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Feeding the students

JOHN WATSON

Local Journalism Initiative Reporter

With the start of the regular school year here, staff and volunteers with School Fuel have been working to get ready to feed potentially hundreds of students on a daily basis.

School Fuel is a school breakfast program that is provided to nearly all schools in Strathmore and area part of the Golden Hills School Division.

The aim is to provide students with a breakfast in order to keep them well-fed and focused on learning during school, rather than being hindered by a lack of food.

"There are a lot of kids who come to school hungry in the morning and there could be a million different reasons for that," said Brandi Bobee, School Fuel coordinator. "Maybe they do not have food security at home or maybe they have parents who work and can't get them breakfast in the morning or they get up early or have a long bus ride, or they are just growing and they are hungry when they get to school."

Bobee explained last year, the School Fuel team was providing roughly 340 breakfasts per day, and concluded the year having served well over 52,000 meals to kids.

Though the team largely does not get feedback from parents, Bobee said teachers at participating schools have commented that there are kids who definitely need the program and appreciate it being available to them.

"Our mandate is that the kids do not have to need it or prove that they need it, or to sign up for it. Each school does their program a little bit differently but definitely, our mandate is that any kid who wants it can have it," she said. "We usually try to start within the first week of school starting, so we will likely start not the first week of school, but the week after, and we are there right until the end of school."

School Fuel staff and volunteers bake all the muffins available to students themselves, utilizing the kitchen at the Hope Community Covenant Church, then freezing the muffins until they are to be made available to students.

Continued on Page 4



Home cooking!

Peter Nkanang and the rest of the Strathmore Spartans high school football team used a solid run game in their season opener on Sept. 1 when they hosted the Cardston Cougars. In a defensive battle, the Spartans overcame an early touchdown to defeat the Cougars 13-9 in the first regular season game of the season. See Page 10 for more coverage. Joe Lepage Photo



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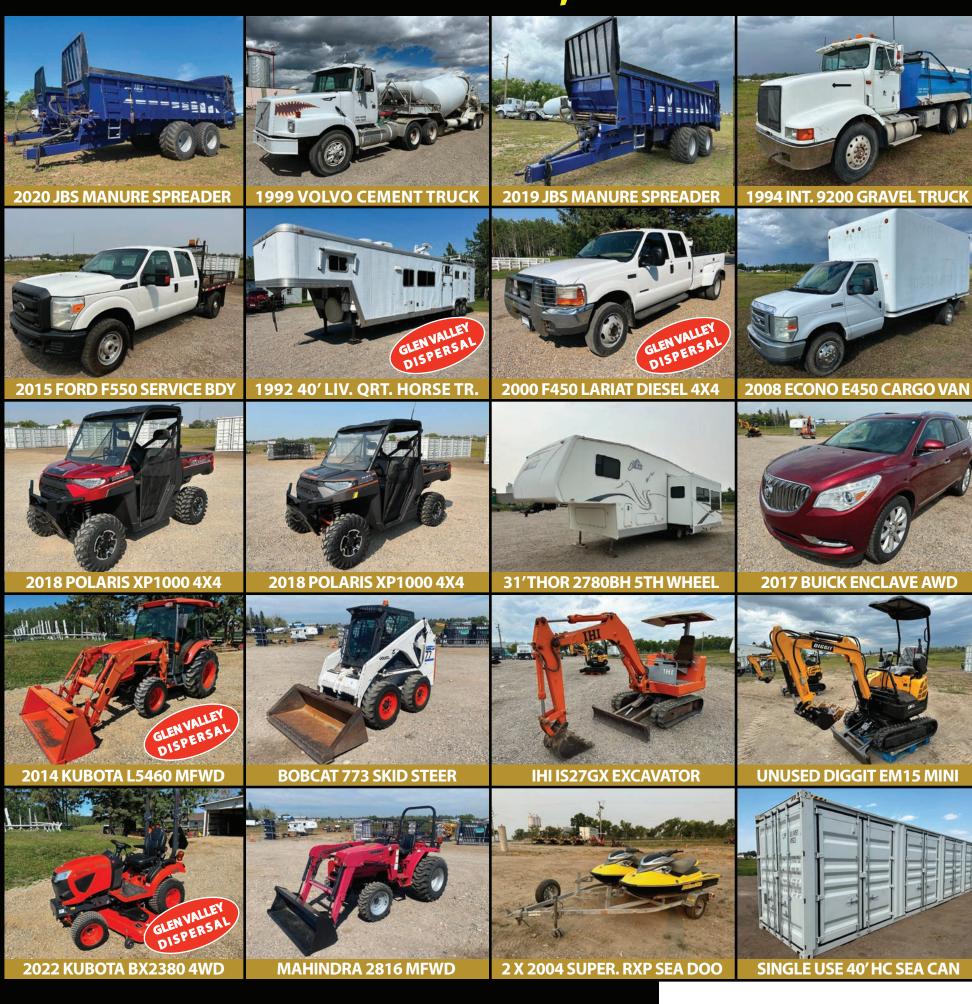


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PREMIER

CTR school division begins educational year with new superintendent

Local Journalism Initiative Reporter

Having welcomed their new Superintendent of Schools to the school division in June, Christ the Redeemer is excited to start the new educational year with Andrea Holowka at the helm.

Holowka said this year marks her 29th serving in the education system. Of those, 26 were spent with the Calgary Catholic School Division as a teacher, principal, and as Calgary Catholic's Superintendent of Instructional Services and, later, Human Resources.

She served two years as superintendent of school improvement at the Calgary Board of Education prior to taking the lead at Christ the Redeemer.

"The ability to start in the middle of June gave me the opportunity to tour around all of our schools and communities, and then this summer I went back and attended all of our communities and parishes and attended mass with the trustees, and some of the parishioners and some more of our staff," she said. "That gave me an understanding and a bit of a foundation of what the com-

She added part of the draw for her to join the team at Christ the Redeemer was the overall strength of the division, the high academic results, and the already existing supports available for students.

Holowka said she feels like there are already a host of good things she is looking forward to building on and looking at a theme of continuous improvement throughout her tenure.

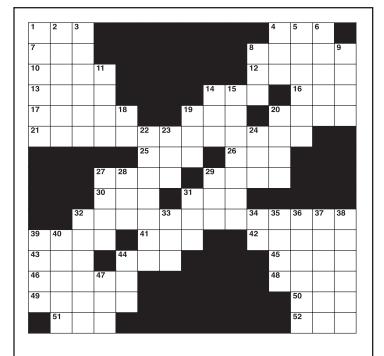
"All of our schools are ready and eager. We have done a tremendous amount of work both at the division level and at the school level to prepare for our students coming," she said. "We have had orientation with our new teachers ... we have spent time in the schools, our administrators working with teachers helping them out to learn about how to support the students. Teachers of course are very busy getting their classrooms ready and getting excited."

A large part of her job, Holowka explained, is to be present in the schools and working alongside principals within the division.

The goal is to develop a strong understanding of how goals and processes within the division impact schools at the classroom level and how operations can continue to improve and support student success.

Holowka said she will be working with division principals right out of the gate to conduct a thorough review of data received from upper education, looking at the information across the schools, as well as at the level of individual facilities in order to address needs and further develop the leadership process.

Christ the Redeemer Catholic Schools began their educational year as of Tuesday, Sept. 5.



GHSD new superintendent looking forward to first year in the chair

JOHN WATSON

Local Journalism Initiative Reporter

Jeff Grimsdale is preparing to begin his first year as superintendent of schools for the Golden Hills School Division, having taken over for Bevan Daverne, who retired in June.

Serving with the Golden Hills School Division for 27 years thus far already, nine years of that being in the central office, Grimsdale is already a familiar face within the team.

He explained though he is aware of the large shoes to fill in Daverne's absence, he is confident in the division's administrative team to be able to continue providing a high standard of education.

"We have a great working team of administrators and the central office team. I feel very comfortable with our group of leaders, teachers, and our central office," said Grimsdale. "Bevan was a superintendent of the year, so he has been a great support and he is still around ... but I have been able to work side-by- side with him for a number of years and that obviously provides a sense of comfort to have him still be available to provide some mentorship."

Previously, Grimsdale served as associate superintendent before taking over from Daverne, and this year will be his first ever as a Superintendent of Schools throughout his career.

He emphasized his intention to continue the

Mario Prusina Publisher

Kristina Bezic Financial Manager

Golden Hills School Division's Powerful Learning program and strategies from having been implemented in previous years.

'We have been working on things for a number of years. Powerful Learning is our model here, and our goal is success for all students, and we want to see improvement in student achievement and wellbeing," said Grimsdale. "Those are our main areas that we look at, but we are also really excited about the programming options that we have for our students ... we have Christian programming at Trinity, we have got the Leader in Me at Wheatland School, we have French immersion at Brentwood, and we have a hockey program at Westmount, just to name

For parents and students just coming into the Golden Hills School Division, the idea is to be able to pick and choose schools with the unique programming they can be most excited about.

Come the start of the school year, Sept. 5, Grimsdale was going between schools reintroducing himself and meeting with teachers and administrative staff to gauge how the first day went, as well as to converse with those most involved with the students.

Though some Golden Hills School Division facilities staggered their Kindergarten starts, for the majority of students, regular classes resumed

CLUES ACROSS

- 1. Second sight
- 4. Standard electrode potential
- 7. Type of gibbon
- 8. John Joseph : American industrialist
- 10. Manning and Whitney are two
- 12. Abrupt
- 13. Baroque musical instrument
- 14. Post-burning residue 16. When you hope to arrive
- 17. Sign up (Brit. Eng.)
- 19. Sun up in New York
- 20. Employee stock ownership plan
- 21. Where people live
- 25. Method to record an electrogram
- 26. Angry
- 27. No longer living

- 29. Simple 30. Swiss river
- 31. Portion of a play
- 32. It's under the tree
- 39. Wood sorrels
- 41. No (Scottish)
- 42. Dialect of English
- 43. Former Steelers' QB
- 44. Popular beer 45. It can make you sick
- 46. Tropical tree and fruit
- 48. Company officer
- 49. Contact lens term
- 50. Your consciousness of your own identity
- 51. "Ghetto Superstar" singer
- 52. Piece of turf

CLUES DOWN

- 1. Number of players on each side
- in a football game 2. Containing salt
- 3. Reasoning or knowledge: a ___
- 4. Car mechanics group
- 5. Leave a place 6. Southern Colombian capital
- 8. Old English letter 9. Tide
- 11. Walk heavily 14. Chemical compound (abbr.)
- 15. Artificial openings
- 18. Luteinizing hormone
- 19. Unit of energy
- 20. Circular movement of water
- 22. A way of holding
- 23. Popular book of words (abbr.)

- 24. States' group
- 27. Dashes
- 28. Body part
- 29. Electronic countermeasures
- 31. Consumed
- 32. Small bird
- 33. Unhappy
- 34. Football's big game (abbr.) 35. Valued object offered in good faith
- 36. Wild goats
- 37. Precede in place
- 38. Small edible fish 39. Notice of death
- 40. Body cavity of a metazoan
- 44. Partner to cheese
- 47. Not around

John Watson Local Journalism Initiative Reporter Rose Hamrlik Advertising Jody Schneider Production Contributors: Laureen F. Guenther, Joe Lepage, Melissa Piche

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Level: Beginner



Pass the Salt

IS YOUR CALENDAR MAKING YOU CRAZY? Turning the calendar page over to September reveals an already fuller schedule, something that I'm sure is common to many people. After a dormancy over the summer, many things come rushing back to demand our time and attention. Kids are back to school, clients bring new projects, and numerous clubs and classes start meeting once again book clubs, music lessons, service clubs - the list could go on and on. For many, the transition into September is exhilarating, for others, exhausting, and for still others, both at the same time. All the resuming activities are good, even necessary, but fitting them all into the calendar can be daunting. And when the pastor reminds you to be sure to keep room in your schedule for sitting at the feet of Jesus, well, you might

That's what happened to Martha in Luke 10:38-42. She was so distracted by trying to get everything done that had to be done, that she lost sight of her main purpose, hospitality, and became inhospitable – first toward her sister, and ultimately toward her guest of honor. And Jesus, who loved her dearly, had to help her refocus on what needed to underly all her other activities.

So, at the risk of being accused of trying to force one more thing into an already overflowing calendar, I am going to suggest you do be sure to make room at the very top of your schedule time to sit at the feet of Jesus, and allow him to help you keep your focus on what is truly needful in the midst of so many good and necessary activities calling for your attention from every direction. Rev. Malcolm Kern, Priest St. Michael & All Angels Anglican Church

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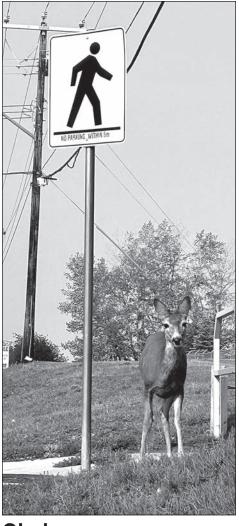
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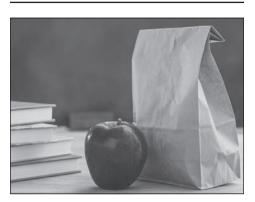




Oh deer

Students weren't the only distraction drivers needed to be aware of on the morning of Sept. 5. As children around town returned back to school, this deer was spotted at the corner of Centre Street and Centennial Drive.

Melissa Piche Photo



School Fuel preparing for upcoming educational year

Continued from Page 1

In addition to that, depending on the school, students will also be offered a piece of apple and either a cheese string or a yogurt tube.

"We could not do this without our volunteers. I think we have pretty close to 50 volunteers between the muffin bakes and the breakfast serving, the bin washers and the grocery shoppers," said Bobee.

School Fuel also receives support from the Breakfast Club of Canada, which provides the funds for a vast majority of School Fuel's supplies. What is not covered by the Breakfast Club of Canada is supplemented through donations and fundraisers.

Anyone looking for more information about School Fuel, or who would like to get involved is able to contact Bobee at schoolfuel@hopecommunity.ca or by calling Hope Community Covenant Church.







Fencing fun

Olivia Lee, a member of the Team Canada Pentathlon Fencing team, led registrants during a Welcome to Fencing event held at the Strathmore Motor Products Sports Centre on Aug. 30. Students seven years and older were taught some introductory terminology and movements, then were able to wear the traditional garb and practice basic fencing moves.

Joe Lepage Photos





If constipation is a problem for you, try adding *kiwi fruit* to your diet. Studies done on this fruit have shown an increased bowel movement frequency, improved gastrointestinal comfort and softer stool consistency. It even showed better results than using psyllium (Metamucil®). Kiwi fruit tastes pretty good, too.

While on the subject of nutrition, those who eat a lot of processed meats like bacon, hot dogs and deli meats are at greater risk of increased diastolic (that's the lower number) blood pressure. This could be due to the sodium content of these products because the curing chemicals used in the preparation generally contain sodium. Solution? Eat these meat products sparingly.

It's a good idea to pay attention to those auxiliary labels on your prescription bottles. They tell you how to get the best effect from your medication with the least adverse effects. If a label says "take with meals" and you forget, take it anyway with a large glass of water and even a small snack rather than missing the dose altogether.

Ear wax helps protect against dust and other irritants. It doesn't cause problems too often but if too much builds up, put a couple of drops of warm olive oil in the ear then using a bulb ear syringe, flush the ear gently with warm water. Avoid "ear candling" where a small cone is inserted into the ear and lit. It is ineffective and dangerous.

Hours: M-F: 9-7 pm Sat: 9-6 pm • Sun & Holidays: 11-5 pm



Strathmore Motor Products Sports Centre offers new Try-It sports

IOHN WATSON

Local Journalism Initiative Reporter

The Strathmore Motor Products Sports Centre (SMPC) has introduced several new Try-It type activities for the community to come out, experience, and see if they enjoy.

The goal for the team is to continuously offer new ways to enhance physical literacy in the community, as well as to have activities for people to experiment with and stay active.

"What we are hoping is that people come try some things, (and) find something that they like. Aug. 30, we did fencing and we brought in Ares Fencing from Calgary," said Elizabeth Charlesworth, who spoke on behalf of the SMPC. "Hopefully someone tried fencing and liked it and wanted to sign up for fencing."

The SMPC had previously received a Reach Each and Everyone grant, which allows the facility to host activities for people to come in and try new things – particularly that have never been offered before.

Another example of a new activity for the SMPC was hosting rugby Aug. 29 in partnership with Alberta Rugby, who will also be involved with the Try-It rugby at the SMPC for the next several weeks.

Activities that are offered through the Reach Each and Everyone grant are able to be adapted to all ages and physical abilities, and are always free for the community to drop in and try out.

"We get to pay for people to come into the facility and try (sports) and it is going to help the community be able to access sports where they normally would not be able to access," said Charlesworth. "The last few events we had, I think because it was during the summer, we only had a few people come out and try them, but we are hoping now that it is back to school and people are looking for sports to try, they will come out in the evening after they are done work and eating."

For activities that people in attendance do not know how to do, there will be folks on hand able to teach newcomers how to play and how to use the equipment.

Charlesworth said she was excited to see someone who,

during a lacrosse Try-It event, went from having never played the sport before to signing up for a lacrosse camp following the event after enjoying it so much.

Try-it events are also a perfect opportunity to come out and meet people who are interested in the same sport, so it can be a time to make new friends and establish new connections.

A full list of activities through the SMPC, what times they are happening, and how to sign up is available through the Town of Strathmore website.







True North hosting gala to celebrate **local achievement**

Local Journalism Initiative Reporter

True North, the organization recently rebranded from being the Wheatland Crisis Society, is hosting a gala to celebrate 30 years of working to end abuse within the local community.

"We are going to have a big gala celebrating all our hard work and our goals for the future, and really getting our community involved in what have done, where we are going, and how we would like to continue growing and engaging with everybody this year," said Amanda Vanderlaan, administrative assistant and public educator with True North.

The event will be Black and White themed, with guests being asked to dress formally in those colours for an evening of elegance, dueling pianos, food, and coming together for celebra-

For True North, the gala is an annual event, save for being unable to host during the onset of the COVID-19 pandemic. This year is the second since gatherings were able to resume that the gala will be taking place.

"Community involvement has been foundational to us. Since our inception, we have relied on our community to help support our programming and services," Vanderlaan added. "To be able to get back into the community and celebrate and get involved, answer questions and just get together has been really rewarding."

The Gala is scheduled to be taking place Sept. 30 at the Klaiber Historical Legacy Barn starting at 5:30 p.m.

The public is invited to attend, with tickets available for purchase through the True North Website. In addition to being a celebration, funds raised through ticket sales, as well as silent auction and 50/50 raffle will be designated to aid True North in their services throughout the year.

"We do offer sponsorship opportunities, which help us raise funds for our programming ... the community is welcome to donate and participate ... and we typically also do a WestJet raffle as part of one of our prizes," said Vanderlaan. "We have received a pretty good response so far, and people are excited. The idea of the elegant gala and the pianos is really exciting for people."

Due to the size of the venue, attendance is limited and tickets may sell out, should there be sufficient interest.

Vanderlaan emphasized that True North as an organization would not be in service to the community without their continued involvement and sup-

Folks looking for more information regarding the event or who wish to purchase a ticket are able to find and do so through the True North website.



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.

September 12: Municipal Planning Commission **September 19: Council Meeting October 3: 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.

Wheatland County Community Enhancement Regional Board

Wheatland County invites applications for membership on the Community Enhancement Regional Board (CERB) with appointment to commence November 01, 2023. One representative from each of Electoral Division will be appointed. The Community Enhancement Regional Board consists of two members from each Electoral Division, appointed by Wheatland County Council. Membership on the CERB is appointed for a two-year term with alternating expiry dates. The Community Enhancement Regional Board meets three times every spring to evaluate applications and decide on the allocation of Community Enhancement Funding to Wheatland County community

Application Deadline: September 30

For more information, or to submit a letter of interest, please contact Jessica Salmon at 403-361-2021 or via email at jessica.salmon@wheatlandcounty.ca.





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.











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Application packages are available at the Wheatland County Administration Office or online at wheatlandcounty.ca. For more information, contact Michelle Van Haarlem at 403-361-2000 or agandenv@wheatlandcounty.ca.

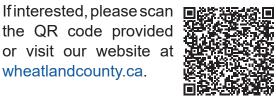
Application Deadline: September 15

WREMP Resource Registration

The Wheatland Regional Emergency Management Partnership (WREMP) is seeking interested individuals or organizations with resources for emergencies!

We invite qualified parties to submit their information for a registered list of equipment, resources, and contractors for emergency services on short notice.

the QR code provided or visit our website at wheatlandcounty.ca.







Public and Catholic schools in and around Strathmore and Wheatland County welcomed students back for the educational year, Sept. 5. In school activities largely consisted of orientation and getting students set up to take on the upcoming school year.

John Watson, Melissa Piche, Amanda Christensen, Brittany Smith, SCA Photos





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Lions send local teen on trip of a lifetime

MELISSA PICHE
Times Contributor

Jaime Smith (16) traveled to Germany this past June thanks to the generosity of the Strathmore Lions Club and the Lions International Youth Camps and Exchange (YCE) program.

Jaime said she got to choose her Top 3 choices from an international directory that the Lions Clubs have complied – Germany was on her list, along with Australia and Austria.

"It's an international program," said Jaime's mother, Jackie Smith. "They've got these youth camps all over the world." The Lions have been sponsoring youth ages 15-22 for over 60 years worldwide to attend and participate in the youth exchange program and youth camps. The Lions boast that their YCE program is an avenue for global fellowship.

The exchange had Jaimie in Germany for three weeks, two of which were spent with her host family and the final week was spent with other students that were attending the YCE.

Jaime's host family had three children of their own. One highlight from her trip was when she got to attend school with the youngest of the host family's children.



Jaime Smith (front row, middle) enjoyed her time with her host family while she was on the Lions Clubs International Exchange program in June.

Photo Courtesy of Jaime Smith

"I didn't have to sit through a class in a language I didn't know," said Jaime. "It was more or less sightseeing."

Overall, it was a once in a lifetime experience she won't soon forget.

"Sending her off like that, that's the first time she's been off on her own and it was really nerve-wracking for us," said Jackie. "The family put our mind at ease right away."

Jackie said the host family kept in touch via emails.

"The host family was fantastic," said Jaime. "Getting to see around where they live and how they live day-to-day was really cool.

"I would totally encourage people to apply. It was so much fun. The people take such good care you."

Her mother agrees.

"Every kid should have this opportunity," said Jackie. "That's one thing I wanted (for) my kids was to get that taste for travel, to get that travel bug and I think Jamie's definitely got it."

Brad Walls is the Youth Exchange Chair for district C2 with the Strathmore Lions Club. Walls has been part of the Strathmore Lions Club since 2010 and was recently appointed to his new role within the Youth Exchange Program.

"In the past we've sent upwards of five students all the time - it's just not very well known," said Walls. "Depending upon the club, they're given a set amount of money and generally it takes care of the flight end of it."

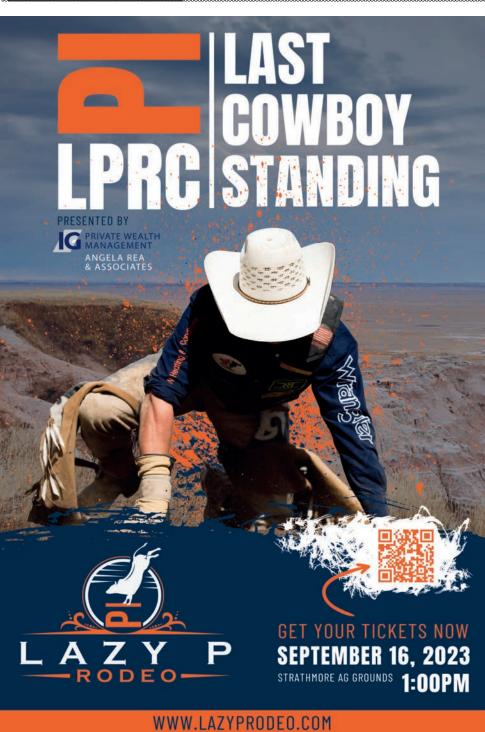
Walls said from there the successful student can either fundraise for the remainder of the funds needed or they can get help from their family.

The application process is relatively easy and Walls encourages every student in the eligible age range to apply.

"They get to see firsthand what that culture is like," said Walls. "One of the things we ask the students to do when they come back is to be an ambassador for the program. It's really important that we get this out. It's a very interesting and unique opportunity for youth 15-22."

If anyone is interested in the program or would like more information, they can email Walls directly (bradwalls@ shaw.ca).









Legion upgrades

The Royal Canadian Legion Branch 10 Strathmore received a \$13,393.75 cheque from the Legions' Chase the Ace Committee on Aug. 25. Thanks to the money raised, and the generosity of a local family who bequeathed \$50,000, the Legion was able to install new flooring in the Great War Memorial

Photo Courtesy of Donovan Arnaud

Coun. Richard Wegener hosting second community charity challenge

IOHN WATSON

Local Journalism Initiative Reporter

Similar to last year around Christmas, Town of Strathmore Coun. Richard Wegener is running another community charity challenge, this time in support of the Wheatland County Food Bank.

"The thought process is, I did it last year for the overnight shelter, and again, I want to keep giving back to the community," said Wegener. "I have been fortunate enough to work, never having to worry about food or shelter or anything like that. Being on council has given me the opportunity to see things from a different viewpoint."

Wegener explained he wanted to help out organizations in town which are ultimately continuing to provide aid to residents of Strathmore and Wheatland County.

Last year, during the charity challenge for the Strathmore Overnight Shelter, Wegener said roughly \$2,000 was raised by community members, and which he then added \$1,000 to the pool.

This time around will be the same deal. Wegener has committed to matching the first \$1,000 raised for the food bank by the community.

"The Food Drive Challenge is an initiative designed to stock up our local food bank and ensure that no one in our community goes to bed hungry," said Wegener. "Our goal is simple but powerful: donate cash or non-perishable food

items to provide nourishing meals for those who are less fortunate. Every single donation, no matter how big or small, will make a significant difference."

Wegener has stated the challenge will run throughout the month of September and donations will be collected through the food bank di-

A big reason for that, he explained, is the food bank wishes to protect the anonymity of the people who require their services.

Wegener intends to continue operating a charity challenge on an annual basis for as long as he sits on the Town of Strathmore council, selecting different charities every year to help support.

According to Wegener's statement, the Wheatland Food Bank currently consists of 55 active volunteers supporting roughly 1,900 people throughout the Town of Strathmore, Wheatland County, and the surrounding villages within the region with the hamper program.

Additionally, roughly 2,500 people have accessed the Breads and Extras program, with some of the participants making use of it on a weekly

To participate in the Charity Challenge, monetary donations can be made via the Wheatland County Food Bank website, or e-transfers can be sent (info@wheatlandfoodbank.com). Non-perishable donations can be delivered to the facility in person.

Roots of Empathy programming returning to Strathmore schools

Local Journalism Initiative Reporter

The Roots of Empathy program is once again returning to Strathmore schools this year to help teach kids empathy toward both others, as well as

In the classroom setting, students will learn about empathy through their observations of a baby doll, led by a trained instructor.

Laurie Morin, Alberta provincial manager for Roots of Empathy, said the charity program has been in town since 2006, and tends to average roughly five programs per year.

"We have been here for quite some time with a consistent presence ... (and) a lot of the instructors currently delivering the program have been involved with delivering the program for the past, roughly four years," she said. "Basically, our mission is to build caring, peaceful, and civil societies, and how we do that is through the experiential learning where the children will develop an understanding and vocabulary for the baby's feelings."

Ultimately, the baby is a tool for aiding children to visualize and experience practicing empathy in a way that is then directly translatable toward interacting with actual other people.

Morin explained as students go through the exercises, there are effectively no wrong answers; instead, students share whatever they think in response to various situations or problems.

"That helps them build that connection with the baby, that bond with the baby, and also helps them to understand their own feelings by introspectively identifying what they think a baby might be feeling too," said Morin. "That builds connection, and it also gives them the tools to understand, identify their own feelings ... and it is also a bit of early literacy because it introduces vocabulary to identify and recognize emotions."

She added Roots of Empathy programming is delivered in nine themes over 27 classrooms, divided into several categories.

The idea behind all of the programs is to focus on different lessons for each one, increasing awareness of empathy and emotions, and identifying words to put towards feelings in order to get children to open up and communicate effectively.

Different curriculums are available to students based on their age groups, however once a student is a part of the program, the idea is to have them consistently learning it from the same teacher throughout the year, and potentially even longer. The goal being to create a safe and comfortable space where students can express their feelings and be open to talking about them.

More information regarding the Roots of Empathy program is available through their website.



Winning round

Parker Riou of Strathmore shot a rock-solid score of even par to claim the MJT Juvenile Boys title during the final PLYR Golf Series of the Maple Leaf Junior Golf Tour on Aug. 28-29 at the Desert Blume Golf Club in Medicine Hat. The 16-year-old shot a 70 on Day 1 and a 74 on Day 2 to win the title for his age category. "It feels very good, it was something I wanted to accomplish all year," said Riou. "It was a grind out there in the wind, but I pulled it off." **Photo Courtesy of Trent Matson**



Strathmore Legion Branch #10 **VEWS**

For further information, please call the Legion at 403,934,5119

"Autumn is the antidote to stifling summer." - Terri Guillemets

Sept. 17th – 23rd is National Legion Week.

Drop in and have a look around, learn how we serve and support our Veterans, as well as contribute to the well-being of community. Enjoy a beverage and warm meal from Baldwin BBQ. 11am – 8pm.

- Branch Dart Leagues Resume Play starting with Seniors on Sunday Sept.10th @ 11am
- Bingo is Back every Wednesday in the Main Hall 5:30 pm card. Sales/nickel bingo starts at 6:15pm
- Weekly Cribbage Thursday 7pm \$5 per player, bring a partner. Prizes paid out.
- Chase the Ace every Friday from 6pm 8:15pm Come try your luck. The pot continues to grow!
- Tune up those pipes all ... Karaoke with Christie every Friday 7-11pm (by donation)
- Join area Veterans and RCMP; serving, retired, or allied. Coffee & Comradeship (Buddy Check) 1100 hours 2nd & 4th Saturday of each month in Veterans Hall

At the going down of the sun and in the morning we will remember them.

ARTS ON 817 PRESENTS

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NEW THIS YEAR

Singer / Songwriter



September 29, 2023— 7:30 pm SEASON TICKET-\$120 FOR 4 SHOWS

Adult - \$35.00

Youth - \$10.00 - 17 and under

Upcoming Concerts

Buzz Brass — A Christmas Show Dec 1/23 La Fiammata—One Piano 4 Hands March 9, 2024

The Charms—Denis & Megan May 4, 2024

Tickets can be purchased at the Vault Cultural Collective or online at www.smoreuc.com. Online purchases must be picked up at the door the night of the concert.







Successful The Strathmore Spartans won a close defensive battle when

they took out the Cardston Cougars 13-9 on Sept. 1 at the Strathmore High School. The Spartans will now host Winston Churchill on Sept. 8 before they hit the road in Week

opener

Joe Lepage Photos



Overdose Awareness Day recognized in Strathmore

Local Journalism Initiative Reporter

Despite adverse weather conditions, a group of Strathmore community members gathered in Kinsmen Park, Aug. 31 to host a vigil for Overdose Awareness Day.

Aug. 31 is recognized annually as a day to remember loved ones who have been lost to overdose, and who are struggling with drug use and addiction, as well as to raise awareness for how to help.

The vigil was organized by the Addiction Resource Coalition (ARC) of Strathmore and Wheatland. This organization was formerly known as the Strathmore and Wheatland Addiction Team (SWAT).

"It was just a chance to recognize and bring awareness for people who have been affected by overdose and addiction, and the people who generally go unseen ... and people who have lost their lives due to addiction," said Adelaide Milian, community coordinator for the Wheatland Youth Network and a member of the ARC. "It is important to talk about overdose. It affects a lot of people; when it comes to thinking about statistics, opioid addiction has gone up and addiction in general, and predominantly, we see a lot of that addiction happening with males."

Milian added nearly half of people who pass away from overdose are home alone and isolated individuals.

Overdose Awareness Day, she said, is about creating conversation around addiction and substance abuse, reducing the stigma, and brining awareness into the community.

ARC operates in partnerships through several facets and other organizations within the community, such as the RCMP, AHS addictions and mental health, Wheatland Youth Network, and the Wheatland FCSS.

'There are also community members on this coalition to bring awareness and education, but also initiatives into the community to help bring awareness so that people can find those supports that they need and the resources they need when they are experiencing substance abuse and addiction," said Milian.

Putting an emphasis on harm reduction, a vital part of being comprehensive, compassionate and collaborative in the public health system, the goal is to reduce risk, improve health, and connect people to the right services for their

Safe consumption sites and naloxone kits fall into this category of harm reduction resources for those suffering with addiction and substance abuse to utilize.

Also now available is a free app called DORS (Digital Overdose Response System) which is free for anyone to download. The idea being for people who intend to use alone in an isolated space to press the app to indicate their intention to use, and if they do not respond within a certain time period, emergency services will be dispatched to their location immediately.

Other resources are available via the ARC and AHS websites online both for those who are in need of help, or for those who have a loved one who is affected by addiction or substance abuse.

TIMES CLASSIN RICHARD **LEGAL NOTICE**

Notice to Creditors and Others

In the estate of WILLIAM MATTHEW MAY, deceased, late of Strathmore, Alberta, who died on January 11, 2021.

Take notice that all persons having claims upon the estate of the above named must file with the undersigned Estate Trustee by October 4, 2023 a full statement of their claims and of securities held by them. If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

Shannon Adams, email: wmayestate@gmail.com, ph 403-467-5484 Calgary, AB Canada T3B 3R1

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\$950 Apricot male and female MalChiPoo puppies (Toy Poodle/Maltese/Chihuahua mix). Vet-checked, vaccinated & dewormed, born June 1/23. Text/call 403-768-4522.

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www.StrathmoreTimes.com

COMING EVENTS

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EDMONTON COIN SHOW & SALE - September 16/17 2023. 10 am - 4:30 pm. Lions Centre 11113 - 113 Street, Edmonton. market evaluations. Dealers from across Canada, auctions, displays, coin striking. Family friendly. www.edmontoncoinclub.com





EXHIBITION HOME GAMES

Saturday, September 9 • 8:30 pm vs Medicine Hat Sunday, September 17-4 pm vs Three Hills

Strathmore Family Centre - Gold Arena

Saturday, September 23 8 pm vs Okotoks Bisons **Strathmore Family Centre - Gold Arena**



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TIMES CLASSINININ

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NOTICES

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or visit your community newspaper



Upcoming Council Meetings

September 6, 2023 | 6pm Regular Council Meeting
September 13, 2023 | 6pm Committee of the Whole
September 20, 2023 | 6pm Regular Council Meeting

Want to speak at a Council Meeting?

Members of the public are welcome to speak at Council or Committee of the Whole Meetings during the Public Comments or Public Hearing portion of the meeting. Learn how at Strathmore.ca/CouncilMeetings

Summer fire safety

Strathmore is under a Fire Advisory. This means you can still have a BBQ or use your fire pit, but please remember to follow the safety guidelines in place.

Visit Strathmore.ca/FirePits to learn more about fire pit safety.

School is almost in!

School resumes on September 5 for both the Golden Hills School Division and Christ the Redeemer Catholic Schools. Now is a great time to start making a mental note of locations with school zones – and mark your calendars for when school zones come into full effect on September 5.

School Zones are in effect the following times on school days: 8 to 9:30 a.m.

11:30 a.m. to 1:30 p.m. 3 to 4:30 p.m.

Playground Zones remain in effect from 8:30 a.m. to one hour after sunset. If you're driving through a school or playground zone, slow down and keep an eye out for children.

Thanks for driving safely and looking out for our students!

Aquatic Centre Shut Down

The Strathmore Aquatic Centre has scheduled a maintenance shut down for August 31. The pool will be closed while staff and contractors take care of routine maintenance and specialized cleaning. We'll be providing updates about the facility reopening at Strathmore.ca, when they become available.

Council is back in Session.

Public are welcome to attend the meeting in person or watch meetings online under the "live" tab on the Town of Strathmore's YouTube channel.



Would you like to speak or present at a council meeting? Residents can comment on agenda items or present to Council by submitting a delegation form. Register to speak, present, or **learn more at Strath-more.ca/councilmeetings.**

When can you water?

Southern Alberta has been experiencing dry conditions and record low natural flow levels on the Bow and Elbow Rivers. On August 15, the City of Calgary issued Stage 1 mandatory outdoor water restrictions and since Strathmore's water supply comes from Calgary, we've adopted these restrictions too.

Environment Canada is predicting a warm and dry winter, and these measures will help proactively manage Calgary and Strathmore's water supply needed in the Glenmore Reservoir. It also supports river health and our neighbours downstream who depend on the river.

Please note that drinking water quality remains high; this is an issue of water quantity, not quality.

During Stage 1 Outdoor Water Use Restrictions, as outlined in the Water Utility Bylaw, the following outdoor watering activities are permitted:

- Using a sprinkler to water lawns, gardens, trees and shrubs is limited to one day per week according to a specific schedule that is determined by property address
- Property address ending with an even number can water on Wednesday or Saturday.
- Property address ending with an odd number can water on Thursday or Sunday.
- Watering is limited to a maximum total of two hours from 4am 10am or 5pm – 10 p.m. Always check soil moisture first and use only the water that is needed.

On any day and at any time:

- Watering using handheld watering can or hose with shut-off spray.
- · Watering new grass or seed.
- Filling an outdoor pool or hot tub.
- Using water collected in a rain barrel.
- Watering for construction purposes such as grading, compaction or dust control.

The following outdoor watering activities are not allowed:

- Washing outdoor surfaces, windows, exterior building surfaces, sidewalks, driveways or walkways. As an alternative, use a broom to clean hard surfaces.
- Washing a car on a driveway or street.
- · Filling fountains or decorative features.

There are exceptions for health and safety reasons or core business needs:

- Washing outdoor surfaces for childcare facilities, food and beverage establishments and kennel and animal care facilities.
- Washing vehicles to follow health and safety regulations.
- · Watering plants, shrubs, and trees for sale.
- Exterior window washing and car washing provided by a business with a license to provide these services.































TRASH TO TREASURE SEPTEMBER 14-17, 2023

Trash to Treasure Days encourage residents to put any usable items out prior to the Heavy Item Garbage collection so others can pick them up and give them a new home.

Donators:

- Mark your unwanted but reusable items with an HIG tag and place at same location you would place items for HIG collection.
- At the end of the Trash to Treasure Days remove any items you want to keep
- Leave items out that you want collected during HIG week

Collectors:

- Take only items marked with a HIG tag
- Respect others' properties
- Do not discard unwanted items on another resident's lawn

HEAVY ITEM GARBAGE SEPTEMBER 18-22, 2023

HIG returns the week of September 18-22! Place all items at your regular garbage pickup location by 7 a.m. on September 18 and affix with an HIG or mattress sticker. Stickers are available for free at the Strathmore Municipal Building anytime prior to April 17.

Examples of HIG Items:

- $\boldsymbol{\cdot}$ Washers, dryers, dishwashers, and stoves
- Furniture (sofas, love seats, tables, chairs, dressers etc.)
- Mattresses, bed frames, and box springs
- · Carpet (must be rolled and no longer then 4ft)
- Separated/salvageable metal materials (small quantity)Small amounts of lumber (4ft length, bundled and tied)
- · BBQs (propane removed)

Learn more about HIG or Trash to Treasure at **Strathmore.ca/HIG**