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September 20, 2022

ONOWAY LEGION NEWS

Submitted by Onoway Legion

Memorial Service for Her Majesty Queen Elizabeth II Will be held September 19, 2022, 10:30am at the Onoway Legion Hall.

FRIDAY NIGHT DINNERS - SEPTEMBER

Due to the lack of Volunteer chefs, we will not be having a dinner Friday Sep 23 or Sep 30 unless some-

one steps up. We have a support crew in the kitchen but no Chef to plan the meal. If you would like to head up a dinner, please reach out by phone (780) 967-5361 or by email contact@onowaylegion132.com Thank you!

LEAGUE START UP - UPDATE

Dart Club - Tuesday September 20 - 6:30pm

Pool Club - Thursday Sep-

tember 22 - 6:30pm

PUB NIGHTS

Will continue starting Wednesday September 21 at 6:30pm. Come out and join the fun!

SPECIAL EVENTS

Legion Area A Singles Pool Tournament - Sep24

Dart Club Tournament - Oct 1

ST. PETER'S AND ST. PAUL'S UKRAINIAN ORTHODOX CHURCH BELL STOLEN



Submitted by St. Peter's and St. Paul's Ukrainian Orthodox Church

The theft of church collections is one of the most shameful, heinous crimes imaginable. To know that burglars entered the most sacred space of our beautiful little Church and took pains to pilfer is an act of disrespect that has left our congregation feeling shocked, saddened and violated.

Between July 10-12, thieves stole the church bell

and rocking mechanism from the Ukrainian Orthodox Church, located 7 km north of Onoway on RR22.

The bell is heavy, weighing more than 250 pounds, and was bolted to a 16-foot wooden tower. It would have taken more than one person to move.

The bell was originally donated and installed by the Wengreniuk Family,

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St. Peter's and St. Paul's Ukrainian Orthodox Church Bell Stolen

Continued from Page 1

later undergoing a restoration funded under the Alberta Historical Resources Foundation in 1991. The value of the bell, which has been an integral part of the rural church for over 50 years, is not known.

One month later, this time breaking into the church, the thieves took several items of cultural, historical and spiritual significance. Some of items stolen include: chalice and liturgy set, incense boat & burner, candelabra, holy water bucket & sprinkle, gold and wooden crosses, framed icons, antique altar cloths and linens. Most cherished is our large Ukrainian red and gold Holy Gospel.

It was the fruit of the labour of the Ukrainian men

and women who very early in their pioneer days saw a need for their enlightenment and spiritual guidance. In the early 1940's, they agreed that a Parish of their own should be organized. Alongside the church, it was also important to have a cemetery; a final resting place for loved ones. This past May, a funeral was held for a long time parishioner, and most recently, the church was blessed with a wedding ceremony.

The dollar value of items taken is incalculable. They are irreplaceable. They've all been given over decades in memory of people's family members or in honour of someone's family.

It's extremely sad, unthinkable even, that someone can walk into a church

and want to take things.

Somebody knows something.

Our congregation is asking the public to keep an eye out on social media marketplace ads, yard sales, pawn shops, etc. for items being sold that might have been stolen from our church.

We just want our heirlooms back.

A reward is offered for the recovery of these items or information leading to their recovery.



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SERENITY FAMILY SERVICE SOCIETY - YOUR NOT-FOR-PROFIT SOCIETY

JOKE of the week

There was once a young man who, in his youth, professed his desire to become a great writer.

When asked to define "great" he said, "I want to write stuff that the whole world will read, stuff that people will react to on a truly emotional level, stuff that will make them scream, cry, howl in pain and anger!"

He now writes error messages for Microsoft Corporation.

September Board Games Nights at the Sangudo Library

The Sangudo Public Library will be hosting two evenings of board, card, and dice games, on Fridays 23 and 30, starting at 7 PM, open to the public of all ages.

Games will be played on an informal drop-in and pick-up basis - whether you're alone or you bring your friends and family along, you'll be sure to find good company and a game to meet your liking! We have a wide assortment of games available to play, but if you have some favourites of your own that you'd like to bring, please feel free to do so.

Complimentary popcorn will be provided!

If you have any questions, please contact Jamie by email at jamieohler@hotmail.com or by text/phone at (780) 909-9390.

Please visit the Sangudo Public Library webpage (sangudolibrary.ca) and our Facebook page for news on other programs and events.



ALBERTA BEACH LIBRARY NEWS!

Submitted by Alberta Beach Library

Hello everyone! It's been a busy and wonderful summer for us here at the library. After two years of zero summer programs, we were thrilled to be able to offer our Wednesday morning summer club once again. We had full-house attendance at these sessions and, with the beautiful July and August weather, we were happy that we could move some of our activities outside. We also resumed our Friday STEAM programs, where our participants built and experimented with our robots, Lego, K'nex, circuits, etc. All-in-all a busy, LOUD, fun summer!

In mid-July we were happy to bring our games and fun to Val Quentin for the annual family picnic. Our summer student Jazmyn and several volunteers enjoyed a beautiful afternoon playing games like parachutes, snakes and ladders, and Connect Four with attendees. The hotdogs and goodies were also enjoyed by all!

At the end of July we once again hosted our very popular parking lot book/dvd sale over the Poly Days weekend. Thank you to all who donated books/dvds, to those who volunteered their time to help, and to those who so generously donated and took items home to enjoy. It was a wonderfully successful sale and we are always grateful for the tremendous generosity of our patrons and visitors. We are collecting already for next year so if you have any books or dvds to clear out while you fall clean, please consider donating them to our library.

Over the past year, we

have welcomed a lot of new faces to our library and community, especially a lot of new kids. We're very impressed with their interest in reading. To keep them engaged, when you come visit us at the library you will notice that we have a great selection of new books and graphic novels in our juvenile section, with more being added all the time. These books are full of colour and fun and are flying off the shelves. We've also been busy adding new picture books and level readers for our younger readers. The level readers also don't stay long on the shelves – especially the ones with superheroes, unicorns, or horses!

With the end of summer, it is time to look ahead to fall and fall programming. Our book club starts up again this month, after a summer siesta. We have a large group who meet each month (usually the last Monday of each month) to discuss the current book. We have a couple of spots open if anyone would like to join us. All you need is a library membership – we

order the book each month and have it ready here for you. We will hopefully start our knit/crochet group again. We received a lot of yarn over summer for our group to make items for the Lions Christmas Hampers and we are amassing an impressive pile of beautiful garments. If you have any yarn you would like to give to a good home, let us know so we can arrange pick-up or please drop it off at the library. Our craft bags for kids and adults will be available for pick up before the end of September. Each month we offer these bags free on a first come-first served basis to our commu-

nity members. This month the kids will be making a leaf wreath and spider web and the adults will make a wooden scarecrow sign. Other new program ideas we are planning are a Lego club and Story Time for 0 - 5 year olds, both of which will likely start in October – stay tuned to facebook, our web site, and our outside building sign for more information.

Many of the programs that we offer are funded by FCSS grants we receive from various communities and we are very grateful for this support.



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

LAC STE. ANNE COUNTY



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County News Highlights

*Sept 20 Council Meeting
 (rescheduled from Sept 22)

Oct 5 Municipal Planning
 Commission Meeting

Oct 18 Council Meeting
 (rescheduled from Oct 13)

**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.*

GET READY FOR CLEANFARMS Farmers!

Do you have unwanted or obsolete agricultural pesticides or livestock/equine medications?

Cleanfarms is coming to Northern Alberta October 3-7. No charge! Our closest drop-off location – the Neerlandia Co-operative Association – Oct 4.

Visit cleanfarms.ca for details.

PHOTO CONTEST OPEN

New Categories!

It's time to show off those great shots of our County. Please email submissions (landscape format) to communications@lsac.ca by no later than Sept. 26. One entry per category please.

Winners will receive one of 12 \$100 prizes or the grand prize of \$250 (only one prize per entrant), and the winning photos will be featured in the 2023 County calendar.

Online voting will take place on our social media in October so let's get ready to choose the best of the best!

New categories have been created this year!

Show us your Adventurous side, or cool Barns and Farms, or show us your best smiles and beautiful faces in Family photos. Be sure to include the photo release form. If chosen, your calendar photo will be credited to you, and you'll have copies in time to give to your family & friends this Christmas.

Visit [LSAC.ca/photocontest](https://lsac.ca/photocontest) for all the details!

SAVE THE DATE!

For our upcoming *Getting into Horticulture* Webinars

October 26 | Choosing Land
 November 8 | Preparing to Plant

Are you a new producer who wants to get into farming or an established farmer who wants to expand into horticulture?

These sessions will be hosted online from 7-8:30 pm. FREE admission.

Contact Lac Ste. Anne County Horticulturist Lorraine Taylor at 1.866.880.5722 or LTaylor@LSAC.ca.

JOIN OUR TEAM

Volunteer Firefighters Needed

Thinking about joining or want to learn more about Fire Services in LSAC? We need more volunteers in our community!

Learn new skills, receive free training, and get paid-on-call. There is also a volunteer tax credit available (to claim up to \$3,000 annually) and each firefighter receives a UFA fuel link card.

It all starts here. Find out more: CountyFire.ca.

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-D0128	Lot 418, Block 3, Plan 0522420 Sherwood Cove within SE 27-53-06 W5M 418, 53414 RGE RD 62	Micro Home - Manufactured Recreation Cabin on skids 12.0' x 30.0' (360.0 sq. ft.) with breezeway 12.0' x 10.0' (120.0 sq. ft.) and washroom facility 8.0' x 10.0' (80.0 sq. ft.) for a total building area of 560.0 sq. ft.	Lac Ste. Anne County - Subdivision & Development Appeal Board	Oct 10, 2022

GOLFER'S GUIDE

THESE GOLF TERMS ARE PAR FOR THE COURSE

Golf is a game of sport and skill that can be played at any age. Millions of people in North America participate in golf as a recreational endeavor or a professional pursuit. As of the spring 2016, 25.13 million people in the United States played golf over the previous 12 months, according to Statista.

People may immediately think Canada's sports-based loyalty favors hockey. However, on the recreational side, golf is king in the country. Canada has the fourth most golf courses of any country in the world, says the National Golf Foundation. Plus, one out of every 10 Canadians play golf - a participation rate that is more than double that of the United States.

Storied golf history

Although golf can be traced back to the Netherlands during the Middle Ages, many people concur that the modern game of golf - played over 18 holes - is a Scottish invention.

The popularity of the sport began to spread throughout the world from Great Britain. The first permanent golf club in North America was founded in 1873 and was named Canada's Royal Montreal Club. The first 18-hole course in the United States was The Chicago Golf Club.

Golf lingo

Understanding the terminology is key to becoming a full-fledged golf fanatic. While golf lingo is extensive, here is a sampling of

some of the more popular terms to get novices started, courtesy of the PGA.

Approach: A shot hit towards the green.

Attack: The relative angle at which the clubhead approaches the ball at impact.

Backswing: The motion that involves the club and every element of the body in taking the club away from the ball.

Birdie: A score of one under par on a hole.

Bogey: A score of one over par on a hole.

Bunker: A hollow comprised of

sand or grass that serves as an obstacle.

Carry: The distance a ball will fly in the air.

Chip: A short approach with a low trajectory.

Chunk: A poor shot caused by hitting the turf.

Divot: The turf displaced when the club strikes the ball.

Downswing: The swing forward from the top of the backswing.

Eagle: A score of two under par on a hole.

Golf range: A facility where people can practice golf swings.

Grip: The positioning of hands

on the club.

Hole: A round receptacle on the green that the ball is aimed into.

Lie: As it relates to the golf ball, the position when it has come to rest.

Links: Specific term for a course built on linksland, which is land reclaimed from the ocean.

Mulligan: An extra shot taken on a poor first shot.

Par: The score an accomplished player is expected to make on a hole, either a three, four or five.

Putt: A shot on the green.

Stance: The position of the feet.



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MAYERTHORPE RCMP SEEK PUBLIC ASSISTANCE TO LOCATE MISSING FEMALE



Submitted by Mayerthorpe RCMP

Mayerthorpe RCMP continue to look for 28-year-old Angela Alexis and are

again asking the public for their assistance. Angela was reported missing to police on September 2, 2022 and is believed to be in the area surrounding the Alexis Nakota Sioux Nation, Alberta. Angela is also known to frequent Stony Plain, Paul Band First Nations and the Edmonton area. There is a general concern for her safety and well-being, she

has not made any recent contact with family.

Angela ALEXIS is described as:

- Indigenous female
- 5'6" tall
- Approximately 170 lbs
- Brown hair
- Brown eyes
- Last seen wearing black pants and a pink shirt

WHAT IS RAILWAY SAFETY WEEK 2022?

Submitted by CN Railway

Every year, more than 2,100 North Americans

are killed or seriously injured because of unsafe behaviour around tracks and trains. Every one of these incidents and deaths

are preventable. By looking out for each other and working together, we can help keep our communities safe and prevent injuries and fatalities on or near railway property.

Safety is a core value at CN and we continue to take all necessary steps to protect our employees, communities, customers, vendors and partners with the objective of reducing rail related injuries and fatalities to zero. As we safely serve our customers and keep the economy moving, we remain committed in our efforts to

educate the public on rail safety.

Rail Safety Week will be held in Canada, the United States, and Mexico from September 19-25, 2022. Once again this year, efforts to get the rail safety message out will be stronger than ever and represent a unique opportunity to work together with you, we want people to slow down, look in both directions, listen for approaching trains and obey all railway signs and signals.

Rail Safety is a shared responsibility

ALBERTA RECOGNIZES INTERNATIONAL OVERDOSE AWARENESS DAY

Submitted by Alberta RCMP

In 2021, Alberta lost over 800 lives to meth-related accidental overdoses – a 28% increase from such tragic fatalities in 2020. On Aug. 31, 2022, the Alberta RCMP recognizes International Overdose Awareness Day by launching a methamphetamine awareness campaign in collaboration with the Canadian Integrated Response to Organized Crime. The campaign will help educate, protect and inform the public about negative impacts of methamphetamine and other synthetic drugs – as well

as highlight the Alberta Clandestine Lab Enforcement and Response (CLEAR) Team and their role as a liaison with the chemical industry.

Methamphetamine is pervasive in our communities and has contributed to property crimes and crimes of violence. The Criminal Intelligence Service Canada identified methamphetamine as having one of the highest threat levels “due to its geographical reach, high burden of harm, and increased involvement of organized crime groups.” According to a 2017 Canadian Tobacco, Alcohol, and Drugs Survey, 3.7%

of Canadians have used methamphetamine at least once in their lifetime. While methamphetamine use among the general population in Canada may be low, the Canadian Centre on Substance Use and Addiction notes that “there has been a dramatic increase in the availability and harms associated with methamphetamine in Canada” since 2013 - with notable trends in Western regions.

The Alberta CLEAR Team provides specialized operational support in identifying, assessing, processing and dismantling illegal synthetic drug production labs, process-

ing locations, dump sites and Butane Hash Oil labs. Often, the CLEAR Team is called upon to liaise with the chemical industry in Alberta to ‘back track’ chemical precursors and facilitate the real time exchange of information regarding methods of diversion and indicators of suspicious transactions.

In the coming months, Alberta RCMP will share information at @AlbertaRCMP on Twitter and the @RCMPinAlberta Facebook page. To keep updated, follow #MethHurtsCommunities.

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ELECTRICITY REBATES Over 1.9 million homes, farms, and businesses receive a total of \$300 until December to cover high electricity costs.



NATURAL GAS REBATES Rebates are coming this fall to address high winter heating costs from October 2022 to March 2023.

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fall HOME RENO GUIDE





6 OPTIONS FOR FUNDING YOUR NEXT HOME IMPROVEMENT PROJECT

Before starting a home improvement project, either on one's own or with the assistance of a professional contractor, homeowners must first consider the costs involved. According to the home improvement resource HomeAdvisor, more than one-third of homeowners do not understand what hiring a professional will cost, and then cannot successfully budget and secure financing once they have set their sights on a renovation project.

HomeAdvisor says that

some of the more popular projects, such as remodeling a kitchen or bathroom or building a deck, can cost, on average, \$19,920, \$9,274 and \$6,919, respectively.

Homeowners may find that the more expensive renovations require them to secure some type of financing. Those who have never before sought such financing may want to consider these options.

1. Cash-out refinancing: With cash-out refinancing, a person will begin the mortgage process anew with the intention

of paying off the current mortgage balance, and then taking out additional funds for other purposes. Cash-out refinancing is a way to tap into a home's existing equity for use on improvements or other expenses, such as college tuition.

2. Home equity line of credit: The financial experts at Bankrate indicate that a HELOC works like a credit card, with the house as collateral. There is a credit limit, and borrowers can spend up to that limit. The interest rate may or may not be

fixed. However, the interest may be tax-deductible if the financing is used to improve, buy or build a home.

3. Home equity loan: Individuals also can borrow against equity in their homes with a fixed interest rate through a home equity loan. Most lenders will calculate 80 percent of the home value and subtract a homeowner's mortgage balance to figure out how much can be borrowed, according to the financial advisory site The Simple Dollar.

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HOME NO GUIDE



6 Options For Funding Your Next Home Improvement Project

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4. Personal loan: Homeowners can shop around at various financial institutions for competitive personal loans to be used for home improvement purposes. Funds may be approved within one business day, which can be ideal for those who want to begin their improvements soon.

5. Personal line of credit: A personal line of credit allows borrowers to borrow only the money needed at the time, and offers a variable interest rate that is generally lower than fixed

loan rates. Again, like a credit card, PLOC gives a person a maximum borrowing amount and is ideal for ongoing purchases.

6. Credit cards: In a pinch, credit cards can be used to finance improvements, but they do come with the cost of very high interest rates if the balance is not paid in full by the time the bill comes due. However, for funding smaller projects and maximizing rewards points through home improvement retailers or specific credit card company promotions, credit cards

can be a way to earn various perks in addition to the benefit of improving a home.

Homeowners looking to finance their next improvements should speak to a financial advisor and shop around for the best types of funding for them.

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SHOULD I DIY?: 3 QUESTIONS TO DETERMINE IF IT'S BEST TO RENOVATE ON YOUR OWN

A do-it-yourself mentality has taken hold in millions of households across the globe. Popular television channels like HGTV and DIY Network as well as accessible home improvement content on apps like YouTube has inspired many homeowners to tackle renovation projects around their homes. Taking such initiative is admirable, though it also can prove costly if homeowners end up biting off

more than they can chew.

Home improvement videos and television shows have a tendency to oversimplify renovation projects, potentially giving homeowners a false sense of confidence in their DIY abilities. A concerted effort on the part of homeowners to determine if it's best to renovate on their own or hire a professional should always be the first step of any renovation project. No two home-

owners are the same, but the following three questions can help homeowners determine if DIY is their best option.

1. Can I afford to DIY?

Professional home improvement projects are costly for a variety of reasons. Materials can be costly, but so are the tools and labor necessary to do the job right. Homeowners may not have the tools necessary to complete complicated projects.

Specialty tools can be expensive to purchase or even rent, and the cost of acquiring such tools should be included in any DIY project cost estimates. Labor also factors heavily into professional projects, and for good reason. Talented contractors have unique skills that have been developed and perfected over many years. Those skills can ensure projects

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Fall HOME RENO GUIDE



Should I DIY?: 3 Questions To Determine If It's Best To Renovate On Your Own

Continued from Page 11

are completed quickly and correctly. Labor may seem costly, but such costs may ultimately prove to be a bargain compared to the cost of fixing DIY mistakes. Projects that are minor in scope and don't require the use of potentially costly specialty tools may be better suited for weekend warriors than more complicated renovations.

2. Do I have the time?

Homeowners must determine how much time

they have to complete a project before deciding to do it themselves. No one wants to spend months staring at an unfinished renovation project. Homeowners who are already pressed for time may not be able to complete projects in a timely fashion, which can make homes less comfortable and even less safe.

3. Can I pull this off?

DIY projects can instill homeowners with a sense of pride in their homes, but it's imperative that

homeowners considering the DIY option conduct an honest assessment of their skills. A lack of renovation experience does not necessarily mean a homeowner cannot successfully complete a DIY project. But in such instances, it may be best to start with small, straightforward projects and then gradually move up to bigger, more complicated projects as skills are fine tuned. And homeowners who have never been at their best with a ham-

mer in hand should not be ashamed to leave the work to the professionals.

Television shows and online tutorials can make renovations appear easier than they actually are. Homeowners considering DIY renovations can ask themselves a handful of questions to determine if they're ready for the challenge of renovating their homes on their own.

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HOW TO CHOOSE THE RIGHT LIGHTING INSIDE YOUR HOME

Lighting in a home serves both practical and aesthetic purposes. It's easy to maneuver around a well-lit home, reducing the risk of slips and falls, and the right lighting can help homeowners create their desired ambiance, which typically changes depending on which room you're in.

When choosing lighting for their homes, homeowners must walk a fine line between appearance and functionality. A fixture in the foyer that instantly impresses visitors likely won't prove as awe-inspiring if it's installed in the living room. When choosing lighting for a home, some general rules about what works in each room can help homeowners make the most informed decision.

Kitchen

Kitchens are often the busiest room in a home, so lighting here can be especially important. A kitchen often benefits, both practically and aesthetically, from different types of lighting. For example, pendant lighting above kitchen islands can make meal preparation easier and safer, but such lighting likely won't work in breakfast nooks and informal dining areas in the kitchen. Recessed lighting works best in such areas. In kitchens with no island, under-cabinet lighting can be used to illuminate countertops and simplify meal preparation.

Formal dining room

Many people enjoy the look of chandeliers in formal dining rooms, and such fixtures can be installed

directly above the dinner table. The interior design experts at Better Homes & Gardens advise hanging chandeliers roughly 33 inches above the table in dining rooms with eight-

foot ceilings, adding three inches for each additional foot above eight feet. Darkened dining areas may be ideal in restaurants, but homeowners may want to split the difference at home

and choose dimmable chandeliers for their dining rooms. This allows homeowners to dim the lights for romantic dinners but turn them up for family

Continued on Page 14

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fall HOME RENO GUIDE



How To Choose The Right Lighting Inside Your Home

Continued from Page 13

gatherings with lots of people around the table.

Living room

Adaptability also is important in the living room, where homeowners may host anything from movie nights to book clubs to parties for the big game. It can be a tall order to accommodate such a wide range of activities, and many homeowners come down to deciding between recessed lighting and track lighting. If the living room currently has neither style, homeowners should recognize that it will cost considerably

less to install track lighting than recessed lighting. Better Homes & Gardens notes that flexible track lighting provides ambient, task or accent lighting, and track lights can even be moved to change lighting schemes at any time, making them a budget-friendly option for homeowners whose living rooms are multi-purpose spaces. Recessed lighting also works well in living rooms, especially ones with low ceilings. That's because recessed lighting is installed into the ceiling, meaning it does not take up any visual space in the room. That can help living

rooms feel bigger.

Bedroom

The home improvement experts at BobVila.com note that bedroom lighting should provide enough light when getting dressed, but also be able to be toned down as residents prepare for their bedtime routines. Both portable and installed lighting can be used in bedrooms to serve these various functions. Recessed fixtures that dim can ensure there's ample light to get dressed in the morning, but they also can be dimmed at night as residents try to get ready to sleep. Portable nightstand

lights can make it easier for couples sharing a bedroom, allowing one person to stay up and read while the other goes to sleep.

Homeowners have many options and many needs when choosing lighting for their homes. A professional consultation with a lighting expert or interior decorator can help homeowners find lights that provide both practical and aesthetic appeal.



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INCREASING FUNDING FOR PALLIATIVE AND END-OF-LIFE CARE

Submitted by Government of Alberta

More than \$11.3 million in funding will go to 25 projects to increase access to high-quality palliative care and ensure patients and families are treated with dignity and respect

The government issued a call for project proposals in November 2021 in four priority areas that include earlier access to care, community supports and services, education and training, and research and innovation.

"These grants will help provide more and better palliative care, ensuring Albertans diagnosed with

a life-limiting illness are treated with compassion and respect. We're delivering on a promise we made to Albertans in 2019 as part of our larger commitment to strengthen our publicly funded health system. We're thankful for the health-care providers, researchers, educators, community organizations and volunteers that make compassionate care a truly 'whole of society' effort."

Jason Copping, Minister of Health

"It's great to see the ongoing support for patients in palliative care across our province. This announcement means more and more

families will get the support they need. It is an important step forward for palliative and end-of-life care."

Dan Williams, MLA for Peace River

"Researchers at the Cumming School of Medicine are studying ways to improve access, assessments and interventions in palliative care. This funding supports their work to enhance coordinated and compassionate care for our citizens and demonstrates how a research-intensive medical school translates to better health care for our community."

Dr. Todd Anderson, dean, Cumming School of Medi-

cine, University of Calgary

"The University of Calgary's Cumming School of Medicine and research strategies are focused on meeting the needs of Alberta's health-care system. This funding announcement for palliative care supports our most vulnerable citizens. Like all investments into medical research, this translates into better front-line care for our community in the future, and I thank the Government of Alberta for its commitment to funding this important research."

Ed McCauley, president and vice-chancellor, University of Calgary

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THE ALBERTA RCMP INVITE ALBERTANS TO KEEP THEIR PROPERTY SAFE THROUGH THE 9 PM ROUTINE

Submitted by Alberta RCMP

This June, the Alberta RCMP are inviting Albertans to take part in the 9 PM Routine. Each evening at 9 PM, followers on Al-

berta RCMP Facebook and Twitter accounts can expect a gentle reminder asking individuals whether they have made sure to protect themselves from would be thieves. Crime prevention prompts will range from

making sure doors and windows are locked, to putting away lawn mowers and bikes, to ensuring valuables are removed from vehicles.

We invite all Albertans to highlight their participation

and show off their crime prevention safety skills by using the hashtag #9PM-RoutineAlberta in their social posts! Some of the prompts followers can expect to see include the following:

- It's 9 PM, have you locked your side garage door? #9PMRoutineAlberta
- It's 9 PM, have you removed the garage door opener from your vehicle? #9PMRoutineAlberta
- It's 9 PM, are the windows on your vehicle shut? #9PMRoutineAlberta
- It's 9 PM, have you put your lawn mower away? #9PMRoutineAlberta
- It's 9 PM, have you shut your gate? #9PMRoutineAlberta
- It's 9 PM, have you turned your motion-sensor lights on? #9PMRoutineAlberta
- It's 9 PM, have you taken your keys out of your vehicle? #9PMRoutineAlberta
- It's 9 PM, have you taken your wallet out of your vehicle? #9PMRoutineAlberta
- It's 9 PM, have you put your dirt bike away? #9PMRoutineAlberta
- It's 9 PM, have you parked your motorcycle in a safe location? #9PMRoutineAlberta
- It's 9 PM, have you parked your vehicle in a safe place? #9PMRoutineAlberta
- It's 9 PM, have you parked your car in a safe and well lit are? #9PMRoutineAlberta
- It's 9 PM, have you put everything away and locked your shed? #9PMRoutineAlberta

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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@gmail.com

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 780-920-3217

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, 780-907-6300

Park Court Community Hall, 727-4476

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

Pioneer Centre, Spruce Grove 780-962-5020 or email.

Ravine Community Hall, Dawna @ 325-2460

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

Rosenthal Community Hall, 963-7984

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

			1		4			
	1			9				3
7			3		2		5	8
		8				4	1	
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Community Voice is looking for local newspaper delivery drivers. Every Tuesday. Must have own vehicle. Call 780-962-9228 for more information. (S) OG

Church Directory

Rich Valley Community Church Sunday School 10:00 a.m. Worship Service 11:00 a.m.	Catholic Parish of Lac Ste. Anne Sunday 10:00 a.m.	Good Shepherd Lutheran Church Stony Plain Worship Service 10am (780) 963-3131	Mayerthorpe Baptist Church Worship Service Sunday 10:30 a.m. Children's Church 10:30 a.m. 4606-54 St. Mayerthorpe (780) 786-2677	Alberta Beach Alliance Church Sunday Worship Service & Kid's Church 11:00 a.m. Sunday School 10:00 a.m. (780) 924-3282	St. John's Anglican Church Oneway Sunday Service 10:00 a.m. Everyone Welcome
St. John's Lutheran Church Alberta Beach Sunday Service 11:00 a.m. Sunday School	Zion United Church Sunday Service 10:00 a.m. Sunday School <i>Serving Alberta Beach, Wabaman, Darwell & Lake Isle, Oneway & Area</i> (780) 924-3351	Sangudo United Church Christmas Eve Service 6:00 p.m. Worship Service 3rd Sunday 11:00 a.m. 4907-50 Ave. Sangudo, AB	St. Mary's Anglican Church Service Holy Communion 2nd Sunday each month 11:00 a.m. at Sangudo United Church Reverend Barry Rose Officiating	Cherhill Community Church Sunday School 10:00 a.m. - 11:00 a.m. Worship Service Sunday 11:00 a.m.	St. Michael Lutheran Church Sunday Services 1st & 3rd Sunday at 2:00 p.m. Pastor Rick Chappell (780) 282-0183 Mystery Lake
Trinity Lutheran Church (LC-C) <i>"The Church of the Lutheran Hour" - Rockfort Bridge</i> Pastor Dan Hansard Church (780) 778-2035 Sunday Worship 9:00 a.m. Senior's Service & Cottage Bible Study - Phone for locations	Crossroads Community Church P.A.O.C. Rev. Arnold Lotholz Sunday Service 10:30 a.m. (780) 786-2424		Oneway Baptist Church Sunday Service 10:30 a.m. (780) 967-2266	Roman Catholic Church St. Agnes' Parish, Mayerthorpe Sunday 9:00 a.m. St. Elizabeth Parish, Evansburg Saturday 7:00 p.m. (780) 786-2032	Calahoo Alliance Church Family Worship Service Sunday 10:00 a.m. For Info Call Jerry (780) 974-7734

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).

Rich Valley Community Hall
Crib Tournament Oct 15, Doors open at 10 Games at 11. 12 Games \$20 person or \$40 couple. Lunch served 780-967-5710

FARMERS MARKETS

ALBERTA BEACH: Sundays, 11:30 - 3pm. Contact Hall 780-666-1604 *May - September.

BARRHEAD: Saturdays, 10AM-1PM at Barrhead Agrena. Sherry 780-674-6802 *May - Dec.

EVANSBURD FARMERS MARKET: Every Saturday 10am - 2pm located right beside Evansburg Tiptoe Museum 780-505-0905 *May-Sept

LAC CTE ANNE COUNTY: Sat. Aug 13. Rural Roots Farmer Showcase. 10:00-4:00. Local Food Market, face painting, crafts. Alberta Open Farm Days. George Pegg Garden, Glenevis. Free admission. PeggGarden.org. 780-203-0331.

Sat. Aug 13. Rural Roots Farmer Showcase. 5:30-9:00. Dinner & Concert. Chef Lindsay Porter, music with Erin Haley. Open Farm Days. George Pegg Garden, Glenevis. Tickets PeggGarden.org. 780-203-0331. Sun. Aug 14. Open Farm Days 10:00-4:00 + 30th Anniversary Celebration & pie! 1:30-3:00. Antiques displays, scavenger hunt, free admission. George Pegg Garden, Glenevis. PeggGarden.org. 780-203-0331.

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 Sept 14 & 28 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, Nevadas, Concession. 780-778-4950 *Sept - June

MEAT DRAWS

ALBERTA BEACH: Lac Ste Anne Community Choir & Museum Meat Draw/ Prizes - Every Sunday, 3:00PM at Jungle's Bar & Grill.

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

DARWELL MARKET & MEAT DRAW 4th Sat of the month, except Dec 10th. 1 till 4:30 (year round) All is welcome Lisa @ 780-233-0700. **Opens Sept 24**

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 3:00PM. Located downtown behind the CIBC.

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WEST END: Sanguido, 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: Sanguido 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

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 evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ca (780)786-2404

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

ONOWAY & DISTRICT HISTORICAL GUILD: Every Wed, 9-4pm at Onoway Golden Club Onoway Museum. 967-4485

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 Sanguido 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 RR232, 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.

Supper. 5023 49 Ave. 780-967-3436.

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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, Family Link Centre, Thurs 8PM. (780) 648-3903 or (780) 706-0605

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, Mondays 8PM, Golden Club 5023-49Ave. 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 Rosamary 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

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 On-line Registration www.girlguides.ca

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 Sandra @ 780-966-5678

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

OPTPS 2022 Farmer's Day Tractor Pull June 11 & 12 at Deep Creek Camping, Sanguido. Antique & Classic Tractor Pulls, both days. Sat. pulls begin approx. 11am Sun. pulls begin at 10am

Free Admission. Sat only, Silent Auction 11am-1pm & Artisan Market Booth 9am - 4pm For more info: Darcy 780-785-2655

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 Sanguido 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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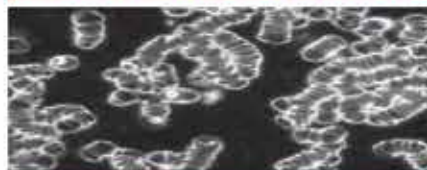
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