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Page 5



Park celebration

Page 6



Legion centennial

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Look on Page 12 for
Town of Strathmore Municipal Notices

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Siksika announces new care facility

JOHN WATSON
Local Journalism Initiative Reporter

Siksika Nation and Siksika Health Services are announcing the approval of a new on-reserve continuing care centre facility, for which construction will begin later this summer.

Sam Crowfoot with Siksika Chief and Council, said the new facility is far overdue and will go a long way towards keeping local elders on the nation and with their families.

“It will have 34 units that are for continuing care, (which) will allow us an opportunity to be able to give services to our members without having to leave the nation,” said Crowfoot. “We have a significant population at the age of 50 and over, so it will definitely be well anticipated and well received.”

The facility is being funded through a grant provided by the Alberta Ministry of Health through the Continuing Care Capital Program.

Crowfoot said that for years the grant was something Siksika Nation had been working towards successfully applying for.

He added that he is skeptical as to whether Siksika Nation’s settlement agreement with the federal government has made an impact on how the nation is viewed and whether its signing was a catalyst for Siksika development applications to be taken more seriously.

“I do think that the settlement which we negotiated for and earned, I think that plays a role in things because now that we have this type of financial resources, people are looking at our situation very differently,” said Crowfoot. “Because we have this, now people are taking us a bit more seriously. It’s funny, when we had no money, we kept getting denied and denied and denied for services, but now that we have this money, all these grants are coming through. So, either it is fortuitous timing, or there’s something more to it.”

Though he did not elaborate in detail, Crowfoot added funding for a 22-unit family services facility has also recently “come into place.”

“I don’t want to say it’s only because we have our settlement. A lot of it is because of the hard work of our leadership — of our chief and council, being able to go out ... into these arenas and be able to advocate in an effective and concise manner,” continued Crowfoot who estimates that there will be a 36-month build time for the new continuing care centre, which will be located adjacent to the current Siksika Health Centre.

Though an exact start date was not given, Crowfoot said ground was likely to be broken for the project in August this year.

Continued on Page 4



Thunder struck!

Strathmore Thunder pitcher Kya Boyko looks to throw a strike during a U17 softball exhibition tournament over the weekend at the Strathmore Ag Society Ball Diamonds. The Thunder, who finished the tournament with a 2-2 record, will now prepare to host the U17B Girls Provincial Championship July 22-24, also at the Ag diamonds. The Thunder will open the tournament with a pair of games on July 22 when they host the Highway Blaze (9 a.m.) and the River City Hornets (2:30 p.m.). The opening ceremonies for the tournament will be held on July 22 at 1 p.m.

Joe Lepage Photo



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Intersection crash

There were traffic delays at the intersection of Highway 1 and Wheatland Trail on July 8 after a crash between a pair of vehicles, including an RCMP SUV cruiser.

Joe Lepage Photo



Leisurely swim

Over a dozen pelicans enjoyed a swim in Gray's Park on July 10 in Strathmore.

Joe Lepage Photo



The Rosebud Chamber Music Festival made its debut performance in Strathmore at the United Church on July 8. The classical music festival celebrated its 10th year running over the weekend. The Vault Cultural Collective and Arts on 817 hope to see the festival return to Strathmore on its annual show run going forward.

John Watson Photo

Rosebud Chamber Music Festival makes debut performance in Strathmore

JOHN WATSON
Local Journalism Initiative Reporter

The Vault Cultural Collective was excited to have partnered with the Rosebud Chamber Music Festival; who are celebrating their 10th annual festival; to host one of their shows in Strathmore on July 8.

Carolyn Steeves, chair of the vault cultural collective, said it's the first time the Rosebud Chamber Music Festival has come to Strathmore and she hopes it is something that will continue going forward.

"The Vault had made an overture to Keith Hamm, the violinist and founding director of the Rosebud Chamber Music Festival, asking him if he would be interested in doing one of their concerts in this 10th anniversary season in Strathmore in the Vault (that) would love to support it and sponsor it," said Steeves. "I knew about the festival, and I have known Keith for a long time. So, I thought it would be a really cool thing for the Rosebud String Quartet to play in Strathmore this year."

The Rosebud Chamber Music Festival is a classical music ensemble consisting of the Rosebud String Quartet. This year, they were joined by pianist Phillip Chiu, who is described by The Vault as one of Canada's most celebrated pianists and chamber musicians.

According to Steeves, she said the Rosebud String Quar-

ter is among the best performing groups of their kind in Canada, and the festival is a fantastic opportunity to hear them on stage.

The Rosebud Chamber Music Festival played in Three Hills on July 5, in Strathmore on the July 8, and returned to Rosebud over the weekend.

Steeves suspected that for Hamm, he may have wished to see the festival expand and be able to attract and reach a new audience.

"I think for Keith, its outreach, wanting to spread the festival farther out in Wheatland County and area. Just to get the word out about this chamber music festival and have people just have a lovely summer concert, listening to beautiful chamber music," said Steeves about the festival spreading.

According to Steeves, Strathmore has a welcoming classical music scene, as evidenced by the often-well-attended classical performances during the Arts on 817 concert series.

"Our ticket response here in Strathmore has been fairly good. It's a new venture for us. And so, as a vault, we're very excited about this event, because this is our second event that we've hosted," said Steeves. "We would love to see them come every year ... if there is a good response from the community, I'm sure they would love to come back."

Among the Rosebud String Quartet was cellist Julie Herish, violist Keith Hamm, and violinists Robert Uchida and Laura Veeze.

Upcoming Meetings

Council and committee meetings will now be open to the public and via teleconference. For public hearings it is strongly encouraged that you attend in person.

August 16: Council Meeting

August 23: Municipal Planning Commission

September 6: Council Meeting

To join the call, dial 403-917-1764 and enter the PIN 47001 when prompted. Agenda packages can be found on our website.



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Agriculture Bursary Program

Wheatland County - Agricultural Service Board

The Wheatland County Agricultural Service Board (ASB) recognizes the importance of youth to the agricultural industry and rural communities in Wheatland County.

The Wheatland County ASB invites students furthering their education at a post-secondary institution in an agriculture or environmental science related field to apply.

ASB will provide up to \$6000 in Bursaries annually with a minimum award of \$500 and a maximum award of \$1500 depending upon the number of applicants that meet the criteria. Bursaries are available to high school graduates (within 3 years) residing within the boundaries of Wheatland County. Funding is not available to persons qualifying for or participating in job training assistance grants or previous bursary recipients.

Shelterbelt and Ecobuffer Seedling Program

Now accepting applications!



The 2022 Shelterbelt and Ecobuffer Seedling Program is open and accepting applications.

This program offers support to landowners in planting seedlings including drip irrigation and mulch materials. Wheatland County will pay \$2.50 per plant up to \$1000 for seedlings, and 50% up to \$500 for drip irrigation or mulch materials. GST and shipping costs are not eligible for funding.

An application form and information about available funding opportunities located as follows:
<https://wheatlandcounty.ca/fundingopportunities/>



Address: 242006 Range Rd 243, Wheatland County, AB T1P 2C4
Phone: 403-934-3321 www.wheatlandcounty.ca @wheatlandcounty
Office Hours: Mon-Fri 8 a.m. to 4:30 p.m.



Application packages are available online at wheatlandcounty.ca

For additional information contact
Michelle Van Haarlem at 403-361-2000 or
agandenv@wheatlandcounty.ca

GHSD Superintendent named Canadian Superintendent of the Year

JOHN WATSON
Local Journalism Initiative Reporter

Golden Hills School Division (GHSD) Superintendent Bevan Daverne has been named the Canadian Superintendent of the Year by the Canadian Association of School System Administrators (CASSA).

Laurie Huntley, board chair for GHSD, said the team couldn't be more excited for Daverne.

"We're absolutely thrilled for him and he is the most deserving person that you can imagine. To be recognized nationally, it's just what we were hoping for," said Huntley explaining that to be eligible for the award, a division superintendent within the province must first be nominated at the provincial level by a fellow member of the College of Alberta School Superintendents (CASS).

If the nominee is awarded at the provincial level, their name may be put forward to be recognized nationally.

"Our deputy superintendent nominated Bevan and I provided a letter of support for the nomination, then CASS decides who of their nominees wins provincially, and their name is put forward to the CASSA," said Huntley. "There definitely were criteria that they were looking at ... you have to have examples of exemplary leadership and enhanced the profession throughout their career."

Daverne has been a member of CASS since 2011 and was president of the organization from 2019 to 2021.



According to a release, Daverne's system leadership as Superintendent with GHSD has focused on "powerful learning" – an instructional leadership approach based on research principles for improving student learning.

"Bevan is an exemplary leader and if you talk to him, he's going to tell you it's all about team. He's a very humble individual," added Huntley. "When you have a high performing team, the key to that is high performing leadership, and that's what Bevan has done for us as a school division."

Going forward, Huntley said that under Daverne's leadership GHSD is on the cusp of a new endeavor with the Acme School Division to further develop high school, trade, and skill development partnerships with post secondary facilities for students to achieve trade certificates without having to leave their communities.

"It's taking that focus on having very deep learning and understanding and experiences, ... and that has definitely been one of the key leadership focuses for Bevan ... since he started as a superintendent, and It's resulted in so many different kinds of successes," said Huntley.

In addition to the award received from CASSA, Daverne will be acknowledged as the Canadian Superintendent of the Year by the American Superintendents Association at its annual conference scheduled for Feb. 16-18, 2023 in San Antonio.

Daverne joins six other Alberta superintendents who have received the national award since 2002.

Canadian Royal Purple Society to host 8th AGM meeting in Strathmore

JOHN WATSON
Local Journalism Initiative Reporter

Members of the Canadian Royal Purple Society (CRPS) will soon be gathering in Strathmore for their eighth national annual meeting.

During this AGM, which is scheduled for July 17 in Strathmore, the CRPS will be announcing its newly adopted cause, "brain injury awareness and prevention."

Barb Bambrick, national president for the CRPS, said the team is excited to feature Wilfred Laurier University researcher, Lin Haang, who will speak to the intersection of brain injuries and interpersonal violence at a "lunch and learn" on July 19 also in Strathmore.

"She is one of the amazing researchers who has done a ton of research on the intersection of brain injury and interpersonal violence," said Bambrick.

In addition, the CRPS will be announcing its first national Purple Thursday day, as the third Thursday in October. The occasion will be modelled after a similar event acknowledged in the United States.

"We have probably 85 per cent of our lodges participating and at that time, they will be filling care bags for local women's shelters to help those women who may have escaped or left home without very much to go into shelters," said Bambrick. "(These women) have had some interpersonal violence in their life, or for some reason they need to get to a shelter and need help. So, we're going to try and provide some of the necessities they

may need in these care bags."

As it is Alberta's turn to host the AGM meeting for the CRPS, Strathmore was chosen as the gathering location due to its proximity to the airport, ease of access and central location within the province.

Ultimately, as will be similarly described by Haang, the goal of the initiative will be to raise awareness of brain injury, interpersonal violence and the intersection thereof.

"Lynn is going to be giving us ideas and thoughts about and to be aware of, or to create awareness of what brain injury may look like," said Bambrick. "It could be someone has a hearing loss because they've had too many hits to the head. So, she'll be trying to explain what that can look like and how it impacts their life going forward."

The plan for raising awareness is for local CRPS lodges within host communities to ask for donations, for aid to fill the care bags, or to let the community know that they're doing care bags for women in need.

"The National Board for Canadian Royal Purple agreed to the cause this year of Brain Injury Awareness and Prevention and were looking for something that we could do nationally to bring all of our largest together on one day," explained Bambrick.

More information regarding the initiative, as well as attendance to the Lunch and Learn is available through the CRPS website.

Leela Aheer, MLA

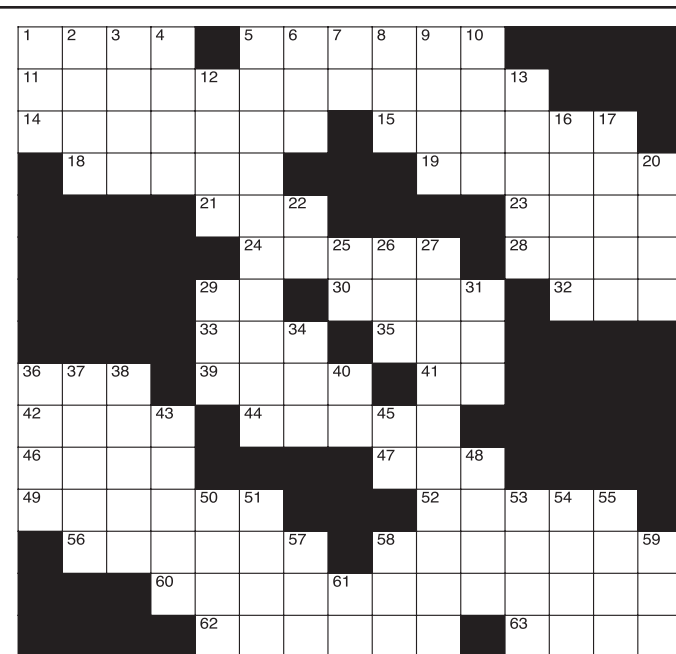
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CLUES ACROSS

- 1. Absence of difficulty
- 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together again
- 15. More cushy
- 18. Visionaries
- 19. Large, fish-eating bird
- 21. Indicates near
- 23. NY Mets legend Tommie
- 24. Icelandic books
- 28. Pop
- 29. Hammer is one
- 30. Sense of self-importance
- 32. Thyrotrophic hormone
- 33. Can't be found
- 35. Electronic data processing
- 36. Passports and licenses are two
- 39. Snake-like fishes
- 41. Air Force
- 42. Popular computers
- 44. Intermediate ecological stage
- 46. Wings
- 47. Used in combination
- 49. Laid back
- 52. Jewelled headdress
- 56. Slow
- 58. Famous Falls
- 60. Reassertions
- 62. Periods of time
- 63. Hyphen

CLUES DOWN

- 1. Body part
- 2. Mimics
- 3. Expel large quantities
- 4. Sea eagle
- 5. Genetically distinct varieties
- 6. Dialect of Chinese
- 7. Famous Mr. T character
- 8. Consumed
- 9. Chinese dynasty
- 10. Menace to yards
- 12. Ireland
- 13. Palm trees
- 16. Fungal disease
- 17. Willis and Robert are two
- 20. Affirmative! (slang)
- 22. It shows who you are
- 25. The First State (abbr.)
- 26. Get older
- 27. Associations
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Plants in the legume family
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Scads
- 45. Morning
- 48. Length of a line (abbr.)
- 50. Double curve
- 51. Small, thin person
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Word element meaning ear
- 58. To the ___ degree
- 59. Residue of something burned
- 61. It cools your home

STRATHMORE TIMES

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The Times welcomes letters to the editor for publication. All submissions must be signed and a phone number included for verification purposes. We reserve the right to edit letters for length, legal considerations and taste. Please try and keep your letters under 400 words to ensure that it will appear as close to its original form as possible.

We acknowledge the financial support of the Government of Canada through the Local Journalism Initiative.

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BBB Tip: Create a budget and stick to it!

People from all walks of life who set financial goals - and reach them - generally have one thing in common: a budget.

According to this recent study, people are budgeting more than ever before. Budgeting is a practical way to stay in charge of your money - even when life gets unpredictable. Having a budget means knowing exactly how much is coming in and going out each month and planning where and when to spend. Plus, budgeting is essential if you want to pay off debt.



Regardless of what motivates you to budget, BBB has tips and tools to help you get on the right track to a better financial future.

- Calculate your income. The first step to creating a budget is to calculate your monthly net income, after taxes, so you know how much you are bringing home.
- Track your spending. Whether you prefer an app on your phone, computer software, or simply a notebook to jot down your expenses, keeping track of your spending is critical.
- Categorize your spending. Create categories based on necessities (housing, utilities, food, transportation) and luxuries (entertainment, dining out, travel). If you have credit card balances, student loans, car payments or other debt, make "debt reduction" one of your categories.
- Set up a budget. Once you have an idea where you are spending money, you can set up a realistic budget. Many experts recommend following the 50/30/20 rule. Allow 50% of your income for your needs, 30% for wants, and use 20% to pay down debt or save.
- Choose a budgeting system. Think about your financial goals and personality and select a budgeting system that works best for you.
- Pay down debt. If you have credit card or other debts, be sure to include repayment in your budget. One method is to pay off the credit account or loan with the highest interest rate first (the "ladder method"). Another is to pay off the smallest balance first, so you feel a greater sense of accomplishment (the "snowball method"). Also, call your credit card company and ask if they will lower your interest rate.
- Pay bills on time. Consider online bill-paying that eliminates writing checks, buying stamps, etc. Automatic payments can be scheduled ahead of time and can help you avoid late fees and penalties for missed payments.
- Contribute to your retirement. Make sure you are contributing enough to your RRSP's to get the full matching contribution from your employer. If you get a raise at your job, try to put that extra money aside into your retirement account.
- Save for the big things. Big purchases, such as vacations or holiday gifts for the whole family, can easily blow your budget.
- Build an emergency fund. Emergencies - car or home repair, unexpected medical expenses, or job loss - can easily throw you off track when it comes to budgeting. Financial experts suggest setting aside an emergency fund of six months' living expenses.

For more information, visit BBB.org.



Siksika Health Services and Siksika Chief and Council announced a 34-unit continuing care facility has received approval for grant funding and will proceed with construction. The facility will allow for local seniors to receive care without being required to leave Siksika Nation, and will help to keep people closer to their families. The image provided is architectural renderings of what the facility will look like upon completion.

Photo Courtesy of Siksika Health Services

Siksika care facility plans

Continued from Page 1

"All the ducks are in a row. The architectural plans are approved, the land has been designated and set aside, everything is good to go, and I think that helped in getting that grant awarded to us, because everything is shovel-ready," said Crowfoot. "We are super excited and it's overdue. Our elders are some of the last remaining residen-

tial school survivors who were taken from their families in their youth. Now, essentially, they're being taken from their families in their old age because we don't have the proper resources to support them."

According to a release detailing the project, a land blessing ceremony will take place prior to the site preparation beginning, before shovels hit the ground.

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Thought for the Week
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The trouble with stretching the truth is that it's apt to snap back.

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Melodie Ayoungman suggests powwow in Strathmore in late son's name

JOHN WATSON
Local Journalism Initiative Reporter

Discussions have begun between the Town of Strathmore and Melodie Ayoungman regarding the fourth anniversary of her son, Kristian's murder, and how best to celebrate his life. Ayoungman came before Town Council on July 6 as a delegation to propose her thoughts and initiate a discussion about hosting a significant social event in Kristian's name.

Ayoungman explained that in Siksika there is cultural significance in doing things in fours to honour the dead and honour the memory of loved ones.

"What our family is proposing is, next year will be our boy, Kristian Ayoungman's fourth year memorial. In 2019, the Town of Strathmore, town council and the mayor at the

time, and also Siksika Nation Chief and Council had asked me what things I would like to see," said Ayoungman. "At the time, I just knew that our communities needed to work together and make better relations amongst one another."

During the first memorial for Kristian, a men's traditional special was done with the Ayoungman family. In March 2022, the memorial site at Kinsmen Park was unveiled in his memory.

For the fourth celebration of Kristian's life, Ayoungman proposed to host a powwow in Strathmore — a significant social event for people to come together from "all throughout North America, in Canada and the United States."

"Next year will be Kristian Ayoungman's fourth memorial and what we were thinking is, what a great opportunity to take active reconciliation in having a powwow here in Strathmore," said Ayoungman. "That could involve all your organizations, your businesses, volunteers and also Siksika Chief and Council want to be involved as well. I thought, what a better way to do the fourth-year memorial is to include that here in the Town of Strathmore."

She suggested the powwow as an opportunity to draw people to the town, bring a lot of business to the community, and for the town to learn about all First Nations cultures.

For the Ayoungman family, acting in Kristian's memory will not stop following this fourth celebration of his life, suggesting the family is looking to potentially launch a foundation in his name.

"I'm very glad to see how the Town of Strathmore and Siksika are working together in creating better relationships and taking active reconciliation," said Ayoungman.

Councillor Denise Peterson added during Ayoungman's presentation, that following the efforts made for Kristian, there have been a growing number of efforts within the town and local school divisions to practise learning, understanding and reconciliation.

Council moved unanimously to refer Ayoungman's request to town administration and directed administration to return to council with a report regarding how such an event may be put together.

| | |
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| <p>STRATHMORE FULL GOSPEL CHURCH 50 Maplewood Drive • 403-934-2225 Senior Pastor: Rev. Les Fischer Youth Pastor: Rev. Kyle Lomenda Services Sundays 10:30 am www.strathmorefullgospel.com</p> | <p>STRATHMORE ALLIANCE 325 1 Ave • 403-934-3543 Corner of 1 Ave & Wheatland Trail Lead Pastor: Mike Wiebe Associate Pastor: John Duerksen Sundays 10 am Join in person or online www.strathmorealliance.com</p> |
| <p>STRATHMORE SEVENTH-DAY ADVENTIST CHURCH Meeting in the Lutheran Church 112 Lakeside Blvd. 1-888-506-1066 ext. 101 Pastor: Donald Wright Services held every Saturday Sabbath School: 10 AM Worship Service: 11 AM www.strathmoreadventist.ca donald816@hotmail.com God's Closet Collects children's clothing and distributes Feb., May, Aug. and Nov.</p> | <p>HOPE COMMUNITY COVENANT CHURCH 245 Brent Blvd, Strathmore 403-934-2424 Pastor: Heidi Wiebe Sunday Worship 10 am www.hope-community.ca</p> |
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| | <p>STRATHMORE UNITED Wheatland Trail & 3rd Avenue 403-934-3025 Rev. Pamela Scott Sunday Worship Services 10:30am Services posted on-line at: www.smoreuc.com Loop System for the Hearing Impaired W/C accessible</p> |



The Town of Strathmore celebrated the renovation of the Lions Splash Park, as well as the adjacent parking lot by offering free ice cream to the community on July 6. The event also served to help raise awareness of the Town's efforts to maintain local attractions and amenities.
John Watson Photos

Town brings back Ice Cream in the Park

JOHN WATSON
Local Journalism Initiative Reporter

The Town of Strathmore celebrated a project well done last Wednesday, offering free ice cream to folks passing through Kinsmen Park on July 6.

Geoff Person, manager of communications with the Town of Strathmore, said the Town had invested in the Lions Splash Park with a new rubberized coating, enhanced tree care, bathroom improvements and the newly paved parking lot and wished to draw attention to the improvement of those amenities.

"Today, we've got Ice Cream in the Park. The Town has invested a lot of money in making sure that the splash park and the parking lot and the trees in this end of Kinsmen Park are really well looked after and that they're better investments for the town," said Person. "Because all the work is now done, we wanted to celebrate the start of summer and invite people down for some games and activities and some free ice cream."

Strathmore FCSS, Trellis, 5 for Life Early Childhood, and the Strathmore Wheatland Wellness Resource Project were each contributing partners to putting on the Town's Ice Cream in the Park event.

An event titled "Ice Cream in the Park" had been held in year's past within Strathmore and surrounding communities through the coordination efforts of several different town service groups, although this is the first time the Town itself has put on the event

of the same name, in conjunction with partners, to celebrate a completed project, to which Person added it certainly won't be the last.

"This is a brand-new event, it's something that we're trying to do more of when we finish projects so that people recognize the investment in the community," explained Person. "This actually grew really organically, and we knew that we wanted to do something to kick off summer. At first, we were thinking popsicles or something, but Hunger Paynes has this brand-new ice cream truck, so we thought this would be a really good way to just showcase a new business that's expanding in the community."

Person did not suggest any sort of frequency in which the community may expect to see similar events take place, though did state the Town is dedicated to engaging with the surrounding community.

Person said a big theme of what Strathmore is trying to do with the events it plans to host, is to celebrate the community and its projects is getting people to reconnect.

"It's just a really great kind of community event where everybody came together chipped in a little bit, and we've turned it into something kind of exciting," said Person. "When a new playground opens, or when we do some work to repair a playground, what kind of little mini event can we do that helps to raise awareness in the community that that not only was that project completed, but that it was a valuable investment for the community"

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YOUR WEEKLY HEALTH ADVICE
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There is a theory that says the taller you are the more at risk of your are of contracting cancer. There are many explanations for this including certain growth hormones and childhood nutrition. But the simplest explanation seems to be that tall people simply have more cells for something to go wrong in. But there are many ways all people regardless of height can prevent cancer, from stopping smoking, eating nutritiously and using sunscreen.

The term "hay fever" is a misnomer. It originated in 19th Century England when farmers baling hay suffered sneezing and nasal itching. It wasn't the hay that was causing it but the mold spores found in the hay. The "fever" part is also false because body temperature doesn't rise with hay fever symptoms. If you have a hay fever season, start treatment right away. There are many products to help.

Interestingly, the first antihistamine drug became available in 1946 under the brand name *Benadryl* and is still available today. But it has quite a high sedation side effect. Today there are many second and third generation antihistamines that have a longer action and much less sedation.

Type 2 diabetes (also called non-insulin dependent diabetes) has increased dramatically over the past 10 years. This is because we are living longer, more of us are overweights and we seem to be less physically-active. Also there is evidence that having had COVID increases your risk of diabetes.

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The Strathmore Royal Canadian Legion Branch No. 10 celebrated the centennial anniversary of the War Memorial Hall on July 11. The ceremony served to honour the longstanding facility, as well as to rededicate it to include the names of soldiers who fought in the Afghan war. A series of events including a banquet, pancake breakfast and golf tournament were hosted over the weekend leading up to the ceremony. **John Watson Photos**

Local War Memorial Hall celebrates centennial anniversary

JOHN WATSON
 Local Journalism Initiative Reporter

The Royal Canadian Legion Branch No. 10 celebrated the centennial anniversary of the Strathmore War Memorial Hall on July 11 with a ceremony rededicating it to include honours for soldiers of the Afghan war.

Bruce Westgard, president of the Legion, said he is extremely excited and honoured to be able to welcome in a new century for the building.

"I can't explain it, really. I've been a member here for over 40 years and I was president once before and they voted me back in," said Westgard. "It's very hard to explain just what it means because it means so much to each one of us to be able to have something like this, to say thank you to our veterans, and also to say thank you to this great community that we live in."

According to Westgard, Strathmore's community came together to donate the sand and stones needed for the rededication of the war monument in front of the hall, and volunteers donated their time to bring the whole project together in time for the centennial.

Strathmore Mayor Pat Fule expressed a great deal of pride in the community for coming together and returning a favour to the Legion.

"I hope the Legion knows how much the town appreciates them ... beyond just the building as a meeting point, the Legion membership does so much around the community and the town greatly appreciates their work and their volunteerism," said Fule. "The people in Strathmore do support each other, they support things that are vital to the

community and I was not surprised to see the number of volunteers who not only put on this weekend's celebration event, but came together to put in work and material and labour to help honour our veterans."

Westgard added in the 100 years since its construction, the War Memorial Hall has changed only as was necessary and the building remains much the same as it was originally.

Among the refurbishments included a new stage, though Westgard said that was done prior to his tenure, as well as some updated plumbing within the structure.

"At the beginning of the century here we didn't have a very good bathroom setup, so we added one whole new section on and we got that opened up, and we opened up an upstairs hall," said Westgard. "There's a lot of it that has been worked on. The whole (West) side of the building, we refurbished that a few years ago. It's been a lot of work, but it's all great to see people being able to come back."

Following the ceremony, as well as with the province seeing a decline in COVID-19 restrictions, Westgard said he hopes the community, local seniors and veterans return to the hall to gather and celebrate regularly.

"We are just hoping that now that COVID-19 has quieted down, that we will get back to being able to have our functions here again like we always did," said Westgard. "Now that we have got it back open, I'm hoping that people start coming back and enjoying this building the way they have for the last 100 years."

As the new plaque and rededication have been officially unveiled, the public is welcome to stop in to see the memorial and to pay their respects.

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Local cheerleader to attend international competition

JOHN WATSON
Local Journalism Initiative Reporter

Young local cheerleader Karmyn Phillips will soon be joining her Calgary-based team headed to an international competition in the United States.

The 11-year-old athlete will be headed south to compete following the conclusion of Western Canada's cheer competitions. She explained it will be her first time leaving Canada to compete.

Despite it being the first time she will have left the country to compete, however, it will not be Karmyn's first time attending an international competition. She explained that she had competed in a similar competition in Vancouver, last year.

For Karmyn, the sport was effectively a love at first sight and is a passion she has poured seven years into training for.

"I was at my cousin's cheer practice, and when I saw her in the air I told my mom I wanted to do this. It's something that's calling my name," said Karmyn. "She told me to ask the coaches, which I did, and they signed me up for it."

Karmyn now practises and performs alongside the Chinook Team out of Perfect Storm Calgary, which she joined following the closure of Strathmore's local cheer studio.

Her mother, Amanda Phillips, described the team as a Junior Level 3 team — a metric which denominates the difficulty and complexity of tricks, stunts and tumbling a cheerleader in

the category is expected to be able to perform.

Phillips described that Karmyn's previous team, at a "level two" were performing hand springs, and ground tumbling, as an example, versus a significant degree of more aerial stunts expected from a "level three" athlete at which she currently practices and competes.

Phillips added that Karmyn is the youngest member of the team and has been practicing with them for, at the time of publication, a little over a month.

"I'm extremely proud of her. She works so hard and she is so dedicated, and for her age, just to be this dedicated is already something absolutely incredible," said Phillips. "I really do enjoy watching her do it. I feel like she just shines in the gym, per personality comes out and she loves every minute of it."

In order to be able to afford the trip to compete, Karmyn and her mother have taken to fundraising, seeking help from the community to send them southward.

"Right now, we're selling chocolate, we do bottle drives as well, and throughout the year the parents' association with the (cheerleading) club launches one to two fundraisers per month," explained Phillips.

As the Western Canadian competition scene has yet to conclude, a competition date has not yet been set for Karmyn and her team.



Karmyn Phillips (11) is raising money to travel to the United States with her Perfect Storm cheerleading team to compete in an upcoming international competition. It will mark the first time Karmyn has competed outside of Canada.

Photos Courtesy of Amanda Phillips



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Tips on how to safely share the road with commercial vehicles

ALBERTA RCMP

Whether it is a semi-truck, tractor-trailer, or bus, commercial vehicles require extra caution from motorists handling them, as well as from other road users driving alongside them. With more traffic and travel expected during the summer months, it is important that commercial and passenger-vehicle motorists alike understand how to share our provincial roads responsibly.

COMMERCIAL VEHICLE DRIVERS:

- Remember to complete trip inspections to ensure your vehicle is in proper operating condition. Always carry required inspection certificates.
- Make sure that reflectors are free of cracks or dirt. Look for any strips that are worn or peeling and make sure they are not obscured.
- Leave adequate following distance between you and vehicles in front of you.
- If you are transporting a load, ensure it is properly secured.
- Regularly check your blind spots for smaller vehicles.
- Pull over when feeling tired – take a rest, don't risk a life.
- Avoid infrastructure damage by ensuring your vehicle complies with allowed weight limits.

PASSENGER VEHICLE DRIVERS:

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so that you can see both side mirrors on the truck. If you can't see the truck driver, they can't see you.

- Increase your following distance behind larger vehicles so you have a larger viewing area and can better see oncoming traffic.
- Oncoming commercial vehicles can create strong wind gusts, large splashes in wet conditions, or sprays of debris. Practice defensive driving and brace when they are passing.
- Leave extra space when passing or changing lanes in front of commercial vehicles as they require more time to slow down or come to a stop.
- Stay back when large vehicles are indicating right or left, as they require a wide turning radius.

"Commercial-passenger vehicle collisions have added dangers due the size and weight of larger vehicles, which can often result in more damage done," said Insp. Chris Romanchych, Alberta RCMP Traffic Services. "This summer, we want to minimize the potential for these types of collisions by ensuring Albertans are aware of how to safely share the road. Taking extra precaution around trucks and trailers can significantly reduce the risk of a serious collision, injury, or fatality."

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HIS Charity golf tournament returns

The HIS Building Charity Golf Tournament was hosted for the fifth year running on July 9, to continue raising money for the planned Sacred Heart Church building. Although no numbers have been announced officially, the goal of the event was to raise over \$20,000, and was on track to do so.

John Watson Photos

Local football player recruited to Calgary Colts

JOHN WATSON
Local Journalism Initiative Reporter

Local football player Kaden Warren has been recruited from Strathmore High School's (SHS) team to play for the Calgary Colts in the upcoming season.

"I'm really excited, it's going to be quite a big change from playing at SHS and it'll be a lot more high tempo and it'll just help me better myself as a person and as a player," said Warren.

Colts head coach Dennis Holowaychuk said he had been aware of, and keeping an eye on Warren's progress as an athlete for a while and didn't hesitate when it came time to recruit him.

"We actually reached out and we were aware of him early on. He has a pretty good football background and has played on some of the U18 games. He's a pretty talented young man," said Holowaychuk who added that the Colts have been increasingly looking outside of Calgary for new players to bring on, as some of the smaller towns and cities have really begun to adopt quality athletic programs.

"Strathmore, their program (has been) taking off the last couple of years, and so we're getting a lot of those kids," said Holowaychuk. "(Warren) comes as a defensive back, but I think he played some receiver as well ... so he's a pretty well-rounded athlete. He runs well and he's a good cover guy."

Holowaychuk commended Warren's game sense and ability to understand not only what's going on around him, but to make good decisions on the fly.

Additionally, Holowaychuk said he's happy to bring on a defensive back who both knows how to and is willing and able to be physical.

"Quite often, guys who play defensive back aren't really big enough or are not physical enough because they're not really big. Kaden's size is good ... his run support is really good, meaning if a run-



Kaden Warren (centre, white uniform) has been recruited from Strathmore High School's team to play for the Calgary Colts in the upcoming season.
Photo Courtesy of Kaden Warren

ning back comes through the line of scrimmage, he's able to light him up pretty good," said Holowaychuk. "From a receiver point of view, he's a really good tackler, he brings it so to speak. Nowadays ... so many of the rules come into play that you can't be very physical or hit very hard, but he's got that in him for sure."

Calgary Colts players range from being 17 to 22-years-old. Kaden, being 18, is going up against more mature guys on the team for a spot on the starting line.

"I'll be the young one again and I have to listen to the older guys and let the coaches coach me and completely just follow the rules of being a rookie," said Warren. "I'm not going to let that slow me down, I'm still going to show them what I can do and if I can get a spot over one of the older guys, I'll get a spot. I know my place, but I'm willing to work hard to get up."

Warren will be eligible to remain with the Colts until he ages out but aims to use them as a steppingstone into playing university football at a university that will take him.

Practices start July 22 and the first official league game of the season will be on Aug. 14.



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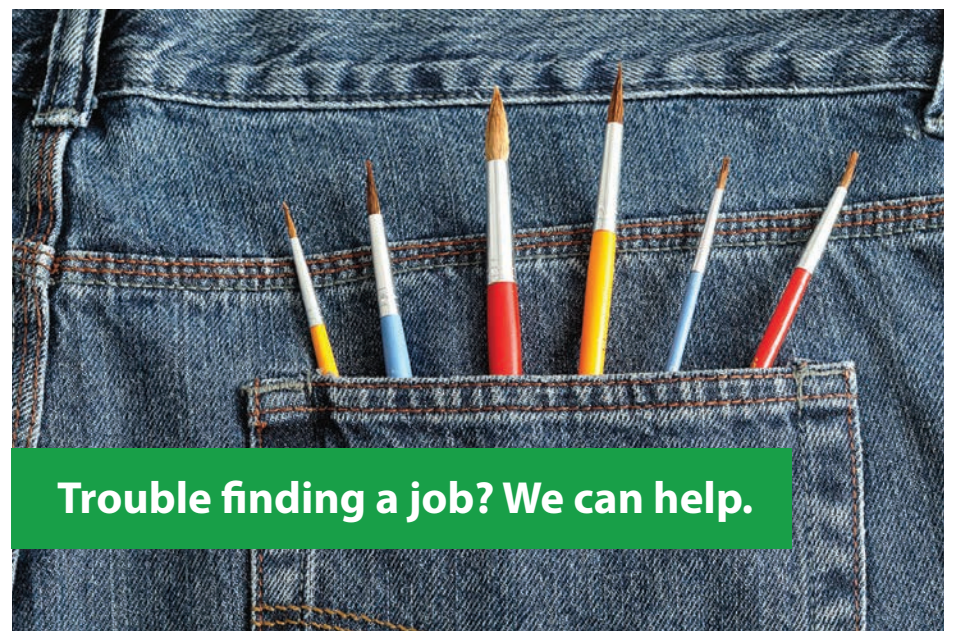


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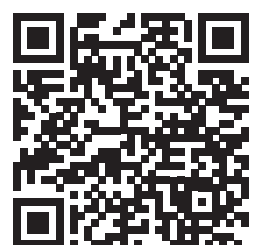
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Ag society excited to announce entertainment roster for Strathmore Stampede

JOHN WATSON
Local Journalism Initiative Reporter

The Strathmore Agricultural Society is kicking into high gear to prepare for the upcoming Strathmore Stampede, slated to return over the August long weekend.

Events coordinator for the Strathmore Stampede Kate Dubois said the team is in full swing with preparations to make this year's event bigger and better than ever.

"This year, we're bringing back Cobb's Adventure Park, they're going to be bringing back their animal exhibits as well as a few other fun items like archery and a few additional rides," said Dubois. "We also have Kisling Farms who are bringing their goats and a few other animals, and then we also have the CanAm wrestling group that are coming to the grounds who are going to be showing off their wrestling moves and doing little mini shows and mini camps."

Cobb's Adventure Park will be replac-

ing the Wild Rose Shows midway, according to a release, however, the team will have a surplus of activities for all ages to enjoy.

For those looking for musical events, the Friday night concert is making a comeback, among several other stage performances to look forward to over the weekend.

"We had a great time last year with Gord Bamford, so we're excited for our Friday night concert with the James Barker Band and Garrett Gregory ... so we're very pumped to see what kind of crowd we get coming out," said Dubois. "We do have, in terms of people who are performing, we have Joel Ostrom and the Tin Star Band coming back, as well as Chris LeBlanc. As for new people though, performing on the stage we have Shannon Smith and Lindsay Butler who will be playing some great tunes."

The Strathmore Stampede has com-

mitted to bringing back the fireworks show on Sunday night (weather permitting), however Friday fireworks post-concert have yet to be confirmed.

The trade show that accompanies the festivities will also be making its return, though it has been relocated out of the curling club for ease of access and to prevent those interested from potentially getting lost. Now located in the Remuda building, the Strathmore Stampede team is encouraging those who come to check out the show to pay a visit to the vendors who will be set up inside.

Dubois added there are a handful of ideas from last year that the team is also working to emphasise and bring into the limelight.

"Our goal is to always get bigger and have more people come out and experience what the Strathmore Stampede is really like, especially after last year's

amazing turn out," said Dubois. "We're trying to emphasize more on our beer gardens as well as our other events like the Friday rodeo, Friday chuck wagons and Monday combo championship."

The team is also looking for a surplus of volunteers to come out and help the show run smoothly. According to Dubois, it takes roughly 400 people to operate the Strathmore Stampede and the more hands on deck, the better.

More information can be found, including entertainment, concert, and rodeo options, on the Strathmore Stampede website.

The Strathmore Times is also the exclusive creator and distributor of the Strathmore Stampede Guide, filled with everything you need to know about the stampede. The guide will be inserted into the July 20 Strathmore Times newspaper and will be delivered directly to your mailbox.



Hot rods and smokeys

Pure Country Meats celebrated 20 years in the community on July 9, hosting a car show and barbeque adjacent to their storefront, in conjunction with Zegil Automotive and Transmission. The community was encouraged to bring down their vintage or project vehicles, as well as any spare parts for a swap meet.

John Watson Photos



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LEELA SHARON AHEER
Chestermere-Strathmore MLA

Hello Chestermere-Strathmore readers. As you may know, the use of Trikafta to treat children aged six to 11 living with cystic fibrosis was approved by Health Canada on April 19. In Alberta, we have provided Albertans 12 years of age and older, who meet eligibility criteria, with access to Trikafta since September 2021. After extensive consideration and consultation, it became evident that the needs of Albertans living with cystic fibrosis required broader access so the majority could receive treatment with the drug. The government also provides coverage for cystic fibrosis drugs, Kalydeco and Orkambi, for those meeting eligibility criteria. This is great news, and I would like to thank the Minister of Health, Jason Copping, for his work in this alongside the Cystic Fibrosis organizations.

I'm also excited to share that The Government of Alberta will host Alberta Day celebrations in Edmonton and Calgary and will support other municipalities in planning and hosting their events, potentially in conjunction with the Queen's Platinum Jubilee celebrations. More details will be shared in the coming months.

In the lead-up to the first Alberta Day celebration this September, the Government of Alberta will launch a communication and engagement campaign cele-

brating Alberta's history, people, and contributions to Confederation.

I was proud to announce on Sept. 1, 2020, that Sept. 1 would be declared as Alberta Day, and this year it was. Thank you to Emma, an elementary student from Calgary who wrote a letter to Premier Kenney asking the Government of Alberta to recognize this special day, and because of her, Alberta Day came to life.

Finally, Alberta's unemployment rate is at its lowest since 2015. We are at 4.9 per cent, which is better than the national average. The trend looks good and hopefully continues as we recover together. This is great to see as inflation is rising.

Also, The Alberta government is spending \$3.2 million on a new pilot program aimed at helping those who are unemployed or underemployed try their hand at the construction industry with the hopes of landing an apprenticeship.

"The program, announced Wednesday, is a partnership with the Alberta Construction Association, End Poverty Edmonton and the Edmonton Mennonite Centre for Newcomers. Advanced Education Minister Demetrios Nicolaides said the province and the government needs to do more to encourage and entice young Albertans to take up a trade. "This is a fantastic opportunity for young Albertans looking to gain experience in a trade, and it's helping to support labour shortages across a variety of industries," he said. - Edmonton Sun, Ashley Joannou. Publishing date: July 06, 2022.

As always, we love to hear from you.

(Leela Sharon Aheer is the MLA Elect for Chestermere-Strathmore)

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ONLINE TIMED AUCTION - Big Bend Market (Business Realignment). Starting July 18 @ 9AM; Begins Closing July 21 @ 9AM. Meat, Deli & Grocery Equip., Walk-in Coolers, Freezers, Merchandise Showcases, Food, Cashier & POS Systems, Merchandising & Storage, Office Equip., & more. See www.montgomeryauctions.com; 1-800-371-6963.

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www.StrathmoreTimes.com

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Strathmore

RURAL REIMAGINED



View Communities in Bloom
2022 Community Profile at
Strathmore.ca/CIB



August 13

September 10

Special police auction edition

Book your
car boot
sale booth
TODAY!

Strathmore.ca/FarmandFlea

PARKS PATROL

ADOPT A PARK PROGRAM

Do you live near the following parks?

- Strathmore Birth Forest
- Ranch Linear Park
- Wildflower Linear Park

Consider adopting them! The Adopt A Park program brings volunteer community members together in three of Strathmore's green spaces. The program provides volunteers with an opportunity to keep these parks looking their best!

Once you've signed up we'll provide a welcome package and training to get you started.

Learn more at Strathmore.ca/Adoptapark

SHOW & SHINE

STRATHMORE Fun Runners

Join us July 15 & 16, 2022 for our 27th Annual Show & Shine! Strathmore Alberta

| | |
|---|---|
| <p>Fri. July 15 Main Street with Cruise to Follow 6pm - 8pm Free Participation</p> | <p>Sat. July 16 Show & Shine at Kinsmen Park 10am - 4pm \$20 Admission</p> |
|---|---|

Local Food Vendors, Door Prizes & More!
More Info! Call Rick @ 403.540.3200 or Shawn @ 403.501.5303

Backflow Prevention

Reminder: Industrial, Commercial, and Institutional property owners, please complete your annual Cross-Connection Control inspection and submit your test report to the Town of Strathmore.

Backflow protection devices protect our community's water supply and minimize your liability. The Town is committed to working with property owners to educate them on the benefits of the program and are encouraging property owners to have the device installed by a certified professional.

If you have any questions contact the Infrastructure Department at 403-361-2108 or infrastructure@strathmore.ca

Learn more at Strathmore.ca/Backflow

Seniorcise at Strathmore Motor Products Sports Centre

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Instructor: Robyn Boucher

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