estates. Call 780-910-7812 (3) 27-08

For Rent

Alberta Beach Hotel rooms for rent. Upgraded, very clean & well maintained, shaw cable tv included. \$60.00 per night or \$500.00 per month + GST. Damage deposit is

required. Call 780-924-3005 for more information (50) 08-01

Completely renovated Motel in Onoway, offering monthly rentals, all utilities FREE, furnished bachelors and furnished 1 bedroom with full kitchen, Starting at \$850/month, please call Cheryl for viewing 780-967-4420 www.onowayinnandsuites.com (4) 20-08 OG

Onoway 1 & 2 Bedroom Suites for Rent. Clean, quite secure building with reasonable rent. Call 780-967-5857 or 780-920-3652 (4) 10-09

Land For Sale

Choice Acreage, 4.3 acres all treed. Yellowhead Estates, RR25, 2 Miles N of Yellowhead Hwy. \$107,000 - Call 780-435-1907 (2) 10-09

SUDOKU OF THE WEEK

Fun By The Numbers

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

ANSWER:

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

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

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!



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).

SEPT 10 - PSYCHOLOGICAL HEALTH AND SAFETY MANAGEMENT WORKSHOP, 10am-4pm at Community Futures Yellowhead East, Whitecourt. Cost \$40 (lunch included). Register through www.eventbrite.ca OR our website <http://yellowheadeast.albertacf.com/current-events>.

SEPT 11 - FALL REGISTRATION for Lac Ste. Anne Community Choir. All interested singers welcome!

SEPT 14 - COMMUNITY GARAGE SALE at the Heritage Centre Gym, 10:00am - 3:00pm. Contact Michelle 780.905.9704 To book

SEPT 21 - HARVEST FAIR, 10am-2pm at the Spruce Grove Grain Elevator site. Bring your family and enjoy old farm games and competitions. Hosted by Spruce Grove Ag Society

SEPT 23 - PSYCHOLOGICAL HEALTH AND SAFETY MANAGEMENT WORKSHOP, 10am-4pm at Blue Heron Support Services, Barrhead. Cost \$40 (lunch included). Register through www.eventbrite.ca OR our website <http://yellowheadeast.albertacf.com/current-events>.

SEPT 24 - PSYCHOLOGICAL HEALTH AND SAFETY MANAGEMENT WORKSHOP, 10am-4pm at Timber Ridge Inn & Suites, Fox Creek. Cost \$40 (lunch included). Register through www.eventbrite.ca

OCT 4 - TURKEY BINGO FUNDRAISER, 7:30pm at Rich Valley Community Hall. Held by Our Lady of Lourdes Catholic Church. Admission \$5, Earlybird, Bonanza and extra cards available. All proceeds for operation of the church.

FARMERS MARKETS

ALBERTA BEACH: Open Every Sunday, May - Oct. 12-3PM. Contact Joanne 780-690-6392
BARRHEAD: Open Saturdays, May - Dec. 10AM - 1PM. Sherry 780-674-6902
ONWAY FARMERS' MARKET: Thursdays, 5-8pm at Onway Community Hall. Starts May 1st. 780-667-6327 or onwayfarmersmarket@gmail.com.
SPRUCE GROVE: at the Elevator, Sat 9:30-1:30PM, tables (780)240-5821
STONY PLAIN: Sat, 9AM-1PM, Downtown, Stony Plain. Nancy 780-962-3993.
WESTLOCK: 11-3PM, Bargain Shop Mall, Dave 780-954-2437
WHITECOURT: Legion, Tuesdays from 11AM - 2PM, May - Oct. 779-7002.

BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7PM. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.
CHERRILL BINGO: Tuesdays at Cherrill Community Association. Doors @ 6:30PM, Games @ 7:30PM.
CHERRILL LEGION: First Sunday of Month. Doors Open 12:00PM
MAYERTHORPE ROYAL CANADIAN LEGION: Tues. doors 6:30PM, bingo 7:30PM
RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos Sept 4 & 18, October 2, 6 & 30.
STONY PLAIN SENIOR'S DROP-IN CENTRE, public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

MEAT DRAWS

ALBERTA BEACH MUSEUM: Every Sat 4PM, Alberta Beach Hotel
ALBERTA BEACH: Lac Ste Anne Community Choir & Onway 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
ONWAY ROYAL CANADIAN LEGION: Fridays, Ph. 780-967-5361
STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM. Meat Draw & 50/50.
WHITECOURT LEGION: Saturdays 4:00PM. Located downtown behind the CIBC.

MEALS ON WHEELS

ONWAY: 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: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001
SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 *September - June.
STONY PLAIN: Stony Plain Seniors Drop In Centre, 5018 - 51 Ave. Every 2nd & 4th Thurs of

month, 7PM, \$2. PH: 587-989-7214 or 963-7920.
THE ABBOTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of month, 7PM. PH: 780-918-8545, Adm: Donations Only.

TOPS (Take Off Pounds Sensibly)

ALBERTA BEACH: Tuesdays, Weigh-in 6:00-6:45PM. Meeting 7:00PM. Alberta Beach Lutheran Church, Hwy 633. 967-5009
EDMONTON: Thurs 8:30-10AM at Annex of Grace United Church (6215-104 Ave). \$7/month
SANGUDO: Tues, United Church, 6:00PM. Sharon 785-2095 or Marlene 786-4646.
STONY PLAIN: Thurs evening, Stony Plain United Church. Susan (780) 968-0869
SPRUCE GROVE: Wed 8:45AM at Anglican Church, 131 Church Rd. Christiane 960-1109

YOUR COMMUNITY

ONWAY ROYAL CANADIAN LEGION: Open Tuesdays 7:00PM to 10:00PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3:00 PM- 10:00PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).
PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.
SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9:00-3:00PM. Info 960-4600.
UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onway. Open Fri & Sat, 10AM-4PM.
VOLUNTEER TUTOR ADULT LITERACY PROGRAM: Need assistance with reading/writing, English language (ESL) or Basic Computer skills? Free 1-on-1 tutoring! Carla Burkell, 780-554-2940, email: literacy@lsac.ca
WATER SAMPLE DROP OFF: Tues Onway Aspen Health Services. Drop off 1:00-2:30PM.

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES: Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.
BADMINTON: Wed, 7-10PM, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.
COME PLAY CRIB: Fridays, 7:30PM at Darwell Seniors Hall; lite lunch is served. All ages!
COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.
JR. SCRAPBOOKING Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404
"ME, YOU, & EVERYBODY" Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agplex from 10:00-11:00AM starting May. Funded Lac Ste Anne FCSS.
ONWAY GOLDEN CLUB: Cards Tuesdays, 1PM, 1st Tuesday; Pot Luck Supper. 5023 49 Ave. 780-967-3436.
ONWAY HAVE FUN & GET FIT! Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.
PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village Community

Centre. *except June, July, August
RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitcourt Ave. Hilltop Community Church. Info Lorainne 286-5040.
SANGUDO ART GROUP: Wednesdays 9AM-12PM at Sangudo Community School. Info call 780-785-2112.

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

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

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

MEETINGS

1ST ONWAY SCOUTS: Registration, Mondays 6:30-8PM, Beavers 5-7, Cubs 8-11, Scouts 12-14. Kim 967-4339.
2716 ROYAL CANADIAN ARMY CADETS, Wednesdays 6:30-9:00PM at Mayerthorpe Legion. Youths 12-18yrs, Call 780-515-1842
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, Onway Historical Centre, Wed 6:45-9:30PM. FREE program for youths 12+, Contact 3033army@cadets.gc.ca or 780-886-1586
526 BARRHEAD AI CADETS, Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233
755 PARKLAND AIR CADETS Thurs, 6:30-9:30PM Muir Lake School, ages 12-18. Info call 405-6585 or www.755aircadets.com.
AA - MAYERTHORPE, Kingsmen Hall, Thurs 8PM. (780) 786-2604 or (780) 786-1927
AA - SANGUDO GOLDEN CLUB, Tues 8PM call 786-4402/785-9214/785-3599
AL-ANON - ONWAY: Meetings are at 7:00PM, Tuesday evenings, at the Onway United Church.
AL-ANON Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205
ALBERTA 55 PLUS: Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933
ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7:00PM, Alberta Beach Agplex.
ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agplex.
ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House 924-3167.
ALCOHOLICS ANONYMOUS: The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onway
BARRHEAD & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.
BARRHEAD ROYAL CANADIAN LEGION, meeting every 2nd Thurs, 7PM at the Legion Hall.
CHERRILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherrill Seniors Hall. Call Rosamy 780-785-2625
CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agplex.

Info call 780-902-4879 or 780-999-7622. *Sept-June.

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

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell
DDRA MEETING, 7:00PM, 2nd Mon, Darwell Centennial Hall 721-2690. *except Jul/Aug/D

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

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

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

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

LAC STE ANNE COMMUNITY CHAIR, Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348. ** Fall registration - Sept. 4 & 11. All interested singers welcome!

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

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

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

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

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

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

ONWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:00PM, Onway Legion
ONWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7PM, Onway Museum. 967-5263 or 967-2452.

ONWAY & DISTRICT QUILT GUILD: Every 2nd Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Lyla @ 780-967-2629.

ONWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7PM. *Sept-June
RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agriplex on the 2nd Wed of the month, 7:00PM.

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

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

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

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

WESTLOCK & AREA CANCER SUPPORT GROUP: 3rd Wed. 6:30-8:00PM at Westlock Library.

Church Directory

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

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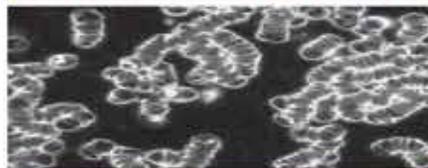
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