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May 10, 2022

CORRECTION TO ELIGIBILITY CHANGES COMING FOR THE 2022-2023 CROP YEAR

Submitted by Gerald Soroka MP for Yellowhead

Gerald Soroka, Member of Parliament for Yellowhead, wishes to advise his constituents that Canadian producers will be releasing grain delivery declaration changes for the 2022-2023 crop year.

Declarations of eligibility will be required across Canada starting from July 1, 2022 in Eastern Canada and August 1, 2022 in Western Canada. Only grains subject to variety registration will require a declaration. These declarations provide a means to assure the dependabil-

ity and quality of grain to the Canadian licensed grain handling system. Canadians are encouraged to review the relevant link regarding Kinds of Grain that Require a Declaration of Eligibility for Delivery of Grain.

CONSTRUCTION SEASON HAS KICKED OFF IN WHITECOURT

Submitted by Town of Whitecourt

Construction season has started, and there will be a number of projects undertaken throughout Whitecourt this summer season.

Dahl Drive Improvement Project Following last year's activities,

E Construction will be working to complete the Dahl Drive improvements, starting with landscaping from May 9 through May 16. Tasks include adding topsoil near the curbs, and seeding. Please use caution in the area.

• The project is scheduled to take place May

9 through May 16. Work will take place 7:00am to 7:00pm

• Traffic patterns through the area may change as the project progresses, and will include temporary lane closures.

Please drive with caution, and obey all posted signs and speed limits.

Continued on Page 2

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Construction Season Has Kicked Off In Whitecourt

Continued from Page 1

• Sidewalk and trail access will remain open.

Rotary Park Road Extension

Roadway design work is nearing completion, and construction of the 50 Street/Legion Street extension into Rotary Park is scheduled to start July 2022. To meet the construction season window, site clearing for the road and new parking lot development has been completed. Construction of the road extension is

not anticipated to impact operations of the River Slides or Splash Park throughout the summer season, or upcoming Party In The Park and Canada Day events.

The road extension project has been on Whitecourt's 20 Year Capital and Major Maintenance Plan since the adoption of the 2017 Sport field Master Plan. The Sport field Master Plan identifies projects to meet community outdoor recreational needs for the next 15 years and includes enhancements

for Rotary Park, Graham Acres and the Community Learning Campus area (near the Ecole St. Joseph School site). Other projects that were part of the Sport field Master Plan that have been completed in Rotary Park include development of a parking lot, Festival Way, and a concession/washroom facility.

HAPPY NATIONAL NURSING WEEK!

MAY 9-15, 2022

Gerald Soroka, MP

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4:30 - 6 PM, MANDATORY FOR KIDS + MENTORS

| | |
|---------------------------|----------------------|
| MAY 9 - WHITECOURT | MAY 12 - FOX CREEK |
| MAY 10 - WOODLANDS COUNTY | MAY 16 - ONOWAY |
| MAY 11 - SWAN HILLS | MAY 17 - MAYERTHORPE |
| | MAY 18 - BARRHEAD |

Presented by Community Futures Yellowhead East

WINNERS IN EVENT

Black Gold Representatives



Submitted by
Spruce Grove Golden
Age Club

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in the 55 Canada Games.
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representative sports are
as follows:

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nique Paquin - 70+ Crib-
bage

Lyn Wigman - 55+ open
Military Whist

Carole Foster - 65+ wom-
en's 8 Ball

Ernie Pederson - 65+
men's 8 Ball

Gerald Topilka - 75+
men's 8-ball

Linda Schellevis - 65+
Women's golf

Bruce Foster - 75+ Track
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PERFORMANCE REVIEWS

Submitted by MLA Shane Getson

I firmly believe that people need to have performance reviews to know how they are doing, what is working, and what needs to be worked on to continue to grow. It is just as important that two-way communication

exists, and that feedback is provided both ways. The organization benefits when this happens, as it makes for stronger individuals.

Kids have report cards, grownups have performance reviews.

The best reviews are formalized, have a set frequency, allow for spe-

cific categories to be addressed, and give both parties a measuring stick for success over a given time. The biggest disservice to the individual receiving the performance review, and for the one providing the review, is to be overly critical or to simply sugarcoat things.

Over the years I've had

my fair share of performance reviews, and I've given many of them as well. I can't say that I've enjoyed them all, but I can say that they were always very beneficial for the organization, as well as for my own personal growth. When I was in organizations that lacked a formal process, I found myself craving the structure of a performance review. To me nothing is worse than working hard on something and finding out later that it was not meeting expectations, or to discover that you are doing something really counterproductive, and in turn detrimental to the team or organization. In nearly all cases I've found that people value their time at work, and would rather receive a correction, than to be wasting their time. Most people want to grow, and to know that they are contributing to something bigger and better than themselves as individuals.

So, with this background, I struggle to understand all of the concerns surrounding a particular leadership review.

Why has it become hyper-polarized? Why has it become so emotional?

Is it important? Absolutely. Should people participate in the process if they are able? Absolutely. Is the world going to come to a screeching halt if there is a less than favorable review? Not a chance.

There is a strong group of people that have been elected, and several likely leaders should...

Continued on Page 5



Summer Village of Silver Sands SUMMER LABOURERS 2 Full-Time Seasonal Positions

The Summer Village of Silver Sands is managing partner of an Alberta Community Partnership Grant focusing on flowering rush abatement strategies in Lake Isle. Along with our partner communities of Lac Ste. Anne County, Alexis Nakota Sioux First Nation, the Summer Village of South View, the Summer Village of West Cove and the Lake Isle Lac Ste. Anne (LILSA) Water Quality Management Society, we are seeking applications from outgoing and energetic candidates seeking a rewarding summer job in the local community.

Working under the supervision of the Project Manager/Technical Advisor, the successful candidate(s) must be hardworking, punctual, comfortable in and near open waterways, exercise conscientious ecological awareness and cultural sensitivity. As part of the project team, all members must be engaging and respectful when dealing with other stakeholders, volunteers and residents/visitors both in the field and during training activities.

Some specific tasks which may be required of the successful candidate will include:

- Being on site from 7:00 a.m. to 3:00 p.m. during workdays
- Operating a class 5 motor vehicle
- Operating a motorized watercraft
- Engaging with communities, including door knocking awareness campaigns
- Participation in invasive species identification and abatement training
- Participation in cultural awareness/sensitivity training
- Manual labour as required, including mechanical abatement (hand-pulling) of weeds
- Light administrative support, including recording data and records maintenance

The proposed term of this position is June 1st, 2022 through August 31st, 2021, with workdays running Tuesday through Saturday, inclusive. Compensation will be between \$16/hr and \$24/hr based on previous experience and demonstrated work ethic. The project is entering the final year of its mandate, however pending project extension or expansion there may be an opportunity for successful candidates to return next season as well. Pending availability and funding there may be an opportunity to begin the 2022 season earlier than, or extend the season longer than, the stated term above.

Additional requirements: a valid driver's license (driver's abstract will be required at time of interview), CSA approved work boots, own transportation.

Please submit your resume, including expected compensation, to:

Summer Village of Silver Sands Administration Office
c/o ACP Flowering Rush Project
Box 8, Alberta Beach, AB. T0E 0A0

Fax: 780-967-0431

Phone: 780-967-0271

Email: administration@wildwillowenterprises.com

Deadline for applications/proposals is Thursday May 20th, 2022.

We thank all those who submit resumes/proposals, but only those selected for an interview will be notified.

Performance Reviews

Continued from Page 4

...a change be required. Is there going to be sunshine and rainbow gumdrops falling from the sky if there is a largely favorable review? Highly unlikely. There will always be challenges to overcome, as there is a general election on the horizon only 11 months down the road.

What will be most meaningful for those that take part in this leadership review is to create a few categories of measurement, and within these categories give a threshold for success or failure. Some will be weighted higher than others, depending on your personal value system. Tabulate your pass vs. fail areas and see what the result is, for this particular ballot, either a yes or a no. As I've said, I've performed a number of these over the years, and what works for some may not work for others; when it comes to an honest review, taking the emotion out of the process seems to work best.

I do believe that in the political world, trust is a major factor. We as voters put an exorbitant amount of trust into elected individuals to represent our best interests for a long duration without us personally being there to check up on them. It is imperative to make sure that you do what you can to get to know who is running, find out what they stand for (not just the party platform) and stay engaged after they are elected. Make sure that they do the same:

that they are constantly engaged, and that if there is a position change that they do indeed give valid reasons why. Through the representative process, you may not agree with all the decisions, but you need to know that you can respect and trust that the decisions are being made in the best interest of the people. If you don't feel this way, throw a flag on the play.

So, when it comes to the leadership review that is currently taking place, it is important that there is an honest feedback loop, and that it is truly representative of the performance of our leadership over the last few years. The largest disservice is to keep telling the Emperor that his new cloak is the best thing ever, while he parades in the street with barely a stitch on, or to throw stones because you may not like his choice of hat on a particular day.

I believe the best way to stay plugged into what

folks are thinking is to be able to meet in person. I am a big fan of face-to-face meetings, town halls and local events. Folks need to hear what their neighbors have to say, and to be able to see things from another's perspective. Over the last few years, we all have been stretched thin, pulled in different directions, and sometimes even turned on each other based on differing decisions, or on which way the narrative was blowing that week.

I'm not asking people to forget everything, as there is a pile of 'lessons learned'

to consider, so that we can make changes in legislation to ensure mistakes are not repeated. I also want to highlight the good things that happened as well, so we can ensure that those continue to flourish going forward. I'll strive to do what I can, with the time I have left, and the resources I have at my disposal, to make our slice of God's Country a better place; and to do that, I'll need you to stay engaged. Please keep indicating what is a priority to you and keep on giving me my performance reviews.



SHANE GETSON
MLA for LAC STE. ANNE-PARKLAND

CRIME PREVENTION WEEK

LET'S KEEP OUR COMMUNITIES SAFE!

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DRUNK & DRUGGED

IT'S YOUR DUTY TO REPORT AN IMPAIRED DRIVER

TIPS TO SPOT AN IMPAIRED DRIVER

Drivers who are impaired by fatigue, drugs, alcohol or other distractions such as cell phones, are a danger not only to themselves, but also to the innocent drivers around them. If you witness any of the behaviors below, call 911 and tell the operator that you are calling to report an impaired driver. Be prepared to describe the make, model, color and license plate number of the vehicle, and provide its exact location.

Signs of impaired driving include:

- Failure to turn on headlights at night.
- Illegal or sudden turning.
- Turning within an unusually wide radius.
- Nearly striking other cars or objects.
- Sudden or erratic braking.
- Drifting, swerving or weaving.
- Driving with the face close to the windshield.
- Drinking alcohol in the vehicle.
- Driving much slower than the posted speed limit.
- Rapidly accelerating.
- Tailgating.
- Driving in the middle of the road, or with the left tires on the center line.
- Responding slowly to traffic signals

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Use these helpful tips to help keep our community a safe, enjoyable place. Look around your home, school or office and see where you can make a difference.

- Set up buddy systems for teens going out after dark.
- Keep an eye out for strange vehicles parked in your area at odd hours or for long periods of time
- Make sure all young children know how to handle possible confrontations with strangers.

- Start teaching children at an early age how to avoid drugs and alcohol.
 - Get children involved in organized after-school programs.
 - Start, join or reactivate a neighborhood watch program.
 - Be aware of your surroundings, especially when walking alone at night.
 - Participate in forums which involve local officials, such as city council meetings.
 - Reach out to crime victims, their families or others in the community who need support.
 - Get to know your neighbors - you may find others with an interest in safety, too.
 - Be familiar with members of your local police and fire departments.
 - Make sure all street lights in your area are in working order.
- Alert local officials if they are not.



RURAL CRIME AWARENESS

Protect machinery from theft by leaving valuables locked in a shed or storage facility and by marking equipment with your drivers licence and province of issue (an engraver can be borrowed free of charge from most local police detachments).

Protect livestock by checking herds regularly and keeping accurate records of livestock born, sold or purchased.



"Grain Fette" or "Grain Guard" is a unique approach to identifying your crops. Small bits of paper, each one imprinted with your special code number, are mixed with grain as grain is being augered into the storage shed. This is approved by the Canadian Grain Commission. The paper used is also digestible in animal feed.

Utilize the Report-A-Poacher Program. Their toll free number is 1-800-642-3800.

Rural Crime Watch Members are concerned citizens who are watchful for unusual activity in their community. They record information on suspicious people and vehicles and pass it along to local police. Join together with your neighbours to install a crime watch program in your area. Do not approach suspicious individuals on your own.

| | | |
|---|---|---|
| Town of Mayerthorpe 786-2416 | Mayerthorpe Pharmacy 786-0185 | The Co-operator's -Mayerthorpe co-operators 786-2750 |
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INNOVATIVE EQUIPMENT FOR ALBERTANS LIVING WITH DIABETES

Submitted by Government of Alberta

Albertans living with diabetes will soon have access to newer, more technologically advanced insulin pumps through their government-sponsored health benefit plans.

"Alberta's government recognizes that Albertans living with diabetes want access to the most innovative equipment available. Having access to the most recent technology will better support them and help them to more effectively manage their condition." Jason Copping, Minister of Health

As part of the government's three-phase plan to improve diabetes care, insulin pump benefits will be transferred from the Insulin Pump Ther-

apy Program to government-sponsored health benefit plans Aug. 1. At that time, the Insulin Pump Therapy Program will be discontinued. All equipment, supplies and services currently provided through the program will be offered through government-sponsored health benefit plans instead.

As part of this transition, the government will provide access to newer, more advanced models of insulin pumps.

"Managing a complex chronic illness like diabetes requires individual management decisions, in consultation with a diabetes care team. We appreciate this important step by the government to help Albertans living with diabetes have the tools they need to better manage

their disease. Diabetes Canada looks forward to working with the government for continued improvements to access diabetes supplies, medications and devices that will help improve the quality of life for all Albertans living with diabetes." Laura Syron, president & CEO, Diabetes Canada

Those currently receiving benefits through the Insulin Pump Therapy Program will need to obtain coverage through a government-sponsored health benefit plan by Aug. 1 if they do not have employer-sponsored or private insurance coverage. Depending on the health benefit plan, a co-payment or monthly premium and co-payment may be required. Low-income Albertans will continue to

receive these benefits at no cost.

This change is part of the government's three-phase plan to provide enhanced care and improved access to technology to Albertans living with diabetes:

- Phase 1 of the government's plan, implemented in August 2021, provides expanded coverage for diabetes test strips and other diabetes supplies.

- Phase 2 of the plan, which came into effect in February, provides young Albertans with access to continuous glucose monitors.

- The third and final phase involves providing access to newer, more technologically advanced insulin pumps.

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SIGNS OF STRESS IN YOUTH AND HOW TO HELP

Submitted by Alberta Health Services

It's easy to feel overwhelmed these days.

But stress can take both a physical and mental toll no matter what age you are. Recognizing the symptoms of stress and knowing how you feel and how your body reacts can help you manage your stress and stressors.

Everyone reacts to stress differently. Youth often deal with unique stressors that adults in their life may miss or not understand.

The COVID-19 pandemic has caused stress for many, too. Here are other common causes of stress in youth:

- time pressures
- more responsibility
- sexual identity
- sexual orientation
- divorce or separation of parents or close family members

• worrying about the future

• bullying and abuse, friends, peer pressure, and teasing

• relationships with parents

• homework deadlines and tests

• pleasing parents, teachers, and friends

• relationships and dating

• how they look and self-esteem

• death or illness in the family

• not understanding why they feel the way they do

• not understanding how puberty changes the way you think and how your body changes

In fact, while potentially dealing with their own stress, children and teenagers also notice and react to stress in their family and the people around them. Recognizing and managing

stress in children and teenagers early on can lead to healthy coping strategies that will help them into adulthood.

Think your child might be stressed? Some tell-tale signs include:

- Eating and sleeping problems
- Nightmares
- Headaches or stomach aches
- Low self-esteem
- Anger and rebellion.

If you're a parent or caregiver of a child or youth, here are a few suggestions that may help:

- Help create a low-stress environment at home.
- Work with your child to help them develop positive coping skills.
- Whenever possible, acknowledge your child's feelings. If appropriate, reassure them that you can understand why they would

feel sad or scared.

• Be an active listener. Being an active listener develops trust and demonstrates that you are supportive and understanding of your child's concerns.

• Allow your child to try and find their own solutions, if appropriate, but offer to help and be available if they need you.

• Aim to provide a good example for them. Create plans to reduce stress, and share them with your family.

• Provide them with some control. Allow your children to make choices within your family framework. For example, allow them to arrange their room, choose family activities, and help make family decisions.

Together, you can help your child manage their stress and become happier, healthier adults.

ANOTHER RAINBOW SALE

ONLINE AUCTION SALE

RETIREMENT SALE FOR NRG GROUP OF COMPANIES ALBERTA-BASE, RETIREMENT SALE FOR A COMMERCIAL ELECTRICAL CONTRACTOR, PLUS MANY OTHER CONSIGNORS

Hwy 16A West, Range Road 11, Stony Plain, Alberta
Bidding Open: Monday, May 23, 2022 at 6am
Bidding Close: Friday, May 27, 2022 at 2pm
 Sunday, May 29, 2022 - CLOSED

Monday, May 30, 2022 to June 2, 2022 @ 10am - 5pm
 Listed Already --1986 Corvette (Very Nice) Kabota Tractor, JD riding mower, 3 Hay Trailers, 2006 Ford Freestyle SUV, Storage war Units, Assortment of potted Trees 4-5', tall and much more coming in daily!!
 This is the last consignment sale till Fall so consign now !!
 Load Out: Saturday, May 28, 2022 at 10am - 5pm
 Additional load out times can be arranged by appointment only. Contact Rainbow Auctions if required.
 Sale will be online internet bidding only.

ANOTHER RAINBOW SALE

UPCOMING SALES

July 4, 2022 - Retirement Sale for George Moir
 Antique Auto Parts
 George Moir is the supplier in Canada & U S for the Model T and Model A cars since 1971

****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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REAL ESTATE AND MORTGAGE FRAUD

Tips to Protect your Real Estate Investment Dollars

- * Consult public real estate websites to review property listings in the community where the property is located. Compare features, size & locations to establish if the asking price seems reasonable.
- * Get independent representation for your purchase. If the seller objects, consider it a red flag.
- * Check to make sure your representative is a licensed real estate agent. Contact your local Real Estate Board or the Real Estate Council of Alberta. Using a licensed real estate agent does not cost anything from a purchaser's standpoint. Usually all commissions are paid by the seller.
- * Beware of a real estate agent or mortgage broker who has a financial interest in the transaction.
- * Ask your independent representative to provide you with a comparative market analysis of the property.
- * Ask for a copy of the land title or go to a Registry office and ask them to do a historical title search.
- * Insist on a home inspection to guard against buying a home that has been cosmetically renovated.
- * When you make a deposit, ensure your money is protected by being held "in trust".



Red Flags to Watch for Mortgage Fraud

- * Someone offers you a fee to use your name and credit information to obtain a mortgage
- * You are encouraged to include false information to a loan application
- * You are asked to leave signature lines or other important areas on a loan application blank
- * The loan amount on the mortgage is significantly higher than the value of the property
- * The mortgage has been refinanced several times and each instance, the amount of the mortgage has increased
- * The seller or investment advisor discourages you from seeing or inspecting the property you are offering to purchase





FOLLOW THESE TIPS TO KEEP YOURSELF AND YOUR COMMUNITY SAFE.

- Make your neighborhood and workplace safer by reporting broken street lights, cleaning up parks and vacant lots, and lobbying local government for better lighting in public places.
- Be aware of your surroundings at all times, especially when walking or driving alone, in deserted areas, and late at night.
- Help out a friend or coworker who has been a victim of crime. Visit them often, listen to them and sympathize, and don't blame. Also find the number for victim services or a crisis hot line.
- When walking, pay attention to your surroundings and display a confident air; avoid displaying a lost look or large amounts of cash.
- Work for better drug treatment services, crime and drug abuse prevention education, and job and recreational opportunities for young people in your community.
- Have your car keys ready before you arrive at your vehicle. Check in front and back of your vehicle before entering.
- Join a watch group for your neighborhood, apartment complex, school or office. Use it to look out for each other and help the police.
- Keep doors and ground-level windows locked at all times, even when you are home. Consider installing grates on basement windows.

**Town of
Onoway**

967-5338

**Onoway
Bigway Foods**

967-4291

**Onoway
Timber Mart**

967-2274

**Trius
Insurance
/ Onoway
Registries**

967-5270

**Burger
Baron
-Onoway**

967-4488

**Grande
Tire
-Onoway**

967-3432

**Onoway
Veterinary
Clinic**

967-2967

**U.F.A.
-Onoway**

967-5340

**Suds Up
Car Wash**

967-0022

**2K Small
Engine
Service**

952-3956

**Onoway
Health Care
Pharmacy**

967-2241

**XL
Graphics and
Design**

967-5959

**Academy
Fabricators**

967-3111



CRIME PREVENTION

- Keep an eye out for strange vehicles parked in your area at odd hours or for long periods of time
- Make sure all young children know how to handle possible confrontations with strangers.

Use these helpful tips to help keep our community a safe, enjoyable place. Look around your home, school or office and see where you can make a difference.

- Start teaching children at an early age how to avoid drugs and alcohol.
- Get children involved in organized after-school programs.
- Start, join or reactivate a neighborhood watch program.
- Be aware of your surroundings, especially when walking alone at night.
- Participate in forums which involve local officials, such as city council meetings.
- Reach out to crime victims, their families or others in the community who need support.
- Get to know your neighbors - you may find others with an interest in safety, too.
- Be familiar with members of your local police and fire departments.
- Make sure all street lights in your area are in working order. Alert local officials if they are not.
- Set up buddy systems for teens going out after dark.



LOCK OUT CRIME!



**Assertive
Electric Ltd.**

967-3827

**Treeline
Well
Service LP**

967-1080

**R & S
Towing**

967-2492

**Countryside
Plumbing &
Heating**

967-4500

**Standstone
Waste &
Water
Services
Ltd.**

967-2118

**C & S
Rentals**

967-4254

**Border
Paving**

967-3330

**Estate's at
Water's
Edge**

**1-877-
405-1105**

**Calahoo
Meats**

458-2136

**Lee Built
Ltd. (HVAC)**

967-4192

**Check Mark
Construction**

619-4204

**Fired Up
Industries
Painting &
Sandblasting**

967-5933

**C & D Tank
Truck
Service
-Cherhill**

785-3383

CHILDREN ON-LINE

SOME TIPS FOR CHILDREN ON THE NET

1. Do not use login names or nicknames that will reveal age or gender.
2. Never give out personal identification including friends, addresses, school activities, passwords or real names
3. Everyone is a stranger. Identities can be hijacked or passwords compromised so even your "best friend" online might not be who they say they are.
4. Everyone lies. While this might not be true, it is easier to assume that it is true and to act accordingly.
5. The Internet is NOT secure. It is a shared resource. Email is about as secure as a postcard; Chat is about as private as having a phone call with your parents listening in on the other extension.
6. The people who would harm you have often had lots of time, experience and knowledge on how to trap you. You are an amateur compared to them. They will do everything they can to trick you into trusting them.
7. Do not agree to meet anyone offline.
8. If you are even a little bit suspicious, talk to your parents.

SELF DEFENCE

1. Computers used by children should be placed in a supervised area with the screen facing outwards.
2. All computers that can connect to the Internet should have Anti-Virus Software installed and updated at least weekly, if not daily.
3. All computers that have a dedicated connection (cable/dsl) should also have a firewall device or firewall software installed to block intruders.
4. Never open attachments unless they have been scanned. If you do not know the sender, attachments should be deleted.
5. Use passwords to secure your computer even if you are the only user. If the computer equipment is stolen, all your information could be compromised. Change your password regularly.
6. Disconnect your network connection or turn off your computer when you are not using it.
7. Your computer needs regular maintenance, upkeep and periodic upgrades to keep it functioning well.
8. Always back up your data. Keep the data stored securely and separately from the computer.



GOLFER'S GUIDE

FIVE TOP GOLF TIPS TO HELP BOOST YOUR GAME

When it comes to golf, it's the little things that can have the biggest impact on your game. Whether it's your first attempt, or 10th season, golf expert Bob Weeks has got you covered at the links this summer with these five tips:

Choose the right clubs: Regardless of your experience or skill level, choosing the right equipment can be the difference between duffing it and striking the ball straight down the fairway. It's important to work with a professional to get the clubs best-suited to your game and then, to have them custom fit. You should be fit for the length, loft, lie angle, shaft flex and even the grip size. If your clubs aren't custom fit, it will be like walking around in shoes that are the wrong size.

Get on the ball: Choose the right kind of golf ball for your game. While golf balls all look the same, it's what's inside that determines if it's right for you. Golf balls fall into two categories: distance or control. Distance balls are generally two-piece balls with a large core and a cover. They are harder and better suited for higher handicappers or beginners. Control balls, usually three- or four-piece balls, are softer and spin more meaning

they will land on the green and stop. More skillful players should use these.

Consider the elements: Weather is always a factor in golf and dealing with it must always be considered. For instance, in cold temperatures, the ball will travel shorter distances, so take more club. The opposite is true for warmer temperatures. If you're playing into the wind, swing easy as that will keep the ball from spinning too much and rising up into the breezes. And downwind, make sure to

judge the intensity of the breezes so you can choose the proper club. Your ball will roll further than normal on a downwind shot so take that into account.

Putting and chipping is priority: Lots of players like to boom their drives and will spend a lot of time on the range hitting their drivers. But if you want to improve your scores, you should spend more time working on your putting and chipping. Since most average players miss a lot of greens, the best way to

save strokes is by chipping it close and making more putts. Focus more on your short game than your drive and you will improve.

Play the 19th hole: Win or lose, there's no better way to celebrate than hitting the 19th hole. Less is often more in golf and the same applies when considering what to eat and drink after a round. Molson Canadian 67 for example is specially brewed with 67 calories and an ABV of 3% per 341ml, offering a light, refreshing alternative for active players.

SILVER SANDS GOLF RESORT



Parkland's hidden gem of a golf course; located 45 minutes west of Edmonton on highway 16.

Book your company tournament today.

Checkout our Weekday Specials!

Join us for Men's night on Wednesday's 6:00pm & Ladies league on Monday mornings, both shotgun start. Call 780-797-2683.

RV LOTS FOR SALE

CALL 780-222-1535

Silver Sands Village, Lake Isle
 silversandsgolfresort.com



Alberta Beach

GOLF RESORT

WEEKDAY SPECIAL

4 Golfers + 2 Carts *Great for Weekday Tournaments*
\$170.00 *Monday, Wednesday and Thursday Only.*

| | | |
|-------------|------------------|------------------|
| 18 Holes | \$36.00 Weekdays | \$50.00 Weekends |
| 9 Holes | \$25.00 Weekdays | \$39.00 Weekends |
| Cart Rental | \$18.00 9 Holes | \$28.00 18 Holes |

To Book your Tee Times or Tournaments
 Call: (780) 924-GOLF (4653)



Calahoo Hills

GOLF COURSE

780.459.9081

info@calahoohillsgolfcourse.ca

calahoohillsgolfcourse.ca |



Visit [LSAC.ca](https://lsac.ca) to explore the latest County news and events in greater detail.



PLANNING & DEVELOPMENT

LAC STE. ANNE COUNTY: NOTICE OF DEVELOPMENT PERMIT APPROVALS

The following Development Permits have been approved or conditionally approved under the provisions of the Land Use Bylaw. This list does not include Permitted Uses. Interested parties are encouraged to contact the Planning and Development department at **1-866-880-5722** or devassistant@lsac.ca, Monday to Friday 8:30 am to 4:30 pm to request additional information on a permit.

| PERMIT # | LEGAL LAND DESCRIPTION | DESCRIPTION | APPEAL BODY | APPEAL DEADLINE |
|----------|---|---|---|-----------------|
| 22-D0054 | Lot 1, Block 1, Plan 1121597 within NE 27-54-04 W5M 1617 Marine Drive | 68.0' Free Standing Tower on screw piles - personal use | Lac Ste. Anne County Subdivision & Development Appeal Board | May 23, 2022 |
| 22-D0057 | Lot 11, Block 8, Plan 7620842, Corsair Cove within SW 10-55-03 W5M 120, 55107 RGE RD 33 | Detached Garage 34.0' x 30.0' (1020.0 sq. ft.) on Engineered Concrete Pad | Lac Ste. Anne County Subdivision & Development Appeal Board | May 23, 2022 |

County News Highlights

**May 12, 2022 Council Meeting*

**Meetings take place on Zoom. Visit [LSAC.ca/agenda](https://lsac.ca/agenda) for meeting agendas. Please note: to address Council, appointments must be booked at least 8 working days prior.*

SUMMER PROGRAMS

Our Community Services department is excited to unveil programs this summer by early to mid-June. The program details will be listed online this year and we will advise when all the details becomes available.

ANNUAL WEED AND CROP INSPECTIONS

Scheduled to start soon

The County's annual crop and weed inspection program will begin shortly. Crews exercise extreme care to minimize any potential spread of crop issues from field to field. Find out more:

[LSAC.ca/agriculture](https://lsac.ca/agriculture)

SHARE THE ROAD

Watch for farming equipment on the region's roadways

Please remain mindful of farming equipment on our roadways. Keep your distance, drive the appropriate speed limit, and stay on your side of the road, especially through curves and hills. Thank you for your patience and courtesy as we share space this season.

What Collection Agencies Can And Cannot Do

This tipsheet is intended to provide general information and is not a substitute for legal advice.

Business usually try to collect their unpaid accounts first by sending reminder notices. If the bills are still not paid, often the accounts are turned over to a collection agency.

Collection agencies are usually paid a percentage of the debts they collect. They make money when they get people to pay and often more persistent and demanding than the business who hired them.

Collection agencies appear to be very powerful. Actually, they do not have any more authority to collect debts than any other business. The creditor gives them all the authority to collect debts. In most cases, the final decision about how the debt is handled is made by the creditor, not the collection agency.

Who has to follow these rules?

The Fair Trading Act and the Collection Practices Regulation apply to companies and people working for them who are in the business of collection debts or locating debtors for others. The Act requires all collection agencies and the collectors working for them to be licensed. The Act and regulation provide some protection from abusive collection practices. The Act and regulation do not apply to business or people collecting a debt for a client, a civil enforcement bailiff or agency while seizing security, and people working while licensed under the Insurance Act.

Help for debtors

Alberta Government Services' tipsheet What Creditors Can Do If Your Debts has information about the legal steps creditors must take to collect debt.

Credit Counselling Services of Alberta offers a variety of services including:

- *Assessment of your debt situation and possible alternatives

- *A self-help information package

- *The Orderly Payment of Debt package

- *Information on how to deal with creditors

Debt counsellors will work with you to explore your options for dealing with debt. All service are confidential.



AWARENESS TEAMWORK ACTION

That's what it takes to help prevent crime. During Crime Prevention Week, do what you can to keep your home, neighborhood and workplace safe.



When away from home for extended periods:

Install timers on a few inside and outside lights.

Hold mail and newspaper delivery or donate it to a school or hospital.

Have a trusted friend or neighbor look after your home.



Around the house:

Do not leave tools or ladders outside your home.

Make sure external doors and frames are sturdy. Steel or 1 3/8"-thick wood is preferable.

Installing a security system can add extra protection against crime, fire or accidents.



In the neighborhood:

Join a neighborhood watch committee, and ask local law enforcement for assistance.

Get to know your neighbors.

It will instill a sense of community and help everyone feel safer.

Report any suspicious neighborhood activity to the police.



Classified Ads - Call 962-9228

Hall Rentals

Alberta Beach Agliplex, 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, 780-920-321

Dog Caretaker

Alberta Beach & Surrounding Areas, thinking of a Seasonal Getaway? Worried about leaving your dog in a kennel? Don't worry anymore, you can leave your pet with me! There is a wrap around deck and courtyard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop in's or overnight stays welcome. If interested call 780-920-4166 (4) 05-310G

For Sale

Beautiful Landscaping, Shelterbelt, Trees for sale 8 - 12 ft , spruce, pine, some Swedish aspen. 36 " cage root ball. \$175.00 picked up , \$250.00

planted 10 plus. Call 780-984-
8744. rcl1957@live.ca (8) 05-17

For Rent

Completely renovated Motel in Onoway, AB. offering daily, weekly or monthly rentals. All utilities included, 55 inch tv with Satellite. Double bedrooms,

furnished bachelors with full kitchen and furnished 1 bedrooms with full kitchen available. Starting at \$975 + tax. Please call for viewing, 780-967-4420 or 780-945-1723. www.onowayinnandsuites.com (4) 05-310G

Computers

FREE CHECKUP SAME DAY. REPAIRS ONLY \$50 - NO Prepayment. NO CHARGE - If is not worth repairing. FOR SALE: Refurbished, Clean, Good Computer for \$150. TRADE-IN OR DONATE: Old, Used, Broken Laptops, Tablets etc. for parts. Will SAVE your pictures or Documents. Call: 780-892-2407 (10) 06-24



PURE HEMP PRODUCTS

AGING IS INEVITABLE - LOOKING AND FEELING OLD ISN'T!

A Health and Beauty Breakthrough!

Cannabidiol, is one of over 80 active cannabinoid chemicals in the hemp plant. Unlike, THC, it does not produce euphoria or intoxication. It targets specific receptors in the cells of your brain & body. There are many physical and mental benefits to using these products for both treatment and prevention of numerous ailments.



Therapeutic Uses For Pure Hemp

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



Anti-Aging Uses For Pure Hemp

Promotes more youthful skin, provides hydration, enhances radiance, lessens age lines as well as the appearance of dark spots.

KEY BENEFITS

PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.

PROMOTES HEALTH: Helps to promote relaxation and overall health.

WELL-BEING: Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

PET PRODUCTS

PET CHEW TREATS

KEY BENEFITS

SYNERGISTIC BENEFITS: Can be used in conjunction with regular medications with no side effects.

NO SIDE EFFECTS: Does not damage the liver, kidney or GI Tract like OTC medication.

DIETARY SUPPLEMENT: Can be administered daily as part of your pet's diet.



ORAL SPRAYS & DROPS

KEY BENEFITS

MANAGES PAIN: Helps to treat inflammation, arthritis and joint pain.

TREATS DIGESTIONAL ISSUES: Helps with loss of appetite, nausea, IBS and gastrointestinal swelling.

GENERAL HEALTH: Helps to manage mood, anxiety and general joint pain. For healthy, happy pets.

CONVENIENT: Can be sprayed into pet's mouth or on food.

For more information, Call (780) 907-8642

COMMUNITY EVENTS

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 May 11, & May 25 at 7:30PM
STONY PLAIN SENIOR'S DROP-IN CENTRE, public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685
WHITECOURT SENIORS CIRCLE, Every Tuesday. Open @ 5PM, 1st call @ 6:45PM, Nevada's, Concession. 780-778-4950 *Sept - June

MEAT DRAWS

ALBERTA BEACH: Lac Ste Anne Community Choir & Museum Meat Draw/Prizes - Every 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 bhbourke@icloud.com
WEST END: Sangudo, Mayerthorpe & west end of LSAC. Jill: 780-785-2924 or Donna: 780-785-3118 or email: westendmow@outlook.com

JAMBOREES

CARVEL: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001
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. Sharron (780)-962-2722
SPRUCE GROVE: Wed at 8:45am at Anglican Church, 131 Church Rd. Christianne

YOUR COMMUNITY

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.
THE LAC STE ANNE COMMUNITY CHOIR Spring Concerts - EVERYONE WELCOME Saturday, May 7 @2:00 pm Onoway St. John's Anglican Church Friday, May 13 @7:00 pm Alberta Beach Alliance Church Sunday, May 15 @2:00 pm Mayerthorpe Legion
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, 7:00PM 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 eve. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404.
"ME, YOU, & EVERYBODY" Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agplex from 10:00-11:00AM starting May. Funded Lac Ste Anne FCSS.
ONOWAY GOLDEN CLUB: Cards Tuesdays, 1pm. 1st Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.
ONOWAY HAVE FUN & GET FIT! Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.
PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village Community Centre. *except June, July,

August
RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info 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
THE ALBERTA WILDLIFE CARVING ASSOCIATION Images of Nature Show, Featuring wildlife carvings. Whitecroft Hall, 314 52313 RR252, Sherwood Park, Saturday Apr.30 2:00 - 5:00 pm, Sunday May 1, 10:00 am - 2:30pm, See beautiful hand carved wildlife sculptures
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 Agplex.
ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agplex.
ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House 924-3167.
ALCOHOLICS ANONYMOUS: The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway
BARRHEAD & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.
BARRHEAD ROYAL CANADIAN LEGION, meeting every 2nd Thurs, 7PM at the Legion Hall.
CHERRILL COMMUNITY ASSOC. Monthly Meeting 1st Wednesday, 8PM at the Hall. 785-2825 *Except Jan, July, Aug, Sept.
CHERRILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherrill Seniors Hall. Call Rosamy 780-785-2625

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agplex. Info call 780-902-4879 or 780-999-7622. *Sept-June.
Citizens Helping In Life's Defence (C.H.I.L.D) Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.
DARWELL & DISTRICT AG SOCIETY MEETINGS, 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 Kinsmen Hall, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.
LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443
LAC STE ANNE COMMUNITY CHOIR, Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348.
LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 3rd Fri, 7PM, Alberta Beach Council Chambers.
LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3rd Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121
MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5PM in Hospital Basement Education Room.
MAYERTHORPE LEGION BR. #126: Meetings 2nd Mon of month at 7:30PM. For more info please call 780-786-2470.
MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.
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 Tarcen, (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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