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September 17, 2019

ALBERTA BEACH SOFTBALL ASSOC DONATES \$3,000 TO GRASMERE SCHOOL!

The funds will go towards food and vet bills for Grasmere School's Facility Dog, Hero!



Submitted by Northern Gateway Public Schools

Alberta Beach and District Amateur Softball Association (ABADASA) and to our community for the generous donation,"

shared Grasmere School Principal Shelley Wyman.

"We are very grateful to the

Continued on Page 2

ALBERTA BEACH LIBRARY IS HOSTING A TRIVIA NIGHT!

Submitted by Alberta Beach Library

to home? Maybe you just really love our library and look for any opportunity to support it?

raise funds for new materials, equipment, and programming.

Do you know a group of people who enjoy trivia, or are you looking for a fun night out close

The Alberta Beach Library is hosting a trivia and pizza fundraising night on October 19 to

Continued on Page 7

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Alberta Beach Softball Assoc Donates \$3,000 To Grasmere School!

Continued from Page 1

“The money raised will go towards supporting the food and vet bills for our Facility Dog, Hero.

Every day Hero makes a difference for the students in our building. He listens to them read and is a quiet, supportive audience. If students are feeling anxious or upset Hero will rest

his head on their lap and be a calming presence. By just walking down the hallways or sitting in a classroom, he brings a smile to all our faces. The impact Hero has had on our school is immeasurable and we thank the community for their recognition and support of his services.”

ABADASA raised the money as part of their very popular annual charity golf tournament.

The tournament raised \$6,000 in total. Half of the money is being generously donated to Grasmere School with the other half going to Dogs with Wings, where Hero, and so many other Service Dogs, are trained. ABADASA representatives Wendy Wildman and Joe Blakeman presented the cheque to Grasmere Principal Shelley Wyman in the company of students and Hero.

There are many different ways to support Dogs with Wings including fostering and volunteering! Check them out on social media or at dogswithwings.ca!

JOKE OF THE WEEK

The math teacher saw that Daphne wasn't paying attention in class. She called on her and said, 'Daphne! What are 2 and 4 and 28 and 44?' Daphne quickly replied, 'ABC, CBS, HBO and the Cartoon Network!'

See What's Brewing

Nothing goes better with your morning coffee than your local paper.

ANNUAL GENERAL MEETING
of the Gunn Area Recreation Society
#110 – 55022 Ste. Anne Trail

Monday, September 23, 2019
7:00 P.M. to 8:00 P.M.

Welcoming nominee's for all positions.
For more information, call:
Liane Wenckowski 780-909-4558

TOP GUNN DART CLUB
2019/2020 Season Registration

September 23rd
at Gunn Community Hall
following the 7:00pm AGM

Welcoming new members.

For information prior to registration,
Call Marlane @ 780-951-9452.

Employment Opportunity

**Sangudo & District Agricultural Society
Arena Maintenance Manager
(Caretaker and Janitorial – Ice Area)**

The Sangudo & District Agricultural Society has an opening for an Arena Maintenance Manager.

Our arena use will typically be two-three nights a week (public skating and hockey practices) along with games scheduled on weekends.

This hourly wage position would include, but not be limited to, supervision of ice arena, installation of the ice, assisting with the day to day operations of the arena, operating the Zamboni, cleaning and flooding of arena ice, general clean-up and maintenance of the arena, and dressing rooms. This individual can be trained in duties by our committee members.

Applicants must be at least 18 years of age, able to work unsupervised and mechanically inclined. Good public relation skills a necessity. Previous experience and CPR/First Aid would be an asset. The successful applicant must be able to pass a Security Clearance and Child Welfare Clearance.

This position will commence in early October 2019, to start preparing the arena for ice use in November, and will continue until March 31st, 2020.

Deadline for applications is September 30th, 2019 at 4:30pm

For more information please contact Darin Kastelic 780-305-1090.

Applications/Resumes can be mailed to:
Sangudo & District Agricultural Society
Box 477 SANGUDO, AB. T0E 2A0
Email: sangudoagsociety@yahoo.ca

WHITECOURT AND WOODLANDS COUNTY RESUME INTERMUNICIPAL COLLABORATION DISCUSSIONS

**Submitted by Town of
Whitecourt & Woodlands
County**

The Town of Whitecourt and Woodlands County have resumed intermunicipal collaboration discussions and have committed to several planning sessions through the upcoming months.

The municipalities are working together to negotiate new, long-term service agreements that will represent the needs and interests of constituents throughout the region. The collaborative agreements will be part of an overarching Intermunicipal Collaboration Framework (ICF) that will formalize how the municipalities will manage growth, coordinate service delivery, and optimize resources for their citizens.

Mayor Ron Govenlock commented, "Woodlands County Council and its administration

are pleased to work with the Town's representatives to restore dialogue focused on continuing a partnership which provides mutually beneficial services to the region that ensures fairness, equity and sustainability for all."

"We remain committed to working towards a common goal of reaching a consensus that is fair, equitable and mutually beneficial, and will allow us to continue promoting our region as two municipalities, one future

– planning without borders," stated Whitecourt Mayor Maryann Chichak.

The Town of Whitecourt and Woodlands County will continue to provide updates to the community as discussions progress.

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WHITECOURT TOWN COUNCIL UPDATE

Submitted by Town of Whitecourt

SEPTEMBER 11, 2019

Whitecourt Town Council will be supporting the Town of Peace River's request to have the Canada Revenue Agency (CRA) reconsider its ruling regarding a recent GST audit on intermunicipal cost sharing agreements. The CRA recently assessed intermunicipal cost sharing agreement items as being subject to Federal Gas Tax (GST) for the Town of Peace River, which could set a precedent for municipalities across the country. If this were to come into effect in Whitecourt it could cause numerous administrative challenges; and, given the inconsistency with which the regulation has been applied in Peace River, it could prove extremely challeng-

ing to determine which services should be considered eligible for federal taxation. In addition, existing service agreements with partners do not include a tax provision, which could create substantial costs to the municipality. Whitecourt Town Council is providing a letter of support for an application to establish a Canadian Rangers troop locally. Canadian Rangers are part of Canada's Reserve Force, and play an important role in assisting the Canadian Armed Forces by providing local expertise, guidance and advice; and providing local assistance to search and rescue activities in support of local authorities.

Whitecourt Town Council scheduled a Special Meeting at 5:00 p.m. on Tuesday, September 10 to discuss Intermunicipal Collaboration.

LAC STE. ANNE COUNTY NEWS HIGHLIGHTS

PLANNING & DEVELOPMENT

NOTICE OF PUBLIC HEARING

Lac Ste. Anne County is proposing to remove the Reserve (R) designation from the following lands:

212 55504 Nikoodi RD
Block R, Plan 13928T, Hamlet of Glenevis within SW 34-55-04 W5M

| LOCATION OF HEARING | DATE | TIME |
|--------------------------------------------------------|----------------------------|----------|
| Council Chambers, County Office 56521 Range Road 65 | Oct 2 nd , 2019 | 10:00 am |

A public hearing is scheduled in Council Chambers to hear from anyone who wishes to speak on the proposal. Further information can be obtained from:

Mr. Matthew Ferris
Planning & Development Manager
Lac Ste. Anne County

T: 780.785.3411
TF: 1.866.880.5722
E: MFerris@LSAC.ca

LAC STE. ANNE COUNTY NEWS HIGHLIGHTS

Lac Ste. Anne County | Box 219, Sangudo Alberta T0E 2A0 | 1.866.880.5722 | www.LSAC.ca | facebook.com/LSACCounty

PLANNING & DEVELOPMENT

NOTICE OF DEVELOPMENT PERMIT APPROVALS

The following Development Permits have been approved or conditionally approved under the provisions of the Land Use Bylaw. This list does not include Permitted Uses. Interested parties are encouraged to contact the Planning & Development Department at 1.866.880.5722 or devassistant@LSAC.ca, Monday to Friday from 8:30am until 4:30pm to request additional information on a permit.

| PERMIT # | LEGAL LAND DESCRIPTION | DESCRIPTION | APPEAL DATE DEADLINE |
|----------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 19-D0144 | 37, 56110 RGE RD 13, Lot 37, Block 1, Plan 0623018 Belle Vista Estates within SE 09-56-01 W5M | Detached garage 40.0' X 30.0' (1200.0 sq. ft.) | September 30, 2019 |
| 19-D0167 | #76, 4418 HWY 633, Lot 3, Block 1, Plan 7622324 Birchwood Estates within NW 20-54-04 W5M | 2 Storey stick built home, main floor (1131.0 sq. ft.), 2nd floor (1270.0 sq. ft.), basement (1131.0 sq. ft.) & attached garage (839.0 sq. ft.) with 3.50 m variance request on the east side. | October 07, 2019 |
| 19-D0166 | 5016 Trail of 1898, Lot 3, Block 1, Plan 1025687 within SE 12-55-05 W5M | Change of Use: Existing Greenhouse to single car garage 25.0' x 26.0' (520.0 sq. ft.) on cement pad, and shipping container 20.0' x 8.0' (160.0 sq. ft.) on ground level. Cancel 14-D0247, 15-D0097 and 15-D0209 | October 07, 2019 |

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

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

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

NOTES FROM THE ONOWAY LEGION

Submitted by Submitted by Onoway Royal Canadian Legion

Bring a Dish and Socialize!

On Friday, September 20, the legion is repeating its successful potluck dinner from last May. Because the main purpose of Friday night dinners is for socializing with new and old friends, everyone is asked to bring something to share.

The bar will be open, with raffle tickets available, as on every Friday night. There is no charge, you're your contribution to the meal is your admission. We still need people to RSVP by texting 780-340-0760 so we know how many to expect.

Support the Onoway Library at an Italian dinner!

On Friday, September 27, the Friends of the Onoway Public library will be serving a family-friendly dinner of rigatoni and meatball pasta bake (all fresh from the garden), Caesar salad, garlic bread, and sundaes. At this fundraiser dinner, you'll have a chance to win a gift in our door prize extravaganza (from those who didn't have a chance to provide items for the silent auction in the spring).

Book your reservation by texting 780-340-0760, or leave a message on the Legion answering machine at 780-967-5361. Doors open at 3, with the meal served from 5:30 to 7 pm. Adults pay \$15; kids up to 10 years cost \$9 while 5 and under are free.

As usual, the bar will be open, along with the usual draw for a free meal. You'll have a chance to buy raffle tickets on a delicious meat package, on the 50:50 draw, or the Chase the President raffle, a progressive jackpot that increases in value each week there's no winner.

First Pool Tournament of the Season

On Saturday September 14, the pool club held a legion member qualifying singles round-robin. It was three games against each other for total points. Area playoffs are in Spruce Grove on September 28. If you intend to play, please email Larry ASAP at ltv336@gmail.com

Drop-in Darts is Back

The regular darts group on

Tuesday evenings is back! 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.

Did You Know?

The Onoway Legion began 85 years ago, on December 10, 1934 with thirteen members. Today, the Onoway Legion boasts around 200 members.

MISSING PERSON

Robert Anthony Howarth

D.O.B.: March 11, 1971

Please contact:

LARRY D. AYERS, Barrister and Solicitor,
#200A, 215 McLeod Avenue,
Spruce Grove, Alberta T7X 0G2



LAC STE. ANNE COUNTY

NEWS HIGHLIGHTS

Lac Ste. Anne County | Box 219, Sangudo Alberta T0E 2A0 | 1.866.880.5722 | www.LSAC.ca | facebook.com/LSACcounty

PLANNING & DEVELOPMENT

NOTICE OF PUBLIC HEARING

Of Bylaw #22-2017-02-19 hereby amending Lac Ste. Anne County Land Use Bylaw 22-2017

| LOCATION OF HEARING | DATE OF HEARING | TIME OF HEARING |
|--------------------------------------------------------|--------------------------------|-----------------|
| Council Chambers, County Office 56521 Range Road 65 | October 2 nd , 2019 | 11:00 a.m. |

Pursuant to the provisions of Section 692 of the Municipal Government Act, Lac Ste. Anne County Council is considering an application for amendment to Land Use Bylaw 22-2017, by amending the following through proposed Bylaw #22-2017-02-19:

Adding Bed and Breakfast as a Discretionary Accessory Use in the Table 9.12.2 and 9.13.2 of Country Residential Ranch (CRR) and Country Living Residential (CLR) Land use districts.

Written comments on the above Proposed Bylaw may be provided prior to 4:30 pm on September 26, 2019 to:

| | |
|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Lac Ste. Anne County 56521 RGE RD 65, Box 219 Sangudo, AB T0E 2A0 | Attn: Fakharah Nazir Development Officer Or email fnazir@LSAC.ca |
|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|

Interested individuals may attend the Public Hearing to voice their comments. To schedule an appointment, please contact Fakharah Nazir at 780.785.3411. The Proposed Amendment and/or application may be reviewed during regular business hours at the County Office located at 56521 Range Road, 65 or on the County website at www.LSAC.ca.



CLUBROOT



FUSARIUM GRAMINEARUM



GRASSHOPPERS

CROP SURVEILLANCE

Clubroot Inspection Underway

Ag Services is inspecting all canola fields for visible symptoms of clubroot on canola plants, per *Policy 408 – Control of Clubroot Disease*. An approximate calendar indicating where and when inspections will occur County-wide can be viewed at LSAC.ca/Agriculture. Please note that this is an approximation; producers will be notified of any major changes to the inspection schedule.

The **Fusarium Graminearum** and **Grasshopper** surveys have now been completed. Once results of these surveys have been tabulated, Ag Services will share this data via the County's print and digital media channels.

New this year, roughly 10% of cereal fields were surveyed for Fusarium Head Blight. The selection of these fields was at random, and the survey was for **informational purposes only**.

ALZHEIMER'S AWARENESS MONTH

Submitted by Alberta Health Services

September marks Alzheimer's Awareness month, a time designated to raise awareness of the effects and signs of Alzheimer's disease in our loved ones and what we can do to support them.

Alzheimer's disease is the most common type of dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out everyday tasks. It is estimated that by 2038, about one in 10 Albertans over the

age of 65 and nearly half over the age of 90 will be living with some form of dementia.

Dementia has certain warning signs. Contact your doctor if you notice a loved one having increased difficulty with any of the following:

- Learning and retaining new information
- Handling complex tasks, like balancing a cheque book
- Knowing what to do when problems come up
- Finding his or her way around familiar places, driving to and

from places he or she knows well

- Finding the right words to say what he or she wants to say
- Understanding and responding to what he or she sees and hears
- Acting more irritable or suspicious than usual, or withdrawing from conversation and activity.

Finally, here are some tips in communicating with anyone who may have dementia:

- First, make sure the person does not have a hearing or vision problem. Sometimes a person may not respond to you because he or she cannot hear you. Not

being able to see well may make the person more confused, agitated, or withdrawn. If you suspect a problem, have a health professional evaluate the person's hearing and vision.

- Don't argue. Offer reassurance, and try to distract the person or focus his or her attention on something else.

- Use short, simple, familiar words and sentences. Present only one idea at a time. And avoid talking about abstract concepts.

- Explain your actions. Break tasks and instructions into clear, simple steps, offered one step at a time.

- Pay attention to your tone of voice. Be calm and supportive. A person with dementia is still aware of emotions and may become upset upon sensing anger or irritation in your voice.

- Maintain eye contact and use touch to reassure and show that you are listening. Touch may be better understood than words. Holding the person's hand or putting an arm around his or her shoulder may get through when nothing else can.

- Pay attention to the person's tone of voice and gestures for clues as to what the person is feeling. Sometimes the emotion is more important than what is said.

- Do not confront the person about his or her denial of the disease. Arguments will not help either of you.

- Continue to treat the person with dignity and respect.

- Allow choices in daily activities. Let the person select his or her clothing, activities, and foods. But too many choices can be overwhelming. Offer a choice of two to three options, not the whole range of possibilities.

In Alberta, services are readily available for both those suffering from any form of dementia and their caregivers. The Alzheimer Society of Alberta and the Northwest Territories provide education and ongoing support.

Albertans can also call Health Link at 811 for advice. Health Link will assess the needs of the person and provide immediate advice for their concerns, 24 hours a day, seven days a week. When needed, callers can be referred to Dementia Advice, which is staffed by specialized dementia nurses.



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Therapeutic Uses For Pure Hemp CBD

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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.

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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.



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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.

For more information, Call (780) 907-8642

PARKLAND RCMP REQUEST PUBLIC ASSISTANCE TO IDENTIFY SUSPECT INVOLVED IN THEFT AND FRAUD



Submitted by Parkland RCMP

Spruce Grove, Alta. - On Sept. 10, 2019 Parkland RCMP responded to a complaint of a theft from the Tri-Leisure Centre. An unidentified female entered the locker room at the Tri-Leisure

Centre and proceeded to steal a purse that had been locked in a locker. When the victim returned to the locker room at approximately 5:15 p.m., both her purse and lock were missing. The victim's bank cards were used a short time later at a local convenience store.

Parkland RCMP are requesting the public's assistance to identify the female suspect. If you recognize the suspect or have any information to assist with the investigation, please contact the Parkland RCMP at 825-

220-7267. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477, online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.

Alberta Beach Library Is Hosting A Trivia Night!

Continued from Page 1

Tickets can be purchased at the library and are \$25 a person which includes admission and a pizza supper. The evening starts at 6pm with pizza and trivia follows at 7pm. There will also be a 50/50 draw, bucket raffles (with a pair of Oiler tickets up for grabs), and trivia prizes to be won.

It will be a lot of fun so put your best team together and come out to support our local library!

NOTICE TO CREDITORS AND CLAIMANTS

Estate of **ORAH LUCILLE HAWKES** who died on November 26, 2018.

If you have a claim against this estate, you must file your claim by October 25, 2019, and provide details of your claim with: **LARRY D. AYERS**, Barrister and Solicitor, #200A, 215 McLeod Avenue, Spruce Grove, Alberta T7X 0G2. If you do not file by the date above, the Estate property can lawfully be distributed without regard to any claim you may have.

Main Street, Alberta Beach PH: (780) 924-3133

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GET READY TO PARTY WITH SOME BRILLIANT AND BADASS COUNTRY LADIES

Nice Horse Kicks off Horizon Stage's New Season with Their Hard-Rocking Country Tunes on September 20

Submitted by **Horizon Stage**

Spruce Grove, AB - Nice Horse is looking forward to blowing off the roof, celebrating girl power, and partying hard at Horizon Stage. When these four bold, brilliant, and badass women perform together they always raise a little hell—and play a little music at the same time. This Alberta-based band is out to turn the tables on the country music world and show the guys that they can rock—and party—just as hard. We're giving them an extra-great reason to party and have fun when they open Horizon Stage's 2019-20 Season on Friday, September 20 at 7:30 p.m.

Sure, there are plenty of strong female country artists in Daisy Dukes out there, but try to name another self-contained unit that plays their own instru-

ments and writes songs as potent as the new feminist anthem "Mansplainin", the roof-raising single "Pony Up", and the super-catchy new single "Good-Life". They've had their share of surprised reactions as well from people unaccustomed to seeing a rockin' all-female country band, but they manage to take those in stride with their infectious humour. It's partly to be expected when you're breaking new ground, and in some ways the women of Nice Horse see themselves following in the platform-heeled footsteps of the Spice Girls by offering their own version of Girl Power, albeit with a rootsy twist.

There's plenty of proof of Nice Horse's talent on their aptly titled full-length debut album, *There Goes The Neighborhood* (emphasis on the neigh!), produced by Jeff Dalziel (The Washboard Union, Brett Kis-

sel), along with the legendary Bob Rock (Metallica, Motley Crue) on a couple of tracks. The band won the 2018 YYC Music Award for Country Recording of the Year, as well as "Group of the Year" and "Video of the Year" (for "Mansplainin'") at the 2019 Alberta Country Music Awards (ACMAs). Always spreading cheer and having fun with fans wherever they go, these ladies are also known for their outgoing presence on social media which led to them being nominated for the Interactive Artist or Group of the Year at the Canadian Country Music Awards in 2018 and 2019

The four members of Nice Horse are Tara McLeod (electric guitar); Brandi Sidoryk (vocals, bass); Katie Rox (vocals, banjo, acoustic guitar); Krista Wodelet (vocals, drums). Their first major tour was as direct support for Canadian icon Tom Cochrane,

and they've since toured with other bands, including Nitty Gritty Dirt Band and The Washboard Union. Just recently they thrilled audiences in Spain, Monaco, and France on their first European tour. Additional career-to-date highlights include major festivals such as Big Valley Jamboree, the Calgary Stampede, and Boots & Hearts – always showcasing their signature high-energy live show.

The bottom line is that if you're looking for a good time, Nice Horse is more than willing to take you along for the ride. Join them at Horizon Stage on Friday, September 20 at 7:30 p.m. Tickets are \$35 for Adults and \$30 for Students and Seniors and may be purchased at the City Hall Ticket Centre (315 Jespersen Ave), by phone at 780-962-8995 or 1-888-655-9090, and online by visiting and clicking on the 'Tickets' link.

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RIDING UPDATE – WEEK OF SEPTEMBER 2, 2019

Submitted by Jim Eglinski, MP – Yellowhead

Hope you all had a relaxing Labour Day on September 2nd with family and friends.

Did you know Alberta joined Confederation 114 years ago on September 1st?

On Tuesday, I was in the Edson office answering emails/letters and returning phone calls from

many constituents. That afternoon, I attended a Rotary lunch at Galloway Station Museum.

Wednesday, I worked in the riding office catching up on issues, returning phone calls and answering emails.

Thursday, I had the pleasure of visiting Warburg School where I toured the school's latest improvements. That afternoon I met with constituents in the

Breton area.

On Friday, I was in Rocky Mountain House and had the pleasure of visiting with former Mayor, Fred Nash and later than day I met with constituents in the Caroline area.

On Saturday, I will be in Rocky Mountain House attending the 'Aviation Fly-In,' meeting with local constituents and visiting pilots. Later, I will be driving

to Fallis for their '12th Annual Fallis Show and Shine - Classic Car Show' at the Fallis Community Association. I love antique cars. In fact, during retirement I am planning to finish my 1939 Buick Coupe! It has been a ten-year journey. Wish me luck.

Look for my update for the week of September 9th on my travels in the riding.

RIDING UPDATE – WEEK OF SEPTEMBER 9, 2019

Submitted by Jim Eglinski, MP – Yellowhead

On Monday, I was in the riding office answering phone calls, emails and letters.

Tuesday, I was at Warburg High School for their 'Community Awareness Night' where I mingled with constituents as they enrolled their children in

activities and were updated on access to services in the area.

Wednesday, Her Excellency the Governor General, at the recommendation of the Prime Minister, issued a proclamation to dissolve the 42nd Parliament. The 2019 federal election is on! Voting date is October 21st. Even though the election was called, I am still your Member

of Parliament until election day.

Thursday, I was back in the riding office catching up on emails and phone calls.

Friday, I was at Wildwood Legion's 75th Anniversary Steak Dinner.

Saturday, I will be attending an 'Open House' to celebrate, Corrie Halliwell's 90th Birthday Party.

My next update will be for the week of September 16th.

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LEND YOUR VOICE

BUDGET INSIGHTS 2020

Weigh in on the County's spending priorities.

As part of the 2020 budget planning process, County Council is seeking ratepayer feedback on where and how the County should be spending.

Do you have opinions on operating or capital dollars, or how projects, activities and service levels could be modified in the next budget cycle? Share them with the County via the address below and help shape the programs and services that will affect the region for years to come.

To be considered for the 2020 budget, submissions must be received by the County no later than November 30, 2019.

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STATION 5, DARWELL (4427 Hwy 633)

Farm FireSmart is a new intermunicipal program with a mandate to help reduce the risk of wildfire within agricultural communities. Visit one of the upcoming open houses in September to discover more about this ever-evolving ag-focused archive of fire safety news, knowledge and resources.

Guarding against wildfire threats in agricultural communities is a shared responsibility. Explore some of the practical, proactive measures that can be taken by producers, community leaders, industry and local government to lessen these threats and help farming operations prosper.

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SEPTEMBER 2019





CONTROL PROBLEMATIC TERMITES

Few things elicit fear in the minds of homeowners like termites. Termites are voracious and can turn wood to pulp wherever they take up residence. Termites have felled massive trees, but they also can bore through the wood in homes, wreaking havoc as they go.

Ants and termites can look similar, so homeowners who suspect they have a termite infestation should learn to distinguish one from the other. A close look at termites can make it easy to identify them. Unlike ants, termites have no "waist;" their bodies are more rectangular. A termite also has straight, beaded antennae, while an ant's antennae are bent or elbowed.

Termite wings are equal in size, uniform in shape and much longer than their bodies. Ants have a reddish hue, while termites are creamy white.

Prevention is always preferable to having to treat termites after they are established. Termite Web, a site devoted to termite information, states that treating home foundations and surrounding soil with termite spray is often the best course of action to stop subterranean termites from taking hold. If termites are already present, drilling into the floor surrounding the building and using a termiticide may be necessary. Baiting termites outside with wood that is tainted with slow-acting insecticide can eliminate an entire

colony in one to four months.

Termite control methods may need to be repeated. A multi-pronged approach using different chemicals may be necessary to kill existing insects and repel

further infestations. Trial and error can help homeowners rid their spaces of termites so that they can repair damaged wood and ensure structures are sound.

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QUICK AND SIMPLE WAYS TO MAKE A FRONT DOOR POP

Visitors' impressions of a home are often dictated by the home's entryway. Must as one may judge a book by its cover, the same can be said about the impression that a front door and entryway can create, regardless of how accurate that impression is.

Making certain changes to an entryway can go a long way toward improving curb appeal. Entryways also can set the scene for a home's interior. Whether one chooses to be classic or bold, modern

or traditional, there are various ways to quickly transform a home's entryway.

- **Bold front door color:** Color can dramatically enhance an entryway. Painting an existing door or replacing it with a more vivid option can do the trick. The DIY Network says certain colors stand out as favorites. These include turquoise, yellow, red, indigo, orange, and black. The door color should complement the other shades of the home, such as those on



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Quick and Simple Ways To Make A Front Door Pop

siding and trim.

- Custom walkway: Guide guests right to the front door with an attractive (and safe) walkway. Stamped concrete or decorative paver blocks may fit the bill. This walkway can extend to the street or to the driveway.

- Contain plants. Landscaping around the entryway should be neat and well-tended. Overgrown plants or shrubbery may give off an air of neglect. Container plants and carefully curated shrubs can create a neat and inviting aura.

- Highlight the address. Make sure the home

can be found easily with bold and decorative house numbers. Consider two different address signs: one illuminated and easily viewed from the curb, and another closer to the front door.

- Utilize high-end materials. The relatively small area of real estate by the front door enables homeowners to splurge on more opulent materials that can really add a feeling of luxury. These can include colorful tiles, ornate planters, decorative wooden doors, or elaborate knobs and lighting fixtures.

- Add architectural

details. Find out which architectural elements will meld with the style of the home and then incorporate them. Moldings, columns, shutters, and trim are areas to consid-

er.

The entryway to a home garners a lot of attention. Homeowners can enhance their spaces with entryways that really make a statement.



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PREPARE YOUR DECK FOR WINTER

Homeowners often take steps to winterize the interior of their homes in the weeks before winter's arrival, but such efforts should extend to the outside of a home as well.

Decks make for great gathering

places when the weather permits. Decks are where many people spend their free time and eat their meals come spring and summer, when the temperatures climb and the sun sets well into the evening. But as summer turns to fall,

homeowners must take measures to protect their decks from potentially harsh winter weather.

- Inspect the deck for problems. Decks tend to be used more often in summer than any other time of year. That makes fall and early winter an ideal time to inspect for wear and tear and any additional issues that may have cropped up throughout the summer. Damaged boards and loose handrails should be fixed before winter arrives, especially for homeowners who plan to use their decks in winter. Fixing such issues in winter and even into spring may be difficult thanks to harsh conditions, so make good use of the relatively calm autumn weather to fix any issues on the deck.

- Clear the deck of potted plants. Even homeowners who

intend to use their decks in winter should remove potted plants from the deck in the fall. The home improvement experts at HGTV note that moisture can get trapped between deck boards and plastic, wood or ceramic containers in cold weather, and that can contribute to mildew, discoloration or decay.

- Store unnecessary furniture. Homeowners who like to sit on their decks in winter will no doubt want to leave some furniture out over the winter. But those with lots of furniture for entertaining guests can likely move the majority of that furniture into a garage or shed for the winter. HGTV notes that doing so will prevent the potential formation of blemishes on the deck that can result from inconsistent

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DID YOU KNOW?

Carpet can add warmth and texture to a room and also provide a little bit of soundproofing. Underfoot, carpeting can be more comfortable than other types of flooring, even though it may require more upkeep. Carpet comes in various forms, but here are the

main material components.

- Nylon: This is one of the most durable and stain-resistant carpet fibers available and a popular choice among many homeowners.

- Polyester: Carpeting can be made from polyester, which is

fashioned to feel and look luxurious.

- Olefin: Olefin is made from polypropylene or polyethylene. It is prized for its strength, resistance to staining and colorfastness. It is often suited well to

loop pile or high, dense cut piles.

- Wool: Wool is durable, albeit less resistant to soiling than some other materials. However, because it is an all-natural material, it is prized by people who want natural beauty.

Prepare Your Deck For Winter

weathering.

- Remove snow, but do so carefully. Prolonged contact with snow and ice can damage a deck. As a result, homeowners should clear snow from their decks when accumulation is significant. HGTV recommends using a snow blower on the deck to avoid scarring. If a shovel must be

used, push snow with the planks to reduce the risk of damaging the deck.

Homeowners who take steps to protect their decks throughout the winter months can ensure these popular areas are ready once entertaining season returns in the spring.

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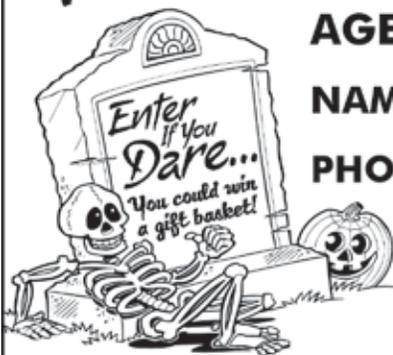
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Obituaries

Jean Sylvia Morrison, age 85, passed Saturday, August 17, 2019 in the Westview Health Center, Stony Plain, AB. Born near Esterhazy, SK to Ann and John Carluk, she was the second youngest of six children. Jean loved and lived on her farm near Duffield for 47 years. She was an avid antique collector, well known in the local community, as well as an amazing cook and artist. She was predeceased by her parents, husband Duncan, sisters Ruby and Rosie and brother Dennis. She is survived by sister Mable, children Patricia, Deborah and wife Mary Lois, Tammy, Bonnie and fiancé Jeffrey, and grandchildren Carrie, Daniel, Krystyne and Natalie. A memorial will be held at Smithfield Hall 53211 Rng Rd 34, Kapasawin, AB on September 21 between 2:00 and 4:00pm. Her family would like to thank the Staff of the Westview Health Center for their care during the last months of her life. (1) 17-09

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SUDOKU OF THE WEEK

Fun By The Numbers

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

ANSWER:

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

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

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

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>.

FARMERS MARKETS

ALBERTA BEACH: Open Every Sunday, May - Oct, 12-3PM. Contact Joanne 780-690-6392

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

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

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

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

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

WHITCOURT: 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.

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

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

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

RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos 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 & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jangle'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.

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

MEALS ON WHEELS

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

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

JAMBOREES

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

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

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

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

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

TOPS (Take Off Pounds Sensibly)

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

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

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

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

SPRUCE GROVE: Wed 8:45AM at Anglican Church, 1311 Church Rd. Christiane 960-1109

YOUR COMMUNITY

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

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

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

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

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

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

SOCIAL EVENTS

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

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

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

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

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

"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.

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

ONOWAY HAVE FUN & GET FIT! Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

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

RIVER TALKERS TOAST MASTERS CLUB,

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

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.

Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-5040.

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

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

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

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

MEETINGS

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

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, Onoway Historical Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586

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

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

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

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

AL-ANON - ONOWAY: Meetings are at 7:00PM, Tuesday evenings, at the Onoway 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. Onoway

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.

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

CHERHILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherhill 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/Dec

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

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

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

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

LAC STE ANNE COMMUNITY CHOIR, 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

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:00PM, Onoway Legion

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

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

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

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

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

SANGUDO PAINTING GROUP: Every 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 Agriplex - 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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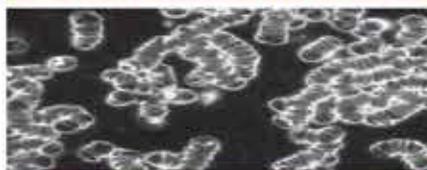
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