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May 25, 2021

GEORGE PEGG BOTANIC GARDEN IS OPENING FOR THE 2021 SEASON!

Submitted by **Emily Fyfe, Garden Supervisor | George Pegg Botanic Garden**

George Pegg Botanic Garden, just north of Glenevis, AB is planning to open this June! We will be open weekdays, from 10:00 am till 4:00 pm. Beginning in July, we will be open

every day also from 10:00 am till 4:00 pm. The Garden contains the original homestead of the Pegg family and the important botanical work completed by George Pegg. A new display featuring historical artifacts from the original homestead will be ready for visitors to enjoy this summer.

Garden summer staff have

been hard at work preparing for visitors and ensuring a safe and enjoyable time. We are taking extra care to keep everyone healthy by physical distancing, providing sanitizer, and cleaning surfaces regularly. Please visit our website for more details regarding the COVID-19 protocols we have in place.

Continued on Page 2

ALBERTA BEACH MUSEUM NEWS

Submitted by **Alberta Beach Museum**

It is with great honor that I announce a very successful Annual General Meeting on behalf of The Alberta Beach Museum, held May 12th.

First and foremost, covid safety requirements were met and Leanne Knysh performed our very first zoom meeting.

There were many new eager people who joined us this year both online and in person.

All business from 2020 was reviewed and positions were

voted on and filled.

It is with great sadness to report that our very dedicated Leann Knysh, president for the last 18 years has stepped down from her position. However she will still remain as a valuable museum member.

All aboard for 2021..

Covid restrictions permitting, The Museum will once again proudly open its doors to the public on July 1st until August 31st. Hours of operation are 1p.m. to 6p.m. daily. Closed Tuesdays.

The history of our village is

delightfully captured in all of the buildings. Of particular interest, our train station is the original one built in 1912 and was in operation just blocks from where it now sits. One might wonder if without its transportation to and from Alberta Beach if our village would exist today.

That being said, we have been extremely fortunate in recently acquiring an original Canadian Northern Station clock. Be sure to look for it in the train station. Where else would it be.

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Elaine
Ashley

TELEPHONE:

Advertising 962-9228

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comvoice@telusplanet.net
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George Pegg Botanic Garden is Opening for the 2021 Season!

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Plans for another Rural Roots Farmer Showcase are well under way. Last year, the Garden

was a pick up location for Picnic Boxes featuring a selection of locally produced food. For 2021, plans include a producer market, outdoor dinner, and a

concert. Stay tuned for more information for this event, scheduled for August 14 as part of Alberta Open Farm Days.

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All the Best to All of Our Graduates

Graduation ceremonies may look a little different this year, but that doesn't mean they aren't still cause to celebrate. It's your day, and we hope you enjoy every moment as you celebrate the culmination of your hard work. May your graduation be the beginning of a bright and beautiful future. We look forward to celebrating your continued success!

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JOKE of the week

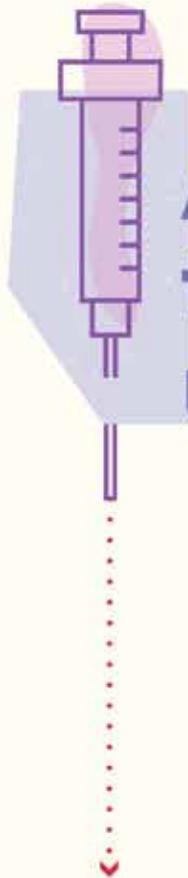
A group of tourists was being guided through an ancient castle in Europe. "This place," the guide told them, "is 600 years old." There were appreciative murmurs from the crowd. "Not a stone in it has been touched," the guide continued, "nothing altered, nothing replaced in all those years."

"Wow," piped up one woman from the rear of the group. "They must have the same landlord I do."

SHANE GETSON
MLA for LAC STE. ANNE-PARKLAND

Congratulations!
Your hard work and determination has paid off. We are all so very proud of you.

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Alberta, it's time to sign up, show up, and follow up.

Here's what you need to know:

- + Immunization is the best way to prevent yourself from getting sick with COVID-19
- + Immunization is the fastest way to get back to normal and reopen our communities
- + Immunization is safe, effective and necessary
- + The right vaccine for you is the first one that's available
- + Find all the facts about COVID-19 immunization and the rollout at alberta.ca/vaccine

Sign up, show up, follow up:



SIGN UP

Millions of Albertans are now eligible. Sign up now at alberta.ca/vaccine.



SHOW UP

Be sure to show up for your appointment to make sure as many Albertans as possible can get vaccinated.



FOLLOW UP

Follow up with your second shot to boost your immunity and get fully protected.

EMILYS WAGS COOKIES AS FEATURED IN THE GRAMMY'S ARE COMING TO YOU!!!

Submitted by Alison Ainsworth, Wags Cookies Ltd.

Wags Handmade Cookies by Emily is a social enterprise built by Miss Emily despite complex medical and developmental disabilities and her vision to access meaningful, inclusive opportunities in the community through her very

own handmade dog cookies. She was a big feature in the recent Grammy gift bags in 2021 and now is able to bring her very own truck to free Covid safe public outdoor spaces and dogs parks to areas in and around the Edmonton area with a message of inclusion to everyone thanks to the generous support of sponsors and friends of her vision. Her

truck is stocked with free, no strings attached giveaways to celebrate everybody and offers a chance to purchase dog cookies on site too from herself or one of several other young adults with disabilities that we have been able to hire, with their support staff at Wags. Covid has reminded us that isolation is hard and can be lonely, a feat that most

with disabilities endure daily regardless. Her truck is an opportunity to reconnect and inspire community despite her disability and make our four legged friends happy along the way. We look forward to connecting for this homemade, feel good story. Please visit her at wagscookies on facebook and www.wagscookies.com.

George Pegg Botanic Garden is Opening for the 2021 Season!

Continued from Page 2

The Garden invites volunteers to help accomplish our goals this season. Volunteers at the Garden help with all kinds of work, from planning public

events to repairs and garden maintenance. No matter your skill or ability, we have a job for everyone. If you are interested in volunteering at the Garden, please contact us! Visiting the Garden is a per-

fect way to spend time outside exploring nature and learning about the past in peace and quiet. Our knowledgeable Garden summer staff are ready to take visitors on a guided tour of the site. Admission is

by donation. We look forward to seeing you! Please visit our website, Facebook and Instagram for updates!

Alberta Beach Museum News

Continued from Page 1

Among our donations we re-

ceived a very old cabbage cutter for making sauerkraut that we are very excited to display

as well.

So whether you are a history buff or just want to step back in time we have put a lot of effort in to helping you enjoy your visit with us.

We aren't labelled the number one tourist attraction in Alberta Beach for nothing. So, I encourage you to come and decide for yourself.

We are located directly be-

hind The Heritage Center, right along side the ball field.

FYI, there are still copies of our 100th year commemoration book available:

Stories and Memories 1920-2020

Alberta Beach and Area

It makes an excellent souvenir or gift idea. A great read filled with short stories provided by everyday folk willing to share a favorite memory or two. You may very well recognize a neighbor's name as you are flipping through the pages.

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HOW ERGONOMIC TOOLS CAN HELP GARDENERS

Gardening is a rewarding activity that has been found to provide a host of benefits beyond ensuring readily available access to fresh fruits, vegetables and awe-inspiring blooms.

The Centers for Disease Control and Prevention says many gardening tasks qualify as light to moderate exercise, which means raking the leaves and cutting the grass can be just as beneficial as cardiovascular activities like brisk walking or jogging. In addition, a 2017 study published in the journal Preventive Medicine Reports found that gardening can help aging men and women offset age-related weight gain. And the health benefits of gardening go beyond the physical. In 2014, a systematic review of randomized controlled trials published in Complementary Therapies in Medicine concluded that horticultural therapy may be an effective treatment for people with dementia.

Gardeners have a host of tools at their disposal to help turn their lawns and gardens into awe-inspiring landscapes. Among those options are ergonomic tools. Ergonomic tools can benefit gardeners of all ages, but they may prove especially valuable for aging men and women.

How ergonomic tools differ from traditional gardening tools

Ergonomic gardening tools are designed to ensure that using them has as little effect on the body as possible. Ergonomic tools align with how a person naturally moves his or her body, which can reduce the likelihood that gardeners will suffer any strains or sprains while gardening or experience any aches and pains after a day spent tending to their landscapes.

Choosing the right tools
The West Virginia University Center for Excellence in Dis-

abilities notes that gardeners will know they have chosen the right ergonomic gardening tool for the job when they do not have to adapt the tool. Ergonomic tools should match gardeners' heights, fit their grip and feel comfortable when in use.

Specific benefits of ergonomic tools

Ergonomic gardening tools are designed in a way that can reduce stress on the body while performing various tasks. Gardeners know that aches and pains can add up after a day spent kneeling in the garden, raking soil and carrying supplies from a shed or garage around the property. But the WVUCED notes that ergonomic tools do more than just reduce gardeners' risk of injury.

Ergonomic tools increase efficiency. Wasted motions are less likely when using ergonomic tools. That can improve efficiency in the

garden, allowing gardeners to get more done in the same amount of time. And because ergonomic tools are designed to work with the body, gardeners likely won't need to take breaks due to aches and pains, which also makes it easier to be more efficient when working in the garden.

Ergonomic tools increase gardeners' capabilities. The WVUCED notes that principles behind ergonomics keep gardeners using the tools in natural positions. That means gardeners won't lose power to bending and twisting, enabling them to do more in the garden than they might be able to do when using non-ergonomic tools.

Gardening is a rewarding and beneficial activity. The right ergonomic tools for the job can enhance those benefits and make gardening even more enjoyable.

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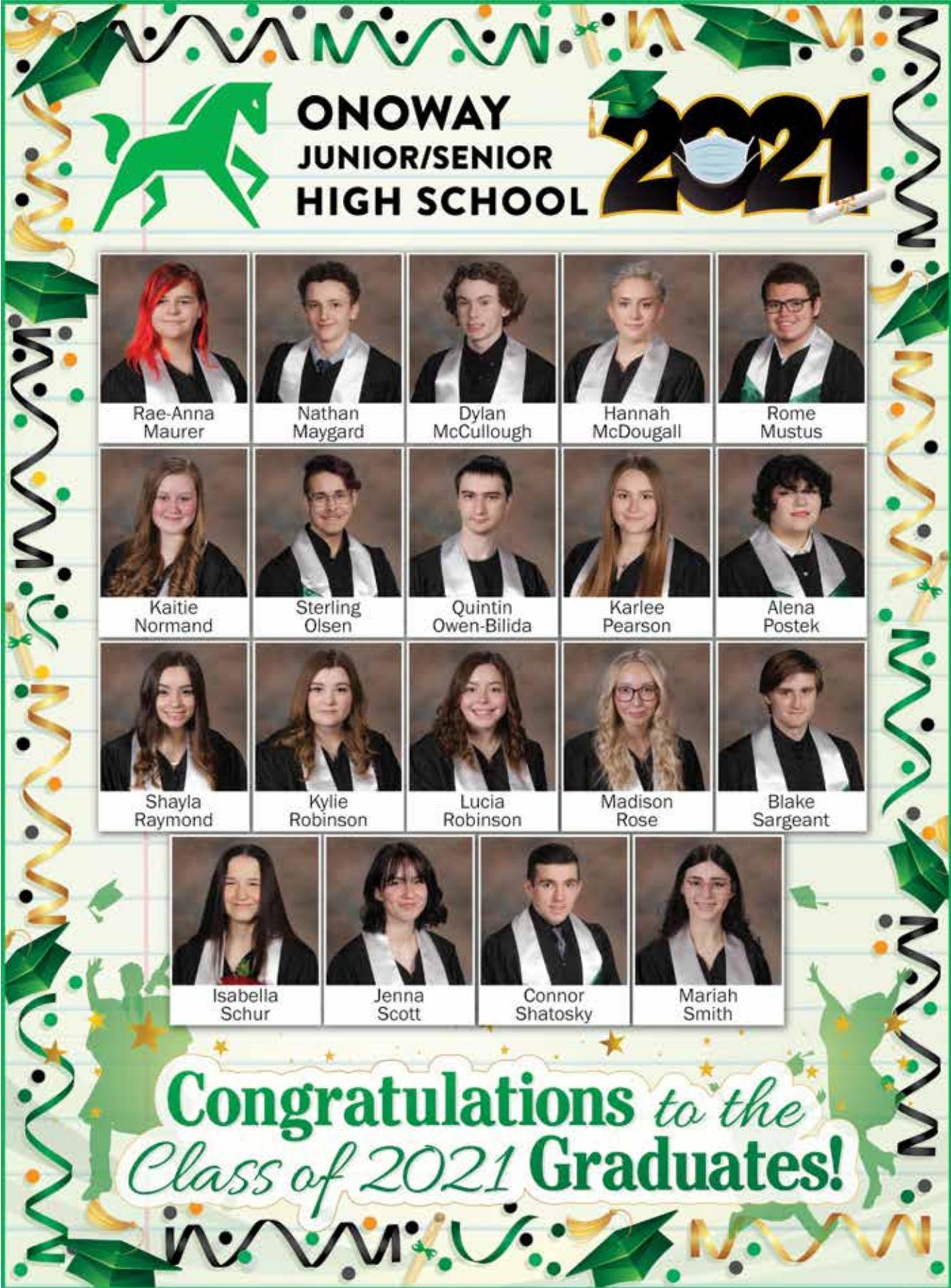


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Class of 2021 Graduates!**



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Dylan McCullough



Hannah McDougall



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Karlee Pearson



Alena Postek



Shayla Raymond



Kylie Robinson



Lucia Robinson



Madison Rose



Blake Sargeant



Isabella Schur



Jenna Scott



Connor Shatosky



Mariah Smith

**Congratulations to the
Class of 2021 Graduates!**



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Seth Sorge

Jade Spielman

Rachel Spreen

Sarah Stark



Jaiden Sundmark

Jayden Thiesen

Crystal Thomas

Brayden Tobin

Kiera Topping



Jedidiah VanDerPutten

Jacob Wallenberg

Owen Weldon

Cameron Wiebe

Callie Wikstrom



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Damen Wotschell-Klein

Arianna Zallas

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Class of 2021 Graduates!**

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967-2445

Grande Tire - Onway

967-3432

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967-2288

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967-2949

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Wendy's Cafe - at Gunn General Store

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DARWELL WOMEN'S INSTITUTE... 75 YEARS AND MORE

Submitted by Marilee Kosik, president

Darwell Women's Institute, like all of you, has struggled with COVID. We have missed the opportunity to mingle with friends and supporters in the community and have had very few meetings with our own members. We are, however, still dedicated to assist and support our community and those who need our help. Please contact us if there is anything we can do.

This past year (2020) we missed having a big celebration of our 75th year of involvement in Darwell. We had hoped to throw a community party with stories of accomplishments, and memories of past members, thanking all those, past and present, who have helped. AND...when we can again gather, we WILL celebrate this important achievement and the wonderful people who made it possible. We will let you know when we start planning.... keep us in mind.... ideas appreciated.

One of the activities we undertake every year is the organizing of the Darwell Cemetery cleanup. Our very busy member, Edie Richardson, puts up posters announcing the date of the cleanup and she and her husband, Richie, help ensure that it runs smoothly.

In years past it was a day to go to the cemetery to cut the grass and make it look well-cared for. Now, fortunately, there is the wonderful Kathy McDonald who keeps it looking great all summer. The Cemetery

Cleanup will still be held this year on Saturday, May 29th (rain date June 4th) from 10:00 am until noon to do any extra jobs needed. Please keep in mind the COVID restrictions such as masks and physical distancing.

For more information on meetings and activities, ideas for activities or requests for assistance please contact Marilee at 780-892-2217 or marileek@telus-planet.net

ALBERTA RCMP INTEGRATED NATIONAL SECURITY ENFORCEMENT TEAM LAY WEAPONS CHARGES

Submitted by Alberta RCMP

Edmonton - The RCMP's Integrated National Security Enforcement Team (INSET) in Alberta have laid charges against an individual in relation to an ongoing investigation.

Kelvin Benjamin Maure (pronounced "more"), 26, of Parkland County, Alta., has been charged with a total of 34 criminal charges:

- Possession of a Prohibited Firearm or Weapon contrary to Section 88(1) of the Criminal Code (x7);
- Possession of a Prohibited Firearm in a Motor Vehicle contrary to Section 94(1) of the Criminal Code (x5);
- Possession of a Prohibited Firearm or Weapon Knowing he was not the holder of a License or Registration Certificate contrary to Section 92(1) of the Criminal Code (x5);
- Possession of a Loaded Prohibited Firearm or With Readily Accessible Ammunition contrary to Section 95(1) of the Criminal Code (x3);
- Make or Possession of an Explosive Substance contrary to Section 82 of the

Criminal Code (x3);

- Personation of a Peace Officer contrary to Section 130(1) of the Criminal Code (x2);

- Careless Storage of a Firearm contrary to Section 86 of the Criminal Code (x3);

- Possession of a Prohibited Firearm without Holding a License contrary to Section 91(1) of the Criminal Code (x2);

- Carry a Concealed Firearm contrary to Section 90(1) of the Criminal Code;

- Importing a Prohibited Device contrary to Section 103(1) of the Criminal Code;

- Break and Enter contrary to Section 348 of the Criminal Code; and

- Mischief contrary to Section 430 of the Criminal Code;

Maure was the subject of a larger ongoing investigation into a number of associated individuals since September 2020. In January 2021, Maure displayed escalating behaviour leading investigators to believe he presented a threat to critical infrastructure, police, and the public.

Maure is alleged to have made several online posts

with comments and photographs deemed to be a threat to critical infrastructure, the police and the public. These online activities together with other actions taken by Maure resulted in RCMP taking him into custody.

On Feb. 13, 2021, Maure was arrested with assistance from the RCMP Emergency Response Team and was remanded into custody following a judicial hearing. Subsequent to his arrest, RCMP executed search warrants on several properties resulting in the seizure of numerous firearms and other paraphernalia (photos shown).

Maure remains in custody. His next court appearance is scheduled for May 7, 2021, in Stony Plain, Alta.

"An ever increasing concern and challenge faced by law enforcement is the use of the internet and social media as a platform to inspire, radicalize or espouse extremist messaging or calls for violence," said Inspector Scott Isaac, Officer-in-Charge of "K" Division INSET.

"As experienced in this recent investigation, the accused was interacting online

with like-minded individuals in posting extreme views that ultimately escalated towards him engaging in criminal activity that posed a considerable risk to public and police safety, ultimately resulting in his arrest. As the investigation continues, we are attempting to determine whether the accused's actions were motivated by a specific ideology or if there were broader intentions to his activities."

INSET would like to thank Parkland RCMP and various supporting RCMP units during the course of this investigation.

If you believe you've witnessed or are aware of any criminal extremism or suspicious activities that could pose a threat to national safety and security, we encourage you to report it to 1-800-420-5805 or RCMPNSIN-RISN. GRC@rcmp-grc.gc.ca.

If you're concerned about any family member or acquaintance that is exhibiting new behaviour of a violent nature, Alberta RCMP urge you to contact your local RCMP detachment or police service of jurisdiction

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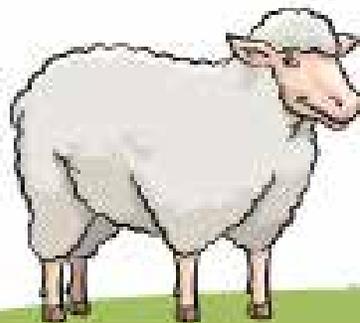




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 705-3383</p> | <p>Ray's Auto
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 785-2251</p> | <p>Sangudo Custom
 Meat Packers
 785-3353</p> | <p>Sangudo
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 Clinic
 785-2200</p> |
| <p>Pit Stop Gas &
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 West Co-op
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 -Mayerthorpe
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LAC STE. ANNE 4-H DISTRICT
**ANNUAL BEEF
 & SHEEP SALE**

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- | | | | | |
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-Onoway
967-3432</p> | <p>Burger Baron
-Onoway
967-4488</p> | <p>Onoway
Veterinary
Clinic
967-2987</p> |
| <p>Morand
Industries
Ltd.
967-2500</p> | <p>Trius
Insurance /
Onoway
Registries
967-5270</p> | <p>U.F.A.
-Onoway
967-5340</p> | <p>2K Small Engine
Service
962-3956</p> | <p>Fired Up
Industries
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Sandblasting
967-5933</p> |
| <p>Standstone
Waste &
Water
Services Ltd.
967-2118</p> | <p>R & S
Towing
967-2492</p> | <p>Academy
Fabricators
967-3111</p> | <p>Traceline Well
Services LP
967-1080</p> | <p>Suds Up
Car Wash
967-0022</p> |
| <p>Assertive
Electric Ltd.
967-3827</p> | <p>AG Purewater
Hauling
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Ltd.
814-9002</p> | <p>Border
Paving
967-3330</p> | | |

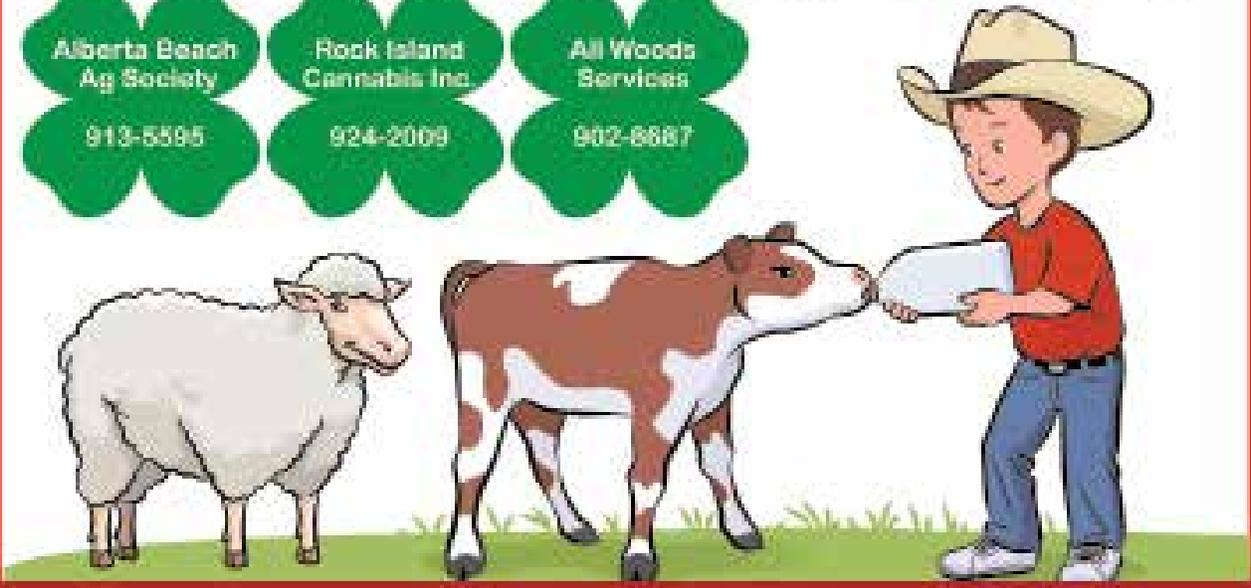




LAC STE. ANNE 4-H DISTRICT ANNUAL BEEF & SHEEP SALE

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Calahoo Meats 458-2138	Beach Front Liquor 689-8850	Dianne's Tri Village Pizza 924-3132	Beach Comber Beauty & Barber Salon 924-3242	Zona's Extermination 909-9003
Jack's Auto Body Ltd. 907-5850	Leann Koysh -Century 21 Masters 983-2285	Mama's In The Kitchen Restaurant & Catering 924-2468	Summer's Drilling 969-1282	Beachside Market 924-3155
Alberta Beach Ag Society 913-5595	Rock Island Cannabis Inc. 924-2009	All Woods Services 902-8887		



SUPPORTING WOMEN SEEKING SHELTER AT JESSIE'S HOUSE

Submitted by Government of Alberta

Jessie's House is a 35-bed women's shelter in Morinville, serving women in rural Sturgeon County, St. Albert and the wider Edmonton region. This investment will help the shelter open at full capacity once COVID-19 restrictions are lifted, and provide much-needed supports to help women and children live free from domestic violence.

"Women's shelters do vital life-saving work supporting women and children impacted by domestic violence by providing critical supports to help families break free from abuse and live healthy lives. We know the pandemic has increased incidences of family violence, and supports are required now more than ever. This new funding will ensure those supports are in place at Jessie's House." - Rajan Sawhney, Minister of Community and Social Services

Since opening, Jessie's House has been operating at half capacity. This funding will support the shelter to fully operate 35 spaces, support staffing and the development and delivery of programming for families in shelter and in the wider community.

Emergency women's shelters provide many services through outreach and community supports. Skilled shelter staff can provide risk assessments and safety plans for women unable to leave, develop individualized supports designed to meet the unique needs of each client and help educate the community on the impacts of domestic violence and building healthy relationships.

Domestic violence issues can be made more challenging during times of crisis, such as during the COVID-19 pandemic, and supports are available for those in need. The Family Violence Info Line at 310-1818 is available toll-free 24-7 in more than 170 languages.

Alberta's government is re-

sponding to the COVID-19 pandemic by protecting lives and livelihoods with precise measures to bend the curve, sustain small businesses and protect Alberta's health-care system. An additional \$5 million has been provided to women's shelters to help women isolate in safety and to increase community outreach to support women unable to leave abusive relationships.

Quick facts

- This funding will enable Jes-

sie's House to fully operate the 35-bed women's shelter.

- Jessie's House opened in May 2020.

• Jessie's House is named after Jessica Martel, who was killed in a domestic violence incident.

- This funding is reallocated from existing ministry resources.

• Budget 2021 maintains funding for women's shelters at \$51.3 million.

- Funding supports program-

ming and operations for 30 women's emergency shelters, 16 second-stage shelters, two seniors shelters and five fee-for-service shelters.

• General funding covers costs for:

- 721 beds in women's emergency shelters
- 189 units in second-stage shelters
- 16 spaces in elder abuse shelters

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

CALL (780) 907-8642 FOR YOUR FREE SAMPLE!

PALLIATIVE CARE SUPPORT EXPANDED

Submitted by Government of Alberta

Beginning June 1, the government-sponsored Palliative Coverage program will cover the costs associated with pre-filling syringes, making it easier for people receiving palliative care and their caregivers to administer important medications, such as pain medica-

tion, and reducing costs for Albertans in palliative care.

“Albertans in palliative care often face intense, unrelenting pain and other symptoms over the course of their illness. Eliminating the cost of pre-filling syringes with medication is a significant way in which we can support these Albertans during this difficult time.” - Tyler Shandro, Minister of

Health

The Palliative Coverage program provides supplementary health benefits to Albertans in palliative care who choose to stay in their home or a hospice. The program covers the cost of eligible prescription drugs, diabetic supplies and ambulance services. When this change comes into effect, the program will also cover

the cost of syringes for injectable medication and the pharmacy’s cost for filling the syringes.

In 2019-2020, 5,200 Albertans received supplementary health benefits through the Palliative Coverage program. Almost 2,000 of these Albertans used injectable medications for pain management. On average, a patient receiving palliative care may require 10 to 12 syringes of pain medication each day.

“This program expands palliative care services for Albertans with life-limiting illnesses so they can receive the treatment they need in the places they call home. Appropriate and timely palliative and end-of-life care is essential and we are moving in the right direction to support palliative care patients with dignity and comfort.” - Dan Williams, MLA for Peace River

Quick facts

- Alberta’s government has committed \$20 million over four years for improving palliative care and caregiver support.
- Effective March 1, 2020, prescription drug co-payments were eliminated for Albertans receiving their medications through the Palliative Coverage program.
- Enhancing palliative care in Alberta is a government priority and the government is looking at ways to:
 - support raising awareness of how and when to access palliative and end-of-life care
 - develop effective caregiver supports
 - shift from hospital to community-based home and hospice care
 - establish education, training and standards for health professionals

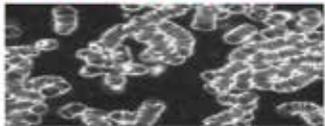
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County News Highlights

May 27, 2021
 County Council Virtual Meeting

June 2, 2021
 County Council and MPC
 Virtual Meeting

Council meetings are held the second and fourth Thursdays of each month. County Council meetings begin at 9:30 am.

Please visit LSAC.ca/agendas for meeting agendas. To address Council, appointments must be booked at least 8 working days prior.

2021 CENSUS Make sure you're counted!

Please complete and submit yourcensus before the deadline. Your feedback will affect important decisions on how to best support the region's families, communities and businesses.

Statistics Canada has sent out census cards to every household, with most Canadians getting theirs in early May. These cards include a code to enter online to complete the questionnaire on the **Stats Can website**. If you wish to complete the questionnaire over the phone or want to request a paper copy, call **1.877.885.2021** and follow the instructions.

Visit LSAC.ca/news for more information and resources.

COMING SOON: ROADSIDE CLEAN-UP PROGRAM Deadline to apply is June 11

The County is seeking interested community groups to perform roadside clean-up on some of our roads. The date for the roadside clean-up will be coordinated with the selected groups.

The following roads have been chosen for the clean-up program this year:

- **Division 1:** Rge Rd 30 – South from Hwy 633 to Hillcrest Transfer Station (1.5 miles)
- **Division 2:** Hwy 777 from Hwy 37 to Onoway Transfer Station (1.5 miles)
- **Division 3:** From Hwy 43 – South on Rge Rd 35 to Regional Landfill entrance (0.5 mile)
- **Division 4:** From Hwy 43 – South on Rge Rd 65 to Sangudo Transfer Station (1.0 mile) – Transfer Station Access Road to Cherhill Station (1.0 mile)
- **Division 5:** From Hwy 633 – Access road to Darwell Transfer Station (0.5 mile)
- **Division 6:** Twp Rd 574 – South on Rge Rd 91 to Mayerthorpe Transfer Station (1.0 mile)
- **Division 7:** Twp Rd 574 – From Rge Rd 80 to Rge Rd 81 (1.0 mile) – RR 74 North of Hwy 43 (1.0 mile)

Lac Ste. Anne County will pay \$200.00 per mile of roadway cleaned (both sides). Garbage bags will be provided by Lac Ste. Anne County to the groups chosen to participate. You will be responsible for your own safety vests this year.

If your group is interested in participating, please submit a letter of

interest including the name of your group, what division you are in, and a contact name and telephone number to:

Lac Ste. Anne County
 Box 219
 Sangudo, AB T0E 2A0

Attention: Julie Lalonde

Email: PublicWorks@LSAC.ca

Deadline for letters of application: June 11, 2021 at noon – *date subject to change based on approval.*

SCAM ALERT: DON'T PLANT MYSTERY SEEDS FROM CHINA

Be wary of unknown packages

Unmarked seed packets have been arriving in local mailboxes with no explanation or reason, and with a return address in China. Residents should remain mindful of what's known as a brushing scam, and are advised to follow the following precautions if they encounter any of these packages.

Do not open or plant unknown seeds under any circumstances.

If you receive seeds in the mail from an unknown source, keep all the packaging, labels, and seeds in a sealed plastic bag. **DO NOT DISPOSE OF THE SEEDS IN THE GARBAGE WHERE THEY WILL ENTER THE LANDFILL.** Call the Canadian Food Inspection Agency office at **780.395.6700**. We also advise you to wash your hands if you accidentally handle the seeds, again as a precaution.

For further details about this scam, visit LSAC.ca/news.



300+
local shops

Support local. Shop the County!

ShoptheCounty.ca is Lac Ste. Anne's business finder. Registered local businesses can sign up and manage their own profiles for free!

We are **EQUS**

TRUST IS EVERYTHING

The roots of co-operative electricity run deep here. Rural Albertans built their distribution system over 70 years ago with the goal of providing reliable electricity for themselves and their neighbours.

With the **highest ratio of Powerline Technicians to members in our Service Area**, EQUS members can trust that they're getting the most reliable electric services possible.

For EQUS members Dave and Alyssa Pfaeffli, **EQUS' 99.9% system reliability rating** is vital to power both their family, and their innovative indoor cubic farming business, Swiss Leaf Farms.

Albertans trust the Pfaeffli family to provide fresh, local produce year-round, and **the Pfaeffli family trusts EQUS** to keep the lights on and the lettuce growing.

Contact EQUS to learn more about the benefits of co-operative electric distribution for your home or business.

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EQUS Member Since 2018



“ **Reliability is huge for us**

- Alyssa Pfaeffli
Innovative CubicFarm business
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Golfer's **GUIDE**

GOLFING IN THE ERA OF SOCIAL DISTANCING

Golfers enthusiastically look forward to the day when their favorite courses reopen to players each year. That anticipation was even greater in 2020, when social distancing measures forced many courses to stay closed even as the weather warmed up. Thankfully for golfers, golf courses were among the first businesses given the green light to reopen as governments began to lift restrictions.

Golfing in the era of social distancing may not be quite the same as it was prior to the outbreak of COVID-19, but golfers can still have fun as they hit the links. That's especially true when they take steps to understand just what it means to golf while social distancing prior to teeing off.

Assess your personal health before going to the golf course. Golf attracts athletes from all age groups, including some that are more vulnerable to COVID-19 than others. According to the Centers for Disease Control and Prevention, age is a risk factor for COVID-19, as older adults are more vulnerable to severe illness if they are infected with the virus than younger adults. Social distancing requires a collective effort on the part of everyone to keep vulnerable people safe, and golfers are no exception. Golfers young and old who are under the weather or experiencing even mild symptoms of COVID-19 should avoid golf courses until they feel better.

In addition, young golfers can choose tee times when they're less likely to come into contact with older golfers. Early morning tee times tend to be popular among older golfers, but speak with staff at the course to see if they have rules in place to safeguard older golfers. If they do, respect those rules. If they don't, work with staff to choose a tee time when you're less likely to be around older golfers.

Disinfect clubs before or after playing. Disinfecting clubs and other equipment before and after playing is a simple measure that can reduce golfers' risk of getting the virus or spreading it if they have it but

are asymptomatic. Simply wipe down clubs and other equipment with disinfectant or an alcohol-based cleanser that is at least 60 percent alcohol. If playing with a friend, resist the urge to share clubs, no matter how tempting it may be to take your playing partner's new driver for a spin on the first hole.

Refuse valet service. Many courses have temporarily stopped offering valet services to help prevent the spread of COVID-19. Golfers who visit a club that is not taking such precautions can opt to refuse the service. Doing so decreases the risk of getting or spreading the virus by limiting the number of

people with whom you come into direct contact.

Pack supplies. Contact the course in advance to determine if the dining room is open and if the course is providing hand sanitizer at each tee. At-risk golfers may want to skip dining at the course after their round is over, opting to pack their own lunch or eat when they arrive home after playing. If the course is not offering hand sanitizer at each hole, pack your own as an extra precaution.

Golfing in the era of social distancing may be different, but there's no reason golfers cannot still enjoy a summer on the links.

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18 Holes	\$33.00 Weekdays	\$48.00 Weekends
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To Book your Tee Times or Tournaments
Call: (780) 924-GOLF (4653)



780.459.9081

info@calahoohillsgolfcourse.ca
 calahoohillsgolfcourse.ca |

ANOTHER RAINBOW SALE

ONLINE AUCTION SALE

RETIREMENT SALE

FOR COLIN & MARGARET HAMPTON

**Online Bidding to open Saturday,
June 5, 2021 @ 6:00AM & starts closing
Wednesday, June 9, 2021 @ 2:00PM.**

Viewing June 3-9 from 10:00 a.m. - 4:00 p.m.
Load out June 10-12 from 10:00 a.m. - 6:00 p.m.

Vehicles / RVs / Motorcycles / ATVs / Trailers: • 2005 Chev Avalanche Z71 (Nice) • 2006 Nissan X Trail • 1952 Chev truck box converted to trailer

Tractors: • Massey Ferguson 1520 c/w front end loader/3 or hitch and equipment/roll bar/ • 1615 hours - excellent condition

Tools & Equipment: • Tractor harrow • Frontier FM 1060R mower • Rototiller Sovema RBS 130 • Ripper 18" • Propane oxygen torch with tank stand • Caterpillar rads • Chains and boomers • 4 Harrows hooked together as one • Roller • 3pt Hitch sprayer • Allied tractor blade - 3pt hitch • Harrow • Metal scaffolding • Metal racking • 6ft Aluminum step ladder • Large assortment of tools • Large assortment of power tools • Stihl chainsaw and accessories • Welding rods • Hydraulic hoses • Come-a-long block & tackle • Electric winch • 20 Ton hydraulic jack • Large metal toolboxes • Miller Arc Welder - model M-180P 30amp - 230 volt • Charger Air Pro-compressor 50 gal with hoses • Mac Tool - 19 drawer tool cabinet - 5ft

Outdoor / Lawn & Garden Equipment: • MTD - Yard machine riding mower (new battery) • Lawn sweep • Lawnboy - 4 cyl lawnmower • Yardworks - push mower 21" cut - gas • Garden rototiller - gas • Snowblower - 10hp - 30" • Jobmate - 7A electric snowblower • Nexgrill - with propane tank

Garden tools: • Black & Decker leaf blower • Motion security light and sensor • Garden pots

Miscellaneous: • 10 - 40 gal metal drums • 9 - 40 gal plastic drums • 4 - 40 gal metal drums • 16 posts • Powerfist-solar powered auto darkening helmet • Vintage cream/milk can

This sale will be online internet bidding only. As new product comes in our online auction catalogue gets updated. Keep checking in so you don't miss anything.

UPCOMING SALES



- June 14, 2021 - Mid-Summer Consignment Sale
- July 12, 2021 - Summer Consignment Sale
- Sept 13, 2021 - Pre-Harvest Consignment Sale
- October 11, 2021 - Harvest Consignment Sale

****Watch website daily for new additions to auction lists****

Terms and conditions: Cash, Visa, MasterCard, Debit, Interac. Nothing to be removed until paid for. Subject to additions and deletions. A 10% handling fee, plus GST will be charged where applicable. Please be conscious of the handling fees and factor them into your bidding. Owner Rainbow Auctions & Liquidators or it's employees shall not be responsible for accidents.

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Hall Rentals

- Alberta Beach Agliple, Susan 780-996-2960.

- Alberta Beach & District Seniors 50+ Club. Air conditioning! Space Available! Val: 780-690-1655 or Dianne: 780-217-8482

- Anselmo Community Hall, Phone 780-786-4280

- Bright Bank Hall, 780-968-6813

- Cherhill Legion, Mary 780-785-3578.

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

- Darwell Centennial Hall, 780-892-3099

- Darwell Seniors, Phone Debra 780-785-2907

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

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

- Hathersage Community Centre, Noreen at 786-2946

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

- Magnolia Hall, 727-2015

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

- Mayerthorpe Diamond Centre, Charlotte at 786-4659

- Mayerthorpe Legion, 786-2470.

- Onoway Community Hall, 967-4749.

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

- Onoway Legion , 967-4980

- Park Court Community Hall, 727-4476

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

- Ravine Community Hall, 325-2240

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

- Rosenthal Community Hall, 963-7984

- Sandy Beach Rec Hall, 967-2873

- Sangudo Community Hall, 785-2904 or 305-4616

- Stettin Nakumun Comm. Hall, 967-9198

Services

- Stump Grinding For Hire** - Alberta Beach & Surrounding Areas. Call 780-779-3589 (30) 13-04

- WANTED: Standing Timber. Are you looking to cut your woodlot before pine beetles or forest fires destroy it? Top dollar paid. Call Paul 780-706-1470 (12) 27-04

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UNRESERVED TIMED ONLINE FARM AUCTION

James Zarowny 797-2126

Bidding Opens: Thursday, June 3 at 10:00am
Bids Start Closing: Monday, June 7 at 11:00am

Located: (From FALLIS STORE - Go 1 mi N on RR 52 to Twp 534. Then 1 mi W to RR 53, Then ¾ mi N into Yard) (Fallis Store is from Junction Hwy 43 and Hwy 16 - 17 mi W on Hwy 16) (From DARWELL on Hwy 765 - Go 2 mi W on Hwy 633, Turn S on RR52 for 4 mi to Twp 534. Then 1 mi W to RR53. Then ¾ mi N into Yard.)

Viewing Dates & Times: June 3, 4 and 5 from 10:00am to 6:00pm



PREMIUM ITEMS: * JD 5075E Tractor w cab, 3 pt, 9.5x24 FWA, Loader, bucket, fork, (990 hrs) * 2015 Ford F250 Super Duty Crew Cab w 4WD, white, 5th W Slide In, (134,000kms) * Good 7 ft AMCO Breaking Disc w 24" Knotched

FARM EQUIP: * Good RT Wagon w good 9x16 deck * Good JD 4x16 TB Plow * 10 Case Disc * 14 Robin dt Cult * 6D Harrows * C5 Swdd Seed Drill * MM pto Manure Spreader * 21 ft Auger w motor * 9' Hesten 1090 Hay Bine * JD SW sd Rake * Head Gate & 2 Rnd Bale Feeders * 3 pt Bale Fork

OTHER/OLDER ITEMS: * 1980 Ford F-150 4x4 Truck, runs * Case 400 Tractor * NH 269 Sq Baler, Stooker, Forks * 2 Truck Box Trailers * 15 Used Tires * Large Pile of Farm/Garage Parts, Misc * 3 Pallets of Farm Misc * 1 Ton Frame w hoist, Manure Teeth * 5 Groups of Metal * Tin & Wood * Wagon Wheel Parts

YARD ITEMS: * Danville Yard Chem Applicator * 2 W 16x16 Trailer * Tarp Yard Shed w extra tarps * Gas Push Mower, Snow Blower, 2 Weed Eaters * Metal Lawn Roller * Chicken Wire, Lattice, Garden Items, Window Wells * UG Wiring & Misc

TOOLS AND RECREATION: * MasterCraft Air Tool Kit, C/O Saw, 12 Power Tools * 3 Kids Bikes * 2 RH Golf Club Sets * 2 Ice Fish Tent * Fish Rods * 3 Kids Bikes * 2 RH Golf Club Sets * HD Rolling Work Bench * Acklands 225 Welder & supplies

COMPLETE HOUSEHOLD: * Very Attractive Chine/Display Wall Unit * Excellent Inlaid Oak Formal Dining Table w 6 chairs * Pine China Cabinet * Quilting Table and Materials

CHECK ONLINE FOR: * Treadmill, Hospital Power Bed, 3 Double Beds w Furniture, 2 TV's, CD, DVD's, Poker Table, Antiques, Ornaments, Kitchenware, Appx 600 Paper Back Novels, Book Shelves, Much More

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UNRESERVED TIMED ONLINE FITNESS EQUIPMENT AUCTION

ERIC'S GYM

Bidding Opens: Friday, May 28 at 9:00am
Bids Start Closing: Thursday, June 3 at 1:00pm

Located: 4811-52 Ave Barrhead, AB

Viewing Dates & Times: Friday May 28 to June 3 from 12 noon to 6 pm



Full Line of Professional Quality Fitness Equipment including Spin Bikes, Free weights, Cable Gym Machines, Tanning Beds, Ellipticals, Treadmills, Mats, Memorabilia, Pepsi Coolers & more

UNRESERVED TIMED ONLINE AUCTION

Lavern & Allyson Bazin

780-307-9393

Bidding Opens: Saturday, June 5 at 9:00am
Bids Start Closing: Wednesday, June 9 at 11:00am

Located: 58513 Rge Rd 262 Westlock County

Viewing Dates & Times: Friday June 4 to Sunday June 6 from 12 noon to 5 pm



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Burgundy 2011 Kia Sorento, excellent condition, all extras, except leather. AWD, 5 seater \$6950 OBO Call for details 780-903-5251 (1) 25-05

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1 Buy Gun Collections, World War 2 collectibles, Call Jay Love for a quote 780-686-1350 Stony Plain (28) 03-11-20

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Bench Vice, for a seniors project. And a small wood, coal heater. Thanks "muchly" 4 your consideration. 780-903-5251 (1) 25-05

For Rent

Sangudo, Alberta - 2 Bedroom Adult 40+ building, loves seniors, No Pets, No Smoking, \$776/month + DD same. Available beginning of May. Call Ilda 780-999-7777 (8) 27-04

3 Bedroom House for Rent, 12 miles NW of Onoway, 1.5 bath, 2 story, no basement, N/S, N/P, recently renovated, \$1200/month, DD same, utilities included. Call 780-498-0705 (4) 18-05

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. Starting at \$950 + tax. Please call for viewing, 780-967-4420 or 780-945-1723. www.onowayinnandsuites.com (4) 18-05 OG



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COMMUNITY EVENTS 2021

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).

NOTE: Please inquire first as COVID-19 restrictions may still apply.

FARMERS MARKETS

ALBERTA BEACH: Sundays, 12-3PM. Contact Joanne 780-690-6392 ***May - Oct.**
BARRHEAD: Saturdays, 10AM-1PM at Barrhead Agrena. Sherry 780-674-6802 ***May - Dec.**
ONOWAY: Thursdays, 5-8PM at Onoway Community Hall. 780-667-6327 or onowayfarmersmarket@gmail.com. ***Starts May 1st.**
SPRUCE GROVE: at the Elevator, Sat 10:00-1:00PM, info (780)288-6174 ***April - Dec.**
STONY PLAIN: Saturdays, 9AM-1PM, Community Centre Downtown, Stony Plain. Nancy 780-962-3993. ***April - Dec.**
WESTLOCK FARMERS' MARKET: Fridays 11-3PM, Somewhere Else Youth Centre 10612 102 St. Ph: 780-954-2437 ***Feb 14, 2020 - Dec 18, 2020.**
WHITECOURT: Tuesdays 11AM-2PM, Whitecourt Legion Hall, 779-7002. ***May - Oct.**

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 Cherhill 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 & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungles 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 hnbourke@icloud.com
WEST END: Sangudo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: westendmow@outlook.com

JAMBOREES

CARVEL: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001
MAGNOLIA: at Magnolia Hall. 2nd Saturday of Month, New Time is 1:00PM. Call to confirm, 727-2015. ***October - May, NO Dec.**
SANGUDO: Sangudo Community Hall, 1st Sat of month 7PM. 785-4105 or 305-5088. ***October - May.**
SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 ***September - June.**
STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th

Thurs of month, 7PM, \$2.
THE ABBOTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of month, 7PM. PH: 780-918-8545, Adm: Donations Only.
WHITECOURT SENIORS CIRCLE: 2nd Sunday of the month 1-5PM, \$5/Adm Door prizes & 50/50 draw. 780-778-4950 ***Nov - June**

TOPS (Take Off Pounds Sensibly)

ALBERTA BEACH: Tuesdays, Weigh-in 6:00-6:45PM. Meeting 7:00PM. Alberta Beach Lutheran Church, Hwy 633. 967-5009.
EDMONTON: Thurs 8:30-10AM at Annex of Grace United Church (6215-104 Ave). \$7/month
SANGUDO: Tues, United Church, 6:00PM. Sharon 785-2095 or Marlene 786-4646.
STONY PLAIN: Thurs evening, Stony Plain United Church. Susan (780) 968-0869
SPRUCE GROVE: Wed 8:45AM at Anglican Church, 131 Church Rd. Christiane 960-1109

YOUR COMMUNITY

MAYERTHORPE LEGION BR. #126: Seniors' Floor Curling - Thurs @12P. Fun Darts - Thurs @ 7PM. Wings Night - Every Wed 5-8PM. Steak & Fish Night - 1st Friday of month 5-8PM. Everyone welcome. For more info please call 780-786-2470.
ONOWAY ROYAL CANADIAN LEGION: Open Tuesdays 7PM to 10PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3PM-10PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).
PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.
SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9:00-3:00PM. Info 960-4600.
UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, 10AM-4PM.

VOLUNTEER TUTOR ADULT LITERACY PROGRAM: Need assistance with reading/writing, English language (ESL) or Basic Computer skills? Free 1-on-1 tutoring! Carla Burkell, 780-554-2940, email: literacy@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: 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.ebdba.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 evng. 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. 1st Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.
ONOWAY HAVE FUN & GET FIT! Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. Ph: 780-967-2056.
PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village Community Centre. ***except June, July, August**
RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 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 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 Community 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 Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205
ALBERTA 55 PLUS: Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933
ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7:00PM, Alberta Beach Agplex.
ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agplex.
ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House 924-3167.
ALCOHOLICS ANONYMOUS: The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway
BARRHEAD & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.
BARRHEAD ROYAL CANADIAN LEGION, meeting every 2nd Thurs, 7PM at the Legion Hall.
CHERRILL COMMUNITY ASSOC. Monthly Meeting 1st Wednesday, 8PM at the Hall. 785-2825 ***Except Jan, July, Aug, Sept.**
CHERRILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday

of month, Cherhill Seniors Hall. Call Rosamy 780-785-2625
CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agplex. Info call 780-902-4879 or 780-999-7622. ***Sept-June.**
Citizens Helping In Life's Defence (C.H.I.L.D) Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.
DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell
DDRA MEETING, 7:00PM, 2nd Mon, Darwell Centennial Hall 780-892-3099. ***except Jul/Aug/Dec**
GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30PM, Onoway Heritage Centre. Info Laura, 780-967-1004.
GREENCOURT COMMUNITY ASSOCIATION meet 2nd Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

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 Kingsmen Hall, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.
LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443
LAC STE ANNE COMMUNITY CHOIR, Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348.
LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 3rd Fri, 7PM, Alberta Beach Council Chambers.
LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3rd Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121
MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5PM in Hospital Basement Education Room.
MAYERTHORPE LEGION BR. #126: Meetings 2nd Mon of month at 7:30PM. For more info please call 780-786-2470.
MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 ***Sept-June**
NA MEETING, Tuesdays 7:00PM Poplar Valley Church (780)514-6011
ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:00PM, Onoway Legion
ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7PM, Onoway Museum. 967-5263 or 967-2452.
ONOWAY & DISTRICT QUILT GUILD: Every 2nd Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Lyla @ 780-967-2629.
ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7PM. ***Sept-June**
RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agplex on the 2nd Wed of the month. 7:00PM.
RIVER TALKERS TOASTMASTERS CLUB Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180.
SANGUDO PAINTING GROUP: Every Thurs, 9AM-12PM at Sangudo Community School. Info, call 780-785-2112.
SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30PM, St. Matthew's Church, Spruce Grove. Judy 960-5258
WEIGHT WATCHERS Alberta Beach Agplex - Mondays, weigh in 6:30PM. Meeting at 7PM.
WESTLOCK & AREA CANCER SUPPORT GROUP: 3rd Wed. 6:30-8:00PM at Westlock Library.

SUDOKU



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!

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

ANSWER:

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

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

Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00 a.m.</p> <p>Worship Service 11:00 a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00 a.m.</p>		<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30 a.m.</p> <p>Children's Church 10:30 a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>	<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00 a.m.</p> <p>Sunday School 10:00 a.m.</p> <p>(780) 924-3282</p>	<p>St. John's Anglican Church</p> <p>Onoway Sunday Service 10:00 a.m.</p> <p>Everyone Welcome</p>
<p>St. John's Lutheran Church Alberta Beach</p> <p>Sunday Service 11:00 a.m.</p> <p>Sunday School</p>	<p>Zion United Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabaman, Darusell & Lake Isle, Onoway & Area (780) 924-3351</p>	<p>Sangudo United Church</p> <p>Christmas Eve Service 6:00 p.m.</p> <p>Worship Service 3rd Sunday 11:00 a.m.</p> <p>4907-50 Ave. Sangudo, AB</p>	<p>St. Mary's Anglican Church Service</p> <p>Holy Communion 2nd Sunday each month 11:00 a.m.</p> <p>at Sangudo United Church</p> <p>Reverend Barry Rose Officiating</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00 a.m. - 11:00 a.m.</p> <p>Worship Service Sunday 11:00 a.m.</p>	<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 2:00 p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>
<p>Trinity Lutheran Church (LC-C) "The Church of the Lutheran Hour" - Rochfort Bridge</p> <p>Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00 a.m.</p> <p>Senior's Service & Cottage Bible Study - Phone for locations</p>	<p>Crossroads Community Church P.A.O.C.</p> <p>Rev. Arnold Lothoiz</p> <p>Sunday Service 10:30 a.m.</p> <p>(780) 786-2424</p>		<p>Onoway Baptist Church</p> <p>Sunday Service 10:30 a.m.</p> <p>(780) 967-2266</p>	<p>Roman Catholic Church</p> <p>St. Agnes' Parish, Mayerthorpe</p> <p>Sunday 9:00 a.m.</p> <p>St. Elizabeth Parish, Evansburg</p> <p>Saturday 7:00 p.m.</p> <p>(780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00 a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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