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## March 17, 2020

### COVID-19 PANDEMIC IN ALBERTA

Submitted by Government of Alberta

Update 2: (March 15 at 4:30 p.m.) Aggressive additional public health measures are being implemented provincewide to limit the spread of COVID-19 and protect Albertans, after new cases

appear to be spreading into community settings.

Latest updates

- Effective immediately, student attendance at schools is prohibited.

- Post-secondary classes are cancelled. Campuses will remain open.

- All licensed child care fa-

ilities, out-of-school care programs and preschool programs are closed indefinitely.

- All long-term care and other continuing care facilities are advised to limit visitation to essential visitors only.

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### CORONAVIRUS (COVID-19) UPDATE FOR WHITECOURT

Submitted by Town of Whitecourt

MARCH 15, 2020

With the latest information from the Province, and as a precaution to the Coronavirus (COVID-19) situation, the Town of Whitecourt will be closing indoor recreational facilities effective 12:01 a.m. on Monday, March 16. This includes the Allan & Jean Millar Centre and the Scott Safety Centre. The facilities will remain closed until further notice.

In compliance with recommendations by the Government of Alberta, the

Whitecourt RCMP Detachment has reduced its office hours and will be open Monday to Friday from 9:00 a.m. to 3:00 p.m. The Detachment will not be performing Criminal Record Checks or fingerprinting for volunteering or pardons with the exception of those volunteering in health facilities (a letter from the health authority must accompany this request).

To slow the spread of the Coronavirus (COVID-19) virus, the Government of Alberta has recommended that:

- All schools and all li-

censed child care, out-of-school care programs and preschool programs in Alberta be closed. Approved day homes are exempt because they care for fewer than seven children at a time. These programs are encouraged to use enhanced sanitation practices.

- All gatherings of more than 250 people be cancelled. This includes large sporting events, conferences, community events and places of worship. It does not extend to grocery stores, airports or shopping centres.

Continued on Page 2

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# Coronavirus (Covid-19) Update For Whitecourt

*Continued from Page 1*

- Any event that has more than 50 attendees and expects to have international participants, or involves critical infrastructure staff, seniors, or other high-risk populations should also be cancelled.
- Events that do not meet these criteria can proceed,

but risk mitigation must be in place, such as sanitizer stations and distancing between attendees.

- All Albertans who are currently outside the country are to self-isolate for 14 days after they return from being outside Canada, and monitor their condition. If they experience symptoms of fever or cough,

they should complete the on-line COVID-19 self assessment <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>. The Government of Alberta also advised all Albertans against travelling outside Canada.

The Town of Whitecourt encourages residents to remain active during this time, and take advantage of the outdoor recreational opportunities available in our community, including the local trail system.

COVID-19 information and updates are publicly available on the Alberta Health and Alberta Health Services websites:

- [www.alberta.ca/covid19](http://www.alberta.ca/covid19), and
- [www.ahs.ca/covid](http://www.ahs.ca/covid).

Residents are advised that the Town of Whitecourt has an emergency continuity plan in place to ensure essential services continue uninterrupted.

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## JOKE OF THE WEEK

An Irishman, by the name of O'Malley proposed to his girl on St. Patrick's Day. He gave her a ring with a synthetic diamond. The excited young lass showed it to her father, a jeweller. He took one look at it and saw it wasn't real. The young lass on learning it wasn't real returned to her future husband. She protested vehemently about his cheapness. 'It was in honour of St. Patrick's Day,' he smiled. 'I gave you a sham rock.'

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# COVID-19 Pandemic in Alberta

*Continued from Page 1*

- Places of worship are no longer exempt from restrictions on mass gatherings.

- 17 additional cases of COVID-19 have been confirmed in Alberta, bringing the total number of cases in the province to 56. Three of the new cases are in the Edmonton zone and 14 are in the Calgary zone.

- At least two cases identified in the last two days appear to have been acquired through community transmission from an unknown source, and seven cases occurred as a result of a single gathering in the Calgary zone.

“The new cases that have emerged today, particularly those demonstrating transmission into communities and school settings, means we need to put in place additional restrictions for schools, day cares, continuing care facilities, and wor-

ship gatherings. These decisions are not made lightly, and I know they will have a tremendous impact on Albertans’ day-to-day lives, particularly parents, children, and seniors. But it is crucial we do everything possible to contain and limit the spread of COVID-19.”  
- Dr. Deena Hinshaw, Chief Medical Officer of Health

K-12 schools and post-secondary institutions

Effective immediately, students will no longer be attending classes in K-12 schools and post-secondary institutions until further notice. Post-secondary campuses will still remain open, but classes are cancelled. School authorities are expected to continue their regular day-to-day operations and ensure the safety of school facilities. Maintenance, capital projects, cleaning of facilities and administrative work will continue.

Every K-12 student will receive a final mark and students will progress to their next grade level next year. Provincial assessments, such as provincial achievement tests, will be cancelled. At this time, diploma exams essential for post-secondary acceptance will continue. Every student who is eligible to graduate from Grade 12 this year will graduate.

The Alberta government will also be working with post-secondary institutions to ensure that these extraordinary circumstances do not prevent students from being eligible for admission to post-secondary studies for the coming school year.

Teachers and other school staff will still be expected to work, either from home or at their workplace, to ensure these expectations are met. Decisions on how to do this are still to be made, and it may vary depending on the school jurisdiction.

Child care

All licensed child care, out-of-school care programs and preschool programs in Alberta are closed at this time, as well. Approved day homes are exempt because they care for fewer than seven children at a time. These programs are encouraged to use enhanced sanitation practices.

Mass gatherings

Places of worship are no longer exempt from the recommended restrictions on mass gatherings. Public health officials continue to recommend that all mass gatherings of 250 people or more are cancelled, and this now includes worship gatherings.

Any event that has more than 50 attendees and expects to have international participants, or involves critical infrastructure staff, seniors, or other high-risk populations, should also be cancelled.

*Continued on Page 4*

## MAYERTHORPE MARATHON

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(Extra cards available for purchase)

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- 3 Early Bird Game Cards x 2 Games
- 2 Bonanza Cards & 2 Odd/Even Game Cards

Bonanza is worth \$4000

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**Doors open at 10:30 a.m.**  
**Early Birds start at Noon**  
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**NO REFUNDS unless event is cancelled – No Reserved Seating**  
Minimum 100 ticket sales by April 6/20 or event may be cancelled  
Tickets available at the Mayerthorpe Legion 5111 – 45 Avenue  
Friday, April 3<sup>rd</sup> 4:00-8:00pm and every Wednesday 4:00-8:00pm  
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For more information call the Legion at  
**780-786-2470**

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**Northern Gateway**  
Public Schools

### INVITATION TO APPLY TO BECOME AN EXTERNAL MEMBER OF THE AUDIT COMMITTEE

The Northern Gateway Public Schools Board of Trustees is seeking two community members, 1) with financial expertise and business knowledge, and 1) community member at large to serve on its Audit Committee for a term ending October 2022.

The Audit Committee is comprised of three Trustees and two independent members drawn from the community at large. The primary role of the Audit Committee is to assist the Board of Trustees in fulfilling its duties related to governance and oversight.

The Audit Committee duties fall under the following key areas:

- The financial reporting process
- Internal control framework
- Risk management practices
- Performance & function of the Board’s external auditors
- The Board’s compliance with its obligations under legislation

The Committee meets 2 times a year, plus ad hoc meetings as required. Induction training material will be available to all committee members, to clarify roles and responsibilities of audit committees for the school board sector. Compensation is consistent with current board rates.

**Candidate Eligibility:**

- Applicants should have sufficient accounting, senior financial management or other relevant business experience to understand public sector accounting and auditing standards.
- The applicant must not be a current employee or officer of the NGPS board or of any other school board or school authority.

**Submissions:**  
Suitable qualified candidates interested in serving on the Audit Committee are invited to submit a letter of interest and resume by **4:00 PM on March 31, 2020** to:

**Tamara Spong, Secretary Treasurer**  
Northern Gateway Public Schools  
Box 840, 4816 - 49 Ave. Whitecourt, AB, T7S 1N8 or  
email: tamara.spong@ngps.ca

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# COVID-19 Pandemic in Alberta

*Continued from Page 3*

Events that do not meet these criteria can proceed at this time, but risk mitigation must be in place, such as enforcing distancing of one to two metres between attendees and using sanitizer stations.

Visitation limits to continuing care and long-term care facilities

Only essential visits to any continuing care or long-term care facility in Alberta are recommended:

- Individuals over 60 years of age and those with pre-existing health con-

ditions are most at risk of severe symptoms from COVID-19.

• Families and friends of those in these facilities are asked to think of other ways besides visiting that they can support and encourage their loved ones through this difficult time.

Recommended travel advice

Travel outside of the country is not being recommended at this time. Given the rapid global spread of the virus, it is no longer possible to assess health risks for the duration of the trip.

Any traveller returning from outside of the country should self-isolate for 14 days, even if they are feeling well, and monitor for symptoms.

Any traveller who has returned before March 12 should closely monitor themselves for symptoms. If they experience symptoms, they should self-isolate immediately and call Health Link 811 for follow-up assessment and testing.

Quick facts

- The most important measures that Albertans can take to prevent respiratory illnesses, including

COVID-19, is to practise good hygiene.

- This includes cleaning your hands regularly for at least 20 seconds, avoiding touching your face, coughing or sneezing into your elbow or sleeve, disposing of tissues appropriately, and staying home and away from others if you are sick.

• Anyone who has health concerns or is experiencing symptoms of COVID-19 should complete an online COVID-19 self-assessment.

- For recommendations on protecting yourself and your community, visit [alberta.ca/COVID19](http://alberta.ca/COVID19).

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Visit [LSAC.ca](http://LSAC.ca) to explore the latest Lac Ste. Anne County news and events in greater detail.



## LAC STE. ANNE COUNTY PARENT LINK/ EARLY CHILDHOOD DEVELOPMENT FAREWELL

As many of you are aware, funding for provincial Parent Link and Early Childhood Development Initiative programming ends on March 31, 2020 and these programs will be wrapped up throughout the province by the end of the month.

**Due to this funding cut, Lac Ste. Anne County Parent Link/Early Childhood Development will offer its final program on Thursday, March 26.**

Lac Ste. Anne County submitted an "Expression of Interest" to be involved in the new Family Resource Network model, which will support families with children 0-18 years old (Parent Link/Early Childhood Development programming targeted families with children under six years old). Unfortunately, we were notified March 9 that we were unsuccessful in that application.

We will now research any alternatives and will provide further information once it is available.

We wish to take this opportunity to thank all the families that have joined us over the past ten plus years as we strove to support you with many programs and events. We hope we made a difference in your lives, and we will treasure all the friendships and connections that evolved with each of you.

To our many community partners, too numerous to list, please know how much we appreciate you sharing our commitment to supporting young families in our communities. We could not have provided the vast programming we did without you!

**Finally, to our amazing staff...thank you to Cathy Steeves, Parent Link/Early Childhood Development Coordinator and Melissa Gordon, Parent Link/Early Childhood Development Assistant for your dedication to providing quality programming, building relationships with families, and being such a positive and supporting resource to local families.**

**Because of you, parents/caregivers found a safe space they could trust to have their best interests, and the best interests of their children, at heart. Thank you for making a difference in the lives of so many children!**

Visit [LSAC.ca](http://LSAC.ca) to explore the latest Lac Ste. Anne County news and events in greater detail.



**PLANNING & DEVELOPMENT**

**NOTICE OF PUBLIC HEARING**

of Bylaw #13-2020 for Adoption of Majeau Lake RV Area Structure Plan

**LOCATION OF HEARING**

Council Chambers, County Office  
56521 Range Road 65

**DATE OF HEARING**

April 9, 2020

**TIME**

11:00am

Pursuant to the provisions of Section 692 of the Municipal Government Act, Lac Ste. Anne County Council is considering an application for the adoption of Majeau Lake RV Park Area Structure Plan, by adopting the following proposed Bylaw #13-2020:

Adopting Majeau Lake RV Area Structure Plan (ASP).

Written comments on the above proposed Bylaw may be provided prior to 4:30 pm, on March 31, 2020, to:

Lac Ste. Anne County  
56521 RGE RD 65, Box 219  
Sangudo, AB T0E 2A0

006REDST2019  
Lot 1, Block 1, Plan 112 4869 within NE 09-57-03 W5M

Attn: Tanya Vanderwell, Development Officer  
Or email at [tvanderwell@LSAC.ca](mailto:tvanderwell@LSAC.ca)

Interested individuals may attend the Public Hearing to voice their comments. To schedule an appointment please contact Development Officer, Tanya Vanderwell at 780.785.3411.

The proposed amendment and/or application may be reviewed during regular business hours at the County Office located at 56521 Range Road 65 or on the County website at [LSAC.ca/Hearings](http://LSAC.ca/Hearings).



OK, so what all this fancy language means is that a landowner or developer has applied to the municipality to bring into compliance an existing development in the Lake Majeau area through the adoption of a formal plan. In order to adopt the area structure plan, a bylaw must be drafted and a public hearing held first. The ad above is to let folks know about when and where the Public Hearing will take place.

**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 and Development department at 1-866-880-5722 or [devassistant@lsac.ca](mailto:devassistant@lsac.ca), Monday to Friday 8:30am to 4:30pm to request additional information on a permit.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DEADLINE
20-D0027	215, 4224 TWP RD 545 SW 34-54-4 W5M	Single Detached Dwelling (1224 sq.ft.) with rear yard variance of 3.0m.	April 5, 2020
20-D0015	54431 RGE Rd 15 NW 29-54-01 W5M	Moving shooting benches, noise mitigation, safety improvements, new shed cover for benches 64.0' X 15.0' (960.0 sq. ft.) with shipping container, dirt work involved, moving berms.	April 5, 2020

Anyone who claims to be affected and who wishes to lodge an appeal against any of the above developments must do so in writing on the applicable form on or before 4:30pm on the above noted date(s). Secretary of the Subdivision and Development Appeal Board, c/o Lac Ste. Anne County, Planning and Development department, Box 219, Sangudo, Alberta, T0E 2A0.

**PLEASE NOTE:** Lac Ste. Anne County requires that a non-refundable fee of \$250 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.

# BARRHEAD RCMP INVESTIGATE FATAL COLLISION ON SECONDARY HWY 651

**Submitted by Barrhead RCMP**

On March 12, 2020, at 9:30 p.m., Barrhead RCMP responded to a two vehicle collision on Secondary Highway 651 east of Highway 33.

A car heading westbound on Secondary Highway 651 collided with a car heading eastbound. A 17-year-old male driver and lone occupant of the westbound car, from Barrhead, Alta., was pronounced deceased at the scene.

The driver and two passengers of the eastbound car were taken to hospital via EMS with non-life threatening injuries.

Traffic in the area was affected for multiple hours as the RCMP Collision Analyst attended and examined the

collision scene.

Barrhead RCMP continue to investigate. The name of the deceased will not be released and no further updates are anticipated.

## BE SKEPTICAL OF “NO-STRINGS ATTACHED” TRIAL OFFERS

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

OTTAWA: Gerald Soroka, Member of Parliament for Yellowhead, is urging constituents to be skeptical of misleading trial offers that claim to have no strings

attached. By accepting certain online “trial offers,” you could end up with charges for the full cost of that trial product, an unwanted subscription for expensive, monthly products, or fees for products you didn’t order.

You should do some re-

search and investigate any trial offers before signing-up. If you do sign-up, make sure to keep all your receipts and check your credit card statements regularly.

Please follow the link below for more information: <https://www.canada.ca/en/competition-bureau/news/2020/03/subscription-traps-no-strings-attached-trial-offers-could-leave-you-with-your-hands-tied.html>

ca/en/competition-bureau/news/2020/03/subscription-traps-no-strings-attached-trial-offers-could-leave-you-with-your-hands-tied.html

## NOTES FROM THE ONOWAY LEGION

**Submitted by Richard Moses**

It’s a German Meal!  
On March 20, Ira Austin is back in the kitchen. He and his crew will serve a German meal – soup, schnitzel, sauerkraut, potatoes with onions and bacon, and a German dessert.

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. 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.

Pulled Pork with Fixings

On March 27, Meagan McNalley and crew will serve pulled pork, broccoli cheddar rice casserole, mashed potatoes and gravy, Caesar salad and apple crisp with ice cream. You can reserve your spot early!

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.

Legion Meetings

At the last regular Legion meeting, the membership approved a change in by-laws, so that general meetings will be held only every second month. Monthly executive meetings will continue. The change must be ratified by the Provincial Command, but if passed quickly, the next general meeting could be in May. Watch for details.

Did You Know?

The Lac Ste. Anne Community Choir will be entertaining at the Legion at 7:30 pm on Friday, May 22.

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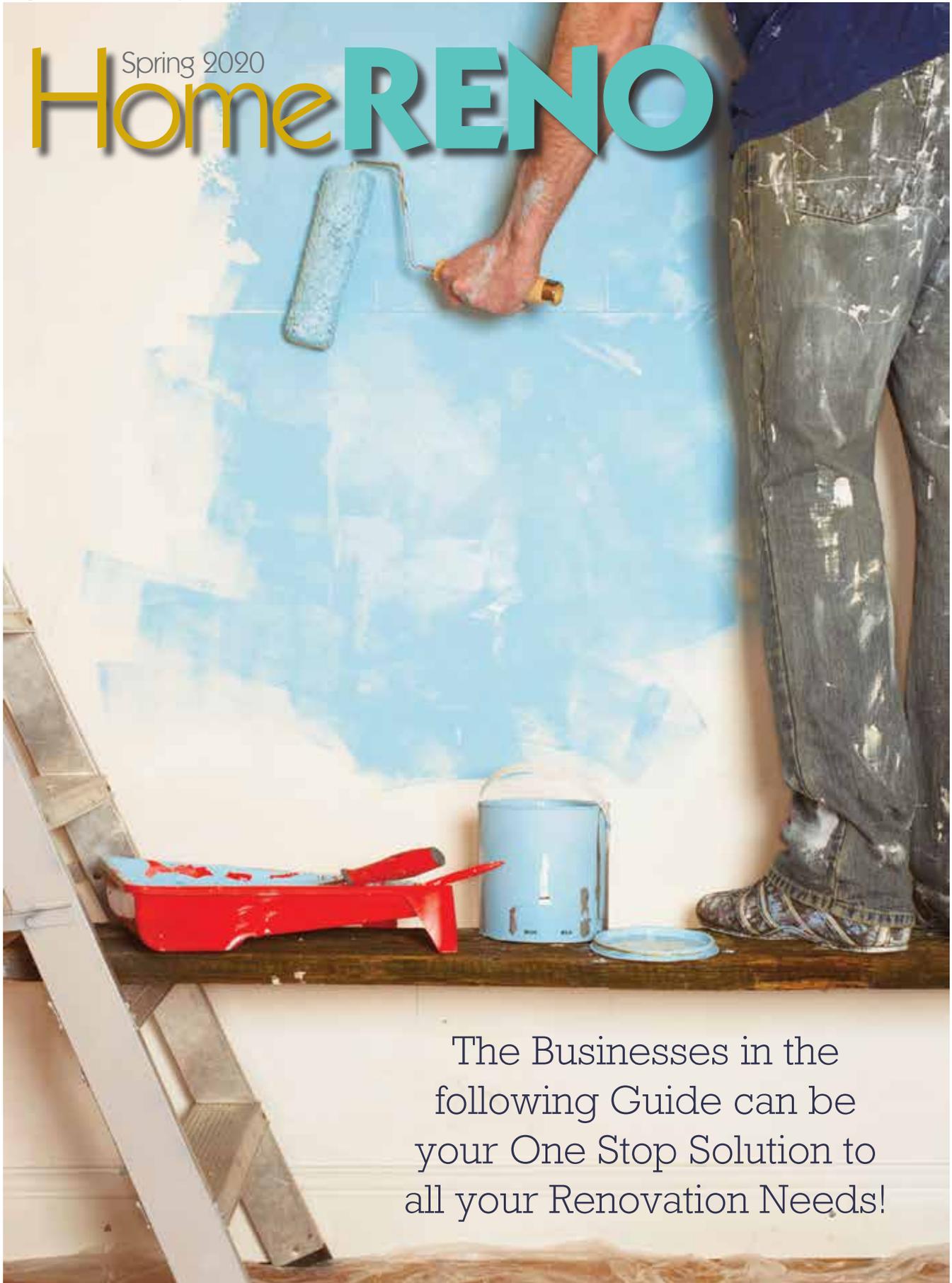
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# Spring 2020 Home**RENO**



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# TOP 5 HOTTEST HOME BUILDING TRENDS

(MS) - These days, home trends are about more than good design and aesthetics - they're about creating spaces that reflect our values and are more comfortable and enjoyable to live in. From net-zero and net-positive construction to tiny minimalist homes, trends are all about your family's lifestyle.

Whether you're shopping for a new home, renovating your own or creating a new build from scratch, here are some of the biggest trends you need to know for inspiration.

**Sustainable design:** This one has been popular for a long time, but green design has evolved to be about much more than energy-efficient appliances and LED light bulbs. Now, it's all about making sure everything in your home reduces your car-

bon footprint and minimizes any impact on the environment.

To try the trend yourself, think big and get creative - install solar panels on your roof, choose building materials that don't require deforestation and upcycle old furniture for decorative elements instead of buying new.

**Disaster resiliency:** Climate change affects us in so many negative ways, and one of the top concerns is the increase in natural disasters. From wildfires that last for months to major floods that affect entire cities, we now need to prepare for the worst when building our homes.

Switching to disaster-resilient materials is an important first step. Many builders now prefer to use stronger, more energy-efficient materials like insulated concrete forms

(ICFs) instead of more traditional materials like wood. For example, Nudura ICFs can withstand winds of up to 250 miles per hour (equivalent to an F4 tornado) and offer a fire protection rating of up to four hours.

**Outdoor living:** Many of us are now choosing to forgo getting a cottage or summer home and recreate the experience in our own backyards.

*Continued on Page 10*

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## Top 5 Hottest Home Building Trends

Continued from Page 9

This trend helps you make the most of your existing space and take full advantage of your yard or patio during the summer months.

You can design a full living space outside, complete with an outdoor television and comfy couches, as well as a kitchen and refrigerator for entertaining. Consider adding a fireplace or fire-pit to keep warm during cool

summer nights and enjoy the outdoors through spring, fall and even winter if you're brave.

Home automation: This is another longstanding trend that shows no signs of slowing down. It has also evolved to encompass more of the home to make life even more comfortable and convenient. From an oven that can be turned on remotely to pre-heat, to skylights that can open and close automatically to create the perfect ambient temperature, there are more ways than ever to integrate smart home technology into your living space.

You can start small with voice assistant and smart light bulbs and work your way up to a total smart home system that includes home security, temperature controls and all your electronic

devices.

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## BEST METHODS TO REPAIR DAMAGED DRIVEWAYS

Asphalt and concrete driveways are common throughout suburban neighborhoods. They are as much a part of a home as lawns, decks and other exterior elements. Regardless of how they're utilized, driveways need to be cared for and maintained to retain their appearance and function.

Even the most durable driveways can suffer from cracks and pits over time. As cracks form, they pave the way for more deterioration if they are not addressed. Water infiltration can break down the integrity of the driveway during freeze and thaw periods, and any little hole or crack can promote weed growth. Driveway repair can be a do-it-yourself project, but pay attention to the details to ensure the job is done right.

Asphalt

The home improvement resource The Family Handyman says it is key to first repair cracks and pits in an asphalt driveway before planning to topcoat it, which is generally done every year or so to maintain its appearance and durability. A variety of topcoat products are available at various price points. Experts recommend investing in a quality product that will not shrink and crack. A melt-in material that is similar to products used by highway crews can be purchased for around \$100. This product also will require use of a propane torch. Caulk-style crack repair products may not require as many tools, and are much easier to apply. They may not last as long, however. Homeowners must weigh the

pros and cons to each before beginning.

The experts at Popular Mechanics say that there also are other asphalt patch mixes available at home supply retailers. Serious holes, rather than cracks, can be addressed with a coarse-aggregate filler commonly referred to as cold patch.

After cracks and holes are filled, use a sealer to lock everything in place and create a smooth topcoat appearance. Speak with a store employee if you are unsure which product is needed for your application.

Concrete

The process is similar with concrete driveways, yet the products differ. Small driveway cracks can be repaired by scrubbing out the crack to remove debris and then filling

using a mortar repair compound, suggests the repair advice site Home Guides. Larger cracks and potholes should be cleaned. Once that's done, apply a painted-in bonder to the crack or hole, followed by a dry concrete patching product mixed with water. The material can be worked into the damaged area with a trowel, and then leveled using a wood board. Afterward, a liquid concrete sealer can be applied to help prevent future cracks and holes.

Homeowners who are hesitant to fix their driveways can contact masons or asphalt specialists to perform the job. Keeping up on driveway repair can prolong the life of the surface and help delay a complete driveway replacement for several years.

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## EXTERIOR RENOVATIONS THAT CAN IMPROVE HOME VALUE

Renovating a home to improve its value can be a smart investment. Interior improvements, such as updating kitchens and baths, offer good return on investment, but there are plenty of exterior renovations that can add value to a home and give it that coveted “wow” factor.

**Landscaping**  
Abundant and well-planned landscaping can instantly boost curb appeal. According to the landscaping company Lawn Starter, 71 percent of prospective home buyers say a home’s curb appeal is an important factor in their buying decisions. As buyers

use the internet to look for their dream homes, there’s no denying a beautifully landscaped, nicely photographed property can entice buyers to click and read more about a house.

Address insects and minor repairs  
Improving home value may

come down to fixing areas of the home that can negatively affect its appeal to buyers. Hire an inspector to look at key components of the house and recommend what needs to be fixed. This way it is discovered before home buyers come in and do their own inspections. Termite infestations, deteriorating roofs and hidden water leaks are some things that might need fixing.

**Improve the entryway**

The front door is the focal point of a home’s exterior. Invest in a new door or paint it a striking color to add appeal. Remodeling magazine’s “Cost vs. Value Report 2019” indicates changing an entry door to a steel replacement can offer 74.9 percent ROI. Such a door provides visual appeal and added security - things buyers look for. In addition to the front door, make sure that the entryway has a level walkway, steps that are in good repair, accents that are free from rust or tarnish, and decorative plants.

**Outdoor lighting**

Outdoor lighting can add to the ambiance of a property and serve as a security feature. Utilize different lights, such as a bright light by the entry, uplighting in trees and shrubs for drama, a light-lined path to the door to improve visibility, and motion-detection lights to improve the security of the property.

**Repaint (or reside) the exterior**

A fresh coat of paint or new (or cleaned) siding can instantly give homes a facelift. Neutral, warm and inviting colors tend to have the widest appeal. Adding manufactured stone veneer to the home can offer a 94.9 percent ROI, says Remodeling. And after doing the front door and siding, investing in a garage door replacement offers the highest ROI of all exterior projects listed on the “Cost vs. Value Report 2019.” This improvement returns 97.5 percent when selling.

Knowing which improvements add value to a home can help homeowners tailor their efforts to those that are most financially beneficial.

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# SANGUDO PUBLIC LIBRARY NEWS

## Submitted by Sangudo Public Library

The year end duties are completed, and we have been planning for the spring programming sessions.

We have an assortment of passive programs always available during regular library hours. A few of these include colouring for all ages, seasonal simple crafts for preschool aged children, our colossal crossword, jigsaw puzzles and games for everyone. All you need to do is drop in and have some fun.

If you are looking for books to add to your personal collection, we encourage you to stop in and checked out our perpetual used book sale. Whether you are you looking for Sci-Fi, Non-fiction, Fiction or Children's titles ...we have a varied selection of weeded and donated titles that may be of interest. Peruse the titles, take what you want and leave a donation of your choosing, or fill a bag for \$ 5.00. All funds collected will be used to support library operations and programming.

Do you love to read? Would you like to discuss what you have read with others? We have a couple people registered and are still looking for anyone who would be interest-

ed in attending a monthly Book Club. All you must do is call the library @ 780-785-2955 to register and let us know a date and time that would work for you.

We have a group of people interested in starting a genealogy club at the library. Don't know where to start? Have you been following your family tree for years? We want people of all experience levels that want to learn from and/or mentor others. If this sounds like something you are interested in please give us a call and let us know so that we can formalize date, time and frequency of meetings.

You are invited to PJ Story Time for children aged 3 to 7 and their caregivers. Join us on Tuesday, March 24, 2020 from 6:30 PM to 7:15 PM. Come dressed in your PJ's, bring a favorite stuffy and we'll have fun with stories, a craft and snack! There is no charge to attend, but we need you to pre-register by calling the library. Funding for this program is provided by the Lac Ste. Anne County FCSS Grant.

Need some help with your computer or device? We are offering drop in computer help every fourth Wednesday of the month from 10AM to 12PM. You can drop in on Wednesday, March 25, 2020 and we would

be happy to assist you.

Join us on Sunday March 29, 2020 between 1 and 4PM for our Skill Swap Sharing Circle. Judy Booth will be here to share the joy of making a bone pillow. These pillows are great for general daily use, travel, as a pet pillow or makes a fantastic gift for any occasion. Anyone who is interested in learning a new skill or wants to share a skill with others is encouraged to attend this session. Materials will be provided for the session, but should you have pins, sharp scissors, a portable sewing machine or other sewing supplies please bring them along. The cost will be \$ 10.00 per pillow and there is a maximum of 7 people. You must pre- register by calling the library.

Our Horticultural Series will be starting off on Wednesday, April 1, 2020 starting at 7 PM with Tomatoes Galore! Join Lac Ste Anne County Horticulturalist, Lorraine Taylor as she talks about growing the best tomatoes ever. Gardeners consistently rate tomatoes as their favorite vegetable. 2019 was a tough year for gardens and for many the tomato crop was disappointing. Lorraine has talked with the tomato experts and gathered tips from our local great growers. Bring

your own best advice to share or come to learn from others. Everyone will seed some pots to grow on at home. The cost to attend will be \$ 10.00 and you can pre-register by calling the library.

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

The Friends of the Sangudo Public Library will be holding their Annual General Meeting on Tuesday, March 31, 2020 starting at 7PM. This meeting is open to the public and you must have a current library card to become a voting member.

The Library is open Tuesday and Thursday from 5:00 pm to 8:00 pm and Wednesday and Friday from 11:00 am to 4:00 pm. We are closed Saturday, Sunday, Monday and Holidays. You can also find out what is happening at the library by checking our Website @www.sangudolibrary.ca or following us on Facebook @ www.facebook.com/SangudoPublicLibrary.

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# auto TUNE-UP

## CHARGE UP YOUR CAR BATTERY KNOWLEDGE

Vehicles consist of many essential components to keep them running efficiently and effectively. Car and truck owners should have an understanding of how their vehicles function so they can diagnose and address problems as they arise.

Car batteries are an important component of any vehicle. Even though engines are the powerhouse of any car or truck, without a battery, the engine wouldn't be able to work. According to Firestone Complete Auto Care, car batteries work by providing a jolt of electricity necessary to power all the electrical components of the vehicle. This is achieved through a chemical reaction that changes chemical energy into the electrical energy needed to deliver voltage to the starter. In addition to initially starting the car,

the battery also keeps electric current steady to keep the engine running.

The battery also works in conjunction with the alternator to power the electronics in the car, according to the automotive information blog Autosensitive. While the car is running, the alternator reverses the current produced by the battery, recharging it as a result. This happens during long journeys, so people who drive for short bursts of time may find that their batteries will not have a chance to recharge and may not have the longevity desired.

There is quite literally a lot riding on a functioning battery. No one wants to be caught stranded by a dead battery, so drivers may wonder if there are any indicators that may signal the battery needs replacement.

- **Slow turnover:** If a vehicle does not immediately start or if the cranking is sluggish and takes longer to start, it may mean the battery is starting to fail.

- **Frequent, short trips:** Drivers who make frequent, short trips may find their car batteries do not have time to fully recharge. This, coupled with overtaxing thanks to a lot of accessory use, may cause the battery and the alternator to have shortened life spans.

- **Low battery fluid levels:** If the fluid level is below the energy conductor inside, it is often indicative of overcharging and excessive heat.

- **Corrosion:** Corrosion buildup, dust, dirt, and grime on battery connections may cause performance problems. Inspecting and cleaning the

terminals can prolong the battery life.

- **Odors and leaks:** Battery leaks can produce a sulfur odor similar to the smell of a rotten egg. This can become problematic over time, and leaks may indicate an aging or damaged battery.

- **Age:** Most batteries have a finite life span. A well-maintained battery can last up to five years. Neglect can reduce that life expectancy considerably.

- **Bloated or cracked battery case:** Replace the battery immediately if the case is cracking, as it could be because excessive heat is swelling the battery.

Understanding how car batteries work can help drivers keep their cars running smoothly.

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# auto **TUNE-UP**

## THE IMPORTANCE OF ROUTINE VEHICLE MAINTENANCE

Owning a car is a big responsibility. Drivers who plan to keep their vehicles for the long haul must emphasize maintenance if they want to keep adding miles to their odometers. In fact, the automotive information site CarAdvice says that routine maintenance may be the most important thing drivers can do for their vehicles.

A vehicle needs consistent care if it is to run efficiently. Maintenance also reduces the risk of roadside breakdowns and costly repairs. Here's a look at some of the benefits of staying on top of maintenance.

- Saves money: Even though maintenance costs money, sticking to a consistent maintenance schedule can save big bucks in the long run. For example, the cost of rotating and aligning tires is considerably

less than repairing a car after a major blowout and paying for a tow and tire replacement.

- Improves performance and efficiency: Routine maintenance includes oil changes, filter changes and fluid top-offs. Such tasks keep engines running smoothly. Ignoring this routine maintenance can put engines in jeopardy of breaking down and adversely affect vehicle performance, diminishing fuel economy and leading to a sluggish ride.

- Identifies safety issues: Routine inspections and work performed by reputable service stations help drivers stay abreast of recalls or issues that can affect the safety of the vehicle.

- Maintains a maintenance record: When the time comes to sell the vehicle, having a log of

routine maintenance indicates to potential buyers that the vehicle was well cared for.

- Keeps compliance: Vehicles covered under manufacturer's warranties typically need to be

maintained in adherence to factory-recommended maintenance schedules. This ensures that the vehicle is in compliance and will be covered in the event of a warranty claim.



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# BARRHEAD RCMP REPORT

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**tachment, RCMP**

February 27 through  
March 4

On February 27 at around 2 PM members attended a rural location following a suspicious person complaint. Upon attendance members located a 52 year old Barrhead male who was in the process of stealing copper wire from an abandoned building. The suspect was arrested without incident and will make his first court appearance on April 14.

A disturbance complaint on February 27 resulted in the arrest of a 17 year old male who was heavily intoxicated. The complainant had reported three males fighting in the street. Police were able to determine that the male they arrested had been trying to get into an unlocked vehicle he mistakenly believed to be his. The male's companions were attempting to get the male out of the vehicle. When members spoke with the suspect's friends one was holding a beer. The youth was directed to pour the beer out but elected to drink it instead. This resulted in a ticket for a minor consuming liquor, in other words \$115 for a sip of beer. His drunken companion will be attending court on April 28.

On March 1 police were called to a disturbance at

a residence in Barrhead County. An 18 year old male was attempting to gain entry to his parent's house while his mother was trying to hold the door shut. The suspect was threatening to kill his mother with a hammer. The attending member located the suspect standing in the driveway. When the member attempted to arrest the suspect he resisted causing the member to resort to force. The suspect was arrested without further incident. The complainant decided not to pursue charges however the male will be in court on April 14 for resisting arrest.

March 5 through March 11 The detachment had a relatively uneventful week. One break and enter was reported on March 9. A garage on 57 Avenue in Barrhead was entered and tools and other items were sto-

len. Other theft complaints included a shoplifter at a grocery store on March 5, a catalytic converter stolen from a truck in Barrhead on March 5 and fuel and vehicle batteries stolen from a gravel pit near Fort Assiniboine on March 10. A suspect vehicle has been identified in this matter and police are asking the public to watch for a white 1999 Dodge 1 ton dually pickup. The truck is an extended cab 4x4 with a damaged tail gate. The truck did have Alberta licence J49748 attached; however, the plate does not match the truck. IF this truck is observed on public roads, police should be advised immediately.

Ten collisions were reported during the week. Six involved deer or moose and one coyote. The remainder amounted to fender benders with no injuries reported.

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# SUDOKU OF THE WEEK

## Fun By The Numbers

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

**ANSWER:**

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

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

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

**Anti-Aging Uses For Pure Hemp CBD**  
Promotes more youthful skin, provides hydration, enhances radiance, lessens age lines as well as the appearance of dark spots.

**KEY BENEFITS**  
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**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.

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One Suite in Alberta Beach

**Comes with appliances, large garage, two bdms, 2 baths, AC and lift. For adults 55 years of age and over.**

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# 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).

**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.

**APR 5 - ST. PETER'S CWL HAM BINGO & BONANZA** at Villeneuve Hall. Doors open at 1pm, first game at 2pm. Cost \$5, Donuts for purchase. Juice and coffee free. All proceeds go to the many charities we support.

## FARMERS MARKETS

**WESTLOCK FARMERS' MARKET:** Fridays 11-3PM, Someplace Else Youth Centre 10612 102 St., Ph: 780-954-2437 \*Feb 14, 2020 - Dec 18, 2020.

## 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 March 18, April 1, 15 & 29.

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

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

## MEAT DRAWS

**ALBERTA BEACH MUSEUM:** Every Sat 4PM, Alberta Beach Hotel

**ALBERTA BEACH:** Lac Ste Anne Community Choir & Onaway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungle's Bar & Grill.

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

**ONWAY ROYAL CANADIAN LEGION:** Fridays, Ph. 780-967-3061

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

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

## MEALS ON WHEELS

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

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

## 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. Christine 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.

**ONWAY 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, Onaway. 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 Onaway 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 Agriplex from 10:00-11:00AM starting May. Funded Lac Ste Anne FCSS.

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

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

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

**RIVER TALKERS TOAST MASTERS CLUB,** Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Loraine 286-5040.

**SANGUDO ART CLUB** meets every Thursday morning at 9AM at the Sangudo Community School. New members welcome. For further information call Brenda at 780-785-2402.

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

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

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

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

## MEETINGS

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

**2716 ROYAL CANADIAN ARMY CADETS,** Wednesdays 6:30-9:00PM at Mayerthorpe Legion. Youths 12-18yrs, Call 780-515-1842

**299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE:** Stony Plain Comm Centre. Wed 6:30PM. Youths 12-18, 963-0843

**3053 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS,** Onway Historical Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 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 - ONWAY:** Meetings are at 7:00PM, Tuesday evenings, at the Onway 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 Agriplex.

**ALBERTA BEACH AG SOCIETY** meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agriplex.

**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. Onaway

**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 Agriplex. 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, Onway Heritage Centre. Info Laura, 780-967-1004.

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

**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 Onway Museum (780) 967-0643

**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 # 780-892-312

**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) 965-9991.

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

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

**ONWAY & DIST HERITAGE SOCIETY:** 2nd Wed of each month, 7:00PM, Onway Legion

**ONWAY & DISTRICT HISTORICAL GUILD:** 3rd Wed 7PM, Onway Museum. 967-5263 or 967-2452.

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

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

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

**RIVER TALKERS TOASTMASTERS CLUB** Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-180.

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

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

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

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

# Church Directory

<p><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><b>Christmas Eve Service 6:00p.m.</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> <i>The Church of the Lutheran Hour - Rockyford Bridge</i></p> <p>Pastor Dan Hansard Church (780) 778-2035</p> <p>Sunday Worship 9:00a.m.</p> <p>Senior's Service &amp; Cottage Bible Study - Phone for locations</p>	<p><b>Crossroads Community Church</b> P.A.O.C.</p> <p>Rev. Arnold Lothoiz</p> <p>Sunday Service 10:30a.m.</p> <p>(780) 786-2424</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</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><b>Calahoo Alliance Church</b></p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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