



LEGAL & DISTRICT CHAMBER OF COMMERCE

# Legal - Lerie

OCTOBER 2011

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## Carmen Jubinville The Big Life Coach



Carmen is a certified professional coach. She coaches everyday people who are striving to create purposeful and fulfilling lives!

Is your life the way you want it to be? Is it all you hoped it would be? Do you feel on purpose and fulfilled? Do you have greater desires but you're not sure how to make them happen?

**The Big Life Self-Mastery Program** is a self-paced coaching program, which includes consistent and supportive coaching calls directly with Carmen. This inspiring and exciting program will stimulate you emotionally, physically and intellectually. With over 85 questions and 40 coaching lessons, this program has been created to push you, challenge you and get you thinking deeply about your life.

**The Big Life Self-Mastery Program** was created for YOU, so you could create the life you were born to live! (See Carmen's website for packages and click on **Big Life Coaching**).

For a glimpse into **The Big Life** pick up the **free Starter Kit** on Carmen's website. This free kit includes a subscription to **The Big Life** e-zine published every Tuesday and a copy of Carmen's first e-book, **5 Superpowers You May Not Even Know You Have - A Complete Workbook & Guide**

To follow Carmen, you can join her official Facebook page at **Carmen Jubinville: The Big Life Coach**, where you will find daily inspiration and more. You can also read Carmen's coaching articles in magazines such as **Entrepreneurial Woman's Magazine**, **The Parent Notebook Magazine** and the **Big Life e-zine**

In September, Carmen was featured in **Womanition Magazine**, the only profile magazine for women in Canada!

Look for Carmen's latest e-book, **10 Things - A Personal Inventory Workbook**, launching October 15<sup>th</sup>, 2011 on her website.

[www.carmenjubinville.com](http://www.carmenjubinville.com)

*Carmen* 

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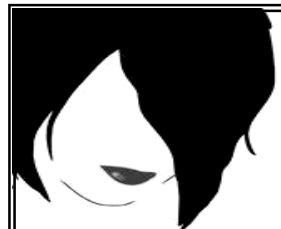
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2	ACFA Centralta	961-3665
3	Advanced Glass and Mirror	721-6117
4	Amber Appliance and Refrigeration Service Ltd.	961-2453
5	Badger Truck Parts	961-2522
6	Bergeron & Company, CGA	468-1667
7	Bigmouth McGee's	961-2491
8	Blanchet Fine Arts	961-3461
9	BMC Digital Phone Service	701-9075
10	Bon Appétit	961-3334
11	C & L Car & Truck Wash	961-3256
12	Canadian Real Estate Service	961-3500
13	Career Employment & Counselling Services	939-2353
14	Carmen Jubinville, CPC "The Big Life Coach"	289-9396
15	Catholic Women's League	961-2262
16	Cen-Alta Oilfield Trucking Ltd.	961-4148
17	Centralta Tourism Society	460-1034
18	Chatha Professional Corporation	628-4800
19	Clearwave Broadband Networks	669-9283
20	C.I Printing & Office Services	701-5234
21	Club 60 Roses	961-3041
22	Community Music Initiatives	877-413-4810
23	Conseil de Développement Économique de L'Alberta	414-6125
24	Creative Memories by Chantal Brousseau	991-6957
25	Cyr's Small Engine Service	961-3041
26	D&K Regimbal Transport Ltd. Trucking & Bobcat Services	777-4610
27	Darcy Brisson Trucking Ltd	961-4196
28	Desa School of Karate	458-6931
29	Drap Santé / Sweet Sleep (Health Sheets)	457-0291
30	Ecole Citadelle	961-3557
31	Enterprises Papillion	961-3461
32	FAST RV	961-4166
33	Five O Mfg. Ltd	961-3216
34	Forquith Holdings Ltd	961-3994
35	Friends of Legal School Society	961-4099
36	G & J Mechanic Service Ltd.	961-3800
37	Glenn's Auto Repair	701-5230
38	Greater St. Albert Catholic Regional Division No. 29	459-7711
39	Hachey Auto	921-2397
40	Hammond Travel	984-2245
41	Hunters Print & Copy	939-8882
42	Jayman Realty (Edm.) Inc.	218-7653
43	Jencourt Bobcat Services	961-4055
44	LA Looks	961-3899
45	Laforce Construction (1984) Ltd	467-7189
46	Legal Alfalfa Products	961-3958
47	Legal Bottle Depot	961-3003
48	Legal Co-op Petroleum Div.	961-3766
49	Legal Electric (1986) Ltd.	961-2403
50	Legal Fire Department	961-3110
51	Legal Hotel & Café	961-3117
52	Legal Insurance and Registries	961-3137
53	Legal Lions Community Transportation	961-3041
54	Legal Liquor Warehouse	961-2515
55	Legal Machine & Welding	961-3444
56	Legal Motors	961-3600
57	Legal Self Storage	961-4050
58	Legal Soccer Club	961-3188
59	Legal Super Mart	961-3332

60	Legal Vipers Senior Hockey Club	961-3600
61	Loov Photography	660-0611
62	LTD Heating	961-2588
63	M and M Catering	961-3015
64	MCSNet	Toll Free 1-866-390-3928
65	Maison Thibault Ltd.	961-3456
66	Mike's Siding	961-4168
67	Millennium Modular Homes Ltd	961-2273
68	Missanabie Fine Art	961-7638
69	MorinvilleNews.com	780-800-3619
70	Mountain Meadows Food Processing (2004) Ltd.	961-2470
71	Nuskin / Pharmanex By Annie Dribnenky	961-2180
72	Nuskin / Fountain Of Youth By Sandra Intwert	718-4678
73	Peterson Krochak	452-6300
74	Premium Food Services Ltd.	801-0887
75	Provencal Trucking Ltd.	961-2070
76	R & R Electric	961-3735
77	Remcos Memorials	961-3850
78	Renés Vacuum Service Inc	961-3064
79	Saunders Appliance Service	349-2225
80	Servus Credit Union	961-5080
81	Spirit Harbour Massage	961-3241
82	Star Alliance Enterprises Inc.	961-3006
83	Sturgeon Valley Fertilizers Ltd.	961-3088
84	Sun Insulators & Roofing	961-2581
85	Sunnyside Fruit & Vegetables	961-2171
86	Top Notch Certified Driving Examiners	961-2335
87	Town of Legal	961-3773
88	Treesmith Ltd.	961-4019
89	Vimy Diesel Injection Inc.	961-2199
90	Volunteer Resource of Legal	961-3041
91	WELLNESS 4U INC.	961-2447
92	West Legal Upholstery	961-2494
93	Winnie's Body Works	961-2512
94	Yellowhead Painting and Decorating Ltd.	961-2457

## LEGAL DISTRICT CHAMBER OF COMMERCE VOLUNTEER CONTACT INFO:

### LEGAL-LERIE SUBMISSIONS—CHAMBER ENQUIRES

CONTACT: Carol Tremblay  
PHONE: 780-701-5234  
EMAIL: [legal-lerieads@hotmail.com](mailto:legal-lerieads@hotmail.com)

### LEGAL—LERIE PROFILE WRITER

CONATCT: Karma Klassen  
EMAIL: [karma\\_rmt@yahoo.com](mailto:karma_rmt@yahoo.com)

**PLEASE NOTE ALL SUBMISSIONS** must be submitted by the 20<sup>th</sup> of the month and directed to [legal-lerieads@hotmail.com](mailto:legal-lerieads@hotmail.com)

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## LOOKING TO PROMOTE YOUR BUSINESS

~INSERTS NOW AVAILABLE~

The Legal-Lerie is now offering the opportunity for you to showcase your business with an insert!  
Simply contact Carol at [legal-lerieads@hotmail.com](mailto:legal-lerieads@hotmail.com) to discuss monthly, quarterly or yearly pricing of your insert submission.

*Insert Submissions must be made by the 20th of the month.*

## ! GET YOUR BUSINESS NOTICED !

**NEW  
BUSINESS CARD  
AD SIZES**

Get the benefits of being a

Member of the Legal &

District Chamber of Commerce

Detailed list of Member benefits & info packs can be emailed out upon request

or you can visit us on the web at:

[www.legalchamberofcommerce.com](http://www.legalchamberofcommerce.com)

**CALL OR EMAIL TODAY!**

**780.701.5234 [legal-lerieads@hotmail.com](mailto:legal-lerieads@hotmail.com)**





## CELEBRATE CREDIT UNION DAY

Come join us for refreshments!

**WHEN:** Thursday, October 20<sup>th</sup> 2011

**WHERE:** Legal Servus Credit Union

~ Refreshments will be offered throughout the day ~



**MEETING!**

### LEGAL & DISTRICT CHAMBER OF COMMERCE

Invites the community to attend the next monthly meeting where

**GUEST SPEAKER; THE HONOURABLE KEN KOWALSKI** will be speaking to the Chamber about the present status of HWY 651

**DATE:** Wednesday, October 12<sup>th</sup>

**TIME (REG. MEETING):** 8:30am

**TIME (GUEST SPEAKER):** 9:15am

**LOCATION:** Legal Citadel Centre

~ A CONTINENTAL BREAKFAST WILL BE SERVED. ~



## WEEKLY WEIGH-IN & SUPPORT MEETING

### LOCALLY HERE IN LEGAL

LOOKING FOR A MINIMUM OF 5 PARTICIPANTS TO START PROGRAM.

The evening will potentially contain weigh-in followed by support meeting, & possible professional Q&A sessions.

For more info please email; DontWeight@hotmail.com



## LEGAL & DISTRICT CHAMBER OF COMMERCE ANNUAL GENERAL MEETING

Come have a delightful evening, mingling with local businesses while enjoying a delicious meal by local caterer; Premium Food Services

*Entertainment and/or guest speaker for the evening to be announced in November issue of the Legal-Lerie.*

**DATE:** January 26<sup>th</sup>, 2011

**MEAL &**

**LOCATION:** Centralta Cultural Centre

**ENTERTAINMENT:** 6:30pm

**MEETING:** 7:45pm

Non-Chamber of Commerce members are welcome for the evening events. Those who are interested in *only* attending the meeting portion of the evening are welcome to do so at no cost.

**For ticket information contact Carol at 780.701.5234 or email legal-lerieads@hotmail.com**

## Legal's 16<sup>th</sup> Annual Craft and Trade Fair

Free Admission—Food Bank Donations Welcome  
Gift Bags, Door Prizes and Concession

**WHEN:** Saturday, November 19<sup>th</sup> 2011

**WHERE:** Legal's Centralta Cultural Centre  
5109-46<sup>st</sup>.

**TIME:** 10am—4 pm

Table Registration Form found on Page 11 of this issue.

## FACE PAINTING AND PHOTO WITH SANTA

Photography provided by Loov Photography



**\$2.00  
5x7 Photo**

ORGANIZED BY LEGAL & DISTRICT CHAMBER OF COMMERCE

Santa times to be announced watch for Nov. issue of Legal-Lerie

## Legal Co-Operative Petroleum Division



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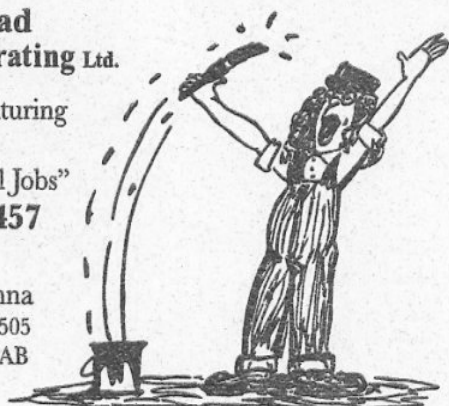
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The Legal and District Chamber of Commerce met on September 14 for its monthly meeting. Here are the major issues we are dealing with;

**1- DOCTOR'S OFFICE:** Lisa Magera and Normand Ouellette are continuing to provide the lead on this file. Phil Hughes and Norm Ouellette updated issues that will be addressed by a Steering Committee that the Town will be forming. Phil Hughes, our Town representative, will be providing us with a progress report at our next meeting. According to our survey 80% of the residents of Legal would avail themselves of a local doctor. The commitment of our residents will be a major factor for a doctor accepting to come and for him staying in the community. Norm also pointed out that a number of quality applications have come in to serve as reception for a doctor in the community. Great example of leadership Lisa, Norm and Phil.

**2- HIWAY 651:** We received a letter from Ken Kowalski stating the present status of that Hiway 651. As of 2000 there is a ministerial order bound by Alberta Environment preventing the road across Lily Lake slough. It is our thought that was true for dealing with environmental issues has progressed since 2000 and can now be resolved. The Honourable Ken Kowalski has accepted our invitation and will be our guest speaker at our October 12<sup>th</sup> meeting. The community is invited to attend the meeting in the Citadelle Center. We will have a continental breakfast available. Our regular meeting starts at 8:30 and the Speaker of the House should arrive around 9:15 am. Only 7% of the people of Legal opposed 651 across Lily Lake in our survey. Your presence will speak for itself to our representative. It would be great to run out of room. Ken Evans and myself are providing the lead on this file on behalf of the Chamber.

**3- TRADE FAIR:** To be held on November 19<sup>th</sup> at the Centralta Cultural Center. Spots are filling in quickly and we expect to have a full house at the event. Look for more details on page 10 of this issue of the Legal-Lerie.

**4- OTHER ISSUES INCLUDED:** The AGM will be on January 26, 2012; Twinning of Hiway 2 to Clyde Corner; Updating our Web Site to better serve our members; Having guest speakers during the year tied to a lunch meeting; Final survey results. Thanks to the excellent involvement of the board members especially Carol Tremblay, we are maintaining a full and aggressive plan of action.

*Legal & District Chamber of Commerce President; Ernest Chauvet*

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## REMEMBRANCE DAY CELEBRATION

Please join the Legal Lions in celebrating Remembrance Day.



*Let's We Forget*

TIME: 10:30 a.m.  
DATE: November 11, 2011  
LOCATION: Eglise St. Emile Church

Those clubs, businesses or individuals who wish to present a wreath at the cenotaph, please contact Suzanne 780.961.4101 by October 31st, for more information.

Following the services, everyone is welcome to Kilroys Pub & Café compliments of Maurice & Rita Hagen, Morinville Legion, and The Legal Lions Club.



## CLUB 60 ROSES

### BREAKFASTS

Next Breakfast will be October 2, 2011.

### STITCH & LEARN

Tuesdays at 7:00 pm.

Contact Georgette at 780-961-3041



### RENTAL OF CLUB 60 ROSES

Contact Laurette Pelletier at 780-961-3877

### MEMBERSHIPS DUES

Memberships are now due, cost is \$10/per person. Cheque can be sent mailed to: Club 60 Roses, Box 332, Legal AB, T0G 1L0. Memberships can also be purchased at the breakfast and your card will be mailed out to you. **Note:** If you go South for the winter please try to get your membership before you go.



## CO-OP PETROLEUM DIVISION

### HAVE YOU CHANGED ADDRESSES OR PHONE NUMBERS LATELY?

The Legal Co-op would like to remind all members to update their contact information. To make any additions or changes, please

CALL: 780-961-3766 or

EMAIL: [legalcoopfuels@mcsnet.ca](mailto:legalcoopfuels@mcsnet.ca)

We strive to provide you, our members, with the best customer service, and keeping our records current plays a big part in helping us treat you right!



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The Town of Legal hosted a public meeting at the Legal School Sept 22 to discuss the community's cultural vision and how the residents want to be represented. After the two-hour meeting, the decision is to have the residents of Legal present their viewpoint on a survey to be conducted in the next few weeks. The points in question include the location of the 20-foot wide by 30-foot tall steel monument (in or out of town), and whether murals should be installed on residential households. Mayor and council received a few letters of discontent which prompted the open forum and a presentation by Centralta Tourism Society Coordinator Ernie Chauvet on what they are planning in the coming year. One of the discussions was the large metal monument, which was unveiled this past June. Some residents said they understood the murals portraying the local priests and the family histories that connect directly to Legal but not this monument. Many said it needed more explaining and was too complex and that they preferred something simpler. Comparisons were made to the Ukrainian sausage in Mundare, the star ship in Vulcan and the giant pierogi in Glendon. Others indicated it was the bigger picture and symbolized the heritage of Canada in general and Legal was the mini concept. Andre Noel, a member of the Centralta Tourism Society said, "It was to attract a bigger broader vision then just the community and address materials covered in the school curriculum." Ernie Chauvet said, "the balance between local pride and the "shock" factor- something so unexpected that people will want to come and see what it is like." The monument must meet with Alberta Highway regulations and some attendees indicated where it is situated requires ample parking to view it and that the monument is very climbable and therefore needs to be in public view. The location has to be safe for the monument and everyone around it.

The discussion Sept. 22 included the placement of the eight new murals, which will bring Legal's mural total to 43. The new murals are themed around Louis Riel, 4-H, Irish immigration, Acadian Deportation, Youth, Knights of Columbus, Welcome Bonhomme and Francophone Secretariat. Some of these murals already have locations preselected for when they are completed- some do not. The Bonhomme, representing joy, laughter and joie de vivre, would be approximately 4-foot wide and 12-feet high. It is to be placed at the Legal corner to welcome people to town. A request was made by a resident to have the Louis Riel mural on his house which ignited a flurry of comments of enough is enough. Many felt murals should not go on houses because it could open the door for anything on Legal homes (only one on residence to date). A question was raised as to whether there were enough commercial buildings to accommodate the remaining murals. Suggestions included placing the murals along the walking trails and in the park or by the water reservoir. The evening concluded with the introduction of the new banners to be placed on lampposts in town. Of the 15 2-foot by 4-foot banners, 10 are for Main Street and ready to go. Chauvet said the first five are ready to

print. One of the criteria for the banners was achieving milestones together- with the words "together ensemble" displayed on them. Banners include Legal Motors celebrating 50 years, 1927 Fire department and ambulance, 1894 Gelot-Tieulie, Janelle Reinhart and The Honourable Ken Kowalski.

Legal is at a crossroads. Supporters of the mural program argue with community support it can proclaim itself the Mural Capital of the World per-capita (35 murals for 1,200 people) and being the most beautiful municipal town in the greater Edmonton area. If the answer to the survey is predominantly yes, they can increase that profile in Legal by adding two or three steel sculptures, a few wooden sculptures, adding flowers through Legal homes and use the Internet to draw people into town.

The list of accomplishments made by the CTS in Legal were highlighted, beginning with the Artisan Park and the five paintings in the park itself, the 25 historical tableaux located in the Community Centre in Legal, redoing the DeChamplain and Credit Union mural, the eight new murals proposed, the monument and presently the ongoing banners for Main Street and the articles for schools and newspapers.

One step forward for the CTS is anecdotal articles for the schools and historical articles for newspapers said Chauvet. "The CTS mandate to develop tourism in North Central Alberta via local and national Francophone contributions has been met," Chauvet said. "The mission is accomplished as per the visual portion in Legal, though the odd mural could be added." Chauvet went on to say the mission can be furthered through anecdotal articles being written by the coordinators to reach 60 articles for students from Grades 4, 5 and 7.

The Centralta Tourism Society (CTS) and the Town of Legal are looking to hear from residents as to what the cultural vision is before moving forward.

Find More Local News at [www.mornvillenews.com](http://www.mornvillenews.com)

## HONOURABLE KEN KOWALSKI

MLA, Barrhead-Morinville-Westlock Constituency  
Speaker of the Legislative Assembly of Alberta



Legislature Office:

325 Legislature Bldg, Edmonton T5K 2B6

Phone: 780-427-2464 Contact: Beverly Alenius

Constituency Office:

5510-50 Ave. Barrhead, T7N 111

Phone: 780-674-3225 Contact: Audrey Neuman



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### FALL CLEAN-UP

Place your unwanted valuables in your front yard on **Saturday October 15<sup>th</sup> and Sunday October 16<sup>th</sup>**. It will provide people with the opportunity to help themselves (free) to items that they may be able to make use of. The Town will pick up the remaining items and take them to the landfill during the week following. The intent of the project is to provide a service for those **unable** to dispose of some of their larger items i.e. mattresses, chairs, etc; through their own means. We are asking you to please be considerate and reasonable with the kind and number of articles that you wish to dispose of through this project.

Individuals with items to be picked up are asked to phone the Town Office (961-3773) with their name, address, and a description of the items intended for pick-up. If you do not register your items, the Town will not pick up at your property.

Any items containing Freon including, but not limited to, fridges, deepfreezes, and compressors will require a fee payment of \$20 payable at the Town Office prior to pick-up. Freon Bearing Appliances will be accepted upon payment of disposal fee.

The following items will **NOT** be picked up by the Town: Agricultural Chemical Containers - Antifreeze - RV Fridges - Liquids- Batteries - Paints - Tires/Rims attached - Oil & Oil Filters- Drums - Sewage/Septic Tanks - Asbestos - Tar - Vehicle Hulks - Chemical, Hazardous, Radioactive, Toxic, and Animal Waste . Individuals can drop items off at the City of Edmonton Eco Station at 11440-143 St. or 5150-99 St., Ph # 496-5678.

### MESSAGE FROM STURGEON RURAL CRIME WATCH

**SRCWA** is an all-volunteer, community-based service organization working in partnership with the Morinville RCMP. Its focus is on a safer rural community. Our goal is to increase and strengthen crime prevention activities in Sturgeon County and its municipalities through broad citizen participation. Together, as **SRCWA members**, we are additional eyes and ears in the county and report suspicious activity to the RCMP. Being a member doesn't take up a lot of your time, but along with hundreds of your neighbors, your assistance goes a long way to make Sturgeon County and its municipalities safer places to live. The more members we have reporting suspicious activity, the more effective we are in preventing crime

### RCMP Tip

School is back in session. Please be aware of children walking and adjust your driving habits. Safety is everyone's responsibility.

### PUBLIC SKATING



The arena will be opening **October 7<sup>th</sup>** and will be offering free public skating on Wednesdays from 4-5pm and on Sundays from 3:30-4:15pm.

Proper protective equipment is recommended.

### THE MAYOR, COUNCIL AND STAFF WISH YOU A HAPPY THANKSGIVING

The Town Office and Municipal Shop will be closed October 10<sup>th</sup>

### BYLAW REMINDER

The Town of Legal Animal Control Bylaw (01-2006) states that ALL dogs and cats within the Town limits **MUST** be licensed. You may purchase your pet's license at the Town Office - 5021 50 Street.

The cost for licensing your pet is:

\$30.00 for non-altered animals

\$20.00 for altered animals



If you have any questions regarding the Animal Control Bylaw or for a full copy, please call 961-3773 or visit the Town's website

[www.town.legal.ab.ca](http://www.town.legal.ab.ca)

### **PROGRAMS FOR ADULTS & YOUTH**

#### AT HOME ALONE FIRST AID—AGES 10+

The At Home Alone child safety course has been combined with the First Aid for Kids program to help prepare your child for any emergency! Students learn how to stay safe while at home alone and to respond to first aid emergencies. Safety skills are learned through interactive lessons, role play and hands-on training. Minimum 10 registrants. Bring a snack.

**FEE:** \$10.00 (incl GST) Subsidy Available

**WHEN:** Tues Oct 11

**WHERE:** Citadel Center

**TIME:** 1:00pm to 5:00pm

**INSTRUCTOR:** Facilitated by Kidproof

#### BABYSITTER TRAINING—AGES 11 TO 14

Becoming a babysitter is serious business. The life of a child is in your hands. What you do, or don't do, can make the difference. The Babysitter's Training program has tons of activities and hands-on practice to increase your confidence and give you the skills you need to be the best babysitter possible. Min.10 registrants. Bring a doll and a bagged lunch.

**FEE:** \$10.00 (incl GST) Subsidy Available

**WHEN:** Thurs Nov 10

**WHERE:** Citadel Center

**TIME:** 9:30am to 4:30pm

**INSTRUCTOR:** Facilitated by Kidproof

#### CYBERSAFE—AGES 8-11

Internet safety is on the mind of every parent. CyberSafe covers the topic of Internet safety through interactive, non-threatening and entertaining lessons. Cybersafe focuses on teaching kids how to recognize warning signs, safe and unsafe situations, and the skills they need to make safe choices. *This is not a technical or software computer course.* Min 10 registrants. Bring a snack

**FEE:** \$5.00 (incl GST) Subsidy Available

**WHEN:** Fri Nov 25

**WHERE:** Citadel Center

**TIME:** 12:30pm to 2:30pm

**INSTRUCTOR:** Facilitated by Kidproof

#### BULLYPROOFING—AGES 7 TO 10

In an interactive, non-threatening manner, children learn how to become 'BullyProofed'. This child safety program is designed to be preventative and proactive, so that children can avoid being bullied, and if they are bullied, know how to stop it. Minimum 10 registrants. Bring a snack.

**FEE:** \$5.00 (incl GST) Subsidy Available

**WHEN:** Fri Nov 25

**WHERE:** Citadel Center

**TIME:** 3:00pm to 5:00pm

**INSTRUCTOR:** Facilitated by Kidproof



[www.clearwave.ca](http://www.clearwave.ca)

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tech support: 701-3401



### **ACTIVE PARENTING OF TEENS**

Ah, the teen years! Are they worse than the terrible two's? The "Active Parenting" program is designed to shed light on the immense pressures today's teens, and their parents, face. What do parents need to know to help their teens survive and thrive in the 21<sup>st</sup> century? You will learn to effectively handle family problems through clear, honest communication, and respectful discipline. Topics covered include being an active parent, responsibility and discipline, teen drug use, sexuality, and problem solving.

**FEE:** \$10.00 (includes GST)

**WHEN:** Wed's Nov 2 - 16, 7-9pm

**WHERE:** Citadel Center

### **BUILDING SELF ESTEEM**

Greatest gift you can give your child is a healthy self-esteem. Children who feel good about themselves can handle conflict and manage negative pressures. In this presentation participants will gather knowledge of how to build on your child's self-esteem. Learn how to play an important role as your child grows and learn.

**FEE:** \$5.00 (incl GST)

**WHEN:** Thursday Nov 3, 7-9pm

**WHERE:** Citadel Center

### **POSITIVE DISCIPLINE**

This course will give you the skills required to encourage independence and exploration while setting appropriate boundaries with your child. Parents will learn to recognize when their child is ready to master the challenges of sleeping, eating and potty training while avoiding power struggles that so often come with these lessons. Jane Nelson's Positive Discipline books are the basis for this course.

**FEE:** \$5 (incl GST)

**WHEN:** Tues Nov 15, 7-9pm

**WHERE:** Citadel Center

### **COPING WITH DIVORCE & SEPARATION**

Dealing with a divorce or separation can feel as heart-wrenching as the passing of a loved one, because it signals the "death" of a relationship. No matter how it happens, a break up can take its toll, both mentally and physically, on everyone involved. But despite the sense of grief and loss the split can stir up, separation and divorce can offer parents and children a chance for personal growth and discovery, especially when the months or years leading up to the event have perhaps been filled with conflict and tension.

This interactive workshop will look at understanding the problems that come from divorce, the challenges of integrating into a new co-parenting model and coping strategies for parents and children.

**FEE:** \$5.00 (incl GST)

**WHEN:** Tuesday Dec 6, 7-9pm

**WHERE:** Citadel Center

*Registration is on a first come-first serve basis. Pre-registration is necessary for all programs. A person is not considered registered unless payment for the program(s) has been received. In the event a program is cancelled, registrations will be refunded in full. Refund/cancellation requests made after registering for a program will not be accepted.*

### **MAINTAINING A HEALTHY RELATIONSHIP**

Often the hustle and bustle of everyday life can leave you feeling neglected and alone. Maintaining strong, healthy relationships requires finding out more about oneself and developing a new understanding on how to communicate with family, friends, co-workers or loved ones. This program will give you the tools to communicate in ways that support and strengthen your relationship with yourself and others in a positive way. This course is appropriate for anyone looking to better the relationships in their lives – not just couples.

**FEE:** \$10.00

**WHEN:** Wed's Nov 30-Dec 14, 7-9pm

**WHERE:** Citadel Center



## **LOCAL CLASSES & LESSONS**

### **OIL PAINTING—ART**

**LOCAL TALENTED ARTIST KEITH NOLAN**

Will be offering Oil Painting & Drawing  
Classes

in Legal for beginners to advanced levels.

**CLASSES WILL START 1ST WEEK OF SEPT.**

**CONTACT:** Keith Nolan

**PHONE:** 780-961-7638

**EMAIL:** keithn5012@hotmail.com



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**[www.canadianrealestateservice.com](http://www.canadianrealestateservice.com)**

**Citadel Centre 5106-48 St. Legal, Alberta**



**Tom Turner**  
Associate



**Sandy Lake**

### LAKE VIEW

2400 sq. ft. 2 Storey backing onto the North basin of Sandy Lake. Main floor is open and spacious with separate mechanical room and laundry room. The upper floor has 4 bedrooms + den and a 5pc main bath with Jacuzzi. The master bedroom features a gas fireplace, a 3pc ensuite and private access to upper deck. Walk onto the main level deck from the living room or front yard. Another nice feature is the 24'x26' headed detached garage.

**LP \$289,900**



**Legal**

### IMMACULATE ..... LIKE NEW

50 PLUS complex is Centrally located in the Town of Legal. This 1066 Sq/ft, 2 bedroom condo boasts gleaming hardwood floors, oak kitchen cabinets, main floor laundry, a full basement & a single attached garage. A great place to retire.

**LP \$209,000**



**Legal**

### GREAT FAMILY HOME

1116 sq/ft 2+2 bedroom bungalow with a double attached garage. Features: Vaulted ceilings, open floor plan, large kitchen, main floor laundry, finished basement & a large fenced yard.

**LP \$262,500**



**Legal**

### PARK SIDE BI-LEVEL

This 1342 sq. ft. home offers a bright & open living area, a den, nursery with RI plumbing, 4 bedrooms, a walkout basement with a private 2 bedroom suite & a 26 x 22' heated garage (currently used as a studio). Ideally set up for a home business.

**LP \$359,900**



**Legal**

### NEW LISTING— WHY RENT?

Why Rent.... 844 sq ft  
2 bedroom bungalow with  
a single detached garage.

**LP \$149,900**



**Legal**

### CHARMING RENTAL PROPERTY

1400 sq ft bedroom

**LP \$150,000**



**Legal**

### HERE IT IS!!

Newly renovated & freshly painted 1177 sq ft 3+2 bedroom bungalow with a large living room, eat in kitchen, 2 full baths, newer appliances, 60 gal hot water tank, lots of storage, fenced yard, RV parking & a 24x24 detached garage.

**Great Price 259,900**



### LOOKING TO BUILD ON A ACREAGE? 3.21 ACRE PARCEL OUT OF SUBDIVISION

Located 1 mile east of Lily Lake Rd. On TWP Rd 580.  
The property is fenced on 3 sides & Utilities are nearby.

**Great Price \$65,000**

### VACANT LOTS ..... BUILD HERE!



**Legal**

2- Side by Sides R2 Lots

**\$89,900**



**Sturgeon  
County**

3 Acres East of Legal

**\$79,900**



**Legal**

Cul De Sac—In Town

**\$94,900**



**Legal**

Brand new 1315 sq ft 3 bedroom bi-level  
with an oversized 27x24 attached garage.

Sellers are offering to install new sod & concrete  
walkway from front to back, Plus reassign the  
GST rebate to buyer approx(\$5000.00+).

**LP \$335,000**





**CULTIVATE YOUR COMMUNITY THROUGH THE  
PROMOTION OF THE 40 DEVELOPMENT ASSETS**

The 40 Development Assets have been identified as essential building blocks that children and teenagers need as a foundation for growing up to become well adjusted, contributing members of society.

**Asset #7** *Community Values Youth Young Person perceives that adults in the community value youth*

- ☉ When young workers at a grocery store, drug store, or fast food restaurant wait on you, greet them in a friendly manner and compliment them on something (their good work, their unusual hairstyle, etc).
- ☉ Be patient with young workers! Don't show irritation if they make a mistake.
- ☉ Celebrate a young employee's new job with a lunch date and a tour of your workplace. Talk about your job and the job he or she has been hired to do. Encourage lots of questions.

**LEGAL YOUTH CLUB**

**RE-OPENING!!** Starting October 14<sup>th</sup>

The Youth Club is open every  
Friday night from 7 -10 pm

We are alternating nights between  
grades 6 & 7 and grades 8 & 9.  
October 14: Grades 6 & 7;  
Oct. 21: Grades 8 & 9; etc...

If you are new to the club you will need  
to get a parental release signed. These  
can be picked-up up at the club or at  
the schools. Call club coordinator  
Jocelyn MacIntyre at 780-961-3257  
with questions or if you'd like to volun-  
teer as an adult supervisor. Find us on  
Facebook under "Legal Youth Group".

Legal Youth Club  
Halloween Party  
  
October 28th  
  
Grades 6-9  
Inclusive!!!

**PARENT LINK CENTRE/ FAMILIES FIRST SOCIETY**

We wish to invite all parents and children 0-6yrs to our new season  
starting with: **All programs run 10am-12 noon**

**COFFEE TALK:**

Wednesday's starts, Sept. 21

These free of charge programs will run until  
Dec. 31. Our new season after Christmas: TBA

**CREATIVE W/KIDS:**

Starts Thursday, Sept. 22

**MUSIC W/ MUNCHKINS:**

Starts Sept. 29

Alternating Thursdays

*Hope to see you there for some fun, crafts, music, and much more!!!!*

**CREATIVE KITCHENS:** This program provides an opportunity for people to  
get together and cook in bulk to divide and share. The monthly  
attendees learn to plan and prepare a menu. There will be a kitchen  
once a month (Sept-May inclusive) at Legal School. For more  
information, dates or to register for a kitchen contact Coordinator, Carol  
at 780.701.5234

Programs are in the Legal School Parent Link Centre.  
We offer Parent Education Programs, with free  
childcare. For much more info. please contact :  
Families First Society: 1- 780-998-5595, ext. 221 or  
toll free: 780-413-9153, then 998-5595, ext. 221

parentLINKcentre



Alberta

**5TH ANNUAL MEET YOUR COMMUNITY EVENT**

**ROOTIN' TOOTIN' GOOD TIME**

Despite the wind, rain and cold weather, over 150 people attended  
this year's 5th Annual Meet Your Community Event's Rootin' Tootin'  
Good Time. Thank you to everyone who braved the weather to enjoy  
the festivities of the evening; the Skate Park Opening, Service Group  
Trade Fair, hay rides, games and delicious food!

And a special Thank You to everyone who helped  
make this year's event a success!

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## CRAFT & TRADEFAIR REGISTRATION FORM

### The 16th Annual Craft & Trade Fair will be held,

**Date:** Saturday, November 19th, 2011  
**Location:** Centralta Cultural Centre, 5109-46 Street, Legal AB  
**Time:** 10am to 4pm  
**Admission:** Free—Donations will be welcome.  
 The Legal Chamber of Commerce will be accepting Food Bank Donations at entrance.  
**Contact Info:** Carol Tremblay by phone at; 780-701-5234 or Email; legal-lerieads@hotmail.com

### REGISTRATION & PAYMENT DEADLINES

**EARLY BIRD DEADLINE October 29<sup>th</sup>**

**REGULAR DEADLINE November 12<sup>th</sup>**

When all spots are sold no new vendors or applications will be accepted.

There will be a draw for reimbursement of the participant's table charge from all registrations received before October 22nd.

Business Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home#: \_\_\_\_\_ Business#: \_\_\_\_\_

E-mail: \_\_\_\_\_

Nature of business or type of goods to be sold: \_\_\_\_\_

Please see map provided for power and table options

**Power Required:** YES NO  
 (Power tables are limited and are offered on a first come first serve basis.)

**Preferred Space#** \_\_\_\_\_ **Second Choice#** \_\_\_\_\_ **Third Choice#** \_\_\_\_\_  
 (You will be contacted personally to confirm table options)

**Additional comments on table requirements i.e. Back to wall/corner table:**

**Receipt Required:** YES NO  
**Door Prize Donation:** YES NO  
 (Donation of a door prize would be most appreciated!)  
**Are you interested in becoming a member of Legal Chamber of Commerce?**  
 YES NO Already A Member

**Number of tables required:**

**EARLY BIRD PRICING—DEADLINE October 29<sup>th</sup>**

\$35.00 Non-Chamber Members (additional tables \$10)

\$25.00 Chamber Members (additional tables \$10)

**REGULAR PRICING—DEADLINE November 12<sup>th</sup>**

\$40.00/per table (additional tables \$10)

**CHEQUES MADE PAYABLE TO: LEGAL & DISTRICT CHAMBER OF COMMERCE**

**MAILING ADDRESS: BOX 338, LEGAL AB, T0G 1L0**

\$ \_\_\_\_\_ Payment Enclosed

**I have read and agree to the Rules & Regulations.** (please see next column)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**ALL PARTICIPANTS/VENDORS ARE REQUIRED TO COMPLETE A REGISTRATION FORM AND RETURN WITH PAYMENT.**

CHAMBER USE ONLY:

DATE REGISTRATION FROM RECEIVED: \_\_\_\_\_

CONFIRMED TABLE CHOICE (DATE): \_\_\_\_\_

## 2011 LEGAL CRAFT AND TRADEFAIR RULES & REGULATIONS

I wish to participate in the 16th annual Legal Craft and Tradefair and I agree to the following Rules and Regulations set by the event organizers:

- Event organizer are not responsible for:
  - lost, stolen, or damaged items of vendor
  - injuries incurred during the event howsoever caused including, but not limited to, loading and unloading of displays or of items for sale.
- Approximate table size is 6 feet long by 3 feet wide.
- Legal & District Chamber of Commerce reserves the right to deny a space and return payment to any vendor.
- Legal & District Chamber of Commerce does not guarantee any vendor exclusivity. However, reasonable efforts will be made to ensure a wide selection of products and services are represented in the craft and tradefair.
- No refunds will be issued to any vendor after November 4, 2011 unless the space can be sold to another vendor. A \$10 administration fee will be retained by Legal & District Chamber of Commerce for all cancelled registrations.
- Legal & District Chamber of Commerce will charge \$20 for all NSF cheques. The replacement funds must be in the form cash, certified cheque or money order and must include the NSF fees. The vendor may lose the space assigned and be treated as a new vendor.
- Vendors must be in the Centralta Cultural Centre no later than 9am.
- All vendors (tables, displays, products, etc.) must remain set up until 3:30pm. All vendors are to be packed up and have all items removed by 6pm. **NOTE: Please use extreme caution when moving vehicles to**







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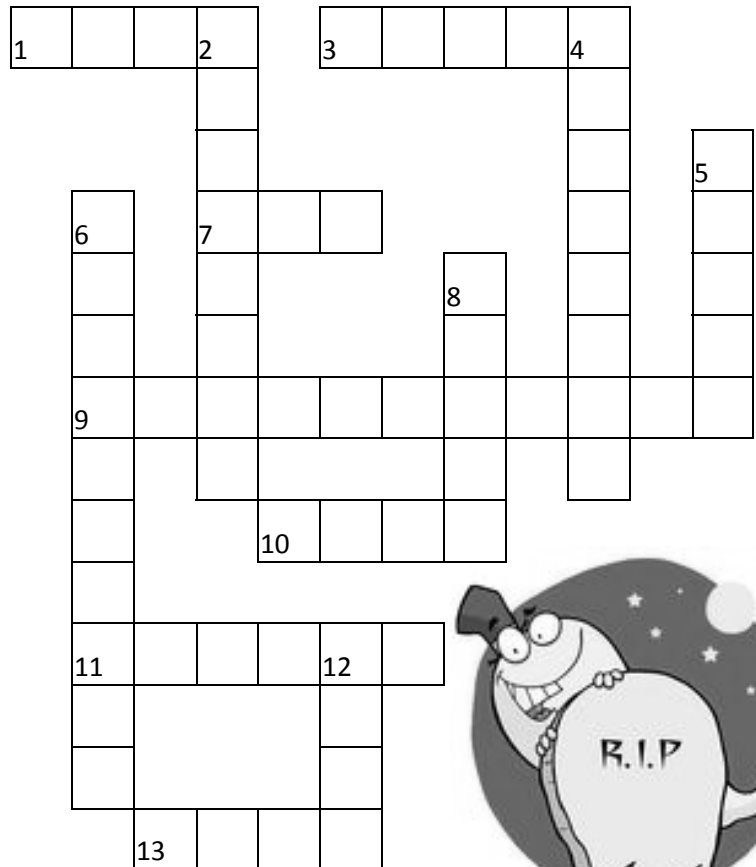
12

thanks thanks thanks  
thanks thanks thanks  
thanks thanks

More Brain Teaser can be found on <http://kids.niehs.nih.gov/braint10.htm>  
Answers on Page 12 calendar



## Creepy Crossword



### ACROSS

- Why didn't the Skelton cross the road? Because he had no \_\_\_\_\_.
- What did the daddy ghost say to his family when they went out for a drive? Fasten your \_\_\_\_\_ belts.
- What kind of dog does a mad scientist have? A \_\_\_\_\_.
- What type of dog do vampires like best?
- What is Dracula's favourite fruit? A \_\_\_\_\_-tarine!
- Why didn't the ghost go to the party? Because he had \_\_\_\_\_ to with.
- What do you get when you cross a witch with an iceberg? A \_\_\_\_\_ spell!

### DOWN

- What kind of key should you always take to a haunted house?
- What is a Skelton's favourite instrument? A \_\_\_\_\_.
- What did the Black cat call the mouse on roller skates? \_\_\_\_\_ on wheels.
- What kind of rocks does Frankenstein have in his collection?
- What did the mommy ghost say to the baby ghost? Don't \_\_\_\_\_ until you're spoken to.
- What kind of street do zombies like? \_\_\_\_\_ ends.

Can you spot 12 differences between these pictures?



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# October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><b><u>LEGAL-LERIE SPONSORS</u></b></p> <p> <i>✓</i> Servus Credit Union    <i>✓</i> Legal Co-op Petroleum Div.    <i>✓</i> Canadian Real Estate Service  <i>✓</i> Centralta Tourism Society    <i>✓</i> Town Of Legal    <i>✓</i> Club 60 Roses    <i>✓</i> Fete Au Village  <i>✓</i> ACFA    <i>✓</i> Legal Lions  <i>✓</i> Family &amp; Community Support Services </p>						<p><b>1</b></p> <p>• Vimy Lions Club Meat Draw 2:30pm @Legal Hotel</p>
<p><b>2</b></p> <p>• QC Mass 9:30am Bilingual • Club 60 Roses Breakfast 9am-11:30am • Scottish Highland Dance @Community Centre-Music Room • Public Skating 3:30-4:15pm</p>	<p><b>3</b></p> <p>• Town Council Mgt. 7pm • Zumba 7-8pm @Community Centre • Boot Camp 8-8:45pm @Community Centre</p>	<p><b>4</b></p> <p>• Stitch &amp; Learn 7pm • Fire Department Mtg. 7pm • Yoga 7-8:30pm @Community Centre • Rhythm &amp; Rhyme Family Time 11am @Citadel Centre</p>	<p><b>5</b></p> <p>• Coffee Talk 10am-12pm @Legal School • Couple's Ballroom Dance Session 1: 7:30-8:30pm @Community Centre</p>	<p><b>6</b></p> <p>• Creative W/Kids 10-12pm @Legal School • Pilates YOGA Fusion w/Resistance 7-8pm @Community Centre • Women's Floor Hockey 8:15pm @Community Centre</p>	<p><b>7</b></p> <p>• Arena Opens</p>	<p><b>8</b></p> <p>• Vimy Lions Club Meat Draw 2:30pm @Legal Hotel</p>
<p><b>9</b></p> <p>• QC Mass 9:30am Bilingual • Scottish Highland Dance @Community Centre-Music Room • Public Skating 3:30-4:15pm</p>	<p><b>10</b></p> <p>• Legal School- No School • École Citadelle - Action de grâce</p> <p align="center"> <b>Happy Thanksgiving</b></p>	<p><b>11</b></p> <p>• Stitch &amp; Learn 7pm • Ambulance Mtg. 7pm • Yoga 7-8:30pm • Rhythm &amp; Rhyme 11am • Home Alone First Aid 1-5pm • Legal School- No School • École Citadelle - Journée pédagogique</p>	<p><b>12</b></p> <p>C of C Open Mtg. 8:30am @Citadel Centre Guest Speaker The Honourable Ken Kowalski • Legal Lions Mtg. 7:30pm • Coffee Talk 10am-12pm @Legal School • Couple's Ballroom Dance Session 1: 7:30-8:30pm @Community Centre • Public Skating 4-5pm</p>	<p><b>13</b></p> <p>• Club 60 Mtg. 7pm • Music w/Munchkins 10-12pm @Legal School • Pilates YOGA Fusion w/Resistance 7-8pm @Community Centre • Women's Floor Hockey 8:15pm @Community Centre</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>• Vimy Lions Club Meat Draw 2:30pm @Legal Hotel • Fall Clean Up</p> <p align="right"></p>
<p><b>16</b></p> <p>• QC Mass 9:30am Bilingual • Scottish Highland Dance @Community Centre-Music Room • Public Skating 3:30-4:15pm • Fall Clean Up</p> <p align="right"></p>	<p><b>17</b></p> <p>• Town Council Mgt. 7pm • Zumba 7-8pm @Community Centre • Boot Camp 8-8:45pm @Community Centre</p>	<p><b>18</b></p> <p>• Stitch &amp; Learn 7pm • Fire Department Mtg. 7pm • Yoga 7-8:30pm @Community Centre • Rhythm &amp; Rhyme Family Time 11am @Citadel Centre</p>	<p><b>19</b></p> <p>• Coffee Talk 10am-12pm @Legal School • Couple's Ballroom Dance Session 1: 7:30-8:30pm @Community Centre • Public Skating 4-5pm</p>	<p><b>20</b></p> <p>• K of C Mtg. 7:45pm • Creative w/Kids 10-12pm @Legal School • Pilates YOGA Fusion w/Resistance 7-8pm @Community Centre • Women's Floor Hockey 8:15pm @Community Centre</p>	<p><b>21</b></p> <p>• Legal School- Early Dismissal</p>	<p><b>22</b></p> <p>• Vimy Lions Club Meat Draw 2:30pm @Legal Hotel</p>
<p><b>23</b></p> <p>• QC Mass 9:30am Bilingual • Scottish Highland Dance @Community Centre-Music Room • Public Skating 3:30-4:15pm</p>	<p><b>24</b></p> <p>• Zumba 7-8pm @Community Centre • Boot Camp 8-8:45pm @Community Centre</p>	<p><b>25</b></p> <p>• Stitch &amp; Learn 7pm • Ambulance Mtg. 7pm • CWL 7:30pm • Yoga 7-8:30pm @Community Centre • Rhythm &amp; Rhyme Family Time 11am @Citadel Centre</p>	<p><b>26</b></p> <p>• Coffee Talk 10am-12pm @Legal School • Couple's Ballroom Dance Session 1: 7:30-8:30pm @Community Centre • Public Skating 4-5pm</p>	<p><b>27</b></p> <p>• Music w/Munchkins 10-12pm @Legal School • Pilates YOGA Fusion w/Resistance 7-8pm @Community Centre • Women's Floor Hockey 8:15pm @Community Centre</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>• Vimy Lions Club Meat Draw 2:30pm @Legal Hotel</p>
<p><b>30</b></p> <p>• QC Mass 9:30am Bilingual • Scottish Highland Dance @Community Centre-Music Room • Public Skating 3:30-4:15pm</p>	<p><b>31</b></p> <p>• Zumba 7-8pm @Community Centre • Boot Camp 8-8:45pm @Community Centre</p> <p align="center"> <b>HAPPY HALLOWEEN</b></p>					

**Brain Teasers** Answers: 1) Neon Lights 2) I'm bigger than you 3) Platinum 4) Breaking a custom 5) ILL in bed 6) Safety in numbers 7) Read between the lines 8) Tiptoe through the tulips 9) Alice in Wonderland 10) Merry Go Round 11) Settle down 12) Lots of thanks!

**Spot the difference solutions:** 1) Carpenter's side pocket is missing 2) Light bulb in lamp is missing 3) Drawer handle is missing 4.) Chest pocket is colored in 5) Top of hat is colored 6) Elbow on lamp arm is colored in 7) Pant cuff is colored in 8) Hole in board has moved down 9) Tall jar has moved 10) Screwdrivers have moved 11) Bottom drawer is narrower 12) Carpenter square is longer **Crossword Answer Key:**

**Across:** 1) Guts 3) Sheet 7) Lab 9) Bloodhounds 10) Neck (neck-tarine) 11) No-body 13) Cold **Down:** 2) Skeleton 4) Trombone 5) Meals 6) Tombstones 8) Spook 12) Dead