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October 22, 2019

THE UFA RURAL COMMUNITIES FOUNDATION NAMES AWARD RECIPIENTS

Three Alberta Communities to share in \$100,000 Funding

Submitted by Rural Communities Foundation

The Rural Communities Foundation ("RCF") is pleased to announce that its \$100,000 grant recipients

for 2019 will be awarded to the Alberta communities of Delia, Onoway and Paradise Valley.

The Onoway and District Historical Guild will receive \$50,000, the Delia School

Enhancement Society will receive \$39,000 and the remaining \$11,000 will be awarded to the Paradise Valley & District Museum Society.

Continued on Page 4

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HIGH WATER LEVELS IMPACT TRIVILLAGE AREA

Submitted jointly by Alberta Beach, Val Quentin, & Sunset Point

Unusually high water

levels have, and continue to, wreak havoc in Alberta Beach and the Summer Villages of Val Quentin and Sunset Point. Although no

all-time records have been broken, according to water-office.ec.gc.ca,

Continued on Page 3

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NOTICE: COUNCIL MEETING RESCHEDULED

Submitted by Lac Ste. Anne County

Pursuant to Section 193(3) of the Municipal Government Act, please be advised that Council has cancelled its regular scheduled meeting on

October 24, 2019. A new County Council meeting has been scheduled for October 29.

The Annual Organizational Meeting will commence at 9:30 am on October 29, followed by the County Council meeting.

Meetings begin at 9:30 am. Minutes posted as approved by Council. Agendas are posted at LSAC.ca. Should you wish to address Council, an appointment must be booked at least eight working days prior to the meeting.

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AND BIWEEKLY (Zone 3)

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NOTES FROM THE ONOWAY LEGION

Submitted by **Richard Moses | Onoway Royal Canadian Legion**

Ira Cooks Again!

On Friday, October 25, head chef Ira and his volunteers are at it again. This time, they're serving chicken cordon bleu, mashed potatoes, Caesar salad, and yellow and green long

beans with mini-cheesecakes for dessert. \$15

Gray Cup Tickets on Sale
It's time for the annual Gray Cup ticket sales. This year, they cost just \$1 per ticket, with prizes ranging from \$100 to \$200. They're for sale at the dinners, and legion members will also have them available.

Legion Memberships

Available

Early-bird Legion memberships are available until the end of November— \$45 instead of the usual \$50. Contact Cheryl Sadler to save a little money when you join this worthy organization.

Did You Know?

The first poppy for 2019 will be sold on Friday, October 25. On Saturday, November 2, the cadets will be selling poppies around the town, and they'll be available in a variety of locations throughout the community. Don't forget to get, and wear, yours in remembrance.

**Ste Anne West
Rural Crime Watch Society
Notice of Annual
general Meeting**

**7p.m. - Monday November 4th
Lac Ste Anne County Office**

A presentation about a new Emergency Communication System will begin the meeting.

The Door Prize will be a
New Home Security Camera



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JOKE OF THE WEEK

Two monsters went to a Halloween party. Suddenly one said to the other, "A lady just rolled her eyes at me. What should I do?"

"Be a gentleman and roll them back to her."

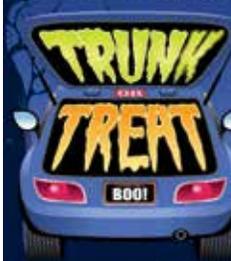
Darwell Jr. Ag Society TRUNK OR TREAT & HAUNTED CARNIVAL

Sunday, October 27th, 2019
1:30 TO 4:30PM at the Darwell Fair Grounds
This is a free Event and Everyone is welcome!!

Bring your kids to a safe and warm place to kick off Halloween!!

HAUNTED CARNIVAL

The Jr. Ag will host a haunted carnival in the Darwell Hall. Games and prizes!



We will park vehicles inside Cow palace in the case of inclement weather. Come and decorate your vehicle and hand out goodies to all the little ghosts and goblins! All surrounding communities are invited to come and participate!

DarwellAG.com
For more info call Deb at (780) 892-2468

High Water Levels Impact TriVillage Area

Continued from Page 1

which records water level data for the federal government, daily highs have been broken on at least 12 different occasions this season, and the lake level has remained above the upper quartile all year. Because Lac Ste Anne is part of the Sturgeon River, lake levels are naturally cyclical. However, there are external factors that are contributing to the unusual levels, including excessive rainfall, beaver dams and debris in the river, and blockages at the outflow of Lac Ste Anne due to debris blocking the 'weir'.

This has led to significant erosion of private and public property, as well as high groundwater levels. Lake-front property owners have lost significant parts of their yards, and many have seen

their retaining walls deteriorate and become ineffective. The villages have seen damage to lake accesses, parks, the public beach, and the boat launch. Water levels have also caused storm systems (drainage ditches) to back up and have even created problems with the sewer system. These are just the issues that we see today, there are longer term consequences if water levels stay high.

The villages and their residents could see higher insurance costs and the cost to maintain and repair public and private infrastructure may go up. Continued damage to riparian areas will cause more nutrients to enter our lake, which could contribute to a decline in lake quality including more algae, and cyanobacteria



Damage to Public Beach
blooms. In the long run, excessive damage to the main beach and boat launch in Alberta Beach could cause economic concerns. Further, if the lake freezes while the water levels are high, the damages from ice quakes and spring ice melt pushes will be more severe.

Continued on Page 5

THE ANNUAL STONY PLAIN NEW & USED TACK SALE

OCTOBER 27, 2019
10:00AM TO 2:00PM



STONY PLAIN HERITAGE PARK
5100 - 41 AVE. STONY PLAIN, AB

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The UFA Rural Communities Foundation Names Award Recipients

Continued from Page 1

“We were very pleased with the number of communities who submitted applications during July and August this year,” explains RCF Board Chair Harvey Hagman. “From over 200 submissions, the RCF Board was able to identify those communities who best fit our mandate. We know that community members will benefit from the project these groups are creating and will complete thanks to the RCF funding.”

The mandate of the RCF is to improve the sustainability of farmers and ranchers in Alberta by improving access to funding for educational, recreational and cultural facilities and programs in those communities. The RCF was created through the United Farmer’s of Alberta Co-operative Ltd. (“UFA”).

The Onoway and District Historical Guild’s Heritage Village is looking to expand and the group plans on building a se-

cure machine shed to house and expand its historical farm equipment collection, which is designed to inform visitors about the history of farming in the community. The Delia School Enhancement Society Green Spaces project serves to ensure community members can come together to plant, grow and harvest in a free community garden space, an outdoor learning and meeting space area. And finally, the Paradise Valley & District Museum Society “Climb Thru Time Museum” will see some of its buildings restored to historical standards.

“The Heritage Village Project” Onoway and District Historical Guild: \$50,000

The Onoway and District Historical Guild, founded in 2003, is home to a historical museum and the Onoway Public Library; the space is also leased to the town playschool, 4-H, parent link, Girl Guide, Boy Scouts and many other daily users. In 2018 more than

62,480 individuals visited the facility. The Guild’s Heritage Village is looking to expand and the group plans on building a secure machine shed to house and expand its historical farm equipment collection such as the threshing machine, binder, buggy, wagons and other pieces. The project will benefit the community by expanding the museum to include large farm machinery displays that will inform visitors about the history of farming in the community. The group plans to officially name the building at the Heritage Village as the UFA Machine Shop, in honour of the monies received from the Rural Communities Foundation.

Groups who are eligible for funding include registered charities under the Canada Revenue Agency, registered non-profit organizations that are registered with either their provincial or municipal government, and community service co-operatives. All

projects must align with one of the three funding categories of recreational, education events and activities, or cultural facilities and programs. Projects must be completed within a two-year period and be located in a community that has a UFA presence.

RCF made the announcement during National Co-operative week, October 13-19, 2019. The 2019 theme “Inter-co-operation” directly rates to the 6th principle of Co-operatives: Co-operatives serve their members most effectively and strengthen the co-operative sector by working together through local, national, regional and international structures.

“As an agriculture co-operative, UFA believes in the power of giving back to its members. We look forward to continuing to give back through the RCF in 2020,” said Hagman.

For more information on the award recipients, and the next call for applications, please go to www.rcfufa.com.



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- SOLD** • MLS E4082264 – \$110,000, 4714 52A Ave, Evansburg, 1040 sqft 3brdm Bung, Large Lot in Cul de Sac, 5m drive to Pembina River Provincial Park
- SOLD** • MLS E4056923 – \$299,999, 6 Bayview Cres, Lake Isle, Gainford, 0.47 Acre, Lake Front, 1615 sqft 3 Bdrm Bungalow, 2 Living Rooms, Triple Garage
- MLS E4072848 – \$599,000, 203 Lakeshore Dr, Buck Lake, 3.48 Acre, Lake Front, 1220 sqft 2 Bdrm w/ Loft, Fully Finished Walk Out Basement



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High Water Levels Impact TriVillage Area

Continued from Page 3

The villages have been working with local residents, Lac Ste Anne County and MLA Shane Getson to try and find a solution: Lac Ste Anne County did a helicopter fly-over to identify blockages in the river; local residents and councillors took MLA Getson on a tour of the village and weir to show the extent of the damage; and letters have been sent to Alberta Environment and Parks, MLA Getson, and the Minister of Environment and Parks. We have also lobbied the government to reduce permit times and have gotten a verbal commitment from Minister Nixon that they are working to reduce permit wait times to a maximum of 40 days.

It is unclear who is responsible for clearing blockages at the weir and other down channel obstructions, who

should be applying for permits, and who should pay to maintain the channel. Although they are keen to help, local municipalities believe it is a provincial responsibility and that the province should implement a management plan. MLA Getson has suggested that concerned local citizens should form a group to manage the weir and the outflow of Lac Ste Anne. In the meantime, there are some steps that concerned residents can take to help reduce the impacts of high water levels and move towards a solution:

- Some insurance companies provide earthquake insurance in our area for a reasonable price. If you live near the lake and feel you may be affected should an ice quake occur, you may want to look into this;

- If you need to fix your riparian area or retaining wall,



Damage to Accesses

apply now for permits so that you can start work as soon as possible;

- Write Letters to MLA Getson (LacSteAnne.Parkland@assembly.ab.ca) and Minister

Nixon (AEP.Minister@gov.ab.ca) outlining your concerns;

- Contact Alberta Environment and Parks at 310-3773 or AEP.Info-Centre@gov.ab.ca.



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OJSH CELEBRATES ANNUAL AWARDS NIGHT

Submitted by Onoway Junior Senior High School

On Friday, October 18th, our school community - students, parents, grandparents, community members, teachers and staff - gathered to recognize the achievements of the 2018/2019 school year at Onoway Junior Senior High School.

The annual Awards Night recognized school volunteers, student academic achievement and excellence in sports and sportsmanship. The weather was great and that meant many proud parents and grandparents along with community members and students gathered to acknowledge the best of our school community for the 2018-2019 year. Science and Phys. Ed teacher Rick Stoltz did an admirable job as emcee for the evening, keeping the flow of award presentations steady.

The evening began with the High School Band, along with staff members Mrs. Schmidt-Peterson, Mr. Eastman and Mr. Siemens, leading the audience in O Canada. After Principal Lobo's acknowledgement of First Peoples and traditional territory, he presented his opening remarks commenting on the hard work, dedication and, sometimes, sacrifice it takes to be successful. He then went on to recognize OJSH's wonderful volunteers.

Many parents actively and enthusiastically support School Council, Onoway Music Parents Association and the Grad Parent Committee. Other parents and community members volunteer their time and ef-

forts on coaching our sport teams, chaperoning school events, and volunteering their time in the Learning Commons. As each volunteer was acknowledged, they were presented with an OJSH thank you card produced by Mr. Butler's computer class and individually signed by a variety of students. Each volunteer was also given an OJSH tote bag, pen and a school pin. Our volunteers contribute to the success of our students, adding an extra level of learning, care and concern that is most appreciated and valued.

Once the volunteers had been recognized and applauded for their efforts, the High School Band entertained the audience with two selections: Lullaby and Lost Creek Adventure.

Then, student success was celebrated. Outstanding effort, academic achievement, citizenship, music and CTS success, as well as sportsmanship and ability were recognized. Awards were presented by a variety of people: the principal, assistant principal, teacher or an honoured guest. This year OJSH was honoured to have guests that included Leslee Jodry, NGPS Assistant Superintendent; Chair-

person Judy Muir from the NGPS Board of Trustees; NGPS Board Member Christine Peck and Onoway Mayor Judy Tracy.

After the awards were given out, audience members were invited to stay for a while and have coffee and cake as well as a visit.

To access the Awards Night program and a list of all award recipients, go to onowayhigh.ca.



ANOTHER SUCCESSFUL SEASON AT HERITAGE VILLAGE PARK

Submitted by Alberta Beach Museum

On behalf of The Alberta Beach Museum I would like to report a successful season. We greeted many local and out of town guests over the summer. Whether it was a return guest, or a first time visitor, our historic buildings and artifacts both charmed and delighted. Our eleven buildings bring Heritage Village to life, making it very easy for some to step back in time to memories of the good old days. Others spent a couple of hours learning interesting tidbits about how Alberta Beach got its beginnings. Some guests preferred to browse through at their own pace and some opted for the guided tour which offered detailed historical information. Many children took part in the daily scavenger hunt. They were rewarded with one cent for every correct answer and able to purchase penny candy with their earnings. Everyone seemed to leave happy and many compliments were given on how well maintained our museum is. Some said we are Alberta Beach's best kept secret. Hopefully, they spread the word and we will see many new faces in 2020.

Our hula hoop contest held during Poly Days was a huge success. There was a large turn out of spectators and participants alike. Prizes were given out in each age category. It was a really fun time and we look forward to hosting it again next summer.

A wedding party were pho-

tographed on the grounds and their pictures turned out fabulously. Their photographer commented how pleased he was about all the photo opportunities at his disposal. The different buildings each provided a lovely backdrop. He even took a few spontaneous pics such as the groom carrying the bride over the threshold of The Adam's Farm House, also known as The Honey House. The museum was honoured to be part of their special day and we invite other bridal parties to book with us. There is no charge although a monetary donation is greatly appreciated.

On August 20, 2020 Alberta Beach turns 100 years old. To help us celebrate our centennial, we are extending an open house invitation to everyone. Mark your calendars and come join us for some cake and coffee. It will be a proud day for our village. As such, it will be commemorated with a history book containing real life stories pertaining to Alberta Beach. Be prepared to purchase a copy if you haven't already pre-ordered. You won't want to miss out on the stories shared by your neighbors, community members and others.

This book will become a cherished family treasure to be passed down through the generations. A story you wrote could live on for your great great grandchildren to read or, it could become your coffee table book. What a great conversation piece! An easy read that allows you to finish one short story at a time. We'd

like to thank all of our volunteers who donate an endless amount of their time to keep things running smoothly.

A special mention goes to Les for his hard work and dedication at keeping the grounds looking immaculate.

We would also like to recognize the many who rotate shifts selling tickets for our weekly meat draw. The museum depends on the revenues derived from these sales to keep operating. Tickets can be purchased at the Alberta Beach Hotel every Saturday from 4 to 6. For just \$1.00 you have the chance to win some meat for your freezer and help our non profit organization. A 50/50 draw takes place immediately afterwards for a chance to win some cash. Tickets are 10 for \$5.00. The same wonderful volunteers can also be found every Sunday at The Agliplex. From noon until 3 during The Farmer's market you can visit

our table to purchase a copy of our history book or one of our very informative cd's.

Additionally on December 8th we will be raffling off a Christmas gift basket. Tickets will be sold for \$1.00 each. Lastly, we would like to remind you that for just \$50.00 you can purchase one of the original pier planks and have a personalized plaque installed. These planks have been converted into a sidewalk for the Museum and are seen by thousands every year. What an excellent way to have your name memorialized and become part of our history.

Remember, our doors are open daily from 1:00 pm - 6:00 pm starting July 1st until after the September long weekend. We are closed on Tuesdays. To book a private tour any time during the year or for any other museum related information during the off season please contact Sylvia at 780-924-3167.

Sincerely, Linda Sydor

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NEWS HIGHLIGHTS

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

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-D0202	108, 55219 RGE RD 14 Lot 8, Plan 792 1072, Ardea Park within NW 16-55-01 W5M	Deck with above ground pool (145.67 sq. m.) - as built; with side yard variance request: Regulation 6.0m, Request 2.31m, Variance 3.69m.	November 11, 2019
19-D0205	138, 54425 Ste Anne Trail Lot 6A, Block 6, Plan 0123828, Lakeview Place within PT 26-54-3 W5M	Recreational Vehicle.	November 11, 2019

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

PLANNING & DEVELOPMENT

NOTICE OF PUBLIC HEARING

Of Bylaw #22-2017-03-19 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	November 6, 2019	10:30 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 #22-2017-03-19:

Adding of Single Detached Secondary Dwelling as a Discretionary Accessory Use in the Table 9.3.2 of within Agricultural Fringe District (AGF).

Written comments on the above Proposed Bylaw may be provided prior to 4:30 pm on November 1, 2019 to:

Lac Ste. Anne County 56521 RGE RD 65, Box 219 Sangudo, AB T0E 2A0	Attn: Tanya Vanderwell Development Officer Or email tvanderwell@LSAC.ca
--------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------

Interested individuals may attend the Public Hearing to voice their comments. To schedule an appointment, please contact Development Officer Tanya Vanderwell 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.



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



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

FREE PROGRAMS IN NOVEMBER

STAY & PLAY ONOWAY

Nov. 6, 13, 20 & 27 | 9:00 am - 11:30 am — and
Nov. 6 | 12:30 pm - 3:00 pm
 Parent Link Room, Onoway Heritage Centre

STAY & PLAY SANGUDO

Nov. 5, 12, 19 & 26 | 11:00 am - 12:00 noon
 Sangudo Early Childhood Room (arena)

Drop by to enjoy a coffee, and visit while your kids explore the awesome toys and sensory bins, and create crafts.

FREE drop-in program – no need to pre-register.

TUMBLE TOTS

Thursdays, Nov. 7, 14, 21 & 28 | 9:30 am - 11:00 pm
 Alliance Activity Centre (Museum Gym),
 Onoway Heritage Centre

Drop in with your babies, toddlers, and preschoolers for fun non-structured active play. Enjoy stilts, parachute, steppingstones, hula hoops, balls, skipping ropes, hopscotch and much more.

FREE drop-in program – no need to pre-register.

PARENTING MADE FUN® LUNCH & LEARNS

LOVE & LOGIC: EARLY CHILDHOOD

Thursdays Nov. 7-Dec. 5 | 1:00 - 3:00 pm
 Parent Link Room, Onoway Heritage Centre

This 5-week program gives parents of young children practical and proven tools for raising respectful, responsible and happy kids. Learn simple and easy to learn strategies to lower your family's stress levels, teach responsibility and character, and up the odds that when the teenage years arrive, parenting can remain fun instead of frantic!

*Pre-registration required by November 1. Childcare is available, but **MUST** be requested at time of registration. Lunch provided for registrants and children registered in childcare.*

TRIPLE P POSITIVE PARENTING PROGRAM® LUNCH & LEARN DEALING WITH DISOBEDIENCE

Wednesday Nov. 13 | 1:00 pm - 3:00 pm
 Parent Link Room, Onoway Heritage Centre

We'll discuss some of the reasons children don't do as they're told, and how we can set limits and teach them to do the right thing. Learn positive parenting strategies to help prevent problems, and to handle disobedience if it happens.

*Pre-registration required by November 8. Childcare is available, but **MUST** be requested at time of registration. Lunch provided for registrants and children registered in childcare.*

TRIPLE P POSITIVE PARENTING PROGRAM® LUNCH & LEARN MANAGING FIGHTING & AGGRESSION

Wednesday Nov. 20 | 1:00 pm - 3:00 pm
 Parent Link Room, Onoway Heritage Centre

Learn some reasons why children fight or lose control, get ideas to help you teach your child to play cooperatively, and gain strategies to manage conflict between siblings & problems with fighting or not sharing. Learn to deal with aggressive or destructive behaviour if it happens.

*Pre-registration required by November 15. Childcare is available, but **MUST** be requested at time of registration. Lunch provided for registrants and children registered in childcare.*

TRIPLE P POSITIVE PARENTING PROGRAM® LUNCH & LEARN DEVELOPING GOOD BEDTIME ROUTINES

Wednesday Nov. 27 | 1:00 pm - 3:00 pm
 Parent Link Room, Onoway Heritage Centre

Discover strategies to help develop a good bedtime routine and teach your child to fall asleep in their own bed and stay there til morning. Learn to prevent problems and deal with problems that do happen at bedtime or during the night.

*Pre-registration required by November 22. Childcare is available, but **MUST** be requested at time of registration. Lunch provided for registrants and children registered in childcare.*

Parent/caregiver supervision of children is required. 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.



PARKLAND RCMP DETACHMENT GRAND OPENING

Submitted by Parkland RCMP

On October 11, community leaders and employees of the Parkland RCMP invited members of the public to the grand opening event at the newly built detachment.

"We're ecstatic this day has finally come. One facility allows for operational efficien-

cies and eliminates duplication of services leading to better policing for the region. What many people don't realise is Stony Plain, Spruce Grove and Enoch have been operating as one detachment in three locations for over 20-years. Unifying the RCMP into one building has been the goal of both municipalities for some time. This will strengthen the RCMP for our region both logistically

and fiscally. Making this dream a reality is another example of how working together can have such a positive impact for all of our citizens." - Mayor William Choy, Town of Stony Plain

The detachment, located at 91 Campsite Road, Spruce Grove, Alta. has consolidated employees from the previous Stony Plain and Spruce Grove detachments along with Traf-

fic Services, formerly located in Edmonton and Evansburg, Alta.

"Building stronger, trusting relationships within the communities we serve, is at the core of the Alberta RCMP. The opening of the new Parkland RCMP detachment is a welcome addition for the communities of Spruce Grove, Stony Plain and Enoch Cree Nation. Having our detachment members co-located in one building adds to the efficiencies of our service." - Deputy Commissioner Curtis Zablocki, "K" Division Commanding Officer

The municipally funded building is 4,665 square metres, will house roughly 160 employees and cost approximately \$22 million to build. The previous Stony Plain RCMP detachment will be disposed of by selling the building to a third party following an environmental assessment and appraisal. The Spruce Grove RCMP detachment is owned by the municipality and will remain with them. Finally, we will maintain the lease with the Enoch RCMP detachment as an outreach office for the community.

"The new Parkland RCMP detachment is a wonderful example of how municipalities can work together to find innovative and effective ways to best meet the needs of their residents and the surrounding region. We are thrilled with this new facility and are proud of the collaboration that went into making it a reality." - Mayor Stuart Houston, City of Spruce Grove

"The new Parkland detachment has unified RCMP employees and centralized services to better serve and protect the public. This project has been years in the making, and this space will be home for our RCMP employees and partners for many years to come. It's a modern and efficient facility, for a modern and effective police service." - RCMP Commissioner Brenda Lucki



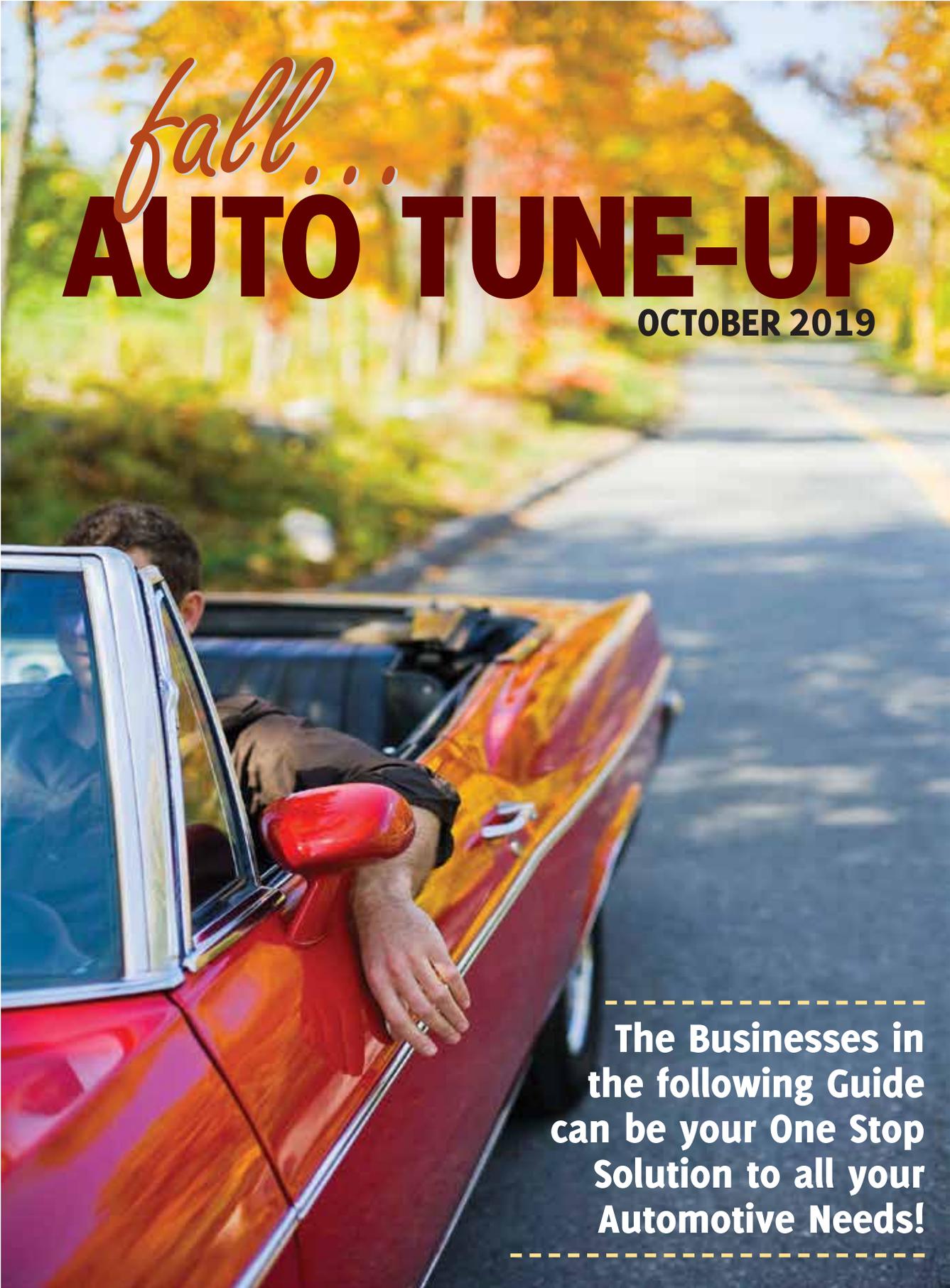
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Auto TUNE-UP

STANDARD VEHICLE MAINTENANCE INTERVALS YOU MAY WANT TO FOLLOW

According to CarGurus® a free internet-based automotive resource, many manufacturers adhere to the 30-60-90 schedule. That schedule recommends everything from inspections to part replacements when vehicles reach 30,000, 60,000 and 90,000 miles. These recommendations are meant to serve as guidelines, and drivers should know that certain factors can affect how often routine maintenance should occur and when parts must be replaced. For example, harsh driving conditions can lead to excessive wear and tear that causes parts to erode long before owner's manuals suggest they should. As a

result, drivers should always speak with their mechanics during service appointments to determine if their vehicles are aging gracefully or if they need a little extra TLC.

Drivers should always read their manuals for recommended service intervals. The following are some general maintenance guidelines, courtesy of CarGurus® that drivers can keep in mind as the miles pile up on their vehicles' odometers.

- Oil and oil filter: Many new cars now run on synthetic oil, which tends to last between 5,000 and 10,000 miles. Older vehicles using traditional oil may need to adhere to the once-standard oil change

interval of 3,000 miles. Mechanics will typically replace oil filters with the same frequency as they replace oil.

- Air filter: Air filters generally need to be replaced every 15,000 to 30,000 miles. However, CarGurus® notes that drivers who park in dusty environments should err on the side of caution and have their air filters replaced every 15,000 miles.

- Fuel filter: Clogged fuel filters can affect engine performance and even prevent engines from running. Fuel filters may need to be changed at 30,000-mile intervals.

- Battery: A typical car battery tends to last around four or five years.

- Brake pads: Worn out brake pads will make a screeching sound. Brake pads should last around 50,000 miles, though they should be inspected at regular intervals regardless of mileage.

- Brake rotors: Brake rotors can be resurfaced or replaced, and this should be done around 60,000 miles. Resurfacing can only be done once and is less expensive than a full replacement.

- Hoses: Hoses crack over time, but generally do not need to be replaced until they reach the 90,000-mile mark. However, hoses should be inspected routinely, as busted hoses can cause very significant damage.

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EXERCISE CAUTION AROUND BRAKE DUST

As cars age, certain wear and tear is to be expected. One of the realities of frequent driving, particularly for drivers who routinely drive in stop-and-go traffic, is the gradual deterioration of brake pads. Do-it-yourselfers can replace brake pads on their own, but those that do should be aware of a potential hazard when doing so.

The Mesothelioma Center says that brakes sometimes contain asbestos due to that material's heat-resistant qualities. As brakes start to wear down over time, the asbestos can escape. The Occupational Safety and Health Administration (OSHA) says that, while many new automotive components are asbestos-free, asbestos hasn't

been eliminated entirely from the industry. That is why mechanics and do-it-yourselfers need to exercise caution when repairing or replacing brakes.

Brake dust may inadvertently expose individuals to cancer-causing asbestos through inhalation or ingestion. OSHA says that exposure to asbestos, if not properly controlled, can cause mesothelioma, lung cancer and asbestosis. Symptoms may not appear for years or even decades after contact with asbestos fibers.

The Mesothelioma Center estimates that asbestos is present in 30 to 80 percent of brakes and other components. The routine task of "blowing out" brake surfaces, which involves using

an air hose to clean the surfaces of brakes and rotors, is one of the most common ways people are exposed to asbestos through brake dust.

Gray-black brake dust is made up of iron particles formed by the grinding of the brake rotor by the brake pads. However, brake dust also can contain some metallic elements and other components housed in the brake pad - including asbestos.

The automotive resource YourMechanic says that, while brake dust is not indicative of a poor braking system, over time brake dust can corrode the clear coat on a car and may eat into the aluminum alloy surface of the wheel. That is why so

many drivers try to clean away brake dust, potentially exposing them to dangerous materials.

DIYers may be better off visiting professional service centers to have brakes addressed rather than doing the job on their own. OSHA says all automotive brake and clutch repair facilities in the United States must comply with the OSHA asbestos standard. These include using negative pressure enclosure/HEPA vacuum systems and low pressure/wet cleaning methods.

While asbestos is being phased out of many automotive components, it is always best to treat brakes, clutches and more with extra caution in the event that asbestos is present.

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OCT 26 AUCTION

FOR: 4 RETIRING SENIORS/BUSINESS

LOCATED: IN Barrhead Industrial Park at 6108 - 46 Street

SATURDAY AFTERNOON, OCTOBER 26TH AT 1:00PM

COMPLETE MODERN/QUALITY/FAMILY

RESTAURANT: * STAINLESS STEEL (Hobart Commercial Dishwasher) (Pref Table w 3 Sinks) (Large Over Stove Hood w Dry Chemical Fire Safety) (Large 2 Door Fridge) (Coffee Machine) (Coffee Grinder) (Bezzera Single Group Espresso Machine) (Soup Warmer) (220 V Grill) (2 Rolling Serving Carts) (Chicago Meat Slicer) * Lots of Kitchenware * Sandwich Prep/Cooler Table * Quality Dark Wood Tables and 40 Matching Chairs * And More

COMPLETE SENIORS QUALITY ITEMS: * New 270 Rem 783 Rifle w 3 to 9 x 40mm Scope, Lock, Case * Merlin 22 Micro Grove XT 22 w SS Barrel, Scope, 12 Shot * Alum Quad Deck for Truck * Skandic Skidoo * Rough/Tough 2002 Crew Cab 4 x 4, 8' Box * Ski Doo Helmets * CrossBow * Jiffy Ice Auger * Quad Cab

SENIORS ITEMS: * 12 V House Wheel Chair * Seniors Lift Chair * Tread Mill * Eltc Organ * Antique Items - Butter Churn, Scycle Sharpener, 1 Man River Sleigh Runner * Lots of Furniture, Garage, Yard Items

COMPLETE SENIORS SHOP AND YARD: * Millermatic 172 Challenger Welder * CM Gas Less Wire Feed Welder * Acetylene Uit w Wind Up Hose * HD Shop Table * 2 Rolling 3 Ton Floor Jacks * Shop Scissor Lift * Hyd Press * Drill Pres * CO Saw * Table Mitre Saws * Many Other Tools * NICE (Husq 62 HWT Grass Whip) (Stihl MM 55 Multi Unit - Rototiller, Paddle, Sweep Brush) (CM 21" Snow Blower) (Husq 365 and Stihl 009 L Chain Saw) (3" Water Pump) (Oilfield Straps + Tie Downs)

PLUS 4th SENIOR: * New 120 gal Molasses Lick Tank * 4 Burner N/G Counter Top Cook Stove * Also Full House and Garage Items * 14ft F/G Boat w 75 hp Evinrude

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THANK YOU!

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

Lac Ste. Anne County Community Services wishes to thank the following Family & Community Support Services (FCSS) Programs for providing FCSS grant funding to three of our amazing programs in 2019.

Thank you to the Summer Village of Yellowstone, the Summer Village of Sunrise Beach, and the Town of Onoway FCSS programs for supporting our Onoway Playschool Program.

Thank you to Alberta Beach, the Summer Village of Val Quentin, the Summer Village of Castle Island, the Summer Village of Sunrise Beach, and the Town of Onoway FCSS programs for supporting our Summer Programs for children and youth.

Thank you to the Summer Village of Nakamun and Town of Onoway FCSS programs for supporting our Parent Link/Early Childhood Development Program.

Your generous support is greatly appreciated!

MAN ARRESTED FOR LURING CHILDREN FOR SEXUAL PURPOSE

Submitted by Parkland RCMP

On September 17, 2019 the Parkland RCMP became involved in a child exploitation investigation which spanned a period of time between October, 2015 and September, 2019. During this time, a number of youth were victimized to varying degrees.

As a result of the investigation, 39 year old Matthew Kenneth Erickson has been charged with a number of offences which include: four counts of Luring a Child, three counts of Sexual Interference, two counts of Making Child Pornography and one count

of Sexual Assault. Erickson was released on a \$3000.00 no-cash Recognizance with a number of strict conditions that includes no contact with the victims or anyone under 16 years of age. He is set to appear in Stony Plain Provincial Court on October 30, 2019.

If you have any information regarding this matter, please contact the Parkland RCMP Detachment at 825-220-2000 or call your local police detachment. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app.



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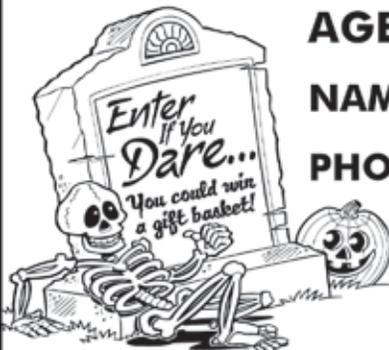
AGE GROUPS: 3-4 YRS | 5-6 YRS | 7-9 YRS | 10+ YRS

NAME: _____ AGE: _____

PHONE: _____ TOWN: _____

Entries must be recieved by October 26, 2019.

**Mail to: Jack O'Lanterns, c/o Community Voice
Box 3595 Spruce Grove, AB T7X 3A8**



SANGUDO PUBLIC LIBRARY NEWS

Submitted by Sangudo Public Library

Library Happenings!

You are invited to PJ Story Time for children aged 3 to 7 and their caregivers. Join us on Tuesday, October 22, 2019 and November 26, 2019 from 6:15 PM to 7:00 PM. Come dressed in your PJ's, bring a favorite stuffy and we'll have fun with stories, a craft and snack! There is no charge to attend, but we need you to pre-register by calling the library @ 780-785-2955. Funding for this program is provided by the Lac Ste. Anne County

FCSS Grant.

Join us in our journey of healthy body, mind and spirit! Meditation with Tina is returning to the library so come relax, unwind, destress and meditate with us on Monday, October 28 and November 18, 2019 from 7 to 8:30 PM.

Please bring a mat, pillow and/or blanket to make your meditation practice comfortable as we may be sitting in a chair or sitting/laying on the floor. You must pre-register by contacting the library and a donation to the library will be graciously accepted.

Do you love to read? Would

you like to discuss what you have read with others? We are accepting registrations for the Book Club and need your feed back to determine the date and time. If you wish to participate, please contact the library for further information.

Are you interested in finding your roots? We have a group of people interested in starting a genealogy club at the library. Don't know where to start? Have you been following your family tree for years? We want people of all experience levels that want to learn from and/or mentor others. If this sounds like the program you have

been waiting for please give us a call and let us know so that we can formalize a date, time and frequency of meetings.

November is Family Violence Prevention Month in Alberta. As stated on the Alberta Government Website "It's a time to increase awareness to create change in our communities. We all have the right to feel safe. It takes all of us working together to support healthy relationships, safer homes and communities. November is a time we can all take action to help prevent family violence. Consider how you can make a difference."

One way to show support is visit the library during regular hours in November to view the mixed media art display by local artist Jacque Paul, her story of self discovery and awareness through art has been a healing, playful journey. Jacque humbly offers her work knowing she is not alone in her story. It is a small window to understand her journey, we all negotiate a life of many stories and the library is full of stories too. We encourage you to visit, read her story and view her work, what do you see, how do you feel?

Drop by the library during regular library hours and check out the weeded and donated titles available in our perpetual used book sale. Whether you are you looking for Sci-Fi, Non-fiction, Fiction or Children's titles ...we have a great selection of titles that may be of interest. We encourage you to stop in and peruse the titles, take what you want and leave a donation of your choosing, or fill a bag for \$ 5.00. All funds collected will be used to support the library operations and programming.

Let us know what programs you would like to see at the library, and should enough interest be expressed we will do our best to make it happen. Check our website, follow us on Facebook or keep an eye out for our articles in the Keep Me, Community Voice and The Bulletin for upcoming events and programs.

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Obituaries



PARSONS, BRENDA NORA
 July 5, 1928 – October 11, 2019
 With deep sadness we announce the passing of Brenda Parsons, a longtime resident of Alberta Beach, on October 11, 2019 at the age of 91. Brenda will be lovingly remembered by her daughters Linda (Neil) Flynn, Gail (Michael) Mahony; her grandchildren Kristine Rex, Andrew (Emily) Rex, Darren (Sheri) Mahony, Ryan (Rikki) Mahony, Jordan (Laura) Mahony; her great-grandchildren Allison (Daniel) Rex, Michael Rex, Kailynn Mahony, Tysen Mahony, Ayla Mahony,

Caesyn Mahony; as well as her great-great-grandchild Nathan Rex. She is predeceased by her husband Kenneth Richard Parsons. A memorial service for Brenda will be held in the summer of 2020. (1) 22-10



MAHONY, MICHAEL VINCENT
 July 31, 1949 – October 14, 2019
 With heavy hearts we announce the passing of Michael Mahony, on October 14, 2019 at the age of 70. Michael is lovingly remembered by his wife Gail, his three sons Darren (Sheri), Ryan (Rikki), Jordan (Laura), his grandchildren Kailynn,

Tysen, Ayla, Caesyn, as well as his sister Donna (Dennis), Nancy (Steven), and Cathy (Neil). He is predeceased by his parents Helen and Vincent Mahony. A memorial service for Michael will be held on Wednesday, October 23, 2019 at 2:00 pm with reception to follow. Donations in lieu of flowers can be made to the Good Samaritan Society, Stony Plain Care Centre, 4800 55 Avenue, Stony Plain, AB T7Z 1P9. (1) 22-10

Services

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SUDOKU OF THE WEEK

Fun By The Numbers

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

ANSWER:

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

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

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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

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Completely renovated Motel in Onoway, offering monthly rentals, all utilities FREE, furnished bachelors and furnished 1 bedroom with full kitchen, please call Cheryl for viewing 780-967-4420 www.onowayinnandsuites.com (4) 15-10 OG

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3 Bedroom House in Alberta Beach, comes with fridge, stove, washer, dryer. \$950/month + DD same, Call 780-219-9673 (2) 22-10



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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.

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PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.
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COMMUNITY EVENTS 2019

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9228. Please note that all submitted event listings must be limited to 200 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

OCT 26 - HALLOWEEN COSTUMED FAMILY DANCE, 6:00pm at the Alberta Beach Agplex. \$5/admission, children 6 & under free. 50/50 draw, concession, prizes, a cash bar presented by the Alberta Beach and District Lions Club, Door Prizes and Silent Auction.

OCT 27 - HARVEST SUPPER, 5pm at Peace Evangelical Lutheran Church, (303 Church Rd, Spruce Grove). Come and Enjoy Christian fellowship with pie for dessert.

OCT 27 - ANNUAL FALL SUPPER at the Stanger Hall, 4:00 pm - 6:30 pm. Adults \$15.00, 6 - 12 years \$5.00, 5 and under Free.

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

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.

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 October 2, 16 & 30.

STONY PLAIN SENIOR'S DROP-IN CENTRE, public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

WHITECOURT SENIORS CIRCLE, Every Tuesday. Open @ 5PM, 1st call @ 6:45PM, Nevadas, Concession. 780-778-4950 *Sept - June

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 Juggle's Bar & Grill.

BARRHEAD ROYAL CANADIAN LEGION: Fridays 6:00PM. Queen of Hearts draw & 50/50.

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

ONOWAY ROYAL CANADIAN LEGION: Fridays, Ph. 780-967-5361

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM. Meat Draw & 50/50.

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

MEALS ON WHEELS

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

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

JAMBOREES

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

MAGNOLIA: at Magnolia Hall. 2nd Saturday of Month. New Time is 1:00PM. Call to confirm, 727-2015. *October - May, No Dec.

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

WHITECOURT SENIORS CIRCLE: 2nd Sunday of the month 1-5PM, \$5/Adm Door prizes & 50/50 draw. 780-778-4950 *Nov - June

TOPS (Take Off Pounds Sensibly)

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

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

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

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

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

YOUR COMMUNITY

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

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

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

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

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

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

SOCIAL EVENTS

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

BADMINTON: Wed, 7:00PM, 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 FCS5.

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

ONOWAY HAVE FUN & GET FIT! Exercise

OCT 28 - SANGUDO HORTICULTURAL CLUB PRESENTS GROWING VINES. A speaker from Kiwi Nurseries will be at the Sangudo Golden Age Club-7pm. Members of the public welcome. \$5 drop in fee.

NOV 2 - WOMEN'S INSTITUTE COTTAGE CRAFTER'S SALE, 10am-3pm at Stony Plain United Church. Over 30 tables, door prizes, free coffee, ligh lunch available. Cost \$2.00

NOV 16 - GUNN HALL CRIB TOURNAMENT, Reg. 10:00am Play 11:00am - \$20.00/person.

Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

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

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

WHITECOURT SENIORS CIRCLE DROP IN CRIB 1st & 3rd Sundays 1:00PM. 780-778-4950

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 Kinsmen Hall, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

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

LAC STE ANNE COMMUNITY CHOIR, Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348.

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, FCS5 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 Agplex on the 2nd Wed of the month, 7:00PM.

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

SANGUDO PAINTING GROUP: Every 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 Alexis 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</p> <p>St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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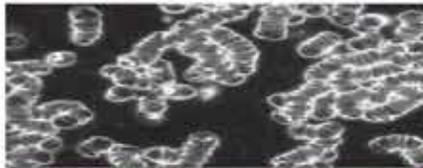
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