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We print 12,540 papers every week

CAREER OPPORTUNITIES

BECOME A REALTOR! GREAT POTENTIAL!

We are looking for energetic people who enjoy working in sales and are interested in real estate. With our expert training and mentorship, we can help you open the door to a satisfying entrepreneurial career.

INTERESTED? LET US KNOW!

ROYAL LEPAGE
★ Allstar ★
Email: claudettesteier@royallepage.ca
403-815-4126
504 1st Street/ #1-57 Quigley Dr

The Castle Cleaning Co. is growing!

We are seeking F.T. and P.T. personnel for residential cleaning services. Competitive wages and flexible hours.

Please send resume to
thecastlecleaningco@hotmail.com

ISELLCOCHRANE.COM
RE/MAX Real Estate (Central) - Iris Sikina

PART-TIME EXPERIENCED ESTHETICIAN
Pedicures, Manicures, Waxing, etc

As *FRINGES* SalonSpa in Cochrane enters it's eighth year of business, it continues to experience dynamic growth and steady increase in "shear" numbers of satisfied clientele.

Fringes' success hinges on its superior client service and extensive array of services offered within their friendly, tasteful, comfortable surroundings.

We are currently seeking customer service driven individuals with a passion to provide our growing clientele with a most memorable SalonSpa experience.

If you are outgoing, organized, friendly, self-motivated, and would simply enjoy working in an environment dedicated to providing an unparalleled level of guest satisfaction...

FRINGES WANTS YOU!
Drop Resume at Bay 1, 402 Railway Street, Cochrane

THE MANOR VILLAGE LIFE CENTERS
The Community with Heart

PCA
Start Date: Immediately
StayWell Private Care Services is looking for two **GREAT** employees to join our team!

What we offer: • A great environment to learn and succeed
• Fabulous benefit package • Wonderful work environment
• Fixed location (all shifts will be located at The Manor Village at Rocky Ridge)

What you offer: • Shifts are 8:00am – 8:00pm, 4 days on/off
• Must be reliable • PCA accreditation and medication certification a must • Self Starter; ability to work independently
• The ability to connect with our senior clientele and their families • Computer and organizational skills (office and move 'n' software use will be required)

The right candidate will be responsible for providing care to our clients, assisting the Wellness Coordinator in various computer and filing duties as well as other duties as required.

If you have a sincere desire to excel in our growing company, please submit your resume, in confidence, via email **jimh@rr.themanorvillage.com** or fax: **403-239-6608** (ATTN: Rocky Ridge)

AA MEETINGS
1-877-678-3811

Cochrane Lanes is seeking a mature, responsible adult to work in all aspects of its facility. Liquor and food service training is available, however previous experience in customer service, basic computer skills and cash handling are assets. Hours of employment include weeknights, and weekend days and evening shifts, 10 - 15 hours per week. Must be 18 or older.

Please reply in person with resume to: Cochrane Lanes, Unit 11, 402 Railway St. W

MATURE, RESPONSIBLE, EXPERIENCED ELECTRONICS RETAIL SALES HELP WANTED

Apply with resume to
THE SOURCE
BY CREDIT CITY
Bay 15, 312 - 5th Ave. W. Cochrane

TOWN OF COCHRANE EMPLOYMENT VOLUNTEER OPPORTUNITIES
OCTOBER 20, 2010

COORDINATOR, FINANCIAL SERVICES
LIMITED TERM (13 MONTHS; MATERNITY LEAVE)

The Town of Cochrane needs a qualified, energetic individual to lead daily operations in its Financial Services section. This position will report to the Senior Manager, Corporate Services and provide financial leadership for property taxes, banking, accounts payable, insurance, licensing, and utilities.

Candidates with a professional accounting designation are preferred, working knowledge of financial processes and controls is required as are demonstrated leadership, communication, coaching, and mentoring skills.

Closing date: Noon, Monday, November 1, 2010.

Detailed information is available on www.cochrane.ca under I want To... Apply For.... Job Openings.

The Town of Cochrane thanks all applicants for their interest, but advises that only those selected for an interview will be contacted.

Please submit your resume and cover letter to:
Town of Cochrane – Human Resources Division
101 RancheHouse Road, Cochrane, AB T4C 2K8
Fax: 403-851-2591 Email: humanresources@cochrane.ca

ANIMAL HEALTH TECHNICIAN

The Cochrane & Area Humane Society is a low kill animal shelter requiring a permanent part-time (35hr/week) Animal Health Technician to work in our Internal Animal Hospital and become part of our friendly and dynamic team of caring staff and volunteers. The Society's focus is on companion animals, primarily dogs and cats and the AHT will assist our Veterinarian to perform all sterilization surgeries and other general companion animal health care procedures. The AHT is responsible for ordering hospital supplies, performing basic lab work, daily animal health exams, vaccines, and maintaining accurate animal health & hospital records. Our Internal Animal Hospital is new and suitably equipped. We offer a competitive salary range, group benefits and group RRSP plan. Our facility is situated in Cochrane, Alberta. If you would like the opportunity to be a part of a caring and compassionate team working for an important cause, please forward your resume with salary expectation to:

Cochrane & Area Humane Society
Attention: Dawnita Gillman, Animal Care & Administration Supervisor
62 Griffin Industrial Point, Cochrane, AB T4C 0A3
or email resume to: **admin@cochranehumane.ca**
Hiring immediately. For a complete job description please visit our website at **www.cochranehumane.ca**

Cochrane & Area HUMANE SOCIETY

CLASSIFIEDS @cochraneagle.com

Condos/Town Houses for Rent

Beautiful 3 bedroom fully developed townhouse located in East Cochrane. Incredible river views from this clean well maintained condo complex. Backs onto natural reserve. \$1200/mnth. Available immediately. Call Claudette Steier (Royal LePage Allstar Real Estate) 403-815-4126.

Shared Accommodation

Roommate wanted to share 950 sq. ft. 2 bdrm, 2 bth. Alora complex of Sunset

Ridge. \$700/mnth, all incl. Call Fred 403-932-9559.

Homes for Rent

Cochrane 2 bdrm 1/4 plex, 1.5 bath, \$825/mth + util, N/S, N/P, + SD. 403-281-6943.

3 bdrm main floor, hardwood, large fenced yard, \$1200/mth + 2/3 util. + DD. N/S. Call 403-613-0787 or 403-470-0787.

1500 sq ft, 3 bdrm, 2 bath, large deck, 17 ft field stone F/P, across from park, N/S, newly renovated, \$1300/

mth + util + DD. Option to rent whole home, \$1795/mth. including 4 car garage. Call 403-613-0787 or 403-470-0787.

2 bdrm home, W/D included, N/P, \$900/mth + DD \$900. includes water & sewer, Private yard. Call 403-932-7909.

East end bi-level for rent unit in a 4-plex building. 3 bdrm down, 2 full baths, rear parking. Avail. Nov. 1, \$1075/mth + DD, N/S, N/P. Eleanor Kidder, Royal LePage Foothills 403-830-8636.

Duplex on Glenpatrick Cres. 3 bdrm. bungalow style, fully finished with 5 appliances, dbl car garage, avail. Oct. 15. N/S, N/P, nice renovations done. \$1300/mth + DD. Eleanor Kidder Royal LePage Foothills 403-830-8636.

For rent or sale for \$380K: 1125 sq. ft. house in West Valley. Avail. Nov. 1. 4 bdrm, 2.5 baths, exercise room, single attached garage, beautiful deck & yard, 5 appliances, \$1600/mth + util + DD, N/S, N/P, references required, Call 403-863-9045.

4 bdrm + den, 3 bath, finished basement, W/D, fenced yard, dbl garage, close to athletic parks, quiet street Bow Ridge Link, N/S, pets negot., \$1700/mth + util + SD. Avail Nov 1 Call 403-762-8671.

Estate home in the Villas of Gleneagles. Beautiful 3 bdrm. + den, walkout bungalow. Mountain views overlooking the Links of Gleneagles. Double attached garage, two fireplaces. Over 1600 sq ft main level. Avail. immediately. 1800\$/mth + Utilities. Call Claudette Steier (Royal LePage Allstar Real Estate) 403-815-4126.

Bow Ridge clean 3 bdrm, duplex, no backyard neighbors, backs onto park, basement finished and has infloor heat, dbl. car garage avail. Nov. 2010 only \$1500/mth. call 403-390-7772 or view at cochrane4rent.com.

Bears paw bungalow, 5 bdrms, 2 full and 2 half bths. All appliances, mountain view, avail. Nov. 1. Details 403-547-1723 or 403-874-3183.

Rooms for Rent

Bow Ridge house, bungalow has master on main & 2 bdrm down. 2 F/P, dbl garage. \$1500/mth + DD, N/S, N/P, hardwood floors, gas hook up for

BBQ. Main floor den plus appliances. Avail. Oct. 15. Eleanor Kidder Royal LePage Foothills 403-830-8636.

Apartments/Suites for Rent

PRIVATE 1 BDRM WALK UP BASEMENT SUITE, INFLOOR HEATING, IN WEST TERRACE, \$750/MTH + DD, INCL UTIL. CALL 403-831-7816.

3 bdrm family oriented building middle unit. 1100 sq ft. \$950/mth plus util. Mark or Cindy 1-250-714-6581.

One & Two bdrm suites \$400/mth shared, \$600/mth + \$200 DD, N/P. Call 403-637-3809. Rooms avail immed.

CAREER OPPORTUNITIES



NOW HIRING Part-Time Scooper

Currently seeking mature, self-motivated, independent individual to work at our busy retail ice cream location. MUST be able to work weekends and evenings.

Please fax resume to: 403-932-2455 Attn: Meghan or e-mail: meghan@mackaysicecream.com

Bookkeeper / Administrative Assistant

The Duties and Responsibilities will include the following:

- Bookkeeping duties including A/P and A/R
- Invoicing
- Organize and maintain the office filing system
- Other administrative tasks as required

The Successful Candidate will possess the following skills and attributes:

- 3-5 years of previous administration / general accounting experience
- Knowledge of QuickBooks and French would be considered an asset
- Strong communication skills, both verbal and written
- Organized with strong multi-tasking and prioritization skills
- Strong attention to detail and accuracy
- Ability to meet deadlines and work in a fast paced work environment
- Customer service oriented with a strong 'can do' attitude

E-mail: careers@girlandcompany.com or fax 403 547 7580

Girl & Co.

Limeapple
www.limeapple.ca



Seeking motivated and positive people for the following positions:

- Spring Hill Convenience
- Spring Hill Wine & Spirits
- RV Park Labour

Fax Resume to 403-932-2035
Email resume to info@springhillrvpark.com or contact Greg or Sean at 403-932-2010

Shared Accomodation

ROOMMATE WANTED
for bright basement semi-furnished suite. Utilities included. No Pets. \$520/mth. Call 403.519.8268

For Rent

FOR RENT

1970 sq. ft. completely renovated home in east Cochrane. 50' X 180' lot, 28' X 24' garage, RV parking & alley, 3 baths, 4 bedrooms, huge kitchen, walking distance to downtown. Available November 1. \$1870/mth + utilities includes water & garbage pickup, DD + references required.

Call 403-932-0004.

Apartments For Rent

FOR RENT

Clean, quiet 2 bdrm, 3rd floor condo, downtown. N/S, N/P. Available immediately. \$875/month + power + DD.

Call 403-836-5867



SOUTHLAND

Southland Drivers Receive:

- The ability to bring up to 2 preschoolers on the bus with you.
- A PART-TIME CAREER** Just 3 to 4 hours per day.
- Earnings of approximately \$1080 - \$1400 per month.
- FREE** upgrading to Class 2 license.
- Safe Driving and long-term service incentive.
- Summers off.

Southland does Pre-employment Drug and Alcohol Testing.

If you are a parent, entrepreneur, or retired, please call us for more information 932-7100



Considering Real Estate?

We are recruiting - go to RLFOothills.com and try out our "real estate simulator."

I will contact you immediately and send you your results.



Helping you is what we do!
Terry Reynar
Associate Broker/Manager

403-932-2101
ROYAL LEPAGE #1-201
FOOTHILLS Grand Blvd., Cochrane



COCHRANE LAKE GAS CO-OP LTD.
209 Railway Street East, Cochrane, Alberta T4C 2C3
Phone: (403) 932-2707 • Fax: (403) 932-2911
E-mail: admin@clgas.ca

Stenographer:

Recording of monthly evening meetings, annual general meeting and special meetings held occasionally. Compensation commiserate with responsibilities. Background preference: Court reporter, legal assistant, corporate secretary.

Submit resume to:
Cochrane Lake Gas Co-op Ltd.
209 Railway Street East, Cochrane AB T4C 2C3,
Only applicants considered will be contacted.

CLASSIFIEDS @cochraneagle.com

Rooms for Rent cont'd

Furnished 1 bdrm basement suite, for quiet individual, in owner occupied home, N/S, N/P, \$645/mth. Call 403-851-2043.

Cheery, 3 bdrm, upstairs unit, W/D, D/W, N/S, \$1050/mth + 2/3 util. Nice yard. Small mature pets considered. References required. Avail. Nov 1. 403-669-7748 or 403-869-1164.

Glenbow top floor suite Incredible mountain Views! Short walking distance to everything. 3 BDRM, 2 BTHS, Wood burning fireplace, newly renovated. Clean, bright and available immediately. Located in great neighborhood. \$1200/mnth Includes ALL utilities. Call Claudette Steier (Royal LePage Allstar Real Estate) 403-815-4126

One bdrm, walk-out suite. Clean. Bright. Full bath with own W/D. Gas F/P. Free high speed wireless internet. Free cable. N/S, N/P, \$800/mth incl. util. Call 403-605-2223 or 403-851-0597.

Bachelor suites clean and fully self contained shared laundry starting at \$550/mth. call 403-390-7772 or view at cochrane4rent.com.

Studio suite, quiet, unfurnished for rent. N/S, N/P. \$700/month. Includes utilities, W/D, TV. Call 403-932-7203.

Homes for Sale

Black Diamond bungalow for sale. 2 bdrm, 2 bth, 5 appliances, D.D. garage, new water heater, windows, and roof. \$250K. Flexible poss. date. 403-880-8279.

Real Estate

ARIZONA BUILDING LOTS! Full acres & more! Guaranteed Financing! NO CREDIT CHECK! \$0 Down, \$0 Interest. Starting @ just \$89/month USD! Close to Tucson Int'l Airport. FREE Recording at 1-800-631-8164 code 4040 or www.SunsitesLandRush.com Offer ends 10/31/10!

Recreational Properties

Phoenix Vacation Home Rental. 3 bdrm, 2 bath, private yard with BBQ station. Gated community with heated pool, close to golf course. \$500/wk US, \$1600/mth US 403-932-1755.

Building Materials

#1A STEEL BUILDING SALE! Save up to 60% on your new garage, shop, warehouse or storage building. 6 different colors available! 40 year warranty! FREE shipping for the first 20 callers! 1-800-457-2206 www.crownsteelbuildings.ca.

Employment Opportunities

Now Hiring: Food Counter Attendants (4 vacancies) A & W Cochrane (55219 Alberta Ltd) Full time/

permanent positions: \$10.96/hr-40 hours/week. Must be willing and available to work flexible hours. Will train. Please apply by mail or in person @ 23 Westside Drive, Cochrane, AB T4C 1M1 or fax to: 403-420-1010 Attention: Mike.

Now Hiring: Food Service Supervisors (3 vacancies) A & W Cochrane (55219 Alberta Ltd) Full time/permanent positions: \$13.44/hr-40 hours/week. Must be willing and available to work flexible hours. Minimum of 2 years experience required. Please apply by mail or in person at: 23 Westside Drive, Cochrane, AB T4C 1M1 or fax to: 403-420-1010 Attention: Mike.

Pace Kids Program requires two aids for two special needs children in Cochrane. Please submit your resume to Pace_HR@telus.net

#1 IN PARDONS Remove your criminal record. Express Pardons offers the FASTEST pardons, LOWEST prices, and it's

GUARANTEED. BBB Accredited. FREE Consultation Toll-free: 1-866-416-6772 www.ExpressPardons.com.

PAID IN ADVANCE! Make \$1000 Weekly Mailing Brochures from home. 100% Legit! Income is guaranteed! No experience required. Enroll Today! www.national-workers.com.

NORTHERN BC FORD DEALERSHIP Seeking experienced Service Advisor to join our team. New building, Great pay and benefits. Relocation assistance available. Send resume to SERVICEMGR@CAPITALFORD.CA.

INTERIOR HEAVY EQUIPMENT OPERATOR SCHOOL Train on Full-Size Excavators, Dozers, Graders, Loaders, Pertinent Oil Field Tickets, Provincially Certified Instructors, Government Accredited. Job Placement assistance. www.iheschool.com. 1-866-399-3853.

Business Opportunities

HOMEWORKERS NEEDED!!! Full/Part time positions available - Will Train. On-Line Data Entry,

Typing Work, E-mail Reading, PC/Clerical Work, Homemillers, Assembling Products. HURRY SPOTS GO FAST! www.CanadianJobsFromHome.com

Horses for Sale

10 yr old Palamino mare, broke to ride \$750, 5 yr old black gelding, broke to ride \$750. 403-860-4478.

Horses Wanted

Horses wanted. We buy all types. Free pickup. Immediate payment on pickup. Call Bill Nugent 403-637-2233.

Items for Sale

Men's golf club set, excellent cond. must see to appreciate. Also, gently used respirator machine, with all attach. and hoses. Also, wooden futon frame only. No resonable offer refused. Call after 5 p.m., 403-797-8572.

FREE CATALOGUE HALFORD'S LEATHER, Beads, Tanned Furs, Craft Kits, Butcher Supplies & Equipment, Animal Control Products, Free Shipping (some restrictions) www.halfordsmailorder.com / 800-353-7864 / order@halfordsmailorder.com.

Announcement

FLOWERS FOR ALL OCCASSIONS  NEW YANKEE CANDLES IN STOCK  403-709-7673
505 - 4TH AVE W COCHRANE

Child Care
Lil' Buckaroos Quality Childcare
by Ashley
Taking Registration Now
 Experienced, Certified, First-aid, Criminal check, References
403-932-1630

For Sale
Ghost Firewood
Pine, Spruce, dry, split, delivered
\$290/cord
403-932-3700
403-620-3761


Tutors Wanted
 "We make house calls!"
Seeking Tutors with Great Attitudes
Grade 7 to Grade 12
ONE ON ONE LEARNING AT HOME
All subjects • All ages • All Grades
Contact Danielle Coulter, 403-289-5298
dcoulter@tutordocor.com 

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• NO CREDIT • CALL JEFF
(403) **818-5626**
OR APPLY ONLINE
www.WeCosignForYou.ca

ACCEPTING NEW PATIENTS
Walk-In Clinic and Family Practice
New Family Doctors - Female & Male

ALPEN MEDICAL CLINIC
346 Railway Street West, Cochrane
403-851-0091

Open: Mon. to Fri. 9am - 9pm, Sat. Sun. & Stats 9am - 5pm

Recruiting - Manager, Medical Receptionists, LPN's, and RN's
Please email interest and cv to manager@alpenmedical.com

NEW QUEEN MATTRESS & BOX
Still in plastic. Full warranty.
\$350.
Can deliver.
403-932-BEDS (2337)


Garage Sale

GARAGE SALE
Saturday | Oct 23 | 8am
Bay 1 - 124 River Ave (back alley)
Tools, building material, household, office & computer supplies, art supplies plus more

Thank You

The family of Steve Arndt send a heart-felt thanks to family, friends and neighbors for all the support during this very difficult time. Your thoughtfulness is greatly appreciated.

A special thanks to the wonderful staff of Unit 4, for your kindness and tender care of Dad and support for us. Your cowboy is tipping his hat to you all.

Betty, Linda and families. 

Thank You

Thank you! Thank you! Thank you! Thank you!

Frank & MaryLou Brooks would like to thank our children for hosting a wonderful 50th Wedding Anniversary BBQ. To all our family & friends who made it such a special day. Hugs & kisses for all the cards and flowers.

Thank you! Thank you! Thank you! Thank you!

CLASSIFIEDS @cochraneagle.com

Items for Sale

HOT TUB (SPA) COVERS. Best Price, Best Quality. All Shapes & Colors Avail. Call 1 - 8 6 6 - 6 5 2 - 6 8 3 7 www.thecoverguy.ca.

Tutoring

Tutor & certified teacher B.Ed, M.Ed, 17 yrs experience. Most subjects, grades 1 - 9. Diane 403-981-0176.

Lost & Found

Lost: Olympus Digital Camera (FE-190/X-750) with black

case. Has pictures of family vacation not backed up yet. PLEASE call/email: 403-932-3737 or gladlin@gmail.com

Estate Sale

Estate downsizing sale. October 23, 9 a.m.-5 p.m. #11 - 8 Riverview Circle. Decor, books, arts & crafts, household items, etc.

Personal

CRIMINAL RECORD? Canadian pardon seals record. American waiver

allows legal entry. Why risk employment, business, travel, licensing, deportation? All CANADIAN/AMERICAN Work & Travel Visa's. 604-282-6668 or 1-800-347-2540.

Storage

40 X 30 Shop concrete floor, 10 ft high door, on Hwy 22, North of Cochrane on pavement, suitable for storage or occasional handyman use, \$750/mth. 403-860-4478.

90 X 60 barn/arena 17 ft high doors, suitable for storage, and occasional repair use, on hwy 22 north of Cochrane \$950/mth 403-860-4478.

60' X 90', 17 ft. high doors & ceiling, \$1100/mnth. North of Cochrane on Highway 22. 403-860-4478.

Psychics

LOVE! MONEY! LIFE! #1 Psychics! 1-877-478-4410 CreditCards/Deposit \$3.19/min 18+ 1 - 9 0 0 - 7 8 3 - 3 8 0 0 w w w . m y s t i c a l connections.ca.

Real Estate

MaxWell Advantage Realty for all your real estate needs

What's my home worth? Call for a complimentary CMA.
403.818.7999 ~ Elaine Webb

Coming Event

WITH ONE VOICE
Imagine the sound of worship with One Voice.
 Please join us for an evening of worship and prayer for our community, where God's people will unite from all churches, and seek His face with One Voice. 2 Chronicles 7:14
October 23 at 7pm, St. Peter's Lutheran Church
 For more info. call Elisabet 403-981-9030

Obituaries

PATTERSON - Donald Robert March 31, 1941 - October 2, 2010

Born on March 31, 1941 to Nellie and Scotty Patterson at Canmore, AB. Don spent his childhood in Cochrane, where he attended school. Don started work on the oil rigs at an early age. He married Shirley Baldwin and had a daughter Sandy and a son Michael. Don had his own oil field maintenance company, working in the Cochrane and Burnt Timber area. He later purchased the Petro-Canada gas bulk station.



Don joined the Cochrane Lions becoming a chartered member and went on to be president, zone chairman and deputy governor, travelling often to the U.S. Don was a member of the Legion and was involved with Dale Carnegie in Calgary where he gave seminars.

Don married Sue Brown and moved to Red Deer where he drove truck long distance to the U.S.

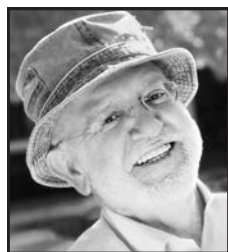
Don lost his legs due to diabetes and soon was on dialysis. Don married his present wife Gladys and moved to Kamloops, B.C. where he resided until his passing.

Don will be missed by his wife Gladys, daughter Sandy Messer, son Michael, sisters; Pat Phipps, Leona (Jim) Toner, brother Bobby, sister-in-law Sandy Patterson, grandchildren; Jesse, Jenny and Sheldon, numerous nieces and nephews, and step children. Don was pre-deceased by his parents, brother Murray and brother-in-law Jack Phipps.

At Don's request no funeral service will be held.

MACK - Benjamin Josef April 5, 1939 - October 16, 2010

Benjamin (Ben) Mack of Cochrane, Alberta went to be with his Lord and Saviour, Jesus Christ, on Saturday, October 16, 2010 at the age of 71 years.



Ben was born in Poland. As a child he immigrated with his family to Colorado, USA in 1952. After deciding on a career as an educator, he moved to Edmonton, AB in 1961. In 1962 he was hired by the Edmonton Public School Board and worked for 34 years as a teacher, principal, and personnel officer. In 1979 he returned to Europe for one year as an exchange teacher in Bristol, England. Ben actively contributed to the churches he attended as a board member, choir member, and usher; he also volunteered with the Shepherd's Care Home in Edmonton. He enjoyed sports and was physically active throughout his life. Ben retired in 1996 and in 2000 he and Marga moved to Cochrane, where they enjoyed the spectacular mountains and life in a small town, and took many trips throughout North America. He was a prankster, loved to laugh and was always ready for a game of cribbage!

Ben leaves to mourn his loving wife of 45 years, Marga; daughter Natalie, son Ben Jr. (Amanda), and grandsons Owen and Brody; sisters Wilma (Art) Molzahn, Edith Ritz; and many other relatives and friends.

The Memorial Service to honour Ben's life will be held at Cochrane Alliance Church (902 Glenbow Drive, Cochrane, AB) on Thursday, October 21, 2010 at 1:30 pm.

In living memory of Ben Mack, a tree will be planted at Big Hill Springs Provincial Park, Cochrane by McINNIS & HOLLOWAY FUNERAL HOMES, Cochrane Funeral Home, 369 RAILWAY STREET, COCHRANE. Telephone: (403) 932-4740.

Funeral Services

COCHRANE COUNTRY FUNERAL HOME

Traditional Funeral Services, Celebration of Lives, Simple Cremations, Prearranged Funeral Plans Available

Bronze & Granite Monuments



RON FITZPATRICK
Owner and Managing Director
Cochrane Resident

Personal Caring Approach With Prices To Accommodate All Financial Circumstances



LARRY SLEWKA
Licensed Funeral Director
Former Owner



403-932-1039 (24 hours)

Your Community Funeral Provider
Locally Owned - Family Operated

We honour prearranged funeral contracts from other funeral homes and society memberships.

Church Directory

ALL NATIONS & FOOTHILLS VICTORY CHURCH

Sunday Worship Service 10:30 am
Cochrane RancheHouse Phone: 403-851-9929 or 403-473-1447 for more info.

NEW BEGINNINGS HOME CHURCH

Phone: 403-932-6939 A lay-led Simple Church
Sunday morning service 10 a.m.

CALGARY WORD OF FAITH CHURCH

"Reaching out with Life" Pastors Trevor and Jeni Neufeld
Service times: Sunday 10:30 am & Wed. 7 pm
Phone 403-208-3790 www.cwofc.com

SPRINGS OF JOY FELLOWSHIP

(Pentecostal)
Frank Wills Memorial Hall 405 - 1 Street E. 403-851-8181
Bible Class - 10 a.m. Sunday Worship - 11 a.m.

MORLEY UNITED CHURCH

Sunday Worship Service: 11:00 a.m. - Morley
Rev. John W. Friesen Phone: 403-284-3298

COWBOY TRAIL CHURCH

Cochrane RancheHouse, 101 RancheHouse Road
Western style worship service for all ages
7 p.m. every Tuesday
Info 403-637-2732 www.cowboytrailchurch.com

SPRINGBANK UNITED CHURCH

403-288-9086 Rev. Carolynne Bouey Shank
Sunday Worship 10:30 am (and Cross Roads Concert Series)
email:sbunited@telus.net. Located just north of Calaway Park on Range Rd. 33

BOW VALLEY BAPTIST

54 West Aarsby Rd.
Worship Service: 10:30 a.m.
Fresh Encounter Prayer Service: Tue. 7 p.m. 403-932-4601
Email: office@bowvalleybaptist.com web: bowvalleybaptist.com

ST. MARY'S CATHOLIC

10 River Heights Drive, Father Bill Corcoran
Mass Times: Saturday, 5 p.m. Sunday, 10 a.m.
Call for daily Mass times - 403-932-2944
secretary @stmaryscochrane.ca

COCHRANE ALLIANCE CHURCH

403-932-6100 902 Glenbow Drive
Sunday mornings - 8:45 a.m. Prayer Gathering
Worship Service - 10 a.m. Nursery, Kids Program
Fusion for Grades 7 - 12 begins Wednesdays at 7 p.m.
Email: cac@cochranealliance.com • www.cochranealliance.com

HILLSIDE COMMUNITY CHURCH

Bears paw Lifestyle Centre 253220 Bears paw Rd.
Sunday gatherings 10:10am
Nursery, Kidzone(ages 3- grade5), youth programs
www.hillsidecommunitychurch.ca

ALL SAINTS ANGLICAN

404 - 4 th Ave. N. (1 block north Hwy. 1A on 4th Ave.)
Sunday Service Times: 9:00 am (beginning Sept. 12)
9am - Traditional Eucharist (Sunday School for all ages avail.)
10:30am - Family Eucharist (Nursery, Sunday Schl & Youth Grps avail.)
Rev. Greg Clark Ph: 403-932-6556 Fax: 403-932-6838
www.allsaintscochrane.org email: info@allsaintscochrane.org
Come... just as you are.

BRAGG CREEK COMMUNITY CHURCH

Bragg Creek Community Center www.braggcreekchurch.ca
Pastor David Zimmerman 403-949-2887
Sunday Worship 10 a.m. Bragg Creek
Supervised Nursery: Ph 403-949-2072 for info.

COCHRANE VALLEY COMMUNITY

53 West Aarsby Road Phone 403-932-6565
www.cochranecommunitychurch.com
Senior Pastor: Douglas Mitchell - Apostolic - Dr. Robert Butler
Worship 10:30 a.m. Sundays - Sunday School & Nursery Provided

ROCKPOINTE CHURCH

255024 Lochend Road, Bears paw Ph: 403-851-0011
email: office@rockpointe.ca
September 12 - Our Services Times 9am & 11am

NORTH WEST FAMILY CHURCH

10307 Eamon Rd., N.W. at Rocky Ridge Rd. & Crowchild Tr.,
Pastor: Roy Holmquist
Sunday Worship 10:00 a.m.
(Affiliated with P.A.O.C.) Ph: 403-241-8822 Fax: 403-241-8865

ST. ANDREW'S UNITED

128 First St. E, 403-932-2585
Sunday Worship Service at 10:00 a.m.
with Kids Church & Supervised Nursery
Email cochraneandrew@nucleus.com www.cochraneunited.ca
Minister: Rev. Jim Hillson

ST. PETER'S LUTHERAN

The Little White Church -Hwy 22 & George Fox Trail
SUNDAY SERVICE
10a.m. -fellowship time to follow
Pastor Rick Bergh, Ph: 403-932-3345
Email: office@saintpeters.ca or visit us at www.saintpeters.ca

WESTBROOK COMMUNITY CHURCH

Pastor Norman Zimmerman • Church Office 403-932-3760
Sunday Worship Celebration 11 a.m.
Sunday School (for children & youth) 10 a.m.
Children's church at approx.11a.m.

TOWN CRIER

UPCOMING EVENTS

COCHRANE FAMILY AND COMMUNITY SUPPORT SERVICES (COCHRANE FCSS): Discover Cochrane, come check out Cochrane Uncovered and the Child Wellness Fair this Oct. 23 from 10 a.m.-2 p.m. at the Cochrane RanchoHouse. The 16th annual Tapestry of Women Gathering Oct. 30. Never Bee Lost for children ages 5-7 and Stranger Smarts for ages 7-10 Nov. 6. Call FCSS at 403-851-2250 for more information or to register today.

NAN BOOTHBY MEMORIAL LIBRARY: CHILDREN AND YOUTH: French story time on Oct. 15 from 3-4 p.m. Story time and crafts on Tuesdays from 1:30-2:30 p.m. and Wednesdays from 10-11 a.m. Musical Mites on Wednesdays from 11:30 a.m. until noon. Board games on Tuesdays from 3:30-4:30 p.m. Story time with Penny every Friday at 10 a.m. Children's Halloween costume party Oct. 30 from 2-3 p.m. **ADULT:** 'Equestrian 101' with Pam Asheton, equestrian journalist, author and trainer, Oct. 21 from 7-8:30 p.m. Library Open House Oct. 20 from 10 am until 8 p.m. 'Holistic Healing' with Kim Buckler (spirit and soul healing) Oct. 26 from 7-8:30 p.m. 'Everything You Wanted to Know About Cars - a program for women only' with Penny Mellor Nov. 2 from 7-8:30 p.m. 'Scrapbooking' with Kim Knopf Nov. 4 from 7-8:30 p.m. 'Creating Foto Books and Calendars' plus photography Q&A with Jennifer Winter Nov. 9 from 7-8:30 p.m. Alberta Health Services will present 'Row Your Own Boat' Wednesdays from Oct. 20 until Nov. 24 from 9:30 a.m. until noon. Art Exhibition: Our new exhibition features artists from the Cochrane Art Club began Oct. 1. There is no cost for our programs, but we appreciate you registering in advance. For information call 403-932-4353 or e-mail mailto:terrance.haxton@cochranepubliclibrary.ca.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS - Family History Centre: Would you like to search for your ancestors and learn more about your family history? Our Family History Center is open to the public on Tuesdays from noon to 3 p.m. and from 6:30-9 p.m., and on Thursdays from 6:30-9 p.m. The Family History Center is located at 1100 GlenEagles Drive (East Entrance) and is staffed to assist you at these times.

FOOTHILLS ART CLUB: Art is alive and well in Cochrane. Our club welcomes new members! Come out and explore your creative side and meet other fellow artists. For more information visit our website at foothillsartclub.com, or contact Beryl Moe at 403-851-0704.

COCHRANE MUSIC SOCIETY: New members still welcome! The Choral Waves choir practices at 8 p.m. every Tuesday at Bow Valley High School (BVHS). Band on the Bow rehearses at BVHS on Wednesdays at 7 p.m. followed by Riverside Jazz Band rehearsals at 8:45 p.m. — all conducted by Rob Billington. Check out our website cochranemusic.ca for more information or call Theresa at 403-932-6168. The Christmas Concert is on Dec. 7 at the Cochrane Alliance Church at 7:30 p.m. No admission. Please bring a cash or food donation for the Cochrane Food Bank.

TOAST MASTERS: MEET OUR AREA GOVERNOR — her enthusiasm and leadership will inspire you — on Oct. 18 from 7:30-9 p.m. on the second floor of the Provincial Building (across from MacKay's Ice Cream). Call Ryan 403-286-6412, or call Ginny 403-932-2974 for information on Toast of Cochrane.

UPCOMING EVENTS

BLOOD DONOR CLINIC: The clinic will be held Oct. 25 from 3-9 p.m. at the Cochrane RanchoHouse. Call 1-888-2DONATE to book an appointment. Sponsored by the Cochrane Activettes.

SEVENTH ANNUAL FALL FASHION AND FUN LADIES' NIGHT: On Nov. 5 at the Cremona Community Hall. There will be door prizes, a silent auction, a merchant mall, a 50/50 draw, and much more! Doors open at 6:30 p.m. Fashion show starts at 7:30 p.m. Limited tickets available! To get yours contact Crystal at 403-335-0036 or Jennifer at 403-637-2906, or talk to any playschool parent. Tickets are \$10. Sorry, no minors! Come on out, and show off your little black dress! All proceeds will benefit the Water Valley Playschool.

SUPER SUPPER HALLOWEEN: At the "haunted" Perrenoud Rancho House Oct. 30 at 5:30 p.m. there will be a halloween supper, stroll through the scary parlour, and, if you dare, wear your Halloween costume for a special treat! There will be games, treats and crafts! The Perrenoud Rancho is north of Cochrane on Highway 22 to Weedon Trail off of Highway 567, then 3 kilometres west. It's pale yellow house on the north side of Weedon Trail. Watch for the witch at the gate! Call 403-932-5992 for details.

SCOUT POPCORN FUNDRAISER: Runs from October 1-28. We will be selling in front of the IGA and Extra Foods Oct. 16 from 10 a.m. until 2 p.m. The products range from popping corn (\$10), microwave popcorn (\$18), to popcorn gift boxes with chocolate or cheese covered popcorn (\$20-\$55). Over 50 per cent of the proceeds goes directly to our Cochrane 1st Scouts to run our programs — outings, badges, camps, etc. Questions, or if you would like to order some popcorn, popcorn co-ordinator Kim Knopf at 403-932-9727 or e-mail mailto:kknopf@telus.net.

SPRINGBANK CREATIVE ARTS CLUB: Is holding their 27th Annual Christmas Show and Sale Nov. 6 from 9 a.m. to 4 p.m., and Nov. 7 from 10 a.m. to 3 p.m. at the Springbank Community High School gymnasium (next to the Red Dutton Arena). An old-tyme country kitchen is being put on by Job's Daughters to raise funds. Please mark your calendars and plan to attend, as there is free admission and great door prizes to be won.

JACK EBY TRAIL: The official unveiling of the "Jack Eby Trail" sign is on Oct 23 at 10 a.m. at the 579 Road and Range Road 5.3. Coffee and cake afterwards at the Water Valley Community Hall.

LIVE AT BEAUPRE PRESENTS: Cowboy Celtic Oct. 30 at Beaupre Hall. Doors open at 7 p.m. for the 8 p.m. show. Tickets are \$25, and are available at Java Jamboree. For information call 403-932-3443.

BRUSHY RIDGE FALL POTLUCK SOCIAL AND DANCE: On Nov. 6 at Beaupre Hall, dance to Matt Masters and the Gentlemen of the Rodeo from 8 p.m. until 1 a.m. with a cash bar and midnight snacks. Those with last names A-M bring sandwiches, and those N-Z bring desserts. Tickets are \$20 per person, and are available from Rob Butler at 403-851-2005 or robbutler@explornet.com, or Joy West-Eklund at 403-932-7777 or ljranch@explornet.com.

JUNIOR ACHIEVEMENT: Is looking for savvy investors to present a class on Stock Market Investing to local students. Volunteer requirement for five hours in the classroom and two hours of training. Contact Jill Novak at 403-971-8802 or jnovak@jasouthalberta.org or jnovak@jasouthalberta.org.

UPCOMING EVENTS

BEARSPAW AND DISTRICT COMMUNITY FAIR: Annual General Meeting Oct 27 at 7:30 p.m. at the Bearspaw Lions Hall on Nagway Road. Everyone welcome. For more information call 403-932-7279 or 403-932-3872, or check our website at bearspawfair.com

MOPS (MOTHERS OF PRESCHOOLERS): Meets every first and third Wednesday at 9:30-11:30 a.m. at Bow Valley Baptist Church. If you are a mom of young children, come for a time of friends, food, and fun with childcare provided.

A GLOW: Join us for prayer on Friday mornings at 10 a.m. at St. Peter's Lutheran Church on the corner of George Fox Trail and Highway 22. Afterward we will enjoy a potluck lunch and fellowship together, followed by a Bible study or community outreach. For details call Elisabet 403-981-9030.

COCHRANE 50 AND OVER CLUB: The regular schedule is drop-in Mondays to Fridays from 10 a.m. until noon and 2-4 p.m. On Mondays there is bridge at 7 p.m. Tuesdays is charity knitting at 10 a.m. and carpet bowling at the Spray Lake Sawmills Family Sports Centre at 1 p.m. Wednesdays, cribbage is at 1:30 p.m. Thursdays, bridge is at 9 a.m. with Euchre at 7 p.m. Fridays, exercises at 10 a.m. with potlucks every second week at 12:30 p.m. and fourth week at 6 p.m. Saturdays, whist is at 7 p.m. every first and third week. General meetings are on the last Wednesdays of the month at 10 a.m. A foot doctor is coming in Nov. 29 — call Dorothy for an appointment at 403-851-0812.

SENIORS FOR KIDS SOCIETY: You are invited to join the Senior Mentoring Grandparenting Program by becoming involved with the youth in Cochrane and area schools. Become a role model for young people. Have fun and a valuable and rewarding relationship with children. There are flexible volunteer times within a school environment. Phone 403-981-1119 or seniorsforkids.ca for more information.

SENIORS ALPINE SKI CLUB: Offers fun and fellowship for those over 55 in age. Registration is at Canada Olympic Park in Calgary on Oct. 16 or Nov. 20 from 10:30 a.m. until 3 p.m. Check us out at seniorsalpineskiclub.com.

LIONESS CLUB CHRISTMAS MARKET: Held at St. Andrew's United Church on Nov. 27 from 10 a.m. until 3 p.m. To rent a table is \$30. For more information contact Heather at 403-932-2297, or Shirley at 403-932-2395.

COCHRANE SENIOR MEN (50+) CURLING LEAGUE: The curling league is now preparing for the 2010-11 year, which begins Oct. 13. Games are played on Wednesdays and/or Fridays at 10 a.m. For complete information contact Bill at 403-851-0280, Doug at 403-932-6844 or Bob at 403-932-5654.

GIRL GUIDES COCHRANE: We have a waiting list of girls who need leaders — no experience necessary. Registration and volunteer opportunities for all age groups (5-17) starts this fall. Call Marion at 403-932-3608. Celebrate our 100th anniversary of guiding in Canada.

VOLUNTEER OPPORTUNITIES

COCHRANE YOUTH ASSOCIATION: Nights Alive Youth Drop In from 7-10 p.m. for youth 13 and above. Free drop in night with food, pool tables, foosball, air hockey, and hang out space. Come in and get connected at the Cochrane Youth Association (across from Starbucks).

Solutions found on page 39

Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15							16		
17					18							19		
20					21							22		
			23									24		
25	26	27						28	29					
30							31	32				33	34	35
36					37	38						39		
40					41							42		
			43							44	45			
46	47	48						49	50					
51						52	53					54	55	56
57						58						59		
60						61						62		
63						64						65		

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Across

- 1. At a distance
- 5. Strong point
- 10. Aberdeen native
- 14. Anger, with "up"
- 15. Blast
- 16. Come-on
- 17. O. Henry's "The Gift of the ___"
- 18. Compact stuff
- 19. Exhort
- 20. Seinfeld is one
- 23. Stupid
- 24. Excruciation
- 25. Jiffy

Down

- 28. Ultimatum ender
- 30. Succulent plant
- 31. Flood embankment
- 33. Society girl
- 36. British unit of nonprofessional soldiers
- 40. Ground breaker
- 41. Twangy, as a voice
- 42. Way to go
- 43. Financial obligation
- 44. Enlarged thyroid gland
- 46. Fall flower
- 49. Tennis is one
- 51. A wounded soldier attendee
- 57. Takeover

- 58. Place for a boutonniere
- 59. Senate attire
- 60. A single time
- 61. Crop up
- 62. Like some proportions
- 63. Adolescent
- 64. Bakery supply
- 65. Work station

Down

- 1. Kind of dealer
- 2. Order
- 3. Pond organism
- 4. Greenland caribou
- 5. Sudden
- 6. Inclination
- 7. Impertinent
- 8. Therefore
- 9. Pour
- 10. Gunk
- 11. Antique shop item
- 12. Church instrument
- 13. Minuscule
- 21. Crime family head
- 22. Drawing support
- 25. School subject
- 26. Spread
- 27. "Encore!"
- 28. Demonic
- 29. Grassy area
- 31. Found's partner
- 32. Historic time
- 33. "Shucks!"
- 34. Mideast bigwig
- 35. Computer memory unit
- 37. Like helium
- 38. Bar bill
- 39. Worked up

Sudoku

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

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To solve a Sudoku puzzle, every number from 1 to 9 must appear in:

- Each of nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3x3 boxes

Remember no number can occur more than once in any row, column or box.

- 43. Intensify
- 44. Chalice
- 45. Mine find
- 46. Fancy tie
- 47. Peach pit
- 48. Armistice
- 49. Old photo color
- 50. Urge on
- 52. Some French courts
- 53. Aesop's also-ran
- 54. Climbing gear
- 55. Armour plate
- 56. 15-ball cluster

TOWN CRIER ONGOING

•**Cochrane Youth Association:** Evening Programs: Monday: Torch Leadership Club Tuesday: Go Girls-girls having fun just being girls! Wednesday: Jr. Chefs—learn about cooking & healthy eating Thursday: Just the Guys-guys having fun doing guy stuff. All programs run from 6:30pm to 7:45 p.m. To register call 403.932.4747 or laura.spruyt@cochraneyouth.org. Cost: \$40 per program. Drop-ins: Middle School Drop In, Grades 6-8, Monday to Friday 3:00-6:00 p. m. Youth Drop In: Friday 6:00-10:00 p.m. at The Garage (All Saints Anglican Church) Saturday: November 7 6:00-10:00 p.m. at The Cochrane Youth Association. For more information www.cochraneyouth.org.

•**Cochrane Citizens on Patrol:** Monthly meetings are held the first Monday of every month at 7 p.m. at the Cochrane EMS building. Come out and see what we are all about. Visitors welcome.

Army Cadets in Cochrane: 2512 King's Own Calgary Regiment - A free adventure for all youths 12 - 18 years. Training in Leadership, Bush & Field Craft, First Aid, Range, Citizenship, Biathlon, and Band Training. Parade Night: Tuesday 6-9 pm, Sept to June at the Royal Canadian Legion, Cochrane. Call Corps Office 403-851-5125 or email the Commanding Officer: Captain Dolores E. van Ree, CD cantralia@shaw.ca - for more info.

Food Addicts in Recovery Anonymous (FA): 9 a.m. Woodcliff United Church (common room, downstairs) 5010 Spruce Drive SW Calgary call 403-932-0748 or 403-288-9822.

Girl Guides of Canada: We have a waiting list of girls... waiting for Leaders! No experience necessary - training offered. Give a little... gain a lot!!! To find out more about this great volunteer opportunity in Cochrane, or for program registration info, please call Moryn (403) 981-7212 or Marion (403) 932-3608. Girl Greatness Starts Here!

Cochrane Environmental Action Committee (CEAC) - For information on CEAC projects, meetings and speakers please visit the website at: www.cochrane-environment.org.

Cochrane Ladies Time-Out: Are you a Mom in need of a break from your daily routine, want to learn something new, learn more about our community, make lasting friendships? Join us Tuesday from 9 - 11a.m. throughout the school year in the Stable Room at the FCSS. Childcare is provided at the Parent Link Centre. Registration is ongoing. For more info contact Laura 403-851-0648.

Archery for the Family: Come and learn how to shoot a bow and arrow on Monday and Thursday nights from 1900 to 2100 hrs in our new indoor facility. We have equipment for rental and arrows for purchase. Email Derrick Smith at dersmibo@xplornet.com for more info.

Cochrane Tourism Association: Interested in promoting tourism in the Cochrane area or helping with events? New members welcome - call John Thompson at: 403-807-7035.

The Knitting Club 2009: I have put together a free club, where we can all share out knowledge with each other. I will teach you how to knit, crochet or all about fibers and spinning. Those of you who join or come can share your talent with others. We have a nice get together with a fire and some tea and coffee. If you would like to bring a treat that is ok, I usually have something we can snack on. I have limited the club to 9 yrs to your never too old. The club is at #43 Cochrane Lake Trail. If you can not make it to a club day and need help please call me. I can help you start your first sweater or pair of socks from start to finish. I also have needles you can borrow till you decided this is for you. And you can spin on my wheel!! Fun Fun Fun. Call Bella @ 403-932-5934 or 403-807-2554.

Gamblers Anonymous - Mondays 7 p.m. (excluding stat. holidays), Provincial Bldg, 213 1st St. W, Cochrane. A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover.

Food Addicts in Recovery Anonymous (FA) - a 12-step program for recovery from addictive eating (including overeating, bulimia, and anorexia) meets every Saturday 9 - 10:30 a.m., Woodcliff United Church, 5010 Spruce Drive SW. For info: 403-532-0505 or www.foodaddicts.org.

Hour to Health Class - Want to feel younger & have more energy? Come to our Hour to Health Class. Held at the Soulstice Wellness Centre (#6, 123 2nd Ave W) every Wed evening from 7:15 - 8:15 p.m. Cost: \$10 donation to the Cochrane Food Bank. Call 403-932-1991 to register.

The Cochrane Business Network - Business people who gather monthly to improve their business and their database. No membership fees. Visitors and guests welcome with reservations. For further info please contact Jim Messner at 403-681-3858, homes@telus.net or check our new website at www.cochranebusiness.net.

Cochrane Camera Club: The Cochrane Camera Club is open to everyone regardless of photographic skill level. We meet at the Alliance Church, on the second Wednesday of every month, except July and August. Members enjoy educational programs, field trips and fellowship. For more info call Catherine at 403-851-0246 or e-mail at cmbyram@gmail.com.

Cochrane Food Bank: Donations may be made at IGA, Extra Foods or Safeway or call 403-932-9290 or mail: Cochrane Activettes, Box 535, Cochrane, AB T4C 1A7.

Overeater's Anonymous (OA): A Twelve Step Program for recovery from compulsive overeating...meets every Thursday 7:00 p.m. in the meeting room, Bethany Care Centre, Cochrane.

Cochrane 50 and Over Club: Ph: 403-932-6002. Drop-In Sept to June 10 a.m. to 12 p.m. and 2 p.m. to 4 p.m. Bridge: Mon. 7 p.m. and Thur. 9 a.m. Crib: Wed. 1:30 p.m. Euchre: Thurs. 7 p.m. Whist: 1st and 3rd Sat. 7 p.m. Carpet Bowl Spray Lakes, Tuesday at 1 p.m. Potlucks: 2nd Fri. at 12:30 p.m. and 4th Fri. at 6 p.m. Easy exercises Friday 10 a.m. General Meeting: last Wed. of month at 10 a.m. Foot Doctor: July 27. Call Judy 403-932-2625 for appt.

Cochrane Posse attends numerous parades and events in Southern Alberta including the Calgary Stampede. We are looking for more riders for these events. 3 requirements - must be able to ride, have a horse and want to have fun. More info on becoming a Posse Marshal, contact Rob @ 403-660-7901 or cochraneposse@shaw.ca.

Cochrane Babysitting Co-op - now accepting new members. Trade babysitting time with other parents. Contact Allison 403-851-1526 for more info.

TOPS - Take Off Pounds Sensibly - a non-profit, non commercial weight control support group. Visit a meeting free of charge. Spouse membership - half price. For more info: Elaine 403-274-7554 1-800-932-8677 or www.tops.org.

Parkinsons Disease Support Group: Meets on the 2nd Thursday of each month from September through to April at 10:00 a.m. in St. Andrew's United Church (east entrance). The group provides a congenial & relaxed atmosphere for discussion of Parkinsons Disease related issues. Contact Bob at 403-932-5654.

AGLOW INTERNATIONAL CANADA: ROCKVIEW AGLOW Women's Inter-denominational Group, meets in Cochrane, Every Friday at 10 a.m. for prayer and a bible study at 1 p.m. Women standing together - "Rejoicing in hope; Patient in tribulation; continuing Instant in prayer" Rom. 12:12. For INFO please Call Adele 403 851-9980 or Liz 403 720-8633. Come join us for prayer and/or bible study. A warm Welcome awaits you!

Cochrane 50 & Over Club Winter Hours: Drop -in: Sept. to June: 10 a.m. - 12 p.m. and 2 p.m. - 4 p.m. Bridge: Mon 7 p.m. and Tues 9 a.m. Crib: Wed 1:30 p.m. Euchre: Thurs 7 p.m. Whist 1st & 3rd Sat 7 p.m. Carpet Bowling Tues 1 p.m. at Spray Lakes Rec Centre. Scrabble 7 p.m. Tues. Easy exercises Fri 10 a.m. Potlucks 2nd Friday at 12:30 p.m. and 4th Fri at 6 p.m. General meeting last Wed at 10 a.m. Next Foot Doctor Date is November 30. Call for appointment. 50 & Over Club Phone 403-932-6002.

ARC Senior RV Club: Looking for new members who enjoy camping, games, & good company. Mid week camping only. For more info, call Mary at 403-932-5711 or Jim at 403-289-8365.

Cochrane Coelacanth's Masters Swim Club: A swim club for swimmers over 18. All ages and abilities are welcome to join us for fitness and fun. Tuesday and Thursday 9 - 10 p.m. at Big Hill Pool, October - May. For information call Sheila 403-932-5095