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February 1, 2022

FEBRUARY NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

Submitted by Rich Valley Public Library

Annual General Meeting on Monday February 14, 2022 at 4:00 pm

The Rich Valley Public Library will be holding our Annual General Meeting on Monday February 14, 2022 at 4:00 pm at the Library.

We will be holding elections on this night and always welcome new board members. If you are interested in the library and wish to volunteer your time by joining the board, we hold 4 meetings a year. All public health measures will be in place and physical distancing will be maintained.

This month's programs: Storytime is every Wednesday from 11:00-11:45 am. Come in and join us for stories, crafts and fun at Storytime every Wednesday in the Yellow Room. All children ages 0-5 are welcome to join us at this free program.

Continued on Page 2



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ONOWAY LEGION NEWS

Submitted by Onoway Legion

Change to Legion Dinners Beginning Friday, Feb. 4, a full dinner will be served at the Onoway Legion only every two weeks. In between, soup and sandwiches will be served for \$10/person. This change has been made because Covid has kept

many regulars away from our dinners.

Menu for Feb. 4

For the first soup & sandwich Friday, Chris will prepare roast beef soup, and serve it with Croque Monsieur (a grilled ham, cheese and egg sandwich). The bar will be open as usual, so come on out for an evening of socializing.

You still need reserve your spot by the evening of Wednesday, February 1 by calling or texting Linda at 780-907-6300. Remember, only double-vaccinated people will be allowed into the hall, but take-out orders are available by reservation.

Why do we request reservations?

Continued on Page 2



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SALES TEAM

Elaine
Ashley

TELEPHONE:

Advertising 962-9228

Fax 962-1021

E-MAIL:

comvoice@telusplanet.net

news@com-voice.com

February News From The Rich Valley Public Library

Continued from Page 1

Weekly Registration is necessary due to capacity restrictions. Please contact the library to register. All participants will be screened for symptoms prior to participation, maintain 2 metres physical distanc-

ing and masking indoors. Every third Wednesday of the month we will alternate between Tents and Tunnels, Play Doh Fun, Literacy Activities and Lego Building. This program is funded by Lac Ste Anne County FCSS.

The Rich Valley Public Library is open on Tues-

day from 5:00-8:00 pm, Wednesday from 10:00 am-2:30 pm, Thursday from 2:00-6:30 pm and Friday from 9:00 am-12:00 pm. We look forward to seeing you!

We are located in the basement of the Rich Valley Community Hall.

Onoway Legion News

Continued from Page 1

The Covid restrictions we all live under have meant that fewer people are choosing to dine out, and that includes our Legion Friday night dinners. With constantly rising food prices, it's important that we don't buy (or prepare) more food than is required.

Our volunteer cooks must

shop for food each Thursday, but it's difficult to know how much to buy. Even after allowing for a small number of drop-in diners, without reservations, it becomes totally guesswork. If too much is cooked, there's a lot of food wasted. If not enough is cooked, we run the risk of running out before our volunteers (the last

to eat) have a chance to eat.

We do understand that often people don't plan too far in advance for an evening of socialization at the legion. However, we sincerely hope that, whenever you can, you reserve your spot by Wednesday evening. If your plans change you can always cancel, leaving room for walk-in diners. Thanks.



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JOKE of the week

A husband and wife had just finished eating pancakes. To the wife's surprise, her husband walked back to the stove and started making more pancakes.

Confused, his wife asked, "Honey, we just ate, why are you making pancakes?"

"They're for the dogs," he replied.

"Why are you making pancakes for the dogs?" she asked. He replied: "Because they don't know how."

Public Hearing

The Summer Village of Val Quentin is making a correction to their Land Use Bylaw. The change will be the period of appeal which will be extended from 15 days to 21 days to match up with the MGA.

A Public Hearing is scheduled for **February 16, 2022, at 7:00 pm** at the Sunset Point Office Building.

Dennis Evans, CAO
Summer Village of Val Quentin

WHAT MATTERS TO YOU - 1984 AND ANIMAL FARM

Submitted by MLA Shane Getson

I'd like to thank everyone for the feedback and taking time to read the writing that's become a weekly routine for me.

I've told a few folks in conversation that it's been extremely difficult to connect with people and have these discussions with the way things are right now. We do not have air superiority - it's extremely difficult to get any coverage that isn't negative in the corporate media stream. It's also difficult on social media, as we have seen the Twitter trolls are relentless in their task. Folks around here are good at the ground game though - the word-of-mouth face-to-face chats, town halls, and hollering across the fence to the neighbors. The small local papers also play a huge part and I'm so grateful that they're still around. And the brave souls out there that share things on social media - something more grass roots than what the mainstream media outlets want people to see and hear.

Of course, not all feedback I have received is people agreeing with me, and honestly, I am good with that. I encourage open conversation. And when a certain individual decided to write the Leader of the Official Opposition to bring to her attention my "outlandish" position when it comes to socialism and healthcare reform, well, honestly, that brought a smile to my face. I can't stomach the taste of the socialist kool-aid, and I sure as the heck won't shy away from doing what I can as an MLA to help fix the healthcare issues we have in our area.

The events we are seeing in our day are downright strange. I've cautioned before is that nothing can be so permanent as "temporary" government policy - that is, if the people don't make a clear choice to restore things. Human nature is funny that way. It takes discipline and drive to finish tasks, and far too many times we run out of time and motivation

to go all the way to the finish line. There is an old saying that money is the root of all evil, but from what I've observed complacency has caused way more negative outcomes than anything else. I remember sloth is one of the seven deadly sins. "When good men fail to act" as Hemmingway once wrote.

I have recently seen many good people coming together to voice their concerns about mandatory vaccination requirements for truckers north and south of the border. I have seen overwhelming support

from Albertans, and Canadians at large, for the truckers and those who disagree with the nonsensical policy.

We are no longer dealing with the original form of covid that the vaccine was designed for. In addition, truckers who don't have the vaccine have not missed a beat over the last two years. They've kept going to keep us fed this whole time. Forcing the issue now does not make sense for a good many of people out there cheering on the sides of the roads.

On the flip side, I've seen a

Prime Minister with a bunch of the usual folks trying to label the truckers and their supporters as a pseudo terrorist group, as racists - all the usual slanders (you might as well record it and put it on repeat at this point). I've seen reports from the mainstream media trying to misrepresent the truckers as protesting road conditions. I've seen false reports that the GoFundMe page (over \$5 million donated for fuel and lodging) is being withheld.

Continued on Page 4

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What Matters To You - 1984 And Animal Farm

Continued from Page 3

I've heard dueling narrative that there are no issues with supply chains and that all the groceries you want are on the shelves, while at the same time hearing them say you may not be able to get what you want but you will be able to get what you need.

There are striking similarities between what we are experiencing today and what George Orwell wrote about in Animal Farm (1945) and 1984 (1949) where he was critical of communism and state socialism. The cause and effect of two world wars was still very fresh in the minds of many. WWII showed how deeply humanity could dive into darkness before, thankfully, enough people came together to pull us back from the brink. Tinkering with various forms of government commenced over the following decades, and it's no secret the most devastating effects on human rights and freedoms

came from countries that embraced communism. Countries where the citizens had the least number of rights and freedoms to control their own destiny. Countries that banned firearms ownership, controlled the means of production, and ran their own state media.

Fast-forward to our own day, where the Prime Minister speaks of the citizens in his own country by when asking "how long are we going to tolerate them?" All while his crew and the folks in Alberta's Official Opposition cozy up to groups like Extinction Rebellion who openly state they would not be above killing public figures and blowing up infrastructure. These same political figures, who openly want additional restrictions, control of the media, removal of firearms from lawful citizens, are now citing the truckers in this peaceful cross-country protest as pseudo terrorists and are using their influence to keep the story from reaching

the Canadian public. We are in strange times indeed.

It's up to all of us who remember what it was like to have freedoms to ensure that the real Canada emerges from these last two years, and not the "built back better" version. An addition or renovation is nice occasionally, but we can't sit back and let a whole neo-Marxist demolition and rebuild take place.

Many ask what can be done about all this. Folks need to get off the bench and flex their democratic muscles. There are many opportunities throughout Alberta and Canada's political process for folks to be involved, and they need to before that ability disappears - before our country resembles a George Orwell novel (if you haven't read the novels, please do - it takes on a far more serious nature reading it as an adult than it did when I was young).

Join a political party. Take part in forming policy. Take

part in the internal party elections, choosing who sits on the boards and who ultimately leads the party. I can tell you firsthand, that grass roots involvement does make an impact, and that if you don't participate in the process, ultimately the minority of the population will dictate what the majority will be doing.

Let's keep talking with one another, even when we have contradictory opinions. Let's keep expressing ourselves and sharing real stories from real people. Those truckers rolling on down to Ottawa show that in a free country, everyone has a voice. We may have to resort to social media, private pod casts (like the Shaun Newman podcast that I'll be on Feb 05 in Kitscoty), or the small local papers to be able to speak openly with one another and share ideas, but it is a small price to pay to keep the dream of our country alive.



What Matters to You TOWNHALL
COVID RESPONSE, ECONOMY, HEALTHCARE REFORM

MLA Shane Getson invites you to attend a local townhall to discuss the issues that matter to you. Due to current restrictions please register at 780-967-0760 or email the office at lacsteanne.parkland@assembly.ab.ca

Location: Virtual
Date: February 17, 2022
Time: 7:00PM - 8:00PM
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POLITICAL DISAPPOINTMENT

Submitted by Mark Harvey

When an individual is hired for a job, isn't the primary attribute their ability to do the job as required? Their personal life and beliefs may come into casual conversation at some point; however, those items are seldom among the criteria for the chosen position.

While reading the article in the local papers, my views of the man have diminished yet again. Many of the topics that an MLA is supposed to represent are very worthwhile and the time and energy spent is commendable. However, when personal views on COVID are introduced, I take offense. A politician, is supposed to be unbiased while representing their respective constituents.

The role of Legislator involves understanding the spirit of existing laws, planning new laws, and studying, discussing and then supporting or opposing the enactment of new laws. As a Representative of their constituency, a Member may voice concerns on behalf of constituents, represent viewpoints or intercede and assist in problem solving. An MLA is also a Member of an elected party caucus. In this function, they may be involved in planning and orchestrating strategy in the House, supporting the caucus and its decisions, and developing expertise in given subject areas. Depending on their party's political fortunes, the MLA may serve as a Cabinet Minister or Opposition Critic.

Whether you are totally vaccinated with two or more shots or not at all, is irrelevant. I, personally, know several who don't

believe in being vaccinated, for several reasons. It could be due to freedom of choice, religious beliefs, or numerous other reasons. I also know of some who have been totally vaccinated and have become ill. The decision to vaccinate or not is a personal decision and any attempt to change their thought process is futile. We all have heard the stories, from both sides of

the discussion, and, frankly, many of us are sick and tired of the topic.

The elected officials are duly chosen during a Democratic vote by the people. The responsibility is to represent the general interests of their constituents in a fashion of respect and dignity. The voting process offers choices for party platforms, perceived economic direction and personal representation.

Unfortunately, some times people vote for a party out of like or dislike of their history, leadership or, in some cases, just tradition. Far too often candidates become elected only on the basis of party popularity.

For a community leader, MLA, to be spouting his personal views is, in my opinion, totally unprofessional.

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Bridal Guide

February 2022



Your Guide to
Planning Your Big Day

Bridal Guide



HOW TO PLAN A WEDDING CEREMONY

Months of planning is par for the course for couples about to tie the knot. Much of that planning concerns the reception, and rightfully so. Receptions last longer than ceremonies, and couples are often involved in every reception detail, from picking the appetizers to serve during cocktail hour to choosing the final song before everyone calls it a night. But it's equally important that couples devote considerable attention to their wedding ceremonies.

A wedding ceremony might not last long, but it is the most crucial component of a couple's wedding day and can even set the tone for the rest of the festivities. From choosing readings to honoring loved

ones to immersing oneself in his or her faith, these tips can help couples plan their perfect ceremony.

- Give the ceremony equal footing with the reception. Spend time trying to put a personalized spin on the proceedings, whether that entails writing your own vows or choosing moving music that means something to you. When given ample attention, seemingly minor details can make for a special, memorable ceremony.

- Choose a ceremony location that is close to the reception site. If a ceremony will take place in a house of worship, try to choose a reception venue close to the ceremony site. This

keeps guests, some of whom may be out-of-towners who have already traveled extensively, from spending too much time on the road during the day of the wedding.

- Get to know the officiant. The officiant should be someone with whom you both feel comfortable. This person should know you well enough that he or she can preside over the ceremony and add sentiments that come across as authentic and personalized.

- Do your best to avoid especially lengthy ceremonies. Couples will need to meet the religious requirements if they are getting married in the faith, and there may be some as-

pects of the ceremony that you cannot cut short or modify. But if you have wiggle room, try to keep the ceremony to around 30 minutes; otherwise, you run the risk of guests getting antsy, especially if children are in the audience.

- Decorate the ceremony space. While the altar and aisle are key places to draw attention, couples also can dress up the chairs/pews, ceiling (if allowed), and entrance to the space to make it welcoming and romantic.

Even wedding ceremonies that likely won't run long can benefit from some pre-wedding planning.

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Bridal Guide



HOW TO AVOID WEDDING RECEPTION SEATING MISTAKES

Weddings are great opportunities for people to gather and celebrate the melding of two families into one. Weddings are a melting pot, and while the ultimate goal is for all guests invited to mingle and have a good time, preexisting relationships may cause some wedding-day interactions to be strained. However, with careful planning and some best behavior on the parts of all involved, getting hitched can go off without a hitch.

It's possible for guests who may have tumultuous pasts to keep the peace, but this also can be ensured through

careful seating arrangements. This is just one factor couples need to consider when deciding where guests will sit and dine at receptions. It's important to avoid some common mistakes.

Mistake #1: Not having a seating plan. Let guests sit where they want and chaos may ensue. People may think they're entitled to certain seats, may hop into seats vacated by someone getting up to use the restroom or any number of other scenarios. Seating arrangements also ensure everyone is accounted for across the room.

Mistake #2: Seating families

separately. Unless there are rifts between certain family members, it's best to seat parents and children at the same tables.

Mistake #3: Trying to force new friendships. Avoid trying to figure out who will get along by creating a potpourri table. A cousin in a band will not necessarily want to sit next to your coworker who plays guitar simply because they have a shared love of music. A wedding is not the time to try to create new friendships. If it's meant to be, they'll connect in a more organic way.

Mistake #4: The dreaded kids' table. Young children can probably get away with sitting at a dedicated kids' table, although it may mean their parents have to interrupt their experiences by checking on their kids throughout the night. A bigger faux pas is to sit teenagers or twentysomethings at the kids table even if they seem like youngsters to you. Set a strict cut-off age for a children's table.

Mistake #5: Being too strict in seating. It's one thing to direct couples or singletons to specific tables, quite another

to assign specific seats. Do not dictate exactly where at the table a guest should sit. Some people arrive early, others late, and it is up to them to work out how to arrange themselves at the table.

Mistake #6: Failing to get family feedback. Always check with your parents and future in-laws as resources about how to seat certain guests. They'll likely know who will make the best table-mates, especially if couples are not familiar with everyone on the guest list.

Mistake #7: Not being aware of disabilities or needs. Be conscious of guests' needs. An elderly relative may not be comfortable in front of the DJ table. A person in a wheelchair may need easy access to and from the reception room. It's important to be mindful of these special needs.

A seating plan for wedding receptions is an important consideration so that every guest can feel comfortable.

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SUDOKU of the week

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

ANSWER:

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

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

COMMUNITY EVENTS 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, 11:30 - 3pm. Contact Hali 780-666-1604 *May - September

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.

WHITECOURT: Tuesdays 11AM-2PM, Whitecourt Legion Hall, 779-7002. *May - Oct.

BINGO

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: on Feb 2 & Feb 16 at 7:30PM

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, Nevada, Concession. 780-778-4950 *Sept - June

MEAT DRAWS

ALBERTA BEACH: Lac Ste Anne Community Choir & Meat Draw - Every second 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 hbbourke@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 Jamborees are on hold until further notice 780-785-4105.

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

Edmonton Northwest Senior's Center: 12963 - 120st NW, Every Wed From 1-3:30pm Aug & Sept Admin: \$5 non members \$2 members Yearly membership \$30

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7PM, \$2.

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)

SANGUDO: Tues, United Church, 6:00PM. Toni (780)-786-4612 or Sandy (780)-305-9669

STONY PLAIN: Thurs evening at 5:30PM, Stony Plain Library. Susan (780) 968-0869

SPRUCE GROVE: Mon at 5pm at Anglican Church, 131 Church Rd. Betty (780)-962-3857

SPRUCE GROVE: Tues at 6:15pm at Anglican Church, 131 Church Rd. Sharren (780)-962-2722

SPRUCE GROVE: Wed at 8:45am at Anglican Church, 131 Church Rd. Christianne

YOUR COMMUNITY

DUFFIELD COMMUNITY HALL BBQ steak and Chicken SUPPER Sat September 11 live band info phone 780 892 2425

THE LAC STE ANNE COMMUNITY CHOIR Meets every Wednesday at 7:00 pm in the Heritage Centre in Alberta Beach & welcomes new members who are fully vaccinated. Please wear a mask & abide by Covid rules.

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

ONOWAY ROYAL CANADIAN LEGION: Open Tuesdays 7PM to 10PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3PM-10PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).

PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9:00-3:00PM. Info 960-4600.

UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, 10AM-4PM.

FREE TUTORING FOR ADULTS: Need help with reading, writing, math, English language (ESL) or basic digital skills? Free 1-on-1 and small group tutoring! Odette Lloyd 780-220-6460. calp@norquest.ca

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

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES: Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge; Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.

BADMINTON: Wed, 7-10PM, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.

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

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

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

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

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

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

PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village

Community Centre. *except June, July, August

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

SANGUDO ART 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 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 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 Agliplex.

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

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

ALCOHOLICS ANONYMOUS: The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway

BARRHEAD & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.

BARRHEAD ROYAL CANADIAN LEGION, meeting every 2nd Thurs, 7PM at the Legion Hall.

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

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

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agliplex. 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, 7:00PM, 1st Monday, Darwell

DARWELL DISTRICT RECREATION ASSOCIATION, Mon. Jan 10, 2022 7:30pm info contact Maria 892-3099

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

*except Jul/Aug/Dec
GriefShare: Weekly grief support group held on Tuesdays 6:30 - 8:30 pm, starting Sept 14 at Crossroads Community Church, 4419 44 Ave, Mayerthorpe. \$25 for 12 sessions. Pre-registration required. Call 780-786-2695 today.

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.

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, 7:30PM, 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 Lyia @ 780-967-2629.

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

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

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

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

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

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Wildwood Wally says Spring is just around the corner & Lake Home inventory is low.
Buyers out hunting for that 'just right' Lake Home.
If you have Groundhog's Day Syndrome & have been thinking of selling your lake home over, over, & over again, it's likely time for you give us a call.**

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His chateau



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What did the groundhog's trainer tell him before the Olympics?
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