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February 11, 2020

TRANS MOUNTAIN EXPANSION PROJECT CONSTRUCTION ACCELERATING

Close to Three Thousand People Working on the Project

Submitted by Trans Mountain Corporation

With a new year ahead of us and recent court decisions announced, the Trans Mountain Expansion Project is accelerating. Work is

well underway with pipe in the ground and terminal construction in Alberta, and significant work ongoing at the Burnaby and Westridge Marine Terminals in British Columbia. Before the end of 2020, construction

is expected to be underway across the entire line.

“Today, we have more than 2,900 people working on the Project and that number will grow significantly in the months ahead.

Continued on Page 24

MAYERTHORPE RCMP INVESTIGATE SHOOTING

Submitted by Mayerthorpe RCMP

On Feb. 4, 2020, at approximately 1:30 a.m., Mayerthorpe RCMP received a call of a shooting that had occurred in the industrial area of the Highway 43 and 50 Street in Mayerthorpe, Alta.

A semi-tractor driver and lone occupant, a 50-year-old male from Sangudo, Alta., was parked and seated in his semi-tractor when

an unknown suspect(s) shot at the semi-tractor and then fled. The driver of the semi-tractor was taken to hospital with life-threatening injuries as a result of the shooting. He remains in hospital in serious but stable condition.

The suspect vehicle is believed to be a dark colored Dodge Ram pick-up truck.

The Mayerthorpe RCMP, with the assistance of RCMP Forensic Identification Services, are investigating this

incident.

The Mayerthorpe RCMP are asking anyone who may have seen the suspect vehicle in the area at the time of this incident or if you have any information about this incident, to contact the Mayerthorpe RCMP at 780-786-2291.

There is no further information available at this time. An update will be provided when new information is available.

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ALBERTA RCMP PLAY CUPID WITH #VEHICLEVALENTINES



Submitted by Alberta RCMP

Alberta RCMP is sending out valentines on behalf of people's vehicles for the month of February. Twice a week valentines will be sent from the Alberta RCMP social media accounts with tips about how to keep their

vehicles safe from thieves. Last year, there were almost 10,000 thefts of motor vehicles in Alberta RCMP jurisdiction. Over 6,500 of those thefts were trucks, SUVs, or vans. Cars made up a smaller portion of thefts accounting for just over 1,200. There was a 5% decrease in vehicle thefts

from 2018 to 2019, but there is still room for improvement. In February 2019, there were almost 700 vehicles stolen from Alberta RCMP jurisdiction. One of the most important tips is to lock your vehicle and remove the keys. If you plan to start your car to warm it up, you need a re-

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AND BIWEEKLY (Zone 3)

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ONOWAY GOLDEN CLUB VALENTINE'S DAY TEA

Submitted by Onoway Golden Club

Onoway Golden Club will be celebrating Valentine's Day with a Tea on Friday February 14th. Starting at

1:30 there will be some fun activities along with some door prizes. There will also be a time of socializing and a lunch. Members and guests are welcome.

The annual meeting of the Onoway Golden Club will

be held on Tuesday, February 25th at 1:00pm at the Center. Members are urged to attend. There will be Election of Officers, annual financial and other reports. New and renewal memberships will be available.

And don't forget the regular card and game days on Tuesdays at 1:00pm followed by an a light supper

We invite you to come out and join in the fun and fellowship.

Alberta RCMP Play Cupid with #VehicleValentines

mote starter or plan to stay with your vehicle.

Here are some easy steps to keep your vehicle safe:

- Lock the doors
- Remove all valuables
- Use a steering wheel lock
- Lock your garage
- Remove garage door opener from vehicle
- Use a vehicle tracking system
- Park in a well-lit area

Follow us on Facebook (@RCMPinAlberta), Twitter (@RCMPAlberta) and #VehicleValentines for more tips

on keeping your vehicle safe.

RCMP encourage the public to report any criminal or suspicious activity to police. Reports tell us where to look, who to look for, and where to patrol in the future. If you see a crime in progress, dial 911. If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.



Wayfinder is an Alberta based privately-held company that supplies the Western Canadian market with premium-quality natural and resin-coated proppants for use in the production of oil and gas.

Wayfinder will be hiring qualified candidates at our Sand Processing Facility near Glenevis, Alberta for the following positions. Please forward resume to hrrbigmolly@wayfindercorp.com; Current Driver Abstract required, Drug & alcohol testing. Quality control experience considered an asset. Must be proficient in basic computer applications and Microsoft Office. Shift Rotations Day / Night shift including weekends; on call may be required.

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ALBERTA RCMP KICK-STARTS NEW YEAR WITH INTERSECTION SAFETY TIPS

Submitted by Alberta RCMP

As we enter into 2020, Alberta RCMP reminds drivers to maintain safe driving habits on all types of roads, including intersections, in both urban and rural areas.

Alberta RCMP urges road users to practice the following

intersection safety tips:

- Drivers
 - Slow down as you approach an intersection, stop and check all traffic before proceeding.
 - Obey traffic signs and signals. Make a full stop at red lights and stop signs, even when turning right.
 - At a four-way stop, remember the Right of Way rule. You

must yield to the vehicle on your right.

- Use your signal when making turns. Ensure it is safe to turn left before doing so.
- Pedestrians have the right of way in all marked or unmarked crosswalks.
- Pedestrians
 - Never jaywalk. Check traffic before crossing and only proceed when it is safe to do so.
 - Always use crosswalks and pedestrian-activated signals when they are available.
 - Don't be a distracted pedestrian. Remove headphones; put away cell phones or other electronic devices when crossing the street.

"You should always be prepared for the unexpected at intersections: pay attention to pedestrians, changing lights, slippery road conditions and other drivers before proceeding through an intersection," said Supt. Rick Gardner, Alberta Sheriffs. "Intersection safety

entails consistently watching the road and other drivers and pedestrians to avoid dangerous collisions."

"According to Alberta Transportation, over 85% of collisions involve a driver error. The most common driver errors identified in casualty collisions at intersections include left turns, stop sign violations and disobeying a traffic signal," said Supt. Gary Graham, Alberta RCMP Traffic Services. "Intersection safety is a shared responsibility. Together, we have the ability to reduce the number of collisions and save lives."

The Alberta RCMP will continue to work with Alberta Sheriffs and other law enforcement and safety partners to ensure Albertans make the right driving decisions. Follow our traffic safety tips on Facebook @RCMPinAlberta and Twitter @RCMPAlberta.

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JOKE OF THE WEEK
 I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school.
 She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

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JOIN US FOR SNOMO DAYS FEBRUARY 15 - 17, 2020 IN ALBERTA BEACH

Submitted by Alberta Beach & District Lions Club

This year marks the 41st anniversary for SnoMo days and will be a weekend full of excitement, entertainment, and family activities. New this year the NASCC Annual Ice Race Championship

will be held at SnoMo Days. Many other activities including Snowmobile drag races, ATV poker rally, fishing derby, broomball, over the line softball, ice breaker party, hayrides, food vendors and many children events in Ice park it truly has become a weekend for the whole family to enjoy. For a full schedule of events

visit our website www.snomoday.com Remember to stop by the Freeze Hunger van to drop off food or cash donations for the food bank.

The involvement of many community groups and countless volunteer hours go into each activity to make them a great success. Our event depends on sponsors

to offset costs and all profits from SnoMo Days are donated back to the community. SnoMo Days could not be successful without our volunteers. If you are interested in volunteering or sponsorship, please visit our website to see how you can be involved.

SHOP43.CA

Submitted by Town of Mayerthorpe

The Town of Mayerthorpe is excited to introduce Shop43.ca, a web portal designed to help business owners showcase their business offerings to prospective customers. Any business along Highway 43 (CanaMex Trade Corridor) can register their business

and create an online profile. This online profile will showcase images of your business, a small write up that will provide details related to the business and location of the business. This website will be accessible via web browser, tablet or mobile device.

The goal of Shop43.ca is to provide local businesses along Highway 43 a plat-

form in which they can gain greater exposure to their business.

As a public user of Shop43.ca, you will be able to browse or search for local businesses along Highway 43, or in specific regions along Highway 43.

The Town has scheduled a business information session on February 20, 2020 between 4:00 p.m. and 7:00

p.m. at the Town Office at 4911 - 52nd Street, Mayerthorpe Alberta.

For more information please contact:

Economic Development & Communications Officer
Town of Mayerthorpe
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NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses

Attention all Onoway Legion Members

At the next general meeting, March 2, there will be a motion to amend the by-laws about frequency of meetings. All members are urged to attend.

Steak and Shrimp Dinner
On Friday, February 14, it's Surf and Turf. Scott Sadler will be cooking steak and (for a slight extra charge)

shrimp. This delicious meal will be served with baked potatoes, mixed vegetables, and coleslaw. It's banana splits for dessert. For just steak, adults pay \$15; kids up to 10 years cost \$9, while 5 and under are free. Add shrimp for an extra \$3.

Don't forget to book your reservation by text or phone to 780-340-0760, or leave a message on the Legion answering machine at 780-967-5361. Doors open at 3, with the meal served

from 6 to 7 pm.

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.

Former Cadets wanted

One of the Cadet fundraisers is running a concession at SnoMo Days in Alberta Beach, this year from Feb-

ruary 15 to 17. Unfortunately, with multiple cadets in a family, there aren't enough adults to run things. If any former cadets (or anyone else) is willing to volunteer some time and have a good time, please contact Robert Heinz at 780-886-1586.

St. Paddy's Day Raffle

Tickets are now available for the St. Paddy's Day raffle of a \$400 liquor basket. Tickets cost \$10 each, are available at the Legion bar. The proceeds will go toward getting Ste. Anne Gas to replace our 30-year-old furnace.

Drop-in Weekly 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?

The Legion is one of the largest supporters of community youth activities in the country. It supports youth leadership programs and activities such as Cadets, Scouts and Guides, and youth sports, helping build the next generation of leaders.

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FEBRUARY

15TH TO 17TH, 2020



SnoMo Days

ALBERTA BEACH

ON ICE EVENTS

SATURDAY:

\$5/person

SUNDAY:

\$10/person

(10 and under, are FREE!)

Saturday

SnoMo Breakfast	Agliplex	8:30 am - 11 am
Snowmobile Poker Rally - Registration	Agliplex	9 am - 11 am
Snowmobile Poker Rally - Event	Designated Trail Route	9 am - 5 pm
Freeze Hunger	Van near Beachside Market	10 am - 6 pm
Snow Sculptures - Carving	Across from Lion's Park	All Day
Lake Ice Skating	On the Ice	All Day
Over the Line Snowball - Event	Next to Heritage Centre	11 am
Beachside Market BBQ	Beachside Market	11 am - 7 pm
Skate Hut & Concession	Beachwave Park	12 noon - 9 pm
Public Skating	Beachwave Park	12 noon - 2 pm
Car Ice Racing <small>NEW!</small>	On the Ice	12 noon - 4 pm
Horse-Drawn Wagon Rides	Beachwave Park	1 pm - 3 pm
Ice Capers	Beachwave Park	2 pm - 3 pm
Family & Friends Skate	Beachwave Park	3 pm - 9 pm
SnoMo BBQ	Beachwave Park	4 pm - 5 pm
All You Can Eat - Roast Beef Dinner	Heritage Centre	4:30 pm - 7:30 pm
Ice Breaker Party (Bar open from 1pm - 5pm)	On the Ice (18+)	5:30 pm
SnoMo Prize Draw	Beachwave Park	6 pm
Couples Skate Contest	Beachwave Park	7 pm - 7:30 pm
SnoMo Bonfire	Beachwave Park	7 pm - 9 pm
Snowmobile & ATV Parade	Boat Launch	7 pm
Fireworks	Boat Launch	9 pm



SCHEDULE OF EVENTS

Sunday

SnoMo Breakfast	Agliplex	8:30 am - 11 am
Snowmobile Drag Races - Registration	Agliplex	9 am - 11 am
Lake Ice Skating	On the Ice	All Day
Ice Park & Kidz Zone	Ice Park	All Day
OHV Novelty Challenge - Registration	Agliplex	9 am - 10:30 am
Freeze Hunger	Lake Admin. Gate	10 am - 3 pm
Skate Hut & Concession	Beachwave Park	10 am - 9 pm
Broomball Tournament	Beachwave Park	10 am - 3 pm
SnoMo Concession	On the Ice	11 am - 5 pm
Snow Dig	CN Ice Park	11 am
Beachside Market BBQ	Beachside Market	11 am - 7 pm
OHV Novelty Challenge - Event	On the Ice	11:15 am - 1:15 pm
Snowmobile Drag Race - Event	On the Ice	12 noon - 5 pm
Vintage Show and Shine	On the Ice	12 noon - 5 pm
5 km Walk/Run	Starts on the Ice	1 pm
Family & Friends Skate	Beachwave Park	3 pm - 9 pm

Monday

Freeze Hunger	On Ice, by Fishing Derby	8 am - 1 pm
SnoMo Breakfast	Agliplex	8:30 am - 11 am
Lake Ice Skating	On the Ice	All Day
ATV Poker Rally - Registration	Agliplex	9 am - 11 am
Family Fishing Day	On the Ice	9 am - 2 pm
ATV Poker Rally - Event	Designated Trail Route	9 am - 4 pm
Public Skate	Beachwave Park	12 noon - 8 pm
Skate Hut & Concession	Beachwave Park	12 noon - 8 pm

Saturday, February 15th Car Ice Racing spectator fee of \$5. Snowmobile Drage Races spectator fee of \$10. A one-time gate admission fee of \$10 is required to access these events. (Kids 10 and under are FREE).

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MALE WANTED ON FIRST DEGREE MURDER CHARGE

Submitted by RCMP Major Crimes Unit

On Jan. 3, 2020 the Wetaskiwin RCMP responded to a homicide in the city of Wetaskiwin. An investigation conducted by the Major Crimes Unit has led to first degree murder charges against Ryan Jake Applegarth (27).

Applegarth has not been located by the RCMP since

an earlier request for public assistance on Jan. 6, when he had arrest warrants on unrelated charges. The whereabouts of Applegarth remain unknown and the Major Crimes Unit is now looking to take him into custody. He is believed to be in either the Wetaskiwin, Maskwacis or Edmonton area. He is believed to be armed and should not be approached.

Applegarth is described as:

- Indigenous
- 5'11" tall / 181 lbs.
- Black hair / brown eyes
- Wears glasses

If you have seen him, or know the whereabouts of Ryan Jake Applegarth, please contact the Wetaskiwin RCMP at 780-312-7267 or your local RCMP. If you wish to remain anonymous, you can contact Crime Stop-



pers at 1-800-222-8477, online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store."

TECK MINE PROJECT

Submitted by Gerald Soroka, MP for Yellowhead

Gerald Soroka, Member of Parliament for Yellowhead and Deputy Shadow Minister for Natural Resources (Forestry and Mining), rose in the House of Commons

to ask the government to stop dividing the country and approve the Teck mine project.

MP Soroka stated, "Canada's Environmental Assessment Agency recommended this mine be approved. The project has signed agreements with all Indigenous

groups who live near it."

He continued, "since the Liberals were first elected, over \$100 billion in energy projects have been lost, thousands of jobs are gone, and national unity is damaged. The failure to approve the Teck Mine would make this problem even worse."

In response, the Parliamentary Secretary to the Minister of Economic Development and Official Languages said: "...we'll have a decision at the end of February 2020, Thank you."

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CANADA LAUNCHES STRATEGIC ASSESMENT OF THERMAL COAL MINING – COALSPUR VISTA COAL MINE PHASE II PROJECT IN HINTON NOT DESIGNATED FOR FEDERAL REVIEW

Submitted by Gerald Soroka, MP for Yellowhead

Gerald Soroka, Member of Parliament for Yellowhead, would like to inform constituents that the Federal government is launching a strategic assessment to

guide how projects will be assessed under the Impact Assessment Act.

The Coalspur Vista Mine Phase II Project located in Hinton will not be designated for federal review as it will be covered under the provincial environmental assessment process, which

is currently underway. Should the project proceed, it will be subject to federal regulations.

More information is available at <https://www.canada.ca/en/environment-climate-change/news/2019/12/canada-launches-strate->

<https://www.canada.ca/en/impact-assessment-process-overview.html>

For details on the Impact Assessment Process see: <https://www.canada.ca/en/impact-assessment-agency/services/policy-guidance/impact-assessment-process-overview.html>

CANADIANS WILL HAVE MORE PROTECTION AGAINST NUISANCE CALLS

Submitted by Gerald Soroka, MP for Yellowhead

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

and Telecommunications Commission (CRTC) has required all telecom service providers to implement a call-blocking system that will better protect Canadians against illegitimate and unsolicited calls.

These systems must be

implemented within their networks by December 19, 2019. The implementation of this system will mean that calls that do not come from a number that can be dialed or exceed 15 digits will be blocked before reaching the subscriber.

For more information, see: <https://www.canada.ca/en/radio-television-telecommunications/news/2019/12/call-blocking-comes-into-force-canadians-to-have-more-protection-against-nuisance-calls.html>

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FATAL COLLISION ON HIGHWAY 44

Submitted by Morinville RCMP

On February 9th, 2020 at approximately 5:20 p.m., Morinville RCMP responded to a report of a two vehicle head on collision on Highway 44 near Township Road 535 south of Villeneuve.

Preliminary investigation revealed an SUV was travelling northbound on Highway 44 and another SUV travelling southbound when a collision occurred.

The 25-year-old male driver from Parkland County in the southbound SUV was pronounced deceased at the

scene. The adult female and infant occupants of the southbound SUV suffered serious, but non-life threatening injuries and was taken to hospital. The adult female driver of the northbound SUV suffered serious non-life threatening injuries. There were also two youth in the northbound vehicle tak-

en via EMS to hospital as well.

Traffic on Highway 44 was diverted for a couple of hours while police investigated but is now open. Icy road conditions and gusty winds were reported at the time of the collision.

Morinville RCMP continue to investigate.

TRANS MOUNTAIN PIPELINE: MINISTER SCHWEITZER

Submitted by Government of Alberta

Doug Schweitzer, Minister of Justice and Solicitor General, issued the following statement on the Supreme Court of Canada's ruling on B.C.'s attempt to stop shipments of Alberta oil:

"The Supreme Court of Canada has upheld the rule of law and put an end to the British Columbia government's campaign of obstruction against Alberta energy. We are pleased that the court unanimously

dismissed B.C.'s appeal of a 5-0 decision by the British Columbia Court of Appeal, which ruled the B.C. government does not have constitutional authority to stop the Trans Mountain Pipeline expansion through delay, uncertainty and the likely prospect of future litigation. By ensuring that B.C. must respect the federal government's rigorous process in approving TMX, this outcome will have major ramifications for the project and its profound importance to Albertans

and all Canadians.

"This is the decision we expected. British Columbia's own top court was clear that the proposed law is 'an... existential threat to a federal undertaking that is being expanded specifically to increase the amount of oil transported through British Columbia.' The B.C. court's decision was an affirmation of the unique economic union among Canada's provinces.

"Building the TMX and ensuring a fair price for our natural resources will create

thousands of new jobs and increased prosperity that will benefit the entire country. We are pleased with the decision by our country's highest court and look forward to the continued construction of the Trans Mountain Pipeline."

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THEFT OF MOTOR VEHICLE FROM SERVUS PLACE

Submitted by St. Albert RCMP

St. Albert, Alta. – On January 2, 2020, at approximately 5:00 p.m., St. Albert RCMP General Duty members, with the assistance of St. Albert RCMP Crime Reduction Unit (CRU), began an investigation into two males who stole personal items from lockers at the Servus Place. The suspects

stole wallets & vehicle keys and once in possession of the items, made their way to the parking lot, located the vehicle and drove away. The suspects proceeded to use the victim’s credit cards at various gas stations in St. Albert as well.

St. Albert RCMP CRU was patrolling a known “Hot Spot” area for criminal activity when they observed one of the suspects from

the Servus Place theft operating another stolen truck. Police attempt to stop the stolen truck but it fled the area. The male suspect was known to police and known to be a prolific property crime offender. On January 5, 2020, St. Albert RCMP received a tip from the public that one of the male suspect they were looking for, who was involved in the Servus Place thefts, was at the St.

Albert Public Library. St. Albert RCMP attended the location and the suspect was arrested without incident.

As a result of the police investigation & intelligence gathering Kalob Kochanoswky (20) of Spruce Grove, Alta. was charge charged with following Criminal Code offences:

- Theft of Motor Vehicle (X 3)
- Theft of Credit Card (X 5)
- Possession of Property Obtained by Crime (X 4)
- Flight From Police
- Operate While Prohibited (X 2)
- Failure to Comply with Previous Release Conditions
- Break & Enter

Kalob Kochanoswky was remanded in custody and will appear in St. Albert Provincial Court on January 27, 2020.

Francois Derek Demarre (20) of Lac La Biche, Alta., is wanted for:

- Possession of Property Obtained by Crime (X 4)
- Fail to Appear

The thefts and frauds in this criminal investigation resulted from unlocked lockers and unlocked motor vehicles. The St. Albert RCMP would like to remind the community that we all have a part to play in preventing crimes, and simple changes can reduce the risk of break & enters, thefts and frauds. Locking up valuables while at the gym and keeping motor vehicles locked will help deter thieves. Residents are encouraged to follow the #9PM Routine.

If anyone has information regarding any crime, they are asked to contact the St. Albert RCMP Detachment at 780-458-7700 or their local police. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the “P3 Tips” app available through the Apple App or Google Play



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Bridal Guide

February 2020



Your Guide to Planning Your Big Day

Filled with helpful planning advice, savvy how-to tips and the latest wedding trends, as well as a host of local wedding vendors here to help you plan the perfect day!

Bridal Guide



THE EVOLUTION OF WEDDING FAVORS

Wedding favors have changed - and in many cases for the better. Favors have evolved from the inexpensive trinkets purchased in bulk into more personalized mementos that guests can cherish. Today's couples are interested in customizing their weddings and offering guests something meaningful, or at the very least, edible, so that favors don't immediately get relegated to the trash can. According to Heather Jones of Wente Vineyards in California, favors have moved from "goodie bags" toward items that are experimental and fun. Wedding planners from across the country offer these wedding favor trends that couples may want to incorporate into their own celebrations.

Welcome bags

Rather than take-home bags, welcome bags have replaced the traditional favor trinket at some weddings. Many weddings have become multi-day events that ask guests traveling from out of town to attend a wedding weekend. To help greet them and make their experience memorable, couples may fill a gift bag with items guests can use or enjoy during their stay - like a bottle of locally sourced maple syrup or some handmade soaps from a nearby shopkeeper.

Experience gifts

Instead of a candle or a monogrammed cake server, think of experiences to offer guests. A coupon for free drinks at a

nearby brewery, a tour of a local attraction while guests are in town or a group excursion for guests attending a destination wedding can be fun and will help guests create lasting memories.

Charitable donations

Some couples feel that favors are wasteful and would rather set aside a portion of their wedding budgets toward giving back. In such situations, a donation to charity in guests' names can be the way to go. Guests can vote on two favorite charities advertised on a special table at the wedding reception. The one with the most votes will get the proceeds.

Late-night snacks

After a night of celebrating, some guests may want the

festivities to continue, but may need some extra sustenance to make it through a few more hours. Some couples are eschewing traditional favors in lieu of making room for extra food or beverage expenses that can include after-party treats. These may run the gamut from wood-fired pizzas to food truck vendors to extra desserts. A tasty take-home option also may be given, such as fresh zeppolis or beignets, or even a personalized bottle of wine. Even if the food and drink is not consumed right away, there's a good chance it will hit the spot when guests return to their hotel rooms.

Wedding favors are changing to keep up with the times and keep guests feeling extra special.

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CONGRATULATIONS

Bridal Guide



WEDDING FLOWERS BECOMING LARGER THAN LIFE

Move over bouquets and centerpieces. Flowers are taking over weddings in a big way. While wedding trends come and go, flowers will always have a place at the wedding table. The blooms brides and grooms choose and how they decide to display them can say much about the couple's style. Many modern couples are opting for statement pieces with their flowers to rival the big and bold ideas they're incorporating elsewhere into their occasions, such as in cakes and clothing. In fact, floral designer Tom Uberuaga says traditional hurricane vase centerpieces are outdated and only focus the eye on the middle of the table. He prefers guests enter the wedding and have their senses stimulated by

flowers from all angles. Large flower installations, as well as blooms popping up in unexpected places, are some of the hot trends for couples to keep their eyes on.

Floral chandeliers

There's no need to worry about seeing over table centerpieces or flowers getting in the way of photo moments. Thanks to hanging flowers and floral chandeliers, flowers are quite literally moving up in the world. Hanging floral pieces can add instant drama and make a large visual impact. Florists can hang flowers from beams over tabletops to increase visual impact, whether as individual baskets, single stems or floral swags. Hanging floral chandeliers are dramatic but naturally exper-

sive. Think about a large installation that forces guests to look up into a sea of greenery and flowers. The smell and the sight can be breathtaking.

Welcome wreaths

Why should wreaths only be reserved for front doors and holiday decor? A welcome floral wreath can be placed by the entryway to a chapel or reception hall with a heartfelt sentiment that shows guests how much they're appreciated.

Fairy-tale flowers

A floral curtain of hanging flowers can line a chuppah or drape the altar in beautiful blooms. Couples who would like a fairy-tale entrance also can make their debut as a couple by coming through a flower curtain at the reception. Martha Stewart

Weddings says a cascade of flowers and greens can be romantic and elegant.

Dance floor blooms

Who says flowers have to be overhead or on a table? With a plexiglass dance floor, or one made from some other transparent material, flowers can be underfoot, creating a magical floral carpet.

Floral necklaces

Brides needn't carry their bouquets, they can wear ethereal and whimsical floral pieces around their necks or on their waists instead.

Couples are urged to speak with their florists about the innovative ways they can make flowers an even more awe-inspiring component of their weddings.

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Bridal Guide



IS A VALENTINE'S DAY PROPOSAL RIGHT FOR YOU?

Valentine's Day is a special day when thoughts turn to love and romance. Couples contemplating tying the knot may feel like Valentine's Day is the perfect opportunity to pop the question and begin their journeys toward marriage.

Even though Valentine's Day is a very popular day to propose, it's tricky to keep such a proposal from becoming a cliché. By considering some dos and don'ts, Valentine's Day proposals can be unique. DO ensure that you're both on the same page. It's one thing for couples who have already been talking about marriage to build on the romance of Valentine's Day with a pro-

posal. But it's quite another if this is a push to wow him or her and you don't have the same goals; it may not go according to plan. Couples are urged to have honest conversations about key topics (i.e., children, compatibility, finances, living arrangements) to see if marriage is a desire they both share.

DON'T overlook the element of surprise for the proposal. Sure it is easy to have a waiter bring the ring after a meal at a favorite restaurant, but it can be even more special to catch your sweetheart off guard. Why not propose before you get to the restaurant, such as in front of where you first met, and then you

can enjoy your meal without butterflies?

DO consider your sweetheart's personality before the proposal. A shy person may not like the attention of a crowd. However, someone who loves to be the center of attention may feel that more is merrier.

DON'T go overboard with the details. One or two big surprises is all it takes. The more details, the more things that can potentially go wrong, which can adversely affect the overall proposal.

DO get input from friends and family, but do not feel pressured to do it exactly as they say. A close friend can help

select a ring or contribute to the surprise by keeping the special someone unaware of the plans at hand. Having a helper can make the proposal go more smoothly.

DON'T feel pressured to propose on Valentine's Day or a birthday, Christmas, or other big holiday because it's "what you're supposed to do." A proposal and a marriage are unique to each couple, and individuals should abide by their preferences when making such important decisions. Only propose when it feels completely right.

Valentine's Day can be a perfect day to propose if the timing and planning is right.



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MOVE OVER AND STOP FOR EMERGENCY RESPONDERS

Submitted by Parkland RCMP

Parkland RCMP would like to remind the public of the importance of pulling over and stopping for flashing emergency lights and sirens. The Alberta Traffic Safety Act states: when an emergency vehicle (ambulance, fire, police or peace officers) is approaching you from any direction and is sounding a siren, you must yield the right-of-way.

If you hear a siren or see flashing emergency lights:

- Clear the intersection.
- If you are driving on a road with one or two lanes, pull over on the right side of the road.
- Remember to use your signal.
- If you are driving on a road with three or more lanes, clear the intersection and move your vehicle to the nearest side of the road.
- If you are in the centre lane, pull your vehicle over to the right side of the road, come to a complete stop and wait for the emergency vehicle to pass you.
- Move right or left to the nearest curb on 1-way streets.
- Emergency vehicles have the right-of-way and take precedence over all other traffic. Keep to the side of the street until they have safely passed and watch closely for additional emergency vehicles approaching from behind.
- Don't enter an intersection until the emergency vehicle is completely through it, even if you have a green light. The only exception to this rule is when a peace officer gives you other directions.
- Remember, you must not follow within 150 m of any emergency vehicle that has its siren or lights operating
- Be considerate of other drivers that have pulled over in front of you.
- Motorists must slow down to 60 kilometres per hour, or less if the posted speed limit is lower, when passing emergency vehicles or tow trucks stopped with their lights flash-

ing.

- Failing to slow down puts emergency workers, including tow truck drivers and other motorists at risk of serious injury or even death.

If you fail to slow down for emergency vehicles or tow trucks parked road side with emergency lights flashing, fines for speeding are double. If you fail to yield to emergency

vehicles with emergency lights and sirens engaged, you could receive a fine and demerits.

By remembering these rules of the road, you will help emergency responders get to the scene as quickly as possible and keep emergency personnel safe who are assisting road side.

If you observe drivers who are putting emergency re-

sponders at risk, please contact the Parkland RCMP at 825-220-7267 or your nearest police department. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.

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GIVE YOUR LOVE THE GIFT OF HEART AND SOUL WITH A TOUCH OF COLE

Submitted by Horizon Stage

Celebrate Valentine's Day at Horizon Stage with A Touch of Cole. This Edmonton-based jazz band highlights the timeless music of Natalie and Nat King Cole. Paying tribute to the unforgettable musical legacy of both father and daughter, they weave together a collection of "Cole" stan-

dards to take the audience on a musical journey that spans from jazz and Latin to modern blues and soul. With a vision to uplift and inspire their audiences, A Touch of Cole performance provides a captivating experience for music lovers of all ages. Audiences will also enjoy classic jazz standards from artists such as Peggy Lee, Ella Fitzgerald, and Nina Simone. Spend a roman-

tic night with A Touch of Cole at Horizon Stage on Saturday, February 15 at 7:30 p.m.

A Touch of Cole features the vocal styling of Edmontonian Shelley Jones accompanied by Wes Caswell on bass, Wes Yaciuk on guitar, Bruce Mohacsy on piano, and Sandro Dominelli on drums. The group has performed together as a trio and a quintet and they have sold out both Fes-

tival Place and the Yardbird Suite.

Blessed with a voice that can seamlessly fit into almost any musical genre, Shelley Jones brings a sense of authenticity and soul to every song she sings. Be it jazz, blues, pop, R&B, soul, groove, rock or country, Shelley has sang it all and made each style her own. Growing up in rural Alberta listening and singing along to her four older siblings' music collections, Shelley first discovered jazz after entering the vocal music program at Grant MacEwan. After graduation she began performing jazz professionally, working in duos, trios, quartets and big bands as well as a few symphony orchestras. Some of her performance highlights include being a guest vocalist with Tommy Banks at the Winspear Centre, performing with Alfie Zappacosta, and singing background vocals for Tom Cochrane. Shelley also regularly performs alongside some of Alberta's top musicians including PJ Perry, Sandro Dominelli, Andrew Glover, and Don Berner.

Shelley has also developed her songwriting skills; writing, recording, and releasing four solo albums and a Christmas CD with the Flextime Band. She has appeared as a guest vocalist on numerous recordings from other artists and has sang several radio/television jingles. As a highly experienced stage performer with a warm, personable and captivating stage delivery, Shelley continues to expand her fan base across the country.

Give your love the gift of heart and soul with a Touch of Cole at Horizon Stage on Saturday, February 15 at 7:30 p.m. Tickets are \$35 for adults and \$30 for students and seniors. Tickets may be purchased at the City Hall Ticket Centre (315 Jaspersen Ave), by phone at 780-962-8995 or 1-888-655-9090, and online by visiting horizonstage.com and clicking on the "Tickets" link.

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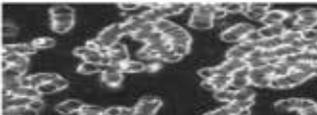
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Trans Mountain Expansion Project Construction Accelerating

Continued from Page 1

With 65 per cent of the detailed route approved, and a process established by the Canada Energy Regulator for the remainder in progress, the path forward is clear. Construction is accelerating and we're very excited to be delivering this important Project and on our commitments to Canadians, our customers and communities," says Ian Anderson, President and CEO of Trans Mountain Corporation.

The Trans Mountain Corporation Board of Directors recently approved a Project cost estimate of \$12.6 billion to bring it into service by the end of 2022. To date, the company has spent \$2.5 billion in respect to the Project, which includes the impact of delays and the resulting additional regulatory process. It is anticipated that an additional \$8.4 billion will be spent to complete the Project, plus \$1.7 billion of financial carrying costs. The company has also recommended to the Government of Canada in its capacity as owner and lender, a further \$600 million reserve for cost impacts beyond the control of Trans Mountain. This cost will be presented to

the Government of Canada as part of the process to obtain the necessary funding of the Corporation's capital needs. This estimated cost of the Expansion reflects today's realities of enhanced environmental protections, security, quality assurance and Indigenous inclusion, and is based on reasonable assumptions, including the completion of regulatory approvals, permits and route hearings.

The Corporation's projected earnings before interest, taxes, depreciation and amortization (EBITDA) are expected to be at least \$1.5 billion in the first year of the Project's operation and expected to grow annually. These projections are underpinned by long-term contractual commitments covering 80 per cent of the system's 890,000 barrels a day of capacity.

The board also affirmed that this Project remains commercially viable, and that Canada's overall investment in Trans Mountain remains on course to generate a return at commercial levels.

The Project is also expected to drive significant economic benefits for workers, businesses and Indigenous commu-

nities across Alberta, British Columbia and the country. At peak construction, there will be approximately 5,500 workers employed in communities along the construction corridor in Alberta and British Columbia. Trans Mountain is prioritizing and maximizing Indigenous, local and regional hiring to the greatest extent possible. Canadians will also benefit from the economic and tax contributions made by the Project once it is in operation. Communities along the construction corridor will benefit from significant tax dollars, which are anticipated to exceed \$52 million annually, contributing to these local communities' ability to meet their respective social, economic and development goals.

"Today's Trans Mountain Expansion Project has seen significant changes, enhancements and improvements since it was originally envisioned in 2009, and first introduced to the public in 2012. The Project has set new standards for Indigenous participation and inclusion - with 58 signed agreements worth over \$500 million. The Project reflects the input and feedback from thousands of Canadians

and incorporates the very best safety and environmental protections. From the installation of state-of-the-art leak detection and monitoring technology, route adjustments to avoid sensitive areas, tunneling versus trenched crossings, to installing more valves and ground water monitoring stations, Canadians will be proud to know that Trans Mountain has established the very highest benchmark for the development and construction of a major energy infrastructure project," says Anderson.

Canadians will benefit from the economic and tax contributions made by the Project once it is operation. In addition, Trans Mountain will make payments to the British Columbia government of between \$25 million and \$50 million annually, for a total contribution over a 20-year period of up to \$1 billion. These funds are to be used by the B.C. Clean Communities program to fund local, environmental projects everywhere in British Columbia.

Trans Mountain will continue to provide updates on its construction activities as the Project proceeds.

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- Bright Bank Hall, 780-968-6813

- Cherhill Legion, Mary 780-785-3578.

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

- Darwell Centennial Hall, 780-892-3099

- Darwell Seniors, Phone Debra 780-785-2907

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

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

- Hathersage Community Centre, Noreen at 786-2946

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

- Magnolia Hall, 727-2015

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

- Mayerthorpe Diamond Centre, Charlotte at 786-4659

- Mayerthorpe Legion, 786-2470.

- Onoway Community Hall, 967-4749.

- Onoway Heritage Center - Gym/Classrooms, 967-1015

Onoway Legion, 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

Stettin Nakumun Comm. Hall, 967-9198

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) 21-01 OG

Buy & Sell

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



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 a **Desktop** with games, world pictures, music, videos and more for **ONLY \$100.** FREE repairs for single parents. Donate used computers, tablets, etc. Will fix, clear to donate or use for parts. Call: 780-892-2407

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) 27-08-19

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) 10-12-19 OG

Wanted

WANTED... Bicycle or two, if wheels the same size. If not the same OK, I'll try to match it up. This is for a grocery buggy project to haul from parking lot to seniors living unit. Packing groceries at 80 yrs + something, not fun anymore. Reasonable price much appreciated, 780-892-2110 (2) 04-02

WANTED... Bright Driving Lights to eventually install on my vehicle. 780-892-2110 (2) 04-02

WANTED... Van under \$2500. Prefer raised roof van, camperized or not OK.. OR just ordinary van in fair shape. My vehicle is being worked on in a school project and may be gone for a while. A senior with clear Class 1 license, request. 780-892-2110 (2) 04-02

For Rent

Completely renovated Motel in Onoway, 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.onowayinnandsuites.com (4) 21-01 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) 21-01 OG

In Alberta Beach, 3 bedroom house with 4 appliances, detached garage, n/p, n/s, Available immediately, \$1100/month + DD. Call Connie 780-913-8024 (4) 04-02

Available immediately, Large 2 Bedroom in 12 Unit Apartment Building in Entwistle. Includes heat, water & parking. Rent \$795/month + DD \$300. Please call Ivka 780-807-1300 or email jakovljevicivka@yahoo.ca (2) 04-02 OG



NEW FACILITY
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780-962-2749 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!

ANSWER:

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

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!



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

COMMUNITY EVENTS 2020

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).

FEB 11 - INTERLAKE GOLDEN AGE CLUB, DARWELL SENIORS: ANNUAL GENERAL MEETING at 2:30pm in the Darwell Seniors hall. Lite lunch will be served, All 55 plus persons welcome. Come and check out the "Darwell seniors"

FEB 16 - ANNUAL VALENTINE PANCAKE BREAKFAST! 9 am - 11 am at Stanger Hall. Everyone welcome! Adults \$12, 6 - 12 years \$5, 5 and under Free

FEB 24 - SANGUDO HORTICULTURAL CLUB PRESENTS: Ashleigh Munro a representative of Kiwi Nursery. 7pm at the Sangudo Golden Age club. Public welcome. \$5 drop in fee.

FEB 25 - GRIEF SHARE WEEKLY GRIEF SUPPORT GROUP held on Tuesdays 6:30 - 8:30 pm, starting Feb 25 at Crossroads Community Church, 4719 44 Ave, Mayerthorpe. 13-weeks for just \$25. Call 780-786-2695 to register.

MAR 14 - CRIB TOURNAMENT at Rich Valley Community Hall. Doors open at 10am, Play at 11am. Admission \$20/person, lunch served.

MAR 29 - ST. CATHERINE'S CATHOLIC CHURCH OF CALAHOO: ANNUAL EASTER HAM BINGO & BONANZA at Calahoo Community hall. Doors open at 1pm with the 1st game starts at 2pm. \$5/cost at door with hotdogs, popcorn and pop available for purchase. All proceeds go directly to the operational/maintenance costs of our church.

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 1st. 780-667-6227 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

RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos February 19.

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, Nevasdas, 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.

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

JAMBORES

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.

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

MAYERTHORPE LEGION BR. #126: Seniors' Floor Curling - Thurs @ 1PM. Fun Darts - Thurs @ 7PM. Wings Night - Every Wed 5-8PM. Steak & Fish Night - 1st Friday of month 5-8PM. Everyone welcome. For more info please call 780-786-2470.

ONOWAY ROYAL CANADIAN LEGION: Open Tuesdays 7PM to 10PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3PM-10PM. 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@isac.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.

BALLROOM, LATIN, COUNTRY DANCE SOCIAL: 1st Saturday of every month. Doors open 8PM at Central Lions Recreation Center, 1113 113 St., Edmonton AB. Cost \$15 paid at the doors. Hosted by Everyone's Ballroom Dance Assoc. More info: www.ebda.ca 780-893-6828

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

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

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

"ME, YOU, & EVERYBODY" Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agplex from 10:00-11:00AM starting May. Funded Lac Ste Anne FCSS.

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

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

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

RIVER TALKERS TOAST MASTERS CLUB, 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). 2nd Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

SPIRITUAL LIVING STONY PLAIN CATHERING 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. *Meetings suspended till May 5, 2020

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.

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

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

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

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

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell

DDRA MEETING, 7:00PM, 2nd Mon, Darwell Centennial Hall 780-892-3099. *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) 786-4643.

GriefShare WEEKLY GRIEF SUPPORT GROUP held on Tuesdays 6:30 - 8:30 pm, starting Feb 25 at Crossroads Community Church, 4719 44 Ave, Mayerthorpe. 13-weeks for just \$25. Call 780-786-2695 to register.

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.

MAYERTHORPE LEGION BR. #126: Meetings 2nd Mon of month at 7:30PM. For more info please call 780-786-2470.

MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9931.

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 Tarcas, (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 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, Daricell & Lake Isle, Onoway & Area (780) 924-3351</p>	<p>Sangudo United Church</p> <p>Christmas Eve Service 6:00p.m.</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) The Church of the Lutheran Hour - Rockyford Bridge</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>Crossroads Community Church P.A.O.C.</p> <p>Rev. Arnold Lothoiz</p> <p>Sunday Service 10:30a.m.</p> <p>(780) 786-2424</p>		<p>Onoway Baptist Church</p> <p>Sunday Service 10:30a.m.</p> <p>Pastor Greg Garbutt (780) 967-2266</p>	<p>Roman Catholic Church St. Agnes' Parish, Mayerthorpe</p> <p>Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg</p> <p>Saturday 7:00p.m.</p> <p>(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>

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

JAVORSKY DITCHING
Onoway, AB

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Cell: (780) 906-7469
Fax: (780) 967-4961

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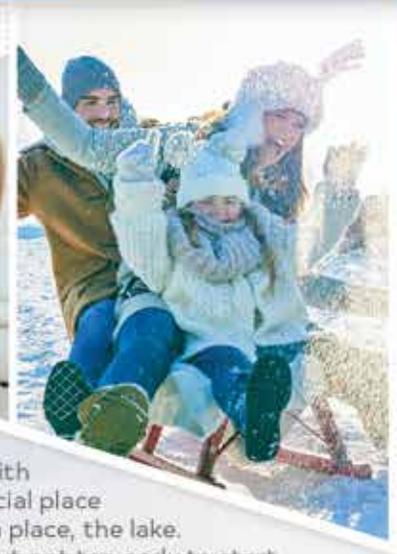


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