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**March 31, 2020**

## COVID-19: COMMUNITY PEACE OFFICER 1 EXPANDED AUTHORITIES

**Submitted by Town of Mayerthorpe**

March 29, 2020

Good afternoon, I sincerely hope that everyone's family, friends and colleagues are in good health.

I trust that everyone is practising provincially and federally mandated safety

protocols for the Covid-19 Pandemic. I am reaching out to the communities in which I patrol and have enforcement jurisdiction; specifically, the Town of Mayerthorpe and the Summer Villages of Silver Sands, South View, Yellowstone, Nakamun and West Cove. It is critical that everyone of

us understands and adheres to the legislative changes enacted to protect all communities.

These are very serious times. Daily warnings and briefings from Federal, Provincial and Municipal governments should not be ignored.

*Continued on Page 4*

## CORONAVIRUS (COVID-19) UPDATE FOR WHITECOURT

**Submitted by Town of Whitecourt**

MARCH 30, 2020

The Town of Whitecourt continues to monitor the COVID-19 pandemic across Alberta, and has been adjusting operations to meet the changing needs of our community.

Public Transit

On Wednesday April, 1, 2020, peak transit service will be suspended until further notice. Hourly service during the week will continue

to operate as scheduled, as well as weekend service. Updates on the status of the transit service will continue to be posted on TransLoc, as well as the Town of Whitecourt's Facebook page and at website at [www.whitecourt.ca](http://www.whitecourt.ca).

Passes and ticket books can be purchased at IGA and also in person on the bus from a Transit Driver (exact cash is required as change cannot be provided).

Facility Closures and Ser-

vice Changes

For a complete listing of local facility closures and service changes visit [www.whitecourt.ca/COVID-19](http://www.whitecourt.ca/COVID-19).

There are a number of new and existing resources that are available to local businesses that will provide support at this time. Whitecourt and our partners have compiled information to provide easy access to our community, and the information is accessible on the Whitecourt website at [www.whitecourt.ca/COVID-19](http://www.whitecourt.ca/COVID-19).

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# LAC STE. ANNE COUNTY NEWS HIGHLIGHTS

## Submitted by Lac Ste. Anne County

### EXPANSION OF ONO-WAY REGIONAL MEDICAL CLINIC NOW UNDERWAY

Reno work slated to last until summer 2020. Onoway Regional Medical Clinic has undertaken an expansion and renovation of its facility. The dual purposes of this project are to enhance the capacity of the clinic to service regional communities; and to accommodate an additional doctor.

For further details on this project, please visit [onowaymedical.ca](http://onowaymedical.ca).

### DUST CONTROL PROGRAM

Deadline is April 24 \*\*Correction: last week, the Dust Control Program deadline

was posted incorrectly as April 15. The correct date is April 24. The County apologizes for any confusion this error may have caused.

The County's annual Calcium Dust Suppression Program helps reduce the impact of dust on residential rural properties adjacent to County roadways. Get application form at the County administration office, or download a copy at [LSAC.ca/Dust](http://LSAC.ca/Dust).

Two dust applications are available:

- Purchasing calcium with a gravel application: \$877 + GST per 100m min
- Purchasing calcium without a gravel application: \$558 + GST per 100 m min

To participate in the program, you must have your

municipal address sign posted prior to submitting an application. Other conditions apply. For more info, visit [LSAC.ca/Dust](http://LSAC.ca/Dust) or contact the Public Works department at 780.785.3411 or [PW@LSAC.ca](mailto:PW@LSAC.ca).

### FULL-TIME & SUMMER JOB OPPORTUNITIES

Check out [LSAC.ca/Careers](http://LSAC.ca/Careers) Lac Ste. Anne County's Planning & Development department is seeking a full-time Development Officer and Planning Summer Student in a 4-month contract role with a potential internship. Visit [LSAC.ca/Careers](http://LSAC.ca/Careers) for details and application instructions. If these roles aren't a fit, feel free to submit an online employment application.



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**JOKE OF THE WEEK**

A man goes to his doctor and says, "Please help me, doctor. I think my eyesight is really worsening."

The doctor asks the man to come and look out of the window. "Tell me what you see there," says the doctor and points.

"I see the Sun," answer the man.

The doctor turns to him and asks, "Sweet Jesus, how much further do you want to see?!"

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# COVID-19 – UPDATE #1 & 2

**Submitted by Janet Jabush, Mayor | Town of Mayerthorpe**

March 25, 2020

Compliance with Alberta Health Services directives is critical to protecting our community and halting the spread of COVID-19. The Town of Mayerthorpe strongly encourages its citizens to comply with the directives outlined in the following link: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

At the time this press release was issued, the Province reports ZERO confirmed cases of COVID-19 in Mayerthorpe and surrounding area. With the number of confirmed cases in the Province increasing every day and two deaths reported to date, it is imperative that our citizens stay vigilant.

As a small, rural community, Mayerthorpe may seem

insulated from the health impacts of COVID-19. However, the number of people from outlying communities visiting our town has dramatically increased. They come in search of supplies, medicines and essentials. And, they come from larger communities where confirmed cases of COVID-19 are more prevalent, therefore potentially exposing our citizens to the virus.

The Town of Mayerthorpe has NOT declared a State of Local Emergency. Our local situation is under constant review by Town Officials. Should it become necessary, the Town will not hesitate to make such a declaration.

Presently, the Town of Mayerthorpe is focused on the continuity of essential public services such as water and sewer. At the same time, the health and safety of our Town Staff is of paramount importance. To that end, all Town Facilities have

been or will soon be closed to the public including the Town Office. Our Community Services Building has remained open to facilitate Playgroup refunds but will close effective March 26. Town Staff are still hard at work and will continue to be available by telephone and email and will respond to enquiries via social media during regular business hours.

Effective March 25, all Town playgrounds will be closed to the public to mitigate the risk of exposing our children to COVID-19. Elmer Elson Elementary School has closed its playground, as well. Parents are asked to ensure their children are not accessing these facilities.

Town Council is assessing measures to reduce the financial burden created by these uncertain times. The impacts on citizens, local businesses and service

agencies cannot yet be fully measured or understood.

At Monday's Council Meeting, a motion was passed to waive utility bill penalties for the month of March 2020. Additional measures are also being considered.

Town Council and I encourage you to remain vigilant in the protection of your families and your community. If you can, stay home and stay safe. Help a neighbor if you're able. Support local businesses and each other.

If you are experiencing symptoms, DO NOT GO TO THE HOSPITAL! Complete the COVID-19 Self-Assessment which can be accessed through the link provided above. The results of that assessment will direct you next steps, including a call to Health Link at 811.

Above all, stay safe! We'll get through this together.

## RFP: LEASE OF SANDUDO RIVERSIDE CAMPGROUND

County accepting proposals for 2020 camping season

The County seeks proposals from interested parties for the lease and operation of the Sangudo Riverside Campground.

The proponent will assume all costs related to the operation, maintenance and repair needs of the facility (including services, equipment, materials and supplies necessary to carry out the permitted use of same).

The proponent will be entitled to retain revenues generated through the permitted use operations of the Sangudo Riverside Campground.

For full details on this opportunity, please visit [LSAC.ca/Campground](http://LSAC.ca/Campground).

## COUNTY SEEKS CONTRACT CAMPGROUND CARETAKER

Seasonal opportunity runs from May 1 to September 30

In anticipation of our new expansion loop of approximately 37 sites, the County is seeking a motivated individual or couple to join our team as a contract Caretaker.

Caretaker(s) must provide their own holiday trailer and live on-site for the duration of the camping season specified above. A water/power/sewer site (specified by Administration) will be provided.

For more information on the Caretaker position and other County employment opportunities, please visit [LSAC.ca/Careers](http://LSAC.ca/Careers).

LAC STE. ANNE COUNTY

# TRL

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**No contracts Accepted After September 1, 2020**

# COVID-19: Community Peace Officer 1 Expanded Authorities

*Continued from Page 1*

Covid-19 is a Pandemic. Statements like, "Yeah, but more people die from the flu in a year than have died from this" and the complacency those statements feed must end.

THERE IS NO VACCINE FOR COVID-19! Period, full stop! That's the difference and that's what makes our current reality so serious. Ignoring the precautions currently recommended puts our families, friends and neighbors at risk. People will die if we don't follow the guidelines given to us by Alberta Health Services (AHS) because THERE IS NO CURE! I'm pleading with you; take heed and be diligent in following the recommended safety protocols.

We are exposed to germs and viruses daily, most of the time with negligible effects because we've all built some immunity to these things. Unless you've contracted and

recovered from COVID-19, you have no such immunity. By going about your daily life and ignoring AHS guidelines, you needlessly put yourself, your loved ones and your neighbors at risk.

On March 28, 2020, Ministerial Orders were enacted by the Provincial government granting those with Community Peace Officer 1 designation (CPO 1) additional authorities to enforce provisions of the Public Health Act. Those orders can be viewed at: [https://open.alberta.ca/dataset?q=&sort=metadata\\_created+desc&pub-type=Orders+and+Directives&tags=COVID-19](https://open.alberta.ca/dataset?q=&sort=metadata_created+desc&pub-type=Orders+and+Directives&tags=COVID-19)

These Ministerial Orders will enable a CPO 1 to assist Alberta Health Authorities and RCMP in investigating and laying charges under the Public Health Act. The goal of enforcement agencies is to educate and work with those who do not understand and/or appreciate the gravity of

the COVID-19 pandemic. Laying charges will always be a last resort. During the course of an investigation, the decision to lay any charge rests solely at the discretion of the investigating Officer.

All complaints will be thoroughly investigated. Fines under the Public Health Act start at \$1,150 for the first offence, increasing to \$1,200 on April 1 for an individual. Businesses or companies found in violation could face a fine of \$100,000. For complete details, please visit: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Our Provincial government has taken necessary actions. All barber shops, hairdressers, massage, physiotherapy, and chiropractic businesses considered non-essential and are ordered closed, effective immediately. A complete listing of non-essential services can be viewed at: [www.alberta.ca/essential-services.aspx](http://www.alberta.ca/essential-services.aspx)

All restaurants are ordered

to close their dining rooms but may remain open to provide takeout service. Grocery stores, pharmacies, retail liquor & cannabis stores, mechanic/auto repair shops and gas stations have been classified essential services and will remain open to the public.

If you have any questions, concerns or complaints, please don't hesitate to contact me at the Town of Mayerthorpe at 780-786-2416, Ext. 225 and, for Summer Villages, by calling 1-844-786-4650 or the local RCMP Detachment. Public Health Authorities can be reached at: <https://ephisahs.microsoftportals.com/create-case/>.

Please, stay safe, stay home, stay vigilant and follow safe sanitization protocols. We will weather this COVID-19 storm, together. Thanks for your continued co-operation.

Sincerely,  
Community Peace Officer Dawn

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



LAC STE. ANNE COUNTY



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## 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-D0034	Lot 3, Block 1, Plan 1822297 Within SW 17-56-02 W5M	1990 stick built single detached dwelling to be moved onto new basement and new garage pad with deck, Main 69.0' x 35.0' (2415.0 sq. ft.), Basement 69.0' x 35.0' (2415.0 sq. ft.), Deck 60.0' x 8.0' (480.0 sq. ft.), Garage 26.0' x 24.0' (624.0 sq. ft.).	April 20, 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.



# ONCE LAST CHANCE TO GET YOUR STORY INTO THE ALBERTA BEACH MUSEUM HISTORY BOOK!

**Submitted by Alberta Beach Museum**

With final editing almost complete, we're filling in some missing Alberta Beach area stories for the Alberta Beach Museum's new history book. If you've been in the area for forty years or more, we want

to hear "where your story begins". Even more important, if you've been a part of a group or organization in the area, we need those stories too.

In honour of Alberta Beach's 100th Anniversary, the museum's new history book will include stories about the last 80 years of our area – clubs,

organizationa, and personal stories from both summer visitors and residents living from West Cove to Val Quentin and Alberta Beach, north to include Sunset Point, Castle Island, Gunn and Ross Haven.

Let us know if you want to submit a story – it can be by email, Facebook Messenger

or snail mail. It can also be picked up with the necessary social distancing observed. Please call Jean at 780-984-5955 (the book coordinator), or Sylvia McGinley at 780-924-3167 about any planned submission, because we will soon be getting the book ready for the printer.

## MAYERTHORPE RCMP ARREST THREE IN ARMED ROBBERY

**Submitted by Mayerthorpe RCMP**

Sangudo, Alta. - On March 21, 2020, at approximately 8:40 p.m., Mayerthorpe RCMP responded to an armed robbery at the Liquor Stop in Sangudo.

Two males wearing masks entered the store, producing a bat and a firearm. Once inside, one of the males sprayed several employees with pepper spray, while the other male re-

moved the cash register. Both males then departed the store also taking several bottles of liquor. The two males got into a waiting vehicle with a third person as the driver and fled the scene.

Mayerthorpe RCMP located the vehicle shortly after receiving the call. A pursuit of the fleeing vehicle ensued, as it travelled towards Barrhead on a rural road. Barrhead RCMP assisted in the pursuit and de-

ployed a tire deflation device to incapacitate the vehicle. All three were taken into custody without further incident.

Darwin Wolf Hallock (24) of Grande Cache, Norman Billy Wanyandie (37) of Grande Cache and Annie Moberly (36) of Spruce Grove were charge with multiple offences, some of which include:

- Armed robbery
- Assault
- Pointing a firearm

- Wearing a disguise in the commission of an offence

- Flight from police

Hallock and Wanyandie have been remanded into custody after a judicial hearing. Moberly has since been released on conditions. The three accused are scheduled to appear in Mayerthorpe Provincial Court on June 11, 2020.

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# Spring 2020 Home**RENO**

A photograph of a person painting a wall. The person is wearing a blue shirt and jeans, and is using a roller to apply blue paint to a white wall. A red paint tray, a blue paint can, and a ladder are visible on the floor. The person's legs and feet are visible on the right side of the image. The paint can is blue and has a white label. The paint tray is red and has blue paint on it. The ladder is silver and is leaning against the wall.

The Businesses in the  
following Guide can be  
your One Stop Solution to  
all your Renovation Needs!





## AFFORDABLE FEATURES TO CONSIDER WHEN REVAMPING YOUR KITCHEN

Kitchens are popular gathering spots in many homes. That popularity is reflected in various ways, including how many homeowners choose to remodel their kitchens.

A 2019 report from the home renovation and design resource

Houzz found that kitchens were the most popular room to renovate in 2018. Homeowners considering kitchen remodels should know that the Houzz report also indicated that spending on kitchen remodels increased by 27 percent in 2018.

Homeowners concerned by the cost of remodeling a kitchen should know that there are ways to give kitchens a whole new feel without breaking the bank.

Appliances

Consumer Reports notes that

luxury home buyers expect high-end features, including professional ranges and built-in refrigerators that match the surrounding cabinetry. However, many mainstream brands offer "faux pro" features that can equal more expensive alternatives. Consumer Reports even notes that many budget-friendly faux pro appliances outperformed their high-end counterparts in terms of reliability.

Countertops

Countertops tend to capture the eye's attention when walking into a kitchen. Outdated and/or damaged countertops grab that attention for all the wrong reasons, while updated countertops made from today's most popular materials provide that wow factor homeowners seek. If granite is a must-have, Consumer Reports notes that homeowners can save substantial amounts of money by choosing granite from remnants at the stone yard. If marble is your ideal countertop, save money by choosing a domestic product as opposed to one imported from overseas.

Cabinets

Custom-built cabinets may be a dream, but they tend to be a very expensive one. Such cabinets are designed to adhere to the dimensions of the kitchen, and Consumer Reports notes that they can cost tens of thousands of dollars. If that estimate would bust your budget, examine the current layout of the existing cabinets. If the layout is fine but the cabinets need work, you can give them a whole new look by refinishing them. If the cabinets must go, stock units or semi-custom cabinets can provide a new look without busting the budget.

Kitchen remodels can be expensive. But there are many affordable ways to revamp a kitchen.



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# HomeRENO



## ESSENTIALS FOR A BATHROOM REMODEL

What began as a utilitarian space for personal sanitation has, in modern times, transformed into one of the most coveted rooms in the house. Bathrooms have become a place to relax and unwind, and new bathrooms are on the tops of many homeowners' wishlists.

Bathrooms can be as lavish as budgets allow. Wish lists can include everything from luxurious soaking tubs to rainfall showerheads to chaise lounges to televisions or home entertainment systems contained in the space. Those contemplating their own bathroom renovations may draw inspiration from the following features.

• Hot water recirculation system: Few things can be as disappointing as desir-

ing a hot bath or shower only to find that the hot water tank has been drained. The home remodeling company Normandy Remodeling says that water recirculation systems provide on-demand hot water. In such systems, hot water may continuously run through the pipes or there may be a pump underneath a sink. Either way, one needn't wait for the water to warm up any longer.

• Double undermount sinks: Bathroom time is at a premium, especially when people must prepare and leave the house together. Rather than jockeying for position around a single sink, dual sinks enable more breathing room and time efficiency. Undermount sinks are easy to clean because

there is no lip around where the sink meets the vanity, preventing the accumulation of grime and gunk.

• Glass-free shower: Soap scum and water deposits can form on shower doors, even for homeowners who are diligent with cleaning. A sizable shower prevents water spray and affords the ability to forgo glass doors or curtains, thereby cutting down on cleaning and making the room feel more modern.

• Multihead shower: When redoing the shower, account for various shower heads so that the water can cascade across the body more completely. This provides a spa experience at home.

• Touchless faucets and soap dispensers: These

aren't just for public bathrooms anymore. Touchless faucets and dispensers are more sanitary and convenient.

• Separate toilet room: A shared bath almost necessitates this type of set-up. The toilet is housed inside its own small space and closed away from the rest of the bathroom. It's more private and convenient this way.

• Heated flooring: You need not worry about stepping out of a warm shower onto a cold floor when heated flooring is part of the equation. This option is available in various flooring materials as well.

Remodeling a bathroom boils down to certain coveted features that can really set a space apart.

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# HomeRENO

## DIY PROJECTS THAT CAN CONSERVE ENERGY AROUND THE HOUSE

Home renovation projects can pay numerous dividends. Renovations can have a positive effect on resale value, make homes more livable for residents and, in some ways, make homes more affordable.

Renovation projects that aim to conserve energy can save homeowners substantial amounts of money. Such projects don't often require considerable effort or even sizable financial investments, which can make homeowners skeptical as to just how much they can save after completing the project. But the scale of a project may have little to do with how much homeowners will save. For example, the U.S. Department of Energy notes that a relatively effortless task like turning back a thermostat between 7° and 10° F for eight hours per day can save homeowners as much as \$83 per year. A more labor-intensive

task like planting shade trees saves homeowners an average of between \$35 and \$119 per year.

When looking for ways to conserve energy around the house and save money, homeowners need not necessarily commit to expensive projects. The DOE notes that the following are some energy-saving projects and details what homeowners can expect to save after completing them. While each individual project may not result in jaw-dropping savings, homeowners who follow many of these recommendations may end up saving more than \$1,000 per year.

**Project: Install exterior low-e storm windows.** What is it? Low-e windows reflect infrared heat back into a home. Such windows are coated with an ultra-thin layer of metal that improves the window's insulation ability. How much can I save?

Homeowners who install low-e windows can save between 12 and 33 percent on their annual heating and cooling costs.

**Project: Seal uncontrolled air leaks.** What is it? Air leaks let cool air in during winter and warm air in during summer. Caulking, sealing and weather stripping all cracks and large openings can cut back on air leaks that are costing you money. The DOE recommends hiring a contractor to seal any leaks on heating and cooling ducts. How much can I save? Homeowners who seal uncontrolled air leaks can save between 10 and 20 percent on their annual heating and cooling bills.

**Project: Plant shade trees.** What is it? If you plant a deciduous tree between six and eight feet tall near your home, it will begin to shade your windows within a year of being planted. Depending on the species of the tree and the home, the shade

tree will begin shading the roof within five to 10 years. The DOE notes that shading is the most cost-effective way to reduce air conditioning costs. How much can I save? Properly planted shade trees can reduce air conditioning costs by anywhere from 15 to 50 percent.

**Project: Insulate the water heater tank.** What is it? New water tanks are likely already insulated. But homeowners with older hot water tanks can insulate their tanks with a water heater insulating blanket kit. How much can I save? Insulating a water heater tank can save homeowners as much as 16 percent on their annual water heating bills.

Even the smallest DIY projects can produce big savings. More information about energy-saving home improvement projects can be found at [www.energy.gov](http://www.energy.gov).

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## SIGNS YOUR TOOLS MAY NEED SOME TLC

A do-it-yourselfer is only as good as his or her tools. Without the proper tools, even the handiest men and women may struggle to complete jobs well within their abilities.

It doesn't take a seasoned do-it-yourselfer to recognize when hammers and screwdrivers need to be replaced. And such tools are generally so affordable that replacing them, even when they still have some utility, won't affect too many DIYers' budgets. However, power tools are considerable investments that do not necessarily need to be discarded when the first signs of trouble pop up. In fact, sometimes power tools just need some TLC to become useful once again. The following are some common symptoms of power tool problems, and what may be behind those problems.

**Difficulty starting**

A power tool that won't start can delay a project. But a tool

that won't start should not be immediately written off, especially not before DIYers employ a multimeter. The cost of digital multimeters varies widely, with some retailing for less than \$20 while others sell for hundreds and hundreds of dollars. Serious DIYers who spend every weekend working on one project or another may find the more expensive multimeters more to their liking, but many weekend warriors can get by with less expensive alternatives. Multimeters are useful because they can measure voltage on a power tool to determine if power is effectively moving through the tool.

Dust and dirt also can compromise power tools. This may be especially likely in spring, a time synonymous with home renovations, when many homeowners pick up their tools for the first time in months. Inspect a power tool that's not starting to see if dust

or dirt is the culprit. If so, clean the tool and then try to start it again.

**Loss of power**

Some power tools may start but still lack the extra muscle that make power tools more beneficial than manual tools. In such instances, the carbon brushes might need to be replaced. The online resource [replacement.parts.com](http://replacement.parts.com) notes that heat damage to brushes can reduce the overall conductivity of the brush, resulting in less power reaching the tool's motor. In such instances, replace the carbon brushes. In addition, chipped or damaged brushes can result in inconsistent power output. Replacing the brushes in such instances may be all that's necessary to restore a tool to its powerful self.

**Burning smell**

Many a DIYer has dealt with a power tool that emits an odor of burning. The power tool ex-

perts at Grainger notes that tools like sanders contain drive belts, and these belts should be the first place to look when tools produce a burning smell. When the drive belt is to blame, the tool will typically stop working even when the motor is running. Capacitors may be behind the burning smell when using tools without drive belts. Sometimes tools have simply overheated. Whenever DIYers get a whiff of that burning smell, turn off the tool immediately and let it sit for 30 minutes before trying to diagnose the problem. Replacing these parts can restore them to full usefulness and get rid of that unwelcome aroma.

Replacing worn or damaged power tool parts as opposed to the tools themselves is often the most budget-friendly way to get these must-have DIY accessories back on track.

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## IMPROVE STORAGE AT HOME

Homes are getting bigger, but it seems like people are still lamenting a lack of storage space.

National Public Radio says the average American home has nearly tripled in size during the last 50 years. Despite that, 10 percent of Americans still need to rent off-site storage, according to a report in the New York Times Magazine. Self-storage facilities are one of the fastest-growing commercial real estate segments, and the Self Storage Association says there are more than 50,000 storage facilities in the U.S. alone. The commercial real estate company CBRE, Ltd., says there are roughly 3,000 self-storage facilities across Canada, and 65 to 85 percent of self-storage tenants are

residential users.

Improving storage at home can be a cost-effective alternative to renting storage space. With these easy tips, homeowners can maximize space immediately.

Utilize track storage systems

Closets may be plentiful, but if not efficiently utilized, space may still seem lacking. Track closet storage systems often make greater use of closet space than traditional shelf and hanging rod systems. Customizing closets using track systems or other modifications can improve utility of all closets in the house.

Invest in storage beds

Storage beds typically feature cubbies or drawers within a platform-style bed

frame. It's a practical home storage solution, and does not require any building.

Think vertically

Maximize spaces by looking up and down for storage possibilities. Items that are not used frequently, such as seasonal decorations or travel suitcases, can be stored in high spaces. Shelving on walls can go as high as necessary and be put to use in awkward wall areas, such as in corners or under eaves.

Invest in storage benches/ottomans

A stopping area inside the front door replete with a storage bench can house shoes, umbrellas, hats, backpacks, and other items, keeping them tidy and out of sight. In living rooms, look for chests or ottomans that

are decorative and functional. Store throw blankets or board games inside.

Recess drawers or shelves

Gain more storage by recessing a chest of drawers into what is called the "knee wall" of homes that have sloped ceilings in attics and upstairs bedrooms. Utilize these short walls in an efficient manner by sinking drawers or shelves into them, without taking up floor space.

Rafter shelving

While in the attic (or a garage), add hanging shelves to rafters or exposed beams to create off-the-floor storage as well.

These are just a few of the handy ways to improve the interior storage space in a home.



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# COVID-19 – UPDATE #3

**Submitted by Janet Jabush, Mayor | Town of Mayerthorpe**

March 29, 2020

At the time this press release was issued, the Province reports ONE confirmed case of COVID-19 in the Mayerthorpe region. With the number of confirmed cases in the Province increasing daily, two deaths, and fifty-seven recovered from the virus, it was only a matter of time before COVID-19 reached our region. Town Officials are reviewing the Continuity Plan in a Pandemic to consider further measures to safeguard key essential services, thus enabling authorities to exercise safeguards for the community.

The Province has put in place new provisions to protect Albertans. Additional authorities have been given to Community Peace Officer 1's to assist in enforcement of:

- Restrictions for mass gatherings is reduced from 50 to no more than 15 people.

- Non-essential businesses, including retail and dine-in restaurant services are suspended.

- Non-essential retail services including gift and specialty stores, non-essential health and beauty care, men's, ladies and children's wear, etc. A complete list of essential services can be viewed at: <https://www.alberta.ca/essential-services.aspx>.

- Public Health Orders.

Alberta Municipal Affairs enacted new provisions as follows:

- The Meeting Procedures (COVID-19 Suppression) Regulation enabling municipalities to conduct meetings and hearings in a manner that protects participants and observers.

- Extension of many legislative deadlines within the Municipal Government Act to October 1, 2020.

- Extending the deadline to complete Intermunicipal Collaboration Framework's and Intermunicipal Development Plans to April 1, 2021.

Effective April 1, the Prov-

ince mandated that there will be no evictions due to failure to pay rent and rent increases are suspended. Education funding not utilized to be re-allocated to support the COVID-19 response. Transport Canada enacted new restrictions for domestic travelers. Travelers displaying signs and symptoms of COVID-19 will not be allowed to board trains or planes for domestic travel within Canada effective Mon-

day, March 30, 2020 at noon.

Federal and provincial governments implemented relief for businesses including:

- Increased subsidies for small/medium sized business to cover 75% of wages, rather than the previously announced 10%, backdated to March 15, 2020.

- Canada Emergency Business Account announced banks offering \$40,000 loans to businesses (interest free for

1 year), \$10,000 forgivable under certain conditions.

- GST/HST payments deferred to June 2020.

These are difficult times. Please do your part to "flatten the curve" of this pandemic. Adhere to Alberta Health Service directives. Stay safe, stay home and stay vigilant. We'll see this through together. There is a light at the end of the tunnel and it's not a freight train!

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# COVID-19 News Updates

In times of uncertainty, rest assured that as your community newspaper, we are working hard with a local, regional and national network of official resources to keep you informed and up to date on the issues and developments that matter most to you.

## ADDITIONAL FINANCIAL SUPPORT FOR ALBERTANS AND EMPLOYERS

**More relief is on the way for Albertans and Alberta employers.**

### Submitted by Government of Alberta

The government has made three significant decisions that will give Albertans and Alberta employers additional supports as they deal with the impacts of the COVID-19 crisis.

"Our priority is to keep our province strong while we get through these difficult times together. We're doing everything we can to support Albertans and Alberta employers through this crisis. That's why we're focused on creating tangible savings for households and freeing up necessary cash for businesses to help them through these unprecedented times." - Jason Kenney, Premier

Education property tax freeze

During a pandemic, Alberta households should not need to worry about paying additional property taxes.

- The government will immediately cancel the decision made in Budget 2020 and will freeze education property taxes at last year's level.

- Reversing the 3.4 per cent population and inflation adjustment will save Alberta households and businesses about \$87 million in 2020-21, which means \$55 million for households and \$32 million for employers.

- The government expects that Albertans and Alberta businesses will fully realize these savings and that mu-

nicipal property tax levels will not be increased as a result of the lower provincial education property tax levels.

Education property tax deferral for business

When Alberta businesses are operating, they employ Albertans who can support themselves, their families and help keep the economy running. Effective immediately, the government will defer education property tax for businesses for six months.

- In the next six months, \$458 million in cash will remain with employers to help them pay employees and continue operations.

- The government expects municipalities to set education property tax rates as they normally would, but defer collection. Deferred amounts will be repaid in future tax years.

- The government encourages commercial landlords to pass on these savings to their tenants through reduced or deferred payments. This will help employers continue to manage their debts, pay their employees and stay in business.

- Businesses capable of paying their taxes in full are strongly encouraged to do so. This will assist the province in being able to support Albertans through this pandemic.

"Eliminating the scheduled adjustment of education property taxes and defer-

ring collection of non-residential property taxes will result in savings to Albertans and improved business cash flow. This measure will help Alberta households and businesses during this time - we want to keep Albertans working while we get through these difficult times together." - Travis Toews, President of Treasury Board and Minister of Finance

WCB premiums deferral for private sector businesses and support for small and medium businesses

Private sector employers can save money on their WCB premium payments at a time when they need it most. These actions ensure the sustainability of the workers' compensation system and that injured workers continue to receive the benefits and supports they need to return to work.

- Private sector employers will have immediate financial relief by deferring WCB premiums until early 2021, effectively for one year.

- Employers who have already paid their WCB premium payment for 2020 are eligible for a rebate or credit.

- For small and medium businesses, the government will cover 50 per cent of the premium when it is due.

- Large employers will also receive a break by having their 2020 WCB premium payments deferred until 2021, at which time their premiums will be due.

- Paying 50 per cent of

small and medium private sector WCB premiums for 2020 will cost government approximately \$350 million.

Additional measures to help families, students and employers

Previously announced measure taken by the province to protect Albertans and assist businesses include:

- The collection of corporate income tax balances and instalment payments is deferred until Aug. 31, 2020. This gives Alberta businesses access to about \$1.5 billion in funds to help them cope with the COVID-19 crisis.

- \$50 million to support emergency isolation for working adult Albertans who must self-isolate, including persons who are the sole caregiver for a dependent who must self-isolate, and who will not have another source of pay or compensation while they are self-isolated. It is distributed in one payment instalment to bridge the gap until the federal emergency payments begin in April.

- Utility payment deferral for residential, farm, and small commercial customers to defer bill payments for the next 90 days and ensure no one is cut off from electricity and natural gas services during this time of crisis.

- A six-month, interest-free moratorium on Alberta student loan payments for all individuals who are in the process of repaying these loans.

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# ADDITIONAL RESTRICTIONS TO STOP SPREAD OF COVID-19

**To protect the health and safety of Albertans, mass gatherings will be limited to 15 people and more restrictions will be placed on available services.**

## Submitted by Government of Alberta

March 27, 2020

As a result of the evolving COVID-19 pandemic, attendance at certain businesses and organizations across the province will be prohibited effective immediately.

Restrictions will be in place for the following classifications of business:

- Close contact businesses including hair salons and barbershops, tattoo and piercing studios, esthetic services, as well as wellness studios and clinics and non-emergency and non-critical health services provided by regulated health professionals or registered professionals including dentistry, physiotherapy, massage, podiatry, chiropractic and optometry services.

- Dine-in restaurants will no

longer be able to offer dine-in service. Take-out and delivery services will continue to be available.

- Non-essential retail services that fall into the categories of clothing, computer and gaming stores, and services in shopping malls and shopping centres such as hobby and toys, gift and specialty items and furniture.

A more complete list of affected businesses is available online.

In addition, people are prohibited from attending gatherings of more than 15, and they must observe two metres of social distancing. This includes:

- open spaces such as trails, fields and parks
- public and private gatherings where people are brought together in a single room or space at the same time, in-

cluding funerals, weddings and other formal and informal events

Further details on gathering restrictions are available online.

Workplaces that have not been ordered to close can continue to have more than 15 workers on a worksite as long as those business maintain public health measures, including two metre social distancing, hygiene enforcement and processes that ensure that any person who is ill does not attend these spaces.

Any business or organization not following the public health order will be subject to a fine. Courts have the power to administer fines of up to \$100,000 for a first offence and up to \$500,000 for a subsequent offence for more serious violations. Individuals aware of any businesses violating

these orders should submit a complaint online immediately.

### Quick facts

- All Albertans have a responsibility to help prevent the spread. Take steps to protect yourself and others:

- practise social distancing
- stay home and away from others if sick or in isolation
- practise good hygiene - wash hands often for at least 20 seconds, cover coughs and sneezes, and avoid touching your face

- monitor for symptoms, such as cough, fever, fatigue or difficulty breathing

- 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](https://alberta.ca/COVID19).

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- Air bags: These safety features help cushion the blow for people

during a crash and include front and side-protection. Discounts increase with the number of air bags.

- Adaptive cruise control: This feature monitors traffic conditions and adjusts speed by controlling the throttle and brakes to maintain distance from other vehicles.

- Daytime running lights: Daytime running lights may make drivers eligible for small discounts.

- Electronic stability control: This prevents vehicles from skidding out or rolling over during hard turns.

- Lane departure warnings: These systems alert drivers if they get too close to the edge of a lane.

- Blind spot sensors: These sensors light up or make a sound when a vehicle is in drivers' blind spots, potentially preventing collisions during lane changes.



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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

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# SUDOKU OF THE WEEK

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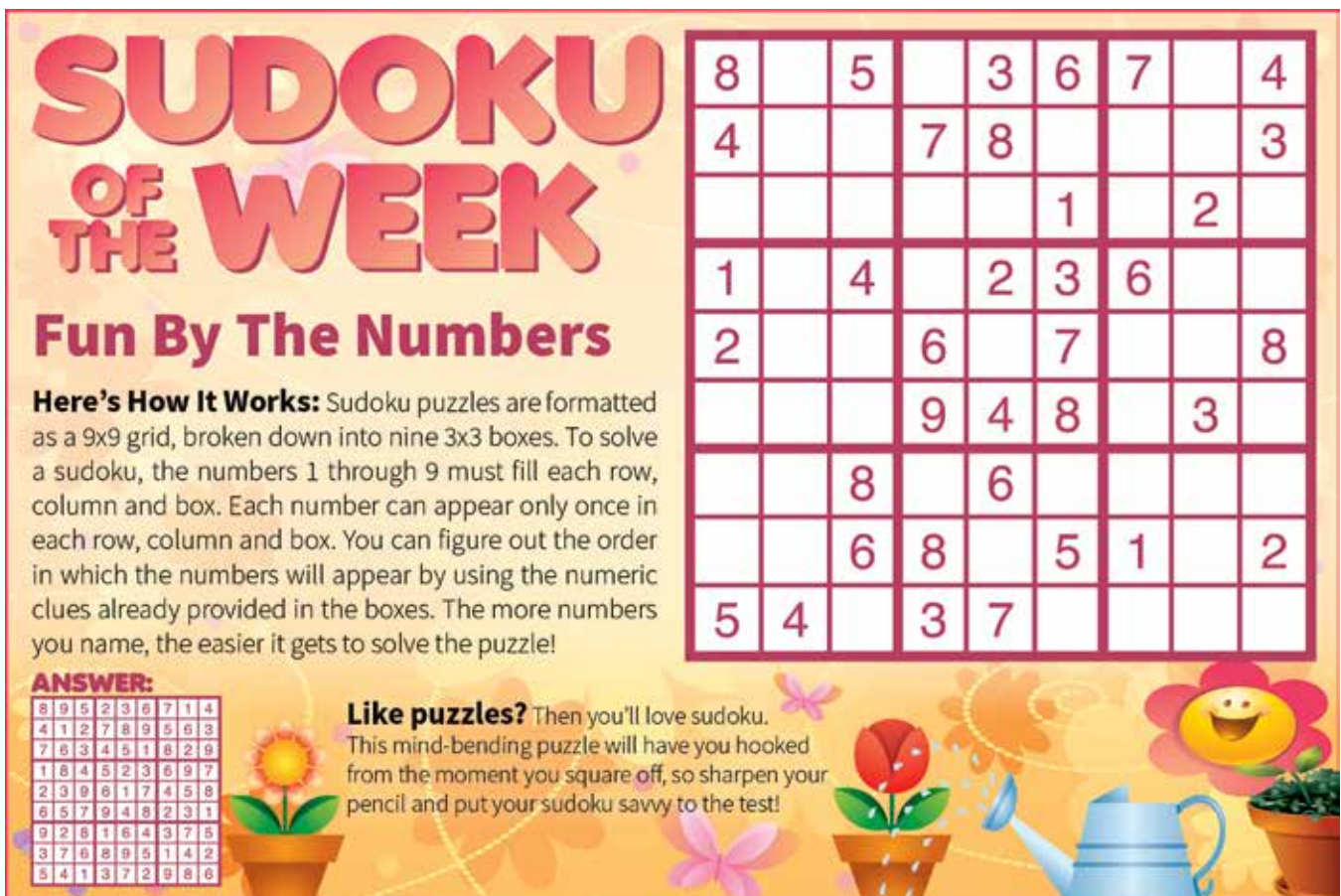
### ANSWER:

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

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



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## 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 (14) 28-01

## 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) 31-03

## Pasture Wanted

Looking for grazing Pasture for cows to rent for summer months. Please call Travis 780-721-0602 leave message. (12) 17-03

## For Lease

Restaurant For Lease: Fully equipped restaurant for lease, Restaurant is 1300 Sqft, with seating capacity of 42 seats. Located 1hr outside of Edmonton. Ideal for family run Chinese or Homestyle restaurant. Living accommodations included with lease. For inquiries contact Dan at 587-990-4455. (5) 03-03

## For Rent

**AVAILABLE IMMEDIATELY:** Large 2 Bedroom in 12 Unit Apartment Building in Entwistle. Includes heat, water & parking. Rent \$820/month + DD \$300. Please call Ivka 780-807-1300 or email jakovljevicivka@yahoo.ca (2) 31-03 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) 17-03 OG

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. \$950 + tax. Please call for viewing, 780-967-4420 or 1-403-742-6467. www.onowayinnandsuites.com (4) 17-03 OG



## 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.

#### 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.

#### 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.



### 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**



# 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).

**CANCELLED: APR 5 - JAMBOREE** at Sangudo Community Hall has been cancelled unfortunately. Stay safe everyone.

**CANCELLED: APR 5 - ST. PETER'S CWL HAM BINGO & BONANZA** at Villeneuve Hall.

## 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 SENIOR'S DROP-IN CENTRE:** public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685  
**WHITECOURT SENIORS CIRCLE:** Every Tuesday. Open @ 5PM, 1<sup>st</sup> call @ 6:45PM, Nevadas, Concession. 780-778-4950  
*\*Sept - June*

## MEAT DRAWS

**ALBERTA BEACH MUSEUM:** Every Sat 4PM, Alberta Beach Hotel  
**ALBERTA BEACH:** Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungle'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 bnbouke@icloud.com  
**WEST END:** Sangudo, Mayerthorpe & west end of LSAC. Jill: 780-785-2924 or Donna: 780-785-3118 or email: westendmow@outlook.com

## JAMBOREES

**CARVEL:** 2<sup>nd</sup> Sunday of month. \$6 lunch served. Info 780-991-3001  
**MAGNOLIA:** at Magnolia Hall. 2<sup>nd</sup> Saturday of Month. New Time is 1:00PM. Call to confirm, 727-2015. *\*October - May, NO Dec.*  
**SANGUDO:** Sangudo Community Hall, 1<sup>st</sup> Sat of month 7PM. 785-4105 or 305-5088. *\*October - May.*  
**SPRUCE GROVE:** at Sandhills Community Hall, 3<sup>rd</sup> Sunday, 1-5PM. Info Florence 780-962-3104. Margaret 780-962-3051 *\*September - June.*  
**STONY PLAIN:** Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of month, 7PM, \$2.  
**THE ABBOTSFIELD VARIETY MUSIC JAM:** at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3<sup>rd</sup> Friday of month, 7PM. PH: 780-918-8545, Adm: Donations Only.  
**WHITECOURT SENIORS CIRCLE:** 2<sup>nd</sup> Sunday of the month 1-5PM, \$5/Adm Door prizes & 50/50 draw. 780-778-4950  
*\*Nov - June*

## TOPS (Take Off Pounds Sensibly)

**ALBERTA BEACH:** Tuesdays, Weigh-in 6:00-6:45PM. Meeting 7:00PM. Alberta Beach Lutheran Church, Hwy 633. 967-5009.  
**EDMONTON:** Thurs 8:30-10AM at Annex of Grace United Church (6215-104 Ave). \$7/month

**SANGUDO:** Tues, United Church, 6:00PM. Sharon 785-2095 or Marlene 786-4646.  
**STONY PLAIN:** Thurs evening, Stony Plain United Church. Susan (780) 968-0869  
**SPRUCE GROVE:** Wed 8:45AM at Anglican Church, 131 Church Rd. Christiane 960-1109

## YOUR COMMUNITY

**MAYERTHORPE LEGION BR. #126:** Seniors' Floor Curling - Thurs @ 1PM. Fun Darts - Thurs @ 7PM. Wings Night - Every Wed 5-8PM. Steak & Fish Night - 1<sup>st</sup> 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@lsac.ca

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

## SOCIAL EVENTS

**ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES:** Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.  
**BADMINTON:** Wed, 7:10PM, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.

**BALLROOM, LATIN, COUNTRY DANCE SOCIAL:** 1<sup>st</sup> Saturday of every month. Doors open 8PM at Central Lions Recreation Center, 11113 113 St., Edmonton AB. Cost \$15 paid at the doors. Hosted by Everyone's Ballroom Dance Assoc. More info: www.ebd.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", 2<sup>nd</sup> 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.ca (780)786-2404

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

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

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

**PANCAKE/BREAKFAST SOCIAL:** 3<sup>rd</sup> Sunday 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 Lorraine 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). 2<sup>nd</sup> Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

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

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

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

## MEETINGS

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

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

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

**3053 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS,** Onoway Historical 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 2<sup>nd</sup> Tues of month. Info: Donna 780-962-5933

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

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

**ALBERTA BEACH MUSEUM** meets on the 2<sup>nd</sup> Wed, 7:00PM at Heritage House 924-3167.

**ALCOHOLICS ANONYMOUS:** The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway  
**BARRHEAD & AREA CANCER SUPPORT GROUP:** 4<sup>th</sup> Thurs. 6:30-8:00PM at Barrhead United Church.

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

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

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

**CHERISHED MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12PM, Alberta Beach

Agplex. Info call 780-902-4879 or 780-999-7622. *\*Sept-June.*

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

**DARWELL & DISTRICT AG SOCIETY MEETINGS,** 8:00PM, 1<sup>st</sup> Monday, Darwell  
**DDRA MEETING,** 7:00PM, 2<sup>nd</sup> Mon, Darwell Centennial Hall 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 2<sup>nd</sup> 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, 1<sup>st</sup> Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

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

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

**LAC STE ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY:** 3<sup>rd</sup> Fri, 7PM, Alberta Beach Council Chambers.

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

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

**MAYERTHORPE LEGION BR. #126:** Meetings 2<sup>nd</sup> 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. Cassy 780-471-3034 *\*Sept-June*  
**NA MEETING,** Tuesdays 7:00PM Poplar Valley Church (780)514-6011

**ONOWAY & DIST HERITAGE SOCIETY:** 2<sup>nd</sup> Wed of each month, 7:00PM, Onoway Legion

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

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

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

**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agplex on the 2<sup>nd</sup> Wed of the month, 7:00PM.

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

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

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

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

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

# Church Directory

<b>Rich Valley Community Church</b> Sunday School 10:00a.m. Worship Service 11:00a.m.	<b>Catholic Parish of Lac Ste. Anne</b> Sunday 10:00a.m.		<b>Mayerthorpe Baptist Church</b> Worship Service Sunday 10:30a.m. Children's Church 10:30a.m. 4606-54 St. Mayerthorpe (780) 786-2677	<b>Alberta Beach Alliance Church</b> Sunday Worship Service & Kid's Church 11:00a.m. Sunday School 10:00a.m. (780) 924-3282	<b>St. John's Anglican Church</b> <i>Onoway</i> Sunday Service 10:00a.m. <b>Everyone Welcome</b>
<b>St. John's Lutheran Church</b> <i>Alberta Beach</i> Sunday Service 11:00a.m. Sunday School	<b>Zion United Church</b> Sunday Service 10:00a.m. Sunday School <i>Serving Alberta Beach, Wabamun, Darricell &amp; Lake Isle, Onoway &amp; Area</i> (780) 924-3351	<b>Sangudo United Church</b> <b>Christmas Eve Service 6:00p.m.</b> Worship Service 3 <sup>rd</sup> Sunday 11:00a.m. 4907-50 Ave. Sangudo, AB	<b>St. Mary's Anglican Church Service</b> Holy Communion 2 <sup>nd</sup> Sunday each month 11:00 a.m. at Sangudo United Church Reverend Barry Rose Officiating	<b>Cherhill Community Church</b> Sunday School 10:00a.m. - 11:00a.m. Worship Service Sunday 11:00a.m.	<b>St. Michael Lutheran Church</b> Sunday Services 1 <sup>st</sup> & 3 <sup>rd</sup> Sunday at 2:00p.m. Pastor Rick Chappell (780) 674-2618 <i>Mystery Lake</i>
<b>Trinity Lutheran Church (LC-C)</b> <i>The Church of the Lutheran Hour - Rockyfort Bridge</i> Pastor Dan Hansard Church (780) 778-2035 Sunday Worship 9:00a.m. Senior's Service & Cottage Bible Study - Phone for locations	<b>Crossroads Community Church</b> <b>P.A.O.C.</b> Rev. Arnold Lothoiz Sunday Service 10:30a.m. (780) 786-2424		<b>Onoway Baptist Church</b> Sunday Service 10:30a.m. Pastor Greg Garbutt (780) 967-2266	<b>Roman Catholic Church</b> St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m. St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032	<b>Calahoo Alliance Church</b> Family Worship Service Sunday 10:00a.m. For Info Call Jerry (780) 974-7734

## SERVICE DIRECTORY

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