



# COMMUNITY VOICE

YOUR LOCAL NEWSPAPER

Serving: Alberta Beach, Barrhead, Calahoo, Cherhill, Darwell, Glenevis, Gunn, Lac Ste. Anne County, Mayerthorpe, Onoway, Rich Valley, Rochfort Bridge, Sangudo, Whitecourt, Spruce Grove and Stony Plain.

## November 26, 2019

### OJSH STUDENT CHOSEN AS ALL-CANADIAN TITAN

Submitted by Onoway Junior Senior High School

For several years, Nissan Canada and the Canadian Football League have worked together to help train and motivate the next generation of Canadian football players. In partnership with the CFL, Nissan Canada Inc. annually scouts and recruits a team of TITANS - aspiring student

football players who give to their community as well as to their team.

OJSH Grade 12 student Damian Venedam has been chosen as one of seventy young football players from across Canada to be part of this year's 2019 Nissan All-Canadian TITAN team.

Players, coaches, family and friends nominated the members of the TITAN team for demonstrating TITAN values on their team, in



the classroom, and in their community.

Continued on Page 3

### GOVERNMENT SEEKS INPUT ON DAYLIGHT SAVING TIME

Submitted by Government of Alberta

Albertans are invited to share their thoughts on whether the province should continue to observe daylight saving time.

The government is launching an online survey to gather feedback about the observation of daylight saving time in Alberta.

"We know people have strong opinions about changing their clocks twice a year, and we want to hear them. As more Canadian provinces and territories and some American states are having discussions about this, it's important that we hear from Albertans." - Nate Glubish, Service Alberta Minister

Under the Daylight Sav-

ing Time Act, Albertans set their clocks forward one hour to observe daylight saving time from the second Sunday in March until the first Sunday of November. This puts the province in the same time zone as the Northwest Territories and Montana year-round.

Continued on Page 4

**All Precious JEWELLERS**  
 "Your Spruce Grove Jewellery Store"  
**Goldsmith on Premises**  
 • Engraving • Clock & Watch Repairs  
 • Jewellery Repairs • Custom Make-ups  
 Jewellery Repairs Done On Site.  
 Laser Welder Services Available.  
 Toll Free: 1-877-962-4367  
 PH: 780-960-4200 Fax: 780-960-4201  
 Suite 102, 215 McLeod Avenue  
 Spruce Grove, AB. T7X 0G2

**SIGHTS AND ARMS** Now Open Mon-Sat 10AM-6PM  
  
**FALL SALE!** New, Used & Consigned  
 Firearm Safety & Reloading Courses  
 Gunsmithing  
 WWW.SIGHTSANDARMS.COM  
 11 J Raybon Cr. St. Albert, Alberta 825-223-9863

**PREVAIL MAX**  
 CELLULAR HOMEOSTASIS FORMULA  
**Nutritional Breakthrough For Your Cells**  
 LIVIN TRIM WITH VALENTUS  
 (780) 907-8642  
 www.ValentusTour.com/Ladybug

**SLIMROAST Optimum**  
 DARK ROAST COFFEE  
 YOUR LOGICAL SOLUTION TO WEIGHT MANAGEMENT  
 (780) 907-8642  
 www.ValentusTour.com/Ladybug

**View us ONLINE!**  
**WWW.COM-VOICE.COM**

# NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Legion



**COMMUNITYVOICE**  
YOUR LOCAL NEWSPAPER

PUBLISHED WEEKLY (Zone 1 & 2)  
AND BIWEEKLY (Zone 3)

**E.J. Lewchuck & Associates Ltd.**

#6 - 40 South Avenue  
Box 3595  
Spruce Grove, AB T7X 3A8

---

**SALES TEAM**  
Elaine  
Ashley  
Dani

---

**TELEPHONE:**  
Classifieds 962-9229  
Advertising 962-9228  
Fax 962-1021

**E-MAIL:**  
comvoice@telusplanet.net  
news@com-voice.com

Cedar-plank Pork for Dinner

On Friday, November 29, Lafarge Canada is sponsoring the dinner – cedar-plank port served with sesame roasted vegetables, potato wedges, salad and dessert. Cooks are Lorne Olsvick and Bob Clark and volunteers. There's also a special treat – entertainment after the meal.

Book your reservation by phoning or texting 780-340-0760, or leave a message on the Legion answering machine at 780-967-5361. (Don't forget to call to cancel if your plans change.) Doors open at

3, with the meal served from 6 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.

Surf & Turf (with a Twist!)

On Friday, December 6, Ira and his crew are back in the kitchen to prepare Surf & Turf with a Twist – salmon

and lamb. Along with that will be minestrone soup, fried rice, home-made fries, green beans, garden salad, jello with whipped cream, and pudding.

Pool and Darts Clubs

Every Tuesday evening, it's drop-in darts, with spare darts available if you just want to try it. Play begins at 7 pm, but please arrive earlier 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.

Recreational pool, playing singles on four tables, goes every Wednesday evening. Registration is at 7 pm, and the balls are racked up at 7:30. Everyone is welcome, even non-members, and no experience is necessary. Cost is just \$5 each week, and the bar is always open.

Did You Know?

This year, community residents donated \$5,300 (about \$750 more than last year) for the Poppy Fund. The money raised provides financial assistance and support to veterans, including Canadian Armed Forces and RCMP, and their families who are in need.



**FIREWOOD**

**ALBERTA BEACH FIREWOOD**  
Spruce & Birch

**Call 780-719-9473 or 780-904-6440**

## PRICE REDUCED



**14K White Gold Diamond Ring**  
Brand New, Still in Box, Tags on!  
**Asking \$2,745**



**14K White Gold Engagement Ring**  
Brand New, Still in Box, Tags on!  
**Asking \$2,300**



**10K White Gold Diamond ring**  
Brand New, Still in Box, Tags on!  
**Asking \$1,375**

Call for more information, or to view the ring 780-907-8642

# CRTC BROADBAND FUND LAUNCHES SECOND CALL TO IMPROVE INTERNET ACCESS AND MOBILE WIRELESS SERVICES ACROSS CANADA

**Submitted by Gerald Soroka, MP - Yellowhead**

OTTAWA: Gerald Soroka, Member of Parliament for Yellowhead, is pleased to inform constituents that the Canadian Radio-television and Telecommunications

Commission (CRTC) has launched its second call for applications for the Broadband Fund.

Applications will be accepted for all eligible projects to improve broadband access across Canada, including areas covered by

the first call. The Broadband Fund will provide as much as \$750 million over five years.

Applicants must be financially invested in their projects and show that it would not be viable without a financial contribution

from the Broadband Fund. For more information on how to apply please go to: <https://crtc.gc.ca/eng/internet/internet.htm>

All applications must be submitted by March 27, 2020 at 5:00pm Pacific Standard Time.

## OJSH Student Chosen as All-Canadian TITAN

*Continued from Page 1*

The student-athletes selected for the All-Canadian TITAN team exemplify the TITAN values: they are TOUGH, knowing strength is more than physical; INNOVATIVE, leading the way in their community; TENACIOUS, pursuing goals

with determination and persistence; AMBITIOUS, having a good attitude, work ethic and a desire to succeed; and NOTABLE, standing out in a way that inspires others both on and off the field.

Damian got to travel to Calgary in November for a once-in-a-lifetime, four-

day sporting opportunity where he was able to experience a multitude of 107th Grey Cup festivities. As part of his experience, Damian got to meet and train with the other 69 student athletes chosen from across Canada, attend the 2019 CFL Awards, play in an exhibition game on November

23rd at Shouldice Athletic Park, attend a tail-gate party, and watch the 107th Grey Cup Championship game live at McMahon Stadium.

Nissan, the official vehicle of the CFL for 13 years, is in its 6th year of sponsoring team TITAN.

# GROVE HEARING CLINIC

## 960-2960

## 1-866-960-2960

**Hear what you've been missing...**

**Senior Discounts**



**Full Service & Repair**

**Full Hearing Assessments**

HOURS OF OPERATION: 9am – 5pm Weekdays

3rd party billing (AADL, WCB, DVA, FCH) • Personal 0% Financing if Needed

For The Latest Technology In Hearing Aids & Assisted Living Device Stop By & See Dawn

#220-70 McLeod Ave - Westland Market Mall, Spruce Grove

# NOV 30 AUCTION

**FOR: COUNTY OF BARRHEAD AND 6 SENIOR RETIREMENTS**

**LOCATED: Barrhead Rodeo Grounds**

**SATURDAY AFTERNOON, NOVEMBER 30<sup>TH</sup> AT 1:00PM**

**COUNTY OF BARRHEAD:** \* 2003 Ford F250 Ext Cab w (250,000 km), 4X4, auto, 6' box, H/A Rack, White \* 15 ft Degelman Fold Up Wing Brush Mower \* Variety of Misc

**HOUSEHOLD:** \* Good Clean Household \* 3 Good Double Beds, Dressers, etc. \* Stereos \* Kitchenware \* Lots More

**TOOLS / GARAGE and YARD ITEMS:** \* Lots of Good Items Promised including 2 Estate Sales Probated

**GOLF CART:** \* Club Car Precedent Golf Carts, Electric, Good Batteries, Stored Inside, White, Clean

**LOW Mileage PASSENGER and UTILITY TRUCKS:** \* 1991 Ford F350 Custom Crew Cab, Du-ally, 2wd, 118k original km, Auto, 7.5 L (460 cu inch) \* 1970 GMC 1 Ton w/ excellent 4' high Steel Box

**MOBILE HOME AXLES & MISCELLANEOUS:** \* Brand new Mobile Home Axles w/ some tires \* Glass-top computer desk \* Meat tub \* Heavy duty garden cart rolling work seat w/ tool tray \* Sun Mountain Golf Bag \* 3 x 20L water jugs \* 3 boxes laminate flooring (golden butterscotch hickory; 15.8 sq ft coverage/box) \* Weight bench

**MECHANICAL / RECREATIONAL:** \* Air Compressor Hose & Reel \* Car Jack \* Car Ramps \* TRI STAR 230 AC DC Welder with cables \* 2 x 30 ft heavy duty truck tow straps \* Generac Electric Start 4000EXL generator \* LIKE NEW Rigid 5.0 HP Shop Vac w/ 2 new filters \* 3 ton MotoMaster floor jack \* Folding quad ramp \* NEW 75 ft Green Line Air hose & fittings \* 3 x 20L Diesel cans \* Sportbike exhaust muffler \* Harley Davidson exhaust mufflers \* 1500 LB Motorcycle jack \* 3 Heavy Duty shelves on castors (L 5ft x W 18in x H 63 1/2 in)

**AUDIO:** \* Miscellaneous Speakers & VCR player \* Realistic Mach One Speaker System \* Pioneer Receiver VSX-D7105 digital signal receiver \* Pioneer Bridgeable Power Amplifier GM-X502 \* Technics AV Control Stereo Receiver SA-DX940 \* 2 black Nuance STAR 3M-B speakers \* 2 Wood Grain stereo speakers

**ELECTRICAL:** \* 1/4 mile 16 gauge electric fence wire \* Miscellaneous (phone) spool wire \* 2 boxes Coleman Cable RG6CATVBLK RG6 60% FI/BRD FT 4 3 GHZ BLK \* 4 boxes Audio cable Type: CL3R Multi-Conductor Alarm & Security Cable: 26/0.244 WHITE \* 2 boxes 4PR 23 AWG GenSPEED 6 \* NEW 10x10 ft joints electrical nonmetallic tubing \* NEW 10x10 ft Rigid Nonmetallic Conduit \* 2 boxes miscellaneous electrical supplies

**CARGO VAN:** \* 1998 Ford Econoline 3/4 ton Cargo Van, 5.4l V-8, 270k km, Elec. Trailer Brakes, Safety cage

**CLEAN MOTOR HOME:** \* Dodge Sportsman Motorhome, Clean, Awning, Propane

## PARSONS AUCTIONS LTD.

Charles 674-7704 (780-674-3929) Jeff 305-4328  
Pictures Available on: parsons-auctions.com

# Government Seeks Input On Daylight Saving Time

*Continued from Page 1*

"The practice of changing our clocks twice a year is largely done only in western Europe and North America. Earlier this year, the EU voted to abolish seasonal time changes by 2021. In North America, we're seeing provincial and state governments table and pass legislation to do the same. It's time for Alberta to have a serious conversation about this." - Nate Glubish, Ser-

vice Alberta Minister

The online survey will be open until Tuesday, Dec. 10. Albertans can visit [alberta.ca/daylight-saving-time-engagement.aspx](http://alberta.ca/daylight-saving-time-engagement.aspx) to share their opinions.

**Quick facts**

- In October 2019, legislation was tabled in British Columbia to move to summer hours all year.

- Legislation has also passed in Alabama, Arkansas, Florida, Nevada, Oregon, Tennessee and Washington to move to summer hours permanently. However, in the United States federal approval is required to enact the change.

- In March 2019, the European Union voted to end the seasonal time change by 2021.

- Saskatchewan, Arizona and Hawaii do not change their clocks twice a year.



**HORIZON STAGE** @twitter f 2019-20 Season  
Performing Arts Centre

*Nadeau Ensemble:*  
*A Prairie Christmas*

**Saturday, December 7**  
**2 & 7:30 p.m.**

A Captivating Celtic Harp Christmas Concert



Ticket Centre: 315 Jespersen Ave.  
Theatre: 1001 Calahoo Road  
Spruce Grove, AB **780-962-8995** [horizonstage.com](http://horizonstage.com)

## JOKE OF THE WEEK

A Bulgarian tourist visiting America was interested in all types of American games. When he returned home, his friends asked him to describe the things he saw. "One interesting game I witnessed", he said, "was one called 'Oh shit', where one fellow calls out things like G4, I9, etc. After a while someone in the audience calls out 'Bingo!' and the crowd yells 'Oh shit!!'"



# All Precious JEWELLERS

**Draw For Your Discount  
5-50% off Until Dec. 24<sup>TH</sup>  
except Bradford Exchange and  
Grandfather Clocks**

**Authorized Dealers  
Bulova, Citizen, Bering,  
Caravelle, Accutron**

**We do Engraving!**



**780-960-4200**  
**#102 McLeod Ave**  
(next to Something Else Restaurant),  
**SPRUCE GROVE**

**Over 30 Years in the  
Jewellery Industry.  
Experienced  
Goldsmiths on Site**



**Holiday Hours** Starting on  
December 8  
Mon - Fri 9:00am - 7:00pm  
Thursday Late Night Shopping  
Saturday 10:00am - 5:00pm  
Sunday 11:00am - 4:00pm  
[www.allpreciousjewellers.ca](http://www.allpreciousjewellers.ca)



# The 33<sup>rd</sup> Annual

# Sangudo Christmas Blitz

**FRIDAY, NOVEMBER 29<sup>TH</sup>, 2019**

**4:00PM - 8:30PM**

## *The Cookhouse On Main:*

### **Gingerbread House Contest**

*(Cash Prizes Donated by Sangudo Veterinary Clinic)*

**Entries can be brought to the Cookhouse during business hours November 25th - 29th @ 6:30PM (for entry cutoff)**

**Judging 7:00 - 7:30PM Prizes Presented 8:00PM @ Fire Hall**

## *Fire Hall:*

**Visits With Santa 5:00 - 7:00PM Balloon Artist 4:00 - 7:00PM**

**Face Painting With Jacquie Paul 4:00 - 7:00PM**

**Free Coffee, Hot Chocolate & Beef on a Bun 5:00 - 8:00PM**

*(Donated by Lac Ste. Anne County Fire Services Station 4 Sangudo)*

**Blitz Raffle & Door Prize Draws 8:00PM**

**Over 50 Vendor Tables! • Fire Hall • Community Hall  
• Golden Club • Cookhouse On Main**

**Horse Drawn Sleigh Rides 4:00 - 7:00PM**

### **Fireworks at 8:30PM**

*Generously Sponsored By: FORTIS,  
Paddle Plastics, West Fraser & Pembina West Co-op*

**SPONSORED IN PART BY F.C.S.S.**

# Sangudo Christmas Blitz

**THIS PAGE IS SPONSORED BY THE FOLLOWING LOCAL BUSINESSES**

<p><b>Community Health Pharmacy</b></p> <p>785-3784</p>	<p><b>Redneck Liquor</b></p> <p>785-2229</p>	<p><b>Ray's Auto Repair &amp; Towing</b></p> <p>785-2251</p>	<p><b>Pit Stop Gas &amp; Convenience</b></p> <p>785-2432</p>	<p><b>Sangudo Veterinary Clinic</b></p> <p>785-2200</p>
<p><b>GS Welding &amp; Mechanical Services Ltd.</b></p> <p>674-1679</p>	<p><b>C &amp; D Tank Truck Service -Cherhill</b></p> <p>785-3383</p>	<p><b>W.V. Repair Service (HD &amp; AG)</b></p> <p>305-1315</p>	<p><b>C-5 Chadd Contractors</b></p> <p>785-2548</p>	<p><b>Sonny's Stucco &amp; Drywall</b></p> <p>785-2022</p>
<p><b>A.T.B. Financial Agency -Sangudo</b></p> <p>785-2737</p>	<p><b>Harapchuk Trucking Inc.</b></p> <p>785-2655</p>	<p><b>Sangudo Custom Meat Packers</b></p> <p>785-3353</p>	<p><b>Jay Day Water Hauling Services</b></p> <p>674-0104</p>	<p><b>Stuber's Cat Service Ltd.</b></p> <p>785-2173</p>
<p><b>Lac Ste. Anne Real Estate - Century 21 Masters</b></p> <p>785-2444</p>	<p><b>Iron Wing Mechanical Ltd.</b></p> <p>515-0583</p>	<p><b>Servus Credit Union -Sangudo Br.</b></p> <p>785-2888</p>	<p><b>Stonework by Half Rocks</b></p> <p>305-9746</p>	<p><b>Westar Drilling</b></p> <p>785-3243</p>
<p><b>Park Memorial Ltd. -Funeral Home &amp; Crematorium</b></p> <p>786-2533</p>	<p><b>The Co-operator's -Mayerthorpe</b></p> <p>786-2750</p>	<p><b>Paddle Plastics Ltd.</b></p> <p>786-4408</p>	<p><b>Roszko Farm Equipment Ltd.</b></p> <p>www.roszko.com 786-2105</p>	<p><b>Paddle River Concrete</b></p> <p>786-2666</p>

# “WHAT MATTERS TO YOU” NOV 20 2019

Over the last few months I've had the chance to make it out to a number of local events, meet with constituents, town councils, county councils, stakeholders, and through several of the committees and task force groups that I have been assigned. There has been resounding support for the changes that we have made in the short time since election, as well as for our approach for engagement with Albertans.

In our constituency, we have had Premier Kenney attend the annual Pilgrimage at Lac

Ste Anne, the opening of the gas line at Keephills 3, as well as to spend some time shopping at the Carvel General Store. We had the Minister of Agriculture hold a round table consultation in Mayerthorpe; Minister of Service Alberta meet with four separate round tables at three towns, and last but not least our Minister of Justice and Solicitor General, host a town hall regarding rural crime in Calahoo.

I have heard on a number of occasions of how thankful our fellow constituents are

for meaningful engagement from our government, and myself as the MLA. To that end, I'm doing all that I can to ensure that I'm working on the items that matter to our area.

In recent engagement, I have heard concerns over a few private members bills that have been tabled in the house for first reading. Bill 205 is in regards to "Opt Out" organ donation, rather than the current opt in model. The second is Bill 207, which is intended for the medical community to have reinforced

constitutional rights for their conscionable objection.

As an MLA within the UCP Caucus, I have "Free Vote" and am fully endorsed and supported to vote in my own conscience and more importantly, in the conscience of my constituents. As such, I am reaching out to you to share your views with me. I did so recently at a town hall meeting in Alberta Beach and will continue to do so at outreach events throughout the constituency in the next coming weeks. I want to ensure that your voice is heard and I represent you responsibly when it comes to any of the Bills that are of such a personal nature. I'll be looking forward to receiving invitations from local community groups so that I can attend your meetings and discuss these Bills with you. I do ask that you read the Bills in its entirety, and not just the sound bites that are out there, because you deserve the full goods to make an informed decision. You can get a copy of these Bills at my constituency office or find them at <https://www.assembly.ab.ca> Bills and Amendments.

I hope that you are keeping well, and taking care of your friends, families, and neighbors. We are all in this together, and are going to need to keep an eye out for each other. I'd also ask that if you are having some challenging times, know that you are not alone, and talk to someone about some of those challenges. Often all we need to do is get it out, and accept a hand from a friend when we stumble on our journey through life. Guaranteed, you would have done the same for them, or have in the past.

Please send your questions, views or comments through to my office [lacsteanne.parkland@assembly.ab.ca](mailto:lacsteanne.parkland@assembly.ab.ca), or into the paper that you are reading, I'm all ears.

**All the best,  
Shane Getson, MLA  
Lac Ste. Anne-Parkland**

**PREVAIL MAX**  
CELLULAR HOMEOSTASIS FORMULA

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

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

Before PrevailMAX:	After PrevailMAX:
poor circulation	better circulation
low energy	more vitality
brain fog	mental clarity
dehydration	cellular movement
decreased nutrients	nutrient assimilation
pH imbalance	balanced pH
poor endurance	optimal endurance

**PREVAILMAX™** is a nutritional breakthrough that delivers a rapid increase of internal blood cell pressure to speed absorption, enabling the body to take maximum advantage of the nutrients in foods and supplements. The electrolytes are small enough to penetrate your cell membranes, to bind with your cells, and to be carried wherever they are needed in the body. At the microscopic level of human cells, **PrevailMAX™** supports healthy cell performance – a nutritional breakthrough for your cells. When you use **PrevailMAX™**, you will feel more energy and an ability to focus like never before. Take a few sprays today and see just how good you can feel!

**LIVIN TRIM WITH VALENTUS**

**www.ValentusTour.com/Ladybug (780) 907-8642**

# ALBERTA HEALTH FUNDING FOR PSYCHOLOGICAL SERVICES PETITION

## Support Albertans to access funded Psychological Services

**Submitted by Edmonton Psychologists Inter-agency Committee**

The Edmonton Psychological Interagency Committee is petitioning the Minister of Health Shandro and Premier Kenney for direct, funded access to psychologists for all Albertans. The committee has invited other Albertans to add their voices to this initiative.

So far, over 9,700 supporters have signed!

Keri told us about her experience and why she supports the petition, "My son took his life March 2017 at the age of 22... our Mental Health Healthcare failed him." Whereas Dinesh explained that "As a family physician, I see so [many] resources and taxpayer dollars spent on treating diseases that are caused or made worse by mental health issues."

The overall sentiment is that mental health is just as important as physical health. Statistics show either you or someone you care about will need mental health support and intervention. The public is aware and now it is time for the government to step-up and make mental health accessibility a reality.

Psychologists are the primary experts in family and behavioural mental health. Unfortunately, unless one can personally afford therapy or has a generous benefit plan, most cannot afford the needed support.

Currently in Alberta, behavioural and mental health supports are centralized in the medical care system. Medical systems are designed for acute physical or psychiatric crises; not to provide timely and/or preventative behavioural and mental health interventions.

The mental health supports within the centralized system are significantly over extended. In general, family doctors and hospitals are not adequately equipped to deal with escalating mental health issues, which can present as severe anxiety, depression, suicidality, addiction, family violence, crime, and complex mental illness. In many cases, individuals will only qualify for psychological

intervention when their issues are extreme, or after substantial suffering or crisis. Even then, there are waiting lists and limitations in the system.

This petition is asking the Government of Alberta to redirect some mental health funding from the centralized medical system and allow Registered Psychologists to bill Alberta Health Services directly for psychological treat-

ment. This is a revenue neutral request and would function similarly to other paramedical practitioners funding (e.g. physiotherapy, optometry, etc.). The committee has reached out to our government representatives and is planning to meet with them in person to discuss the current climate for mental health. Please review, sign, and share the petition: <http://chng.it/5ndJWj4fs8>

**LAC STE. ANNE COUNTY** 



**LAC STE. ANNE COUNTY STAFF AND COUNCIL  
ARE COLLECTING ITEMS FOR THEIR**

## ANNUAL TOY DRIVE, FOOD DRIVE & PET FOOD DRIVE

**November 12<sup>th</sup> 'til December 13<sup>th</sup>**

Lac Ste. Anne County Council and Staff are collecting non-perishable **FOOD BANK DONATIONS** along with unopened, nonperishable **PET FOOD DONATIONS** to be distributed to the East and West Food Banks and Pet Shelters within Lac Ste. Anne County. We are also collecting **NEW TOYS** and/or **GIFT CARDS** for children of **ALL AGES** to be distributed to the local organizations within Lac Ste. Anne County to help as many families as possible throughout the holiday season.

**WHERE TO DONATE:**  
 Lac Ste. Anne Administration Office located at 56521 Range Road 65  
 Lac Ste. Anne East End Administration/Fire Hall located at 2317 TWP Road 540  
 Lac Ste. Anne Public Works Shop located at 56304 Range Road 62

**TOP ITEMS NEEDED BY THE FOOD BANKS:**

<input type="checkbox"/> Breakfast Cereal	<input type="checkbox"/> Brown Beans	<input type="checkbox"/> Canned Veggies	<input type="checkbox"/> Canned Fruit	<input type="checkbox"/> Diced Tomatoes
<input type="checkbox"/> Ichiban	<input type="checkbox"/> Juice Boxes	<input type="checkbox"/> Kraft Dinner	<input type="checkbox"/> Pasta/Pasta Sauce	<input type="checkbox"/> Peanut Butter



**Cash for Cars**

**967-2492**

**R & S  
TOWING**



**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](mailto: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-D0192	56002 RGE RD 52, Within SE 03-56-05 W5M	Removable frisbee (disc) golf targets - 18 target course layout in existing hay field	November 27, 2019
19-D0188	SE 14-55-03 W5M	To build a 105m high guyed telecommunications tower with a shelter at the base	December 9, 2019
19-D0209	314 56514 RGE RD 21 Lot 314, Block 2, Plan 0425881 Nakamun Lake Estates within SE 35-56-02 W5M	1978 Manufactured Home 24.0' x 48.0' (1150.0 sq. ft.) on wood blocking	December 9, 2019
19-D0216	405, 54425 Ste. Anne Trail Lot 8, Block 6, Plan 0121251, Lakeview Place within RL21 26-54-3 W5M	2 Recreational Vehicles 26.0' x 8.0'	December 9, 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.



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

**CHRISTMAS STAY & PLAY CRAFT DAYS**

**SANGUDO**

**December 3 | 11:00 am - 12:00 noon**  
Sangudo Early Childhood Room (arena)

**ONOWAY**

**December 4, 5, 11, & 12 | 9:00 - 11:30 am** — and  
**December 4 & 11 | 12:30 - 3:00 pm**  
Parent Link Room, Onoway Heritage Centre

Join us for some Merry & Bright Christmas Fun! Drop by and enjoy a coffee, create Christmas crafts and visit, while the kids play and make Christmas crafts of their own.

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

**CHRISTMAS PARTIES**

**SANGUDO**

**December 10 | 11:00 am - 12:00 noon**  
Sangudo Early Childhood Room (Arena)

**ONOWAY**

**December 18 | 1:00 - 2:30 pm** — and  
**December 19 | 10:00 - 11:30 am**  
Parent Link Room, Onoway Heritage Centre

Join us for a Holly Jolly Christmas Party! Drop in for some Reindeer Games (Christmas activities) and Christmas music, and create some beautiful Christmas crafts.

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

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](mailto:csteeves@LSAC.ca).



# ASSISTANCE SOUGHT IN IDENTIFYING SUSPECT IN ROBBERY

**Submitted by Whitecourt RCMP**

Whitecourt, Alberta – Whitecourt RCMP are seeking the public's assistance in identifying the suspect in a recent armed robbery.

On Friday, November 15, 2019 at 4:05 AM a lone sus-

pect entered the 7-Eleven store located on the corner of 50 Ave and 51 Street of Whitecourt with a tire thumper. The suspect demanded money from the clerk, who complied with the demand, at which time the suspect departed on foot.

The suspect is believed to

be:

- Male
- Light skin tone
- Approximately 5'5"
- Average build

Whitecourt RCMP are asking for the public's assistance in identifying the suspect, if you have any information regarding this occurrence please contact

Whitecourt detachment at (780) 778-5454 or your local police. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at [www.P3Tips.com](http://www.P3Tips.com) (<http://www.p3tips.com>) or by using the "P3 Tips" app available through the Apple App or Google Play Store.



**VALENTUS**

**YOUR LOGICAL SOLUTION TO WEIGHT MANAGEMENT**

CALL (780) 907-8642 FOR FREE SAMPLE

**DARK ROAST COFFEE**

**SLIMROAST Optimum**

**Exclusive functional coffee formulated to:**

- Crush Cravings
- Increase Energy
- Metabolize fat to Energy
- Help Regulate Blood Sugar
- Improve Mood & Focus
- Boosts Circulation & Oxygen delivery

**TO UNLOCK THE SECRET OF WEIGHT MANAGEMENT! PUT THE POWER OF SLIMROAST OPTIMUM IN YOUR CUP!**

Thrilled with my results! I lost 9 lbs and an amazing 11 inches off my abdomen! Works wonderfully!

Managed to lose 7 lbs very fast & much more in inches the way my clothes are fitting now! 1 cup a day is all for me!

Down 17 lbs and fitting into clothes that were way to tight before!

No dieting, first month finished. Down 7 ½ lbs 8.5 inches. Awesome product!

[www.ValentusTour.com/Ladybug](http://www.ValentusTour.com/Ladybug) (780) 907-8642

**KEEPING YOU AND YOUR COMMUNITY INFORMED!**

# CHRISTMAS HAMPERS 2019

**Submitted by Ruth Lot-holz**

Community churches are once again organizing the Christmas Hampers for Mayerthorpe and area, which are being coordinated through the Mayerthorpe Food Bank.

The need and use of our Food Bank and Christmas

Hampers has grown in the past few years. Where in previous years we had 5-10 food hampers requested per week, we now have 12-15 requests per week. Typically in years past we had 30-36 Christmas hamper requests, last year we had 60 and it looks like we will reach or exceed that amount this year.

Requests for a hamper this Christmas needs to be made in person at the Food Bank - Food Bank is open on Thursdays from 5:30 - 7:30 p.m.. We will need some form of proof of residency in our area to receive a hamper as well as the Alberta Health Care Number for each person in the family. Concerned residents

who are aware of someone experiencing financial distress can call us with information.

While all food donations are appreciated we would like to fill the Christmas Hampers with items suitable for Christmas Breakfast and Dinner. Items to consider would be: Coffee, Tea, Juice, Pop, Stuffing Mix, Cranberry Sauce, canned vegetables, cookies, crackers, chips, Christmas candy, pancake mix and pancake syrup. If you would like to donate fresh garden vegetables such as potatoes and carrots or turkeys or hams, please contact the Food Bank to arrange a time to drop them off. All other food donations may be dropped off at all grocery stores, churches, schools and a variety of seasonal events that are collecting food donations.

To make a donation to the Christmas Hamper Fund and to receive a Charitable Gift Receipt for your donation please send a cheque made out to Mayerthorpe Food Bank with a note designating the gift for Christmas Hampers.

Christmas Angels - we want to ensure that every child receives a gift at Christmas. To give an angel gifts pick up an angel on one of our angel trees located at each of the banks in Mayerthorpe and Sangudo. Each angel has the gender, age and size of the child with a code number. Choose an angel, buy a \$25.00 gift for the child. Wrap the gift and instead of a gift tag stick the angel on top and take it back to the bank.

Gifts and food donations need to be received by December 20th to allow us to sort and pack the hampers for distribution.

**WABAMUN'S 6TH ANNUAL**  
**Christmas**  
**IN THE VILLAGE MARKET**

*Wednesday, December 4, 2019*  
**JUBILEE HALL: 5:00PM - 8:30PM FREE ADMISSION!**

**5:00PM TREE LIGHT UP** in Village Square  
**6-8:00PM SLEIGH RIDES** (Weather permitting)  
 Sponsored by FCSS

**30+ Vendors CHRISTMAS MARKET** at Jubilee Hall,  
 Bigger & Better this Year!

- Concession on Site • Raffles • Cookie Decorating
- Kids activity corner • Christmas Photos • Santa Visit

*Come join in the Village Christmas Festivities!*  
 In Support of the Tree of Hope, Light Up  
 Your Life Campaign, Palliative Care

This event is sponsored by  
 Wabamun & District Chamber of  
 Commerce & Wabamun FCSS

# GUNN HALL'S NOVEMBER 16TH CRIB TOURNAMENT

**Submitted by Submitted by Marlane Janke**

We had 52 teams come out to enjoy 12 games of cards at our tournament. We were concerned about our turnout, because of the freezing rain the night before, but people came out anyway and it ended up being a beautiful day. An important part of the tournament for our players is to enjoy a delicious hot lunch. Our kitchen volunteers strive for this and pleased everyone with a meal of roast beef, mashed potatoes, yorkshire puddings, salads plus all the extras. They did an amazing job and everyone commented that it was delish.

Our prize allocations were as follows: The 1st place team was Bill Hunter of Fort Assiniboine and Doris Chizma of Barrhead with a perfect score of 1452 points. Amazing!! They received \$350.00. Second place for \$250.00 was won by John & Pat Michael of Barrhead. They had a score of 1434 points. Third place for \$150.00 was a tie between Doug Scutt & Betty Switzer both of Whitecourt & Evelyn Bourgeois and Joyce Shaw both of Barrhead. These two teams had 1429 points each. They split the money. Fourth place for \$75.00 was won by Lavern June & Madeleine Bull both of Evansburg with 1415 points. We paid a \$20.00 prize to the last place team being Lori Daniels & Ruthann Wells both of Whitecourt. The cards were just not in their favor that day.

We also paid out \$70.00 to the seven players that had 24 point hands. Marion MacDougall, Donna VanMeer, Frank Hunder, Agnes Cust, Denis Harvey, Don

Fehr & Madeleine Bull.

No one had a 28 or 29 hand so the jackpot will be carried forward to our next tournament which is scheduled for March 21st, 2020 - Save the Date!!!!

Two 50/50 draws were held. The first being \$260.00 won by Madeleine Bull of Evansburg & the second also being \$260.00 won by Earl Hawley of Onoway.

The 19 pot in the first 6 games came to \$38.00 and was won by Fay Demers & Phillip Bryan both of Barrhead. The afternoons pot was \$37.50 but the winners ran so fast with the money we didn't get their names - haha!! Even by winning these small pots, the days entry fee cost is almost covered.

This was our organiza-

tions 8th crib tournament and we are pleased with the support we get from the surrounding communities. Congratulations to all the winners and we hope your day was enjoyable. Also, a special thanks to all the volunteers who contribute their time into making this event run smoothly. You are important to us and we appreciate all you do.

## Bundle Internet + TV + Home Phone for just \$89.97/month!

<div style="background-color: #70AD47; color: white; padding: 5px;"> <p><b>Xplornet High-speed Internet with Unlimited Data</b></p> <p><b>\$39.99/month<sup>1</sup></b> <small>First 3 months</small></p> </div>	 <p style="text-align: center; font-size: 2em; font-weight: bold; border: 2px solid white; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">1</p>
	<div style="background-color: #555; color: white; padding: 5px;"> <p><b>Shaw Direct Satellite TV</b></p> <p><b>\$39.99/month<sup>2</sup></b> <small>First 3 months</small></p> </div> <p style="text-align: center; font-size: 2em; font-weight: bold; border: 2px solid white; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">2</p>
<div style="background-color: #E91E63; color: white; padding: 5px;"> <p><b>Xplornet Home Phone</b></p> <p><b>\$9.99/month<sup>3</sup></b> <small>First 3 months</small></p> </div>	 <p style="text-align: center; font-size: 2em; font-weight: bold; border: 2px solid white; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">3</p>



**Shaw Direct**  
Satellite TV



**XPLORNET**  
Connect to what matters

1-855-867-4047

**INTEGRATED Solutions**  
Audio | Video | Communications

# COPING WITH STRESS IN CHALLENGING TIMES

Submitted by Lac Ste. Anne County

Stress has become a common household word – like Duct Tape. Many of us are challenged with increasing life demands with family, running kids to activities, volunteering, technology, work, business, aging parents... It seems, the more we

do, the more lands on our plate! Add to the mix agricultural emergencies and the effects of the economic downturn. The feeling of overwhelm increases. Sadly, stress can result in relationship challenges – with our spouse or partner, our kids, parents, colleagues, community members, and even with oneself.

Join Carol Ohler for a day of resiliency-building. Explore common-sense, regenerative tools that will allow you to reduce the negative effects of overwhelm, fear, anger, frustration, guilt, shame and other less-than-desired emotions.

Carol is a certified professional coach and facilitator, specializing in relationships

and inter-personal communications. She and her husband, Dan, have 'experimented' with these tools for the past 35 years and have created amazing results for themselves and others. Through their experiences as farmers, Bed & Breakfast hosts, restaurateurs, workshop facilitators and relationship coaches, they continue to refine and create new tools. Their vision is to heal our planet, one relationship at a time.

Have you ever found yourself in a situation where your to-do list seemed endless? Does the economic downturn cause you sleepless nights? Have you felt stressed over how weather conditions have affected your farm or business? Would you like to have some ideas about how to start a conversation with someone who has one of those challenges? If so, then this workshop is for you. Join with other community members who are committed to applying some new tools, or reinforcing some existing ones, to feel a greater level of ownership over their results.

This empowering workshop is Tuesday, December 3 from 10AM to 3:00PM in Cherrill, AB. Learn about the range of social services available in your community. Tickets are \$20/person or \$30/two-bring a partner or friend! Registration includes a catered lunch, coffee breaks, and a resource workbook. Register by Thursday, November 28 on Eventbrite or call Lac Ste. Anne County at 1-866-880-5722. For more information visit [www.LSAC.ca](http://www.LSAC.ca) or email [LTaylor@LSAC.ca](mailto:LTaylor@LSAC.ca)

Workshop hosted by the Gateway Research Organization and Lac Ste. Anne County

Learn more about Carol at [www.DanandCarol.com](http://www.DanandCarol.com)

GRO- Healthy Soil, Healthy People <http://gatewayresearchorganization.com/growing-together/>



**Evansburg's  
MOONLIGHT  
MADNESS**

*Friday, November 29th, 2019*

Head on downtown to take in Evansburg's Moonlight Madness. Stores will be rolling out some great deals, as we kick off the Holiday Season. With prices falling like snowflakes, come out and take advantage of the offers and giveaways to be had. **The fun begins Friday, and lasts through until 10:00 p.m. at most stores.**

**4:00-10:00PM Home Based Business Fair** Hosted by Evansburg Legion. Crafters, home-based businesses and farmers' market vendors. Tables \$10/each, To book call the Legion (after 3:00 pm) @ 780-727-3879.

**6:00-8:00PM Photos with Santa Claus** Angie Miko once again will be situated on the stage at the Legion. For a mere \$5 you can have your picture with Santa and receive the picture right then and there.

**7:00PM Christmas Tree Light-up** in the corner of the bakery lot.

**7:00-9:00PM Luminaria** at the Tipple Park Museum. Go down and enjoy all the lights along the paths.

**Hot Chocolate** at the Yellowhead County Fire Fighters hall  
**FREE Samosa's** at the Evansburg Drug Store • **Visit with Grouch and Santa**

*Come on down and participate in all the many events and get some early Christmas shopping done.*

# CHRISTMAS COLORING CONTEST



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

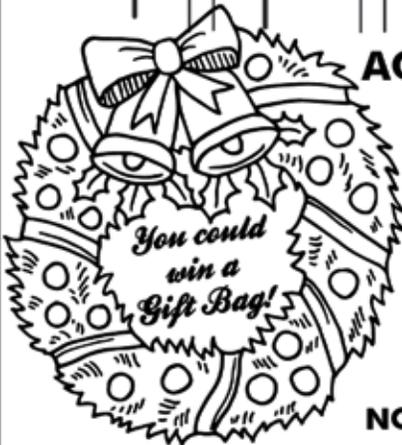
**NAME: \_\_\_\_\_ AGE: \_\_\_\_\_**

**PHONE: \_\_\_\_\_ TOWN: \_\_\_\_\_**

**Entries must be recieved by December 20, 2019.**

**Mail to: Santa Clause c/o Community Voice  
Box 3595 Spruce Grove, AB T7X 3A8**

**NOTE TO PARENTS:** Please ensure that your phone number is legible.



# ONOWAY PIONEER CELEBRATES A MILESTONE BIRTHDAY

**Submitted by Onoway Heritage Centre**

Forty-five family and friends gathered recently at the Onoway Heritage Centre to celebrate the birthday of a lifelong resident of the Onoway community.

Allan Potter, who recently celebrated his 80th birthday, was the guest of honor. Terry Slemko, MC for the day, shared some historical information about 1939,

the year Allan was born. Numerous congratulatory certificates from officials at all levels of government (town, county, province, country) were presented. Allan shared some personal history then, to wrap it up, he led the group singing of "My Grandfather's Clock", a favorite from his young days.

A birthday cake with one huge candle was the final fling. A potluck lunch which

included lamb raised by Allan and prepared by Chef Clint Waddell had people coming back for seconds.

Allan is the son of Art and Edith Potter and attended school at Speldhurst, Glenford and Beaupre School in Onoway. He and his wife Joyce currently live north of Onoway.



# RCMP MAJOR CRIMES UNIT INVESTIGATING A HOMICIDE

**Submitted by RCMP Major Crimes Unit**

On Nov. 17, at about 1:30 a.m. the Parkland RCMP responded to Township Road 532A and Range Road 274, just north of Highway 16, to assist EMS with a complaint of a female in medical distress. On scene, it was determined that the female

was deceased.

The RCMP Major Crimes Unit (MCU) responded to investigate with the assistance of Parkland RCMP Serious Crimes Unit, Forensic Identification Section and Police Dog Services.

This morning, an autopsy was conducted at the office of the Chief Medical Examiner in Edmonton. The

manner of death is deemed to be a homicide. The deceased female has been identified as 33-year-old Saladina Vivancos.

The RCMP Major Crimes Unit is asking anyone who may have information related to the recent activities of Saladina Vivancos, or anyone who noticed anything suspicious in the area

between the evening of Saturday Nov. 16 or early Sunday morning, to please contact the Parkland RCMP at 780-968-7267. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477, online at [www.P3Tips.com](http://www.P3Tips.com) or by using the "P3 Tips" app available through the Apple App or Google Play Store.

## Letter to the **EDITOR**

# WHY CAN'T ALBERTANS ACCESS PRIVATE PSYCHOLOGISTS IN THEIR COMMUNITIES?

The Alberta Government is being petitioned for improved access to psychologists for all Albertans. Many Psychologists are becoming increasingly concerned for the mental health of Albertans. Access to mental health supports are centralized in the medical care system, which is designed for acute physical or psychiatric crises, not mental health

intervention. Neither family doctors nor hospitals are adequately equipped to deal with escalating mental health issues. The system is significantly overextended. Depression and anxiety are at critical levels. Youth are turned away from hospitals after being labelled 'chronic' rather than at immediate risk of suicide. Treatment programs struggle to

address historical trauma underpinning addictions. Children with complex mental health needs are on long wait lists for treatment, as are those who have been sexually assaulted.

It is time to reform access to mental health supports. Support improved access by reading, signing and sharing our petition at <http://chnng.it/5ndJWj4fs8>.

Sincerely,  
Janet Ryan-Newell CEO,  
Senior R. Psychologist  
On behalf of EPIC- Edmonton Psychologists Interagency Committee  
[jryan@familysolutions-group.ca](mailto:jryan@familysolutions-group.ca)  
780-430-4769  
305-1207 91 St SW Edmonton, AB T6X 1E9  
[www.familysolutions-group.ca](http://www.familysolutions-group.ca)

# Classified Ads - Call 962-9228

## Obituaries



**BRAND, Hans Ludwig Friedrich. December 6, 1935 - November 19, 2019.** It is with great sadness that the family of Hans Brand of Onoway, AB, announces his passing on November 19, 2019 at the age of 83 years. Hans was born in Volksen Germany immigrating to Canada in 1955. Hans started his new life in Canada working in the Kitimat smelter, farming in Conrich then settling in Lac St. Anne County in 1963 where he spent the remainder of his life doing what he loved, dairy farming. Left to mourn and treasure his memory are his children, Faron (Heather), Beth, Pam, Ruth (Gary) and Al; grandchildren, Michael (Tamara), James (Meghan), Alishia (Rob), Ryan, Bryce, Camilla, Lindsay, and Madison; great-grandchildren; Cian, Relena, Ainslie, Bentley and Caeli; brother, Werner; and a great circle of neighbours and friends. Hans was predeceased by his parents, Heinrich and Frieda; and son, Jordan. The family wishes to extend a special thank you to friends, Richard and Mary who were always there for our Dad. Photos, memories and condolences may be shared through [www.parkmemorial.com](http://www.parkmemorial.com). Park Memorial, Mayerthorpe 780-786-2533. Family Owned Funeral Home and Crematorium (1) 26-11

## Buy & Sell

I BUY GUN COLLECTIONS and World War 2 Collectables, Please call Jay for a quote 780-686-1350 (30) 19-11

## Services

**WANTED: Standing Timber** – Are you looking to cut your wood lot before pine beetles or forest fires destroy it? Top dollar paid. Call Paul 780-706-1470 (12) 22-10

## Dog Caretaker

Alberta Beach &

**Surrounding Areas, thinking of a Winter Getaway? Worried about leaving your dog in a kennel?** Don't worry anymore, you can leave your pet with me! There is a wrap around deck and courtyard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop in's or overnight stays welcome. If interested call 780-920-4166

(4) 12-11 OG

## Cleaning

**CEILING & WALL CLEANING** - Specializing in cleaning Stipple & California knockdown. Cig. Smoke removal & Odour removal. Ceramic floor tiles steamed cleaned. Call Nano Cleaning for Discount Prices! 780-914-0323 (4) 05-11



## PURE HEMP CBD PRODUCTS

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

### WHAT IS CBD?

#### A Health and Beauty Breakthrough!

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



#### Therapeutic Uses For Pure Hemp CBD

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

#### Anti-Aging Uses For Pure Hemp CBD

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

#### KEY BENEFITS

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

**PROMOTES HEALTH:** Helps to promote relaxation and overall health.

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

### CBD PET PRODUCTS

#### PET CHEW TREATS



#### KEY BENEFITS

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

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

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



#### ORAL SPRAYS & DROPS

#### KEY BENEFITS

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

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

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

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

**For more information, Call (780) 907-8642**

# Classified Ads - Call 962-9228

## Computers

**COMPUTER REPAIRS NOT over \$50.** Get a good, clean, refurbished, Upgraded **Laptop or Desktop for ONLY \$100.** Discount for **Single Parents or Seniors.** Donate Used Computers/will clear data. Call: 780-892-2407 (12) 05-11

## Firewood

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

**FIREWOOD FOR SALE** - Birch, Tamarack & Spruce Pine

mix. Poplar. 4x4x8 cords and 1/2 cords. Quality seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (28) 28-05 OG

**LOCALLY OWNED ALBERTA BEACH FIREWOOD** - Spruce & Birch. Call 780-719-9473 or 780-904-6440 (4) 19-11

## For Rent

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

**Homer's Hut Cabin Rentals** - Daily, weekly, monthly rates, Alberta Beach area, Call Connie 780-913-8024 (15) 17-09

Completely renovated Motel in Onaway, AB.

offering daily, weekly or monthly rentals. All utilities included, 55 inch tv with Satellite. Double bedrooms, furnished bachelors with full kitchen and furnished 1 bedrooms with full kitchen available. Please call Peggy for viewing at 780-967-4420 or 1-403-742-6467. www.onawayinnandsuites.com (4) 12-11 OG

**ALBERTA BEACH** - Newer 2 bdrm apartment, downtown, awesome view looking over the lake, 1100sqft, washer/dryer/central vac, 2 baths, stainless steel appl, open concept, please call Cheryl 780-982-6922 (4) 12-11 OG

Available December 1st. 1 bedroom in 12 Unit Apartment building in Entwistle. Includes heat, water & parking. \$685/month + DD \$300. Please call Ivka 780-807-1300 or email jakovljevicivka@yahoo.ca (2) 19-11



**NEW FACILITY**  
Chapel & Reception Centre



600 Calahoo Road Spruce Grove, AB  
**780-962-2749** [www.serenity.ca](http://www.serenity.ca)  
SERENITY FAMILY SERVICE SOCIETY - YOUR NOT-FOR-PROFIT SOCIETY

# 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!

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

**ANSWER:**

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

**Like puzzles?** Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



# COMMUNITY EVENTS 2019

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

**NOV 29 - CHRISTMAS BAKE SALE**, 10am-2pm at Peace Evangelical Lutheran Church (303 Church Rd, Spruce Grove). Come and get your favourite goodies for the Christmas Season!

**NOV 30 - ANNUAL SOUP LUNCH & CHRISTMAS BAZAAR**, 10am-1pm at St Augustines Parkland Anglican Church. Soup, dessert, beverage \$7, Dessert & beverage \$4. Christmas crafts, baking, used books.

**DEC 1 - ST. PETER'S PARISH TURKEY BINGO**, 2pm (doors at 1pm) at Villeneuve Hall, Sturgeon County. Admission \$4, Bingo Cards \$1/each. 20 Turkeys, Cash Bonanza, Italian Raffle, Pop & Donuts for sale.

## FARMERS MARKETS

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

**ONOWAY FARMERS' MARKET:** Thursdays, 5-8pm at Onoway Community Hall. Starts May 1<sup>st</sup>. 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

## BINGO

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

**CHERRILL BINGO:** Tuesdays at Cherrill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

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

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

**RICH VALLEY COMMUNITY HALL BINGO:** 7:30PM. Loonie Pots. Next bingos November 13 & 27, December 11.

**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, 1<sup>st</sup> 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 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:** 2<sup>nd</sup> Sunday of month. \$6 lunch served. Info 780-991-3001

**MAGNOLIA:** at Magnolia Hall. 2<sup>nd</sup> Saturday of month. New Time is 1:00PM. Call to confirm, 727-2015. \*October - May, NO Dec.

**SANGUDO:** Sangudo Community Hall, 1<sup>st</sup> Sat of month 7pm. 785-4105 or 305-5088. \*October - May.

**SPRUCE GROVE:** at Sandhills Community Hall, 3<sup>rd</sup> Sunday, 1:5PM. Info Florence 780-962-3104 Margaret 780-962-3051 \*September - June.

**STONY PLAIN:** Stony Plain Seniors Drop In

Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.

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

**WHITECOURT SENIORS CIRCLE:** 2<sup>nd</sup> 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, 7-10PM, 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", 2<sup>nd</sup> Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/hon-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. 1<sup>st</sup> 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:** 3<sup>rd</sup> Sunday

**DEC 6 - THE ANNUAL ROTARY FESTIVAL OF CAROLS**, 7:00 pm at St. Matthew Lutheran Church 5021- 52 Ave. Stony Plain. In support of the Parkland Food Bank.

**DEC 7 - JAMBOREE** at Sangudo Community Hall, starts at 7:00 pm. Late lunch will be served. \$12.00/person (Entertainers free). Everyone is welcome. Info call 780-305-5088 or 780-785-4105.

**DEC 8 - ANNUAL CHRISTMAS TURKEY BINGO AND BONANZA**, at Calahoo Community hall. Doors @ 1pm, 1st game starting at 2pm. \$5/cost, All proceeds to St. Catherine's Catholic Church of Calahoo

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 Loraine 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). 2<sup>nd</sup> Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

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

**WHITECOURT SENIORS CIRCLE DROP IN CRIB** 1st & 3rd Sundays 10:00PM. 780-778-4950

**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> 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 Center, 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 2<sup>nd</sup> Tues of month. Info: Donna 780-962-5933

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

**ALBERTA BEACH AG SOCIETY** meets on the 4<sup>th</sup> Thurs of month, 7:00PM, Alberta Beach Agplex.

**ALBERTA BEACH MUSEUM** meets on the 2<sup>nd</sup> 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:** 4<sup>th</sup> Thurs. 6:30-8:00PM at Barrhead United Church.

**BARRHEAD ROYAL CANADIAN LEGION**, meeting every 2<sup>nd</sup> Thurs, 7PM at the Legion Hall.

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

**CHERRILL SILVER & GOLD SENIORS CLUB** Regular Meetings 1<sup>st</sup> Tuesday of month, Cherrill Seniors Hall. Call Rosamy 780-785-2625

**CHERISHED MEMORIES, PARENTS & TOTS**

Wed & Fri, 10-12PM, Alberta Beach Agplex. Info call 780-902-4879 or 780-999-7622. \*Sept-June.

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

**DARWELL & DISTRICT AG SOCIETY MEETINGS**, 8:00PM, 1<sup>st</sup> Monday, Darwell

**DDRA MEETING**, 7:00PM, 2<sup>nd</sup> 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 2<sup>nd</sup> Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

**KINETTE CLUB OF MAYERTHORPE**, 7:30PM at Kinsmen Hall, 1<sup>st</sup> 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:** 3<sup>rd</sup> Fri, 7PM, Alberta Beach Council Chambers.

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

**MAYERTHORPE HOSPITAL AUXILIARY ASSOC**, every 4<sup>th</sup> Mon, 5PM in Hospital Basement Education Room.

**MEN FOR SOBRIETY:** Wednesdays at 7:30PM, 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:** 2<sup>nd</sup> Wed of each month, 7:00PM, Onoway Legion

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

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

**ONOWAY ROYAL CANADIAN LEGION** General Meetings, 1<sup>st</sup> Mon, 7PM. \*Sept-June

**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agplex on the 2<sup>nd</sup> 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:** 3<sup>rd</sup> Wed. 6:30-8:00PM at Westlock Library.

# Church Directory

<p><b>Rich Valley Community Church</b></p> <p>Sunday School 10:00a.m.</p> <p>Worship Service 11:00a.m.</p>	<p><b>Catholic Parish of Lac Ste. Anne</b></p> <p>Sunday 10:00a.m.</p>		<p><b>Mayerthorpe Baptist Church</b></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><b>Alberta Beach Alliance Church</b></p> <p>Sunday Worship Service &amp; Kid's Church 11:00a.m.</p> <p>Sunday School 10:00a.m.</p> <p>(780) 924-3282</p>	<p><b>St. John's Anglican Church</b></p> <p>Onoway Sunday Service 10:00a.m.</p> <p><b>Everyone Welcome</b></p>
<p><b>St. John's Lutheran Church</b> Alberta Beach</p> <p>Sunday Service 11:00a.m.</p> <p>Sunday School</p>	<p><b>Zion United Church</b></p> <p>Sunday Service 10:00a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabamun, Darcwell &amp; Lake Isle, Onoway &amp; Area (780) 924-3351</p>	<p><b>Sangudo United Church</b></p> <p>Worship Service 3<sup>rd</sup> Sunday 11:00a.m.</p> <p>4907-50 Ave. Sangudo, AB</p>	<p><b>St. Mary's Anglican Church Service</b></p> <p>Holy Communion 2<sup>nd</sup> Sunday each month 11:00 a.m. at Sangudo United Church</p> <p>Reverend Barry Rose Officiating</p>	<p><b>Cherhill Community Church</b></p> <p>Sunday School 10:00a.m. - 11:00a.m.</p> <p>Worship Service Sunday 11:00a.m.</p>	<p><b>St. Michael Lutheran Church</b></p> <p>Sunday Services 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday at 2:00p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>
<p><b>Trinity Lutheran Church (LC-C)</b> The Church of the Lutheran Hour - Rockyfort Bridge Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00a.m.</p> <p>Senior's Service &amp; Cottage Bible Study - Phone for locations</p>	<p><b>Mayerthorpe Pentecostal Assembly</b> 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><b>Onoway Baptist Church</b></p> <p>Sunday Service 10:30a.m.</p> <p>Pastor Greg Garbutt (780) 967-2266</p>	<p><b>Roman Catholic Church</b> St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p><b>Calahoo Alliance Church</b></p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

# SERVICE DIRECTORY

**ATB Financial**  
ALBERTA BEACH AGENCY  
4824 - 50 Ave, Alberta Beach  
Ph/Fax: (780) 924-2211  
Mon to Thurs 10:00AM - 4:00PM  
Friday 10:00AM - 5:00PM  
**Heidi Letendre**

**Scerv Construction Ltd.**

- Engineered Screw Piles
- Skidsteer Work
- Snow Removal
- Excavator Services
- Framing
- Insulating
- Drywall
- Taping
- Trenching
- Roofing
- Decks

**Menko Helmus** Cell: 780-305-3864  
Email: m1988\_10@hotmail.com  
PO Box 4795, Barrhead, AB T7N 1A6

**CPR St. Albert**  
CPR Cell Phone Repair  
Saving Your Mobile Life™  
We Can Fix That In 90 Minutes

iPhones, iPods, iPads, Tablets, Computers - Apple, Samsung, Blackberry, LG, Sony and MORE  
Lifetime Warranty Against Defects In Our Screens  
Now over 480 Locations

#13 - 11 Bellerose Drive (Next to Grandis Bakery) 780-460-0277

**MARK MARTIN PFEIFFER**  
MASTER BRICKLAYER/MASON

Cell: 780-242-3308  
Email: pfeiffer.mark@hotmail.com

- Brickwork • Stonework
- Rockwork • Parging
- Concrete Block Work
- Tile Work (all kinds)



**JAVORSKY DITCHING**  
Onoway, AB  
Phone: (780) 967-5486  
Cell: (780) 906-7469  
Fax: (780) 967-4961

Dennis Javorsky - Owner / Operator

For All Your Excavating Needs  
Sand & Gravel Hauling • General Excavating  
Septic Tanks & Cisterns • Site Prep & Clean Up  
• Install & Repair of Water, Sewer, Power & Telephone Lines




**BRO-BUILT**  
Homes & Contracting Ltd

"We Pride Ourselves In Turning Handshakes Into Hugs"

www.brobuilt homes.com  
Testimonials  
Phone 780-940-6415

# SERVICE DIRECTORY



**COR Certified**

- Oilfield
- Road Building
- Basements
- Dugouts
- Sand & Gravel

haytrucking@xplomet.ca  
www.haytandc.com  
Office: 967-5849 Cell: 818-5849

## MASTER PLUMBER

36 YEARS EXPERIENCE **780-655-8402**

### PLUMBING & HEATING SERVICES

**PRICE BY THE JOB NOT THE HOUR!**

**FURNACE REPLACEMENTS**



## CALIBRE DRILLING LTD

DRILLING AND SERVICING YOUR WATER WELL.

**SPECIALISTS IN AIR & MUD ROTARY DRILLING**

- Water Well Drilling
- Pump Installations
- Pressure Systems
- Well Tests
- Licensed Drillers
- Year Round Drilling
- Geotechnical Drilling
- Cathodic Protection
- Free Estimates

**Quality Workmanship Five Year Warranty**

**(780) 960-2992**

BOX 4083 SPRUCE GROVE, AB T7X 3B3



## TRI-LAKES SERVICES LTD.

- Septic Hauling
- Drinking Water Delivery
- Portable Washrooms
- Steam Truck

[www.trilakeservices.ca](http://www.trilakeservices.ca) / [office@trilakeservices.ca](mailto:office@trilakeservices.ca)  
(877) 727-3939 / (844) 967-9176

SERVING: Lac Ste. Anne County • Parkland County • Yellowhead County East

## R & S TOWING

**FREE REMOVAL OF UNWANTED VEHICLES**

**967-2492**




## Water & Vacuum Services

**Super Sucker**  
septic holding tanks  
septic field systems  
sumps & traps

**Super Soaker**  
cisterns, pools, hottubs, skating rinks  
metered water delivery rates  
continuous water / top up plans

Trevor Gardner [@sswaterandvac](https://www.facebook.com/sswaterandvac)  
Phone/Text: 780.967.5552 - [supersuckervac@gmail.com](mailto:supersuckervac@gmail.com)  
RR1 Site 1 Comp 261, Onway, AB T0E 1V0

## ALL AROUND FENCING RENTALS

Fence Panels • Barricades  
Installation by Collin Toilet Rentals



Whitecourt, AB  
**780.706.7978**

## DONALD N. GREENWAY

Chartered Accountant

Suite 205 Sunrise Professional Building  
215 McLeod Avenue  
Spruce Grove, AB

(Bus.) **962-6366**  
(Fax) **962-3990**

## ZEE BEST RENOVATIONS

Your Complete Line of Renovation Needs:

- Bathroom
- Basements
- Plumbing
- Tileworks
- Drywall & Taping
- Decks & Fencing
- Roofing
- Siding

## 2Bros Custom Contracting Ltd.

Custom Framing • Concrete Floors • Shingling  
Siding Soffit Fascia • Styrofoam Block System

Jeff **780-717-0520**



## PEMBINA CONCRETE PRODUCTS LTD.

Manufacturers of **ONE PIECE SEPTIC & HOLDING TANKS**

\* Water Cisterns \* Field Systems \* Pumps and Accessories \* Sumps

**FREE ESTIMATES**  
**26 YEARS EXPERIENCE**  
**INSURED | GREAT RATES**

JOE LAWRENCE  
MANAGER

BUS: 780-967-3898  
CELL: 780-915-3348  
FAX: 780-967-3798



**CROFT LAW**

Local office in Darwell  
Call us at **780.467.5534**

**Experienced Legal Services in:**  
Family Law • Civil Litigation  
Corporate Law • Wills & Estates  
Plus Notarizing and Commissioning

[www.croftlaw.ca](http://www.croftlaw.ca)



**DELIVERED TO YOUR SITE**

1-800-661-3047  
780-727-2702

[PembinaConcrete.com](http://PembinaConcrete.com)

**New Line of Concrete Statues, Fountains and Garden Ornaments.**

**BOX 123, Entwistle, T0E 0S0**

# SERVICE DIRECTORY



**PaddlePlastics Ltd.**  
Mayerthorpe, AB

Box 67  
Mayerthorpe, AB T0E 1N0

Ph: (780) **786-4408**  
Fax: (780) 786-4466



**Mo-Bil WASH SERVICES Ltd.**

- Steam • Hot & Cold High Pressure Wash • Sewer Thaw & Flush
- Residential • Commercial - Oilfield

24 HOUR SERVICE  
Onway Call (780) 991-9466



**PREVAIL MAX**  
CELLULAR HOMEOSTASIS FORMULA

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

Before PrevailMAX:	After PrevailMAX:
poor circulation	better circulation
low energy	more vitality
brain fog	mental clarity
dehydration	cellular movement
decreased nutrients	nutrient assimilation
pH imbalance	balanced pH
poor endurance	optimal endurance

(780) 907-8642 **VALENTUS**  
www.ValentusTour.com/Ladybug



**Blakeman Drilling Ltd.**

Waterwell Drilling & Servicing  
Pumps & Pressure Systems

SERVING LAC STE. ANNE & WEST PARKLAND FOR OVER 25 YEARS

Joe (780) 924-3024



**THE CORING GUY**

- Concrete Coring & Cutting • Concrete Demolition
- Electric or Diesel Slab Sawing • Core Drilling
- Skid Steer / Mini Excavator Operations

**Commercial - Residential**

Laurence Markwart Cell: (780) 220-6164  
LAC STE. ANNE COUNTY Email: ljmarkwart@gmail.com



**Tile Setting**  
Ceramic & Natural Slate

Kitchen & Bath - Backsplash & Surrounds  
Fireplace Floors

"Serving Lac Ste. Anne and West Central Alberta Areas for over 25 years"

Thorsen Industries Call  
Christian @ 403 728-3805



**SANGUDO VETERINARY CLINIC**

Box 581, 4916 - 52 Ave. Sangudo, AB. T0E 2A0

**Dr. Ralf Sanders DVM**

Ph: 780-785-2200  
Fax: 780-785-2228  
sangudovet@gmail.com

**24 HOUR EMERGENCY SERVICE**



**H&P Kosik CONSTRUCTION Ltd.**

- Road Building • Gravel • Sand • Dugouts
- Black Dirt • Clearing

No Job too small We do them all!

Harvey cell. 780-445-9010 ph. 780-892-3532  
Box 145, Darwell, AB. T0E 0L0



**Collin Toilet Rentals & Service**

Your Portable Toilet Supplier for:

- Construction
- Commercial
- Oilfield
- Special Events

Whitecourt Dispatch 780.778.2448



**standstone VACUUM SERVICES LTD.**



Proudly Serving Lac Ste. Anne County  
1-877-226-5008 780-924-2435 780-967-2118  
www.standstonevac.ca or visit our facebook page

The service you need, from people you trust.

- Septic Services: Residential, Commercial
- Holding Tanks and Field Systems
- Effluent Pumps supplied & Installed
- Portable Toilets: Standard, Wheelchair Accessible, Cabana Cans
- Products: BioClean, Liquid Enzyme, Potty Treat

Great Rates & Reliable Service! Call us today!



**ROY SHERWOOD**  
Master Electrician

Ph: 780-968-1425  
Call: 780-908-2287  
Fax: 780-968-2211

Email: suretechroy@gmail.com

2-53220 Rge Rd 21  
Parkland County, AB  
T7Y 0C5

**Control & Automation  
Commissioning  
Solar Sales & Service**

Industrial . Commercial . Residential



**VILLAGE GLASS & MIRROR LTD.**

- AUTO
- RESIDENTIAL
- COMMERCIAL GLASS & MIRROR PRODUCTS

5027 - 50 Avenue • Phone: 967-2127  
PO Box 609, Onway, AB T0E 1V0



**GROVE MACHINE & WELDING**

Office: (780) 952-1772 Call: (780) 231-5405

You have an idea, we'll design it, build it and test it

- Fasteners • Welding • Fabrication • Repairs
- Mobile Welding • Plasma Cutting • Machining

35 South Avenue Spruce Grove, AB T7X 1B3  
E-Mail: jim.reynar@grovemachinewelding.com  
sales@grovemachinewelding.com

# SERVICE DIRECTORY

ANOTHER RAINBOW SALE

## RAINBOW LIQUIDATORS & AUCTIONS

Farm Sales, Equipment Sales, Estate Sales  
**BOOK YOUR SALE WITH US TODAY!**  
 Serving the Community since 1978

**Ph: (780) 968-1000**  
 Stony Plain, AB 1-866-968-1001  
[www.rainbowauctions.ca](http://www.rainbowauctions.ca)

## SMOOLE

- Construction & Septic Installation
- Environmental Wastewater Disposal
- Site Design & Evaluation
- Power, Water & Basement Excavation
- Trackhoe, Backhoe, Bobcat & Dump Truck

For All Your Excavation Needs

Call Dan 780-991-4484 Reid 780-909-0173

## Jack's Auto Body

& 24 HR Towing

SPECIALIZING IN COLLISION REPAIR  
 GUARANTEED WORK • INSURANCE CLAIMS

CAA BOX 9 SITE 306 RR3, ONWAY, AB T0E 1V0  
**(780) 967-5850**

OUR PLEDGE IS QUALITY

## H&E UPHOLSTERY

FOR ALL YOUR UPHOLSTERY NEEDS

Convertible tops for cars and boats, custom car and boat interiors, 5th wheel trailer skirts, boat tarps, ATV seats, furniture, kitchen chairs, heavy equipment seats.

[WWW.HANDE.CA](http://WWW.HANDE.CA)  
 For more information contact: [kirk@hande.ca](mailto:kirk@hande.ca)

4-485 South Ave. Spruce Grove  
**(780) 962-3048**

## POSTINGFIRST.com

FREE LOCAL CLASSIFIED ADS

Real Estate, Rentals, Vehicles, Pets, Jobs, Service Directory, Buy/Sell/Trade, Lawn & Garden, Garage Sales, Events, Local Places & Much More... Advertise for FREE Today!

Follow Us

## THE MOST COMPLETE NUTRITIONAL SPRAYS ON THE PLANET

ORDER TODAY!  
**(780) 907-8642**

[www.Elaine1.com](http://www.Elaine1.com)

## Whole Heart Massage Therapy

- Maternity Massage
- Relaxation Massage
- Deep Tissue Massage
- Kinesio Taping

Jennilee Reber (780) 699-4667  
 REGISTERED MASSAGE THERAPIST  
 DIRECT BILLING TO INSURANCE  
[wholeheartmassage@hotmail.com](mailto:wholeheartmassage@hotmail.com)  
 54013 Range Road 30 #10  
 Diamond Country Estates, Lac. Ste. Anne County

ONLINE BOOKING AT:  
[wholeheartmassagetherapy.clinicsense.com](http://wholeheartmassagetherapy.clinicsense.com)

## COMMUNITYVOICE

YOUR LOCAL NEIGHBOUR

# THIS SPACE IS RESERVED FOR YOU!

## Pm Park Memorial Ltd.

Funeral Home & Crematorium

Fran Marion  
 Licensed Funeral Director

Mayerthorpe: 780-786-2533  
 Whitecourt: 780-779-2533

Serving Mayerthorpe, Whitecourt and area

Edmonton | Lamont | Mayerthorpe | Smoky Lake | Vegreville

## SUMMERS DRILLING LTD.

Water well drilling and service  
 Family owned Business Serving Alberta since 1917

Never run out of water again!

5 year workmanship warranty

Tired of hauling water? We can install a water well with a permanent water supply for as little as \$150/month OAC

3 Convenient ways to pay

- Visa
- Mastercard
- We now offer full financing

Stop in at our office 4405 - 50 Street, Stony Plain  
 780-963-1282  
[admin@summersdrilling.com](mailto:admin@summersdrilling.com)

## GRANDE TIRE

5115 LAC STE. ANNE TRAIL N. ONWAY, AB T0E 1V0

Full Mechanical Services  
 Tire Sales & Repairs

BUS: (780) 967-3432  
 FAX: (780) 967-4816  
[contectire@xplomet.com](mailto:contectire@xplomet.com)

AMVIC LICENSED

## Lanman Landscapes

YOUR ONE STOP FOR ALL TYPES OF LANDSCAPING

- Dangerous Tree Removal
- Yard Cleanup
- Full Landscaping Service

Experienced Bobcat Work

**(780) 977-6586**

## TRUIS & ONWAY REGISTRIES

INSURANCE

Box 390, Onway, Alberta T0E 1V0  
 Tel: 967-5270 Fax: 967-4303

OPEN 9-5 MONDAY - FRIDAY  
 FIRST & LAST SATURDAY OF EACH MONTH 9-12\* \*excluding long weekends  
 Registries Closed from 12:00 pm - 1:00 pm

ALL GENERAL REGISTRY SERVICES

Home - Auto - Farm - Life and Business

Very Competitive Rates & Convenient Payment Plans.

Home - Auto - Farm - Life and Business

**Clients first...Service Always!**

# SAL'S FAMOUS

## BARRHEAD

**WE ACCEPT ALL COMPETITOR COUPONS!**

- 2 - 16" 3 TOPPING PIZZA **\$35**
- 12" 3 TOPPING PIZZA & WINGS **\$22**
- 2 - 12" 3 TOPPING PIZZA **\$25**
- 12" 2 TOPPING PIZZA, 12" GARLIC BREAD, WINGS & CAESER SALAD **\$38**
- 3 CHEESE BURGERS, 3 FRIES, 3 FOUNTAIN POP **\$35**
- 3 CHEESE DONAIRS, 3 FRIES, 3 FOUNTAIN POP **\$35**



**Always Fresh • Made to Order**

## SPECIALS

10 - XL 16" 2 topping pizzas **ONLY \$17.5**

10 - L 12" 2 topping pizzas **ONLY \$12.5**



**We do Christmas party catering. Call for a quote!**

**DRIVE-THRU NOW OPEN! (780) 674-2050**  
**TAKE-OUT, DINE-IN**  
 Monday to Saturday: 10am-10pm  
 Sunday & Holidays 11am-8pm