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Page 8



Summer Games medalist



COVID-19 Update
in Strathmore & Wheatland County
(as of August 29, 2022)

2897 Cases since COVID started
6 New Cases in last seven days
33 Deaths

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Look on Page 12 for
**Town of Strathmore
Municipal Notices**

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Unclaimed items to be auctioned

JOHN WATSON
Local Journalism Initiative Reporter

The Town of Strathmore's Municipal Enforcement department are hosting an auction of seized and unclaimed items that were handed over from the local RCMP detachment.

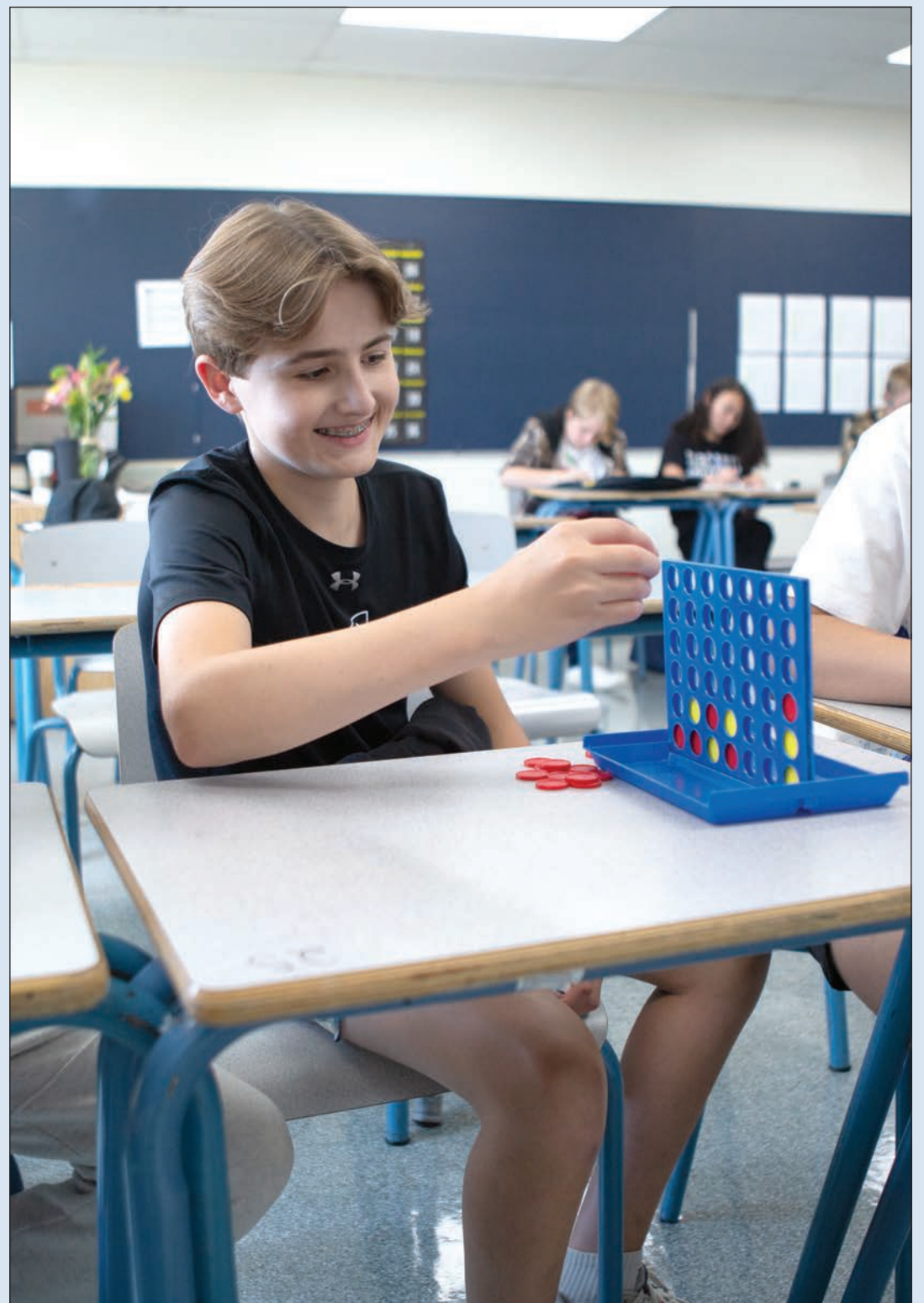
Manager of municipal enforcement with the Town of Strathmore, Claudette Thorhaug said although it has been a few years since the last auction, it's worth a shot to do again after the success of the last one.

"Over the last couple of years, because it hasn't happened since 2019 I believe, just with COVID, all the items seized ... that were found on somebody that may or may not have been charged with something – proceeds of crime, basically – they weren't able to get the items back to the owners, or they went unclaimed," said Thorhaug. "So, these items go up for auction, we pick two charities and we split the proceeds between them. This year I reached out to (Strathmore Regional) Victim Services and the Pregnancy Care Center."

Thorhaug said there are over 100 items sent over from the RCMP to Municipal Enforcement for the silent auction to help raise funds to give back to the community. The collection largely consists of tools such as drills, bolt cutters, generators and other similar implements which had been found on people attempting criminal activity. There are also some more unique or non-standard items that will be up for grabs.

"It's just a lot of things. There's even a wedding ring ... there was a whole bunch of windows that were stolen that will be in the auction as well," said Thorhaug.

Continued on Page 4



Strathmore goes back to school!

Students in both the public and Catholic school systems have now officially resumed classes for the 2022-2023 school year. Crowther Memorial Junior High School students attended their first day of classes on Sept. 6.

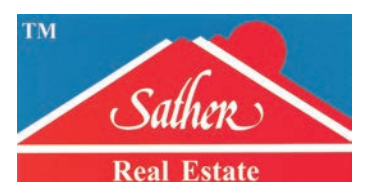
John Watson Photo



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Annual Terry Fox Run scheduled

JOHN WATSON
Local Journalism Initiative Reporter

Strathmore's annual Terry Fox Run will be hosted by the Strathmore Run Club this year, taking off from Kinsmen Park on Sept. 18.

The run club is encouraging everyone to attend on Sept. 18 to continue supporting the fight against cancer and to take part in the family event.

Diana Baird, Strathmore Run Club representative, said it's a non-competitive run and is open for everyone to come and participate.

"Runs are being hosted across Canada all on the same day ... these are not timed races and the idea is for everybody to get out, have fun and bring more exposure about what Terry Fox is all about," said Baird.

This will mark the first year the Strathmore Run Club is taking over hosting responsibilities for the run. Though the event has been hosted by the Town several times, each instance has been overseen by a different organization.

The Strathmore Run Club was originally contacted in 2019 to host the event, which was the last year the run was hosted completely in person.

Proceeding years saw the annual Strathmore Terry Fox Run hosted virtually due to ongoing concerns regarding COVID-19.

Baird said the group hopes to raise \$5,000 this year through the run and to see as many residents come out to participate as possible.

The race will have options designated for participants who wish to run, walk, cycle, or otherwise traverse distances of one and five kilometers during the event. Regardless of their choice distance, everyone will be starting their run in Kinsmen Park.

Continued on Page 4

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Langdon to establish library and youth centre

JOHN WATSON
Local Journalism Initiative Reporter

Development has officially started at the site of what will soon be the Langdon Library and Youth Centre – a project that has been several years in the making.

President of the Langdon Library Society, Debra Carrobough said it's an exciting step for the community as it will provide opportunities for community members of all ages.

"We need this facility in the community. We have a lot of younger families that this will help out, as well as seniors, all spectrums of ages will be able to use the facility, but for the younger kids it will be really great," said Carrobough. "Two years ago we were gifted a library from the Cereal library community. Cereal was changing from a town into being absorbed into other areas and were losing their library."

Since then, the Langdon Library Society has been working with groups such as the Langdon Community Association to find a location to establish the facility.

Until now, the actual building and the components it came with, have been in storage until development for it was ready to proceed. First, a place had to be found where the library would be freely usable by multiple groups once established.

"There will be a large impact I think, because there are a lot of young families here. Now, they will be able to have activities they can go to dur-

ing the day," said Carrobough. "When the older kids are in school, the younger ones can still do things around the community. Right now ... to do things around the community, it's hard, you have to go to the next community over such as Strathmore or Chestermere."

The facility will allow folks to have something in the local community that they can do, as well as that will provide resources for research and to access the internet.

The plan is for the structure to be set up behind the current Langdon fieldhouse, beside where the new baseball diamonds and tennis courts have been constructed.

"We are working to get the buildings landed. We've purchased some prefabricated buildings that will be moved onto the site," explained Carrobough. "We are working on making sure that we have the correct documentation going. The community association is working on most of those items because it will be sitting in an area that they currently control."

Once the buildings are set in place, they will undergo renovations to meet the needs of the library and youth centre.

The site has been prepped and groundwork before the buildings are put into place will be ongoing over the next several weeks.

The annual Langdon Walk/Run race is planned for Sept. 18 with proceeds from the fundraiser going to the library to aid in its establishment. Details for locals to participate may be found online or on Facebook.

Leela Aheer, MLA

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Strathmore recognizes Overdose Awareness Day

JOHN WATSON
Local Journalism Initiative Reporter

Strathmore recognized Overdose Awareness Day on Aug. 31 by hosting an overdose training workshop at the library, as well as a vigil in Kinsmen Park to acknowledge and remember those who lost their lives due to overdose.

Catherine Walsh, community and social development manager with the Town of Strathmore, said Naloxone training in the library was to teach the public how to give an injection if they encounter someone undergoing an overdose.

The training explained what an overdose looks like and how to administer medical aid to potentially save the person's life, before emergency services can arrive and take over.

"I think that the more people that are trained to administer (Naloxone), the more lives that we can save from overdoses," said Walsh. "To access the kits in Alberta, most pharmacies have them, but what I would encourage people to do is look at the Alberta Health Services (AHS) website and it will give you a list of all the pharmacies in Alberta that carry the kits."

Once a Naloxone kit is obtained, it is important to speak to the distributing pharmacist about how to properly administer it.

Regarding the training at the library, there were 10 people who attended, and there were just shy of two-dozen people who appeared for the vigil in the park.

The Naloxone training session was offered last year as well, to which Walsh said more people came out this year — a sign of concern and grow-

ing interest to help within the community.

"It's a conversation and a topic that we should talk about more and it's important that we remember on Aug. 31, without stigma, the people who have died and acknowledge the family and friends who are left behind," said Walsh, who explained on average in 2021, 21 lives were lost in Canada per day as a result of unintentional overdose.

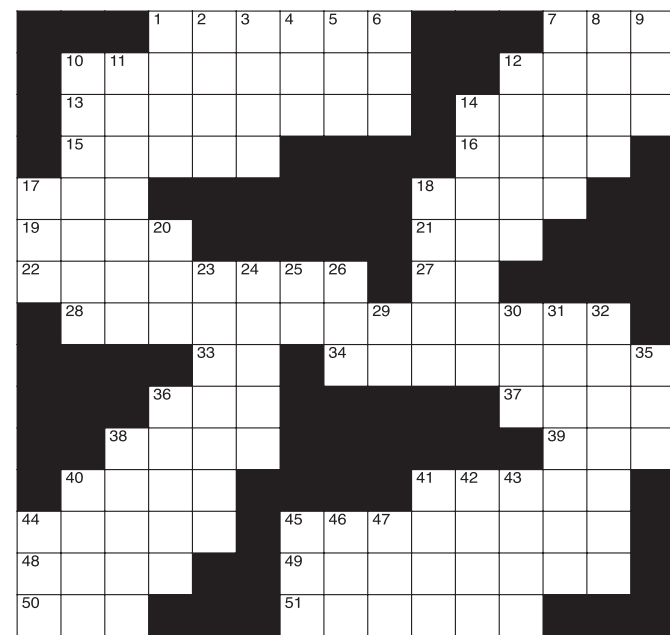
Walsh added that compassion and a lack of harsh judgement is critical to addressing and properly treating the ongoing problem with unintentional overdosing.

"I think it's just being aware and educating ourselves on what an overdose looks like, and just having that knowledge and be able to recognize it so if someone is having an overdose and you're the person there, you're able to help them," said Walsh. "As time goes on and the more we talk about it, the more people feel comfortable and less of a stigma is attached to it to come out and talk about it."

Walsh said she recommends keeping a Naloxone kit as part of any standard first aid kit to stock around the house or on your person as a precaution.

In addition to the Naloxone training and the vigil, a purple chair had been placed outside the Strathmore Municipal Office, joining many others like it across the country to call attention for those who have lost their lives to overdose.

The chairs also served to indicate how many have lost their lives, as well as how many have been impacted and left behind.



CLUES ACROSS

- | | |
|-------------------------------|----------------------------------|
| 1. Grievous | 33. Commercial |
| 7. Queens ballplayer | 34. Utters repeatedly |
| 10. Honorable title | 36. Google certification (abbr.) |
| 12. Created | 37. Taxis |
| 13. Grillmasters do it | 38. Belgian village in Antwerp |
| 14. Wartime German cargo ship | 39. Talk excessively |
| 15. Cocoplum | 40. Broad volcanic crater |
| 16. Hebrew calendar month | 41. Surgical instrument |
| 17. British thermal unit | 44. Listens to |
| 18. Brews | 45. Revelation of a fact |
| 19. One of Thor's names | 48. Paddles |
| 21. Decorative scarf | 49. Heard |
| 22. Clothes | 50. Tooth caregiver |
| 27. - _ : denotes past | 51. Metric capacity units |
| 28. A way to address a lover | |

CLUES DOWN

- | | |
|--------------------------------------|---------------------------------------|
| 1. Protein-rich liquids | 25. Long Russian river |
| 2. Musician Clapton | 26. Run batted in |
| 3. Wine | 29. Beloved Hollywood alien |
| 4. When you hope to arrive | 30. Holiday (informal) |
| 5. Something one can get stuck in | 31. Furniture with open shelves |
| 6. Midway between east and southeast | 32. Argued |
| 7. Mothers | 35. Sino-Soviet block (abbr.) |
| 8. German river | 36. Cars have them |
| 9. Israeli city ___ Aviv | 38. Volcanic craters |
| 10. Discharged | 40. Made of fermented honey and water |
| 11. Areas near the retina | 41. Shelter for mammals or birds |
| 12. Greek mythological sorceress | 42. One who utilizes |
| 14. Very unpleasant smell | 43. Moves swiftly on foot |
| 17. "___ Humbug!" | 44. Builder's trough |
| 18. White poplar | 45. Architectural wing |
| 20. Journalist Tarbell | 46. 12 |
| 23. Teachers | 47. Pacific Standard Time |
| 24. One older than you | |

STRATHMORE TIMES

Mario Prusina Publisher	Kristina Bezić Financial Manager
John Watson Local Journalism Initiative Reporter	
Adelle Ellis Reporter / Office Manager	Rose Hamrlík Advertising
	Jody Schneider Production

Contributors: Doug Taylor, Laureen F. Guenther, Joe Lepage

125 2nd Avenue, Strathmore, Alberta T1P 1K1 • 403.934.5589

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

SWCC BACK TO SCHOOL BINGO

Grab a bingo sheet from one of the participating businesses around town

More information can be found at theswcc.ca/bingo

BBB Tip: Get ready to go back to school



Back-to-school season means shopping, whether your children learn at home or head to school in person. Before determining what students may need for the year, set a budget. Planning ahead as much as possible will help keep expenses to a minimum and help everyone involved stay on task.

BBB recommends the following tips when looking for school-related items, either in person or online:

In-person shopping

- Most retailers have dropped mask mandates, but some pharmacies or local stores may still have them. Supply chain issues could also impact shopping. When getting ready to shop, contact the store directly if you have questions about hours, policies, or to see if supplies are in stock.

Research big ticket items

- Whether your children are learning in-person at school or online from home, technology has come to the forefront over the past two years. When buying new equipment, check with your child's school to learn about any technical requirements and determine if any changes are necessary to the home's high-speed internet.

- Before purchasing an expensive laptop, tablet or another computer accessory, research the brands, warranty, customer reviews and prices at various stores to make sure the best deal can be had. Also, look up the retailer's reputation on BBB.org.

Shop smart with sales and tax-free weekends

- Compare prices between different retail stores, save coupons, sign up for email alerts and redeem any cash-back or rebate offers. This will help get the best deals and stay within budget. Also, your state may have a tax-free weekend, enabling you to buy clothes, school supplies and other items without paying sales tax. Check out this resource from the Federation of Tax Administrators to see what your state offers.

Ask for discounts

- Many stores and software companies offer discounts. Some are available to students with either a ".edu" email address or a student ID. Others may have a discount for signing up for marketing materials or surf the internet for online coupons and discounts (make sure they are affiliated with the retailer). It doesn't hurt to ask, even if you don't see a deal advertised at the store.

Consider buying in bulk

- If meeting in person, some teachers may ask parents to buy bulk items (paper towels, tissues, wipes, hand sanitizer) for the entire classroom to use throughout the year. Compare lists with other parents and see if costs can be shared.

Shop wisely, safely online

- When shopping online, be wary of "clickbait" ads that feature items that imply that you may want or need them based on your search history. Scammers could be trying to drive you to a different website to potentially steal personal information. Take note of the ad and go to the store's website by directly typing into the search bar. Make note of the website's privacy policy, and contact information, and always use a credit card when making a purchase.

Find out more at bbb.org

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Home run for Huntington

A charity slo-pitch game was held on Aug. 27 for the Huntington Society of Canada, along with a fundraiser for the Belton family. Children's games were played before a homerun derby for men and women capped off the day. Organizers extend their thanks to all sponsors and participants for their support.

Photo Courtesy of Marlene Belton

RCMP seize firearms and illicit drugs as a result of a search warrant

Gleichen RCMP

On Aug. 29 Gleichen RCMP executed a search warrant at a private residence on Railway Street in Gleichen, Alta. The search warrant was granted following an investigation that had commenced on Aug. 26. The search warrant resulted in the seizure of: an undisclosed amount of suspected cocaine, fentanyl and oxycodone; four rifles, a shotgun and two imitation firearms; several types of live ammunition; several weapons including a large machete and bear spray; an undisclosed amount of Canadian currency.

Gleichen resident Justin Andrew Woodside (45) has been charged with over 80 Criminal Code offences including: 24 counts of possession of prohibited weapon, four counts of trafficking a controlled substance, 17 counts of unauthorized firearm possession and careless use of firearms and 10 counts of failing to comply with a release order.

Gleichen Resident Charlene Marie Annette Coates (45) has also been charged with 26 Criminal Code offences including: five counts of possession of a dangerous weapon, three counts of trafficking a controlled substance and 10 counts of careless use of a firearm.

Woodside and Coates were both remanded into custody following Judicial Interim Release Hearings and appeared in Siksika provincial court on Sept. 1.

"Gleichen RCMP officers put in the long hours and hard work to get illicit drugs and guns off of the street," Cpl. Karen Scotland of the Gleichen RCMP. "This successful search warrant is a reflection of the dedication they have to the communities they serve."

Enforcement Services to host silent auction for charity

Continued from Page 1

Rightful owners to an item will have an opportunity to reclaim their belongings, so long as they can prove such items are theirs by providing evidence such as a serial number.

Many of the items are being grouped together to be sold as lots. Others will be sold as individual items. Bidders can test the articles for sale, they will be sold in silent auction format and there will be no refunds, purchases will include the item sold as-is.

The previous iteration of the auction was hosted in 2019 at Origin Brewing & Malting and people could bid on items within a certain time frame. Over \$12,000 was raised for local charities during the event.

This year's auction will be hosted in Kinsmen Park on Sept. 10, at the same time as the Farm and Flea market. Folks are free to come down and browse items from 10 a.m. until noon, and bidding will be open until 2 p.m. that day. Items will then have to be picked up before 3 p.m.

"It's basically just five hours ... and all the items obviously, are as-is. I've never tested them and I can't guarantee them," said Thorhaug.

For articles such as electric drills and the like, outlets and generators will be provided for interested parties to examine the articles for sale.

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Thought for the Week
~
The measure of a life, after all, is not its duration but its donation.
P Marshall

SUDOKU

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

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Terry Fox Run returns

Continued from Page 2

"You don't have to donate in order to participate in it. Everybody is welcome to come out. (You) do need to register to be part of it so that we can kind of figure out how much we need food-wise, but you definitely just need to come out, sign up either online or on the day of the event," said Baird. "Everybody is welcome to the course, it's all on paved paths so it is easily accessible for people in wheelchairs or for people with scooters and bikes. So, all modes of transportation, whether it be foot or whether it'd be motorized, are welcome to participate in it."

Baird suggested it would be ideal if the entire town came out to participate and each donated one dollar, but realistically, she hopes for a rough attendance bordering 100 or more.

"It's 100 per cent volunteer operated. Nobody makes any money on this event at all, with the exception that all local funds go directly to (the) Terry Fox (Foundation)," said Baird. "It's extremely important that we have volunteers in the sense of people coming out to help out on event day, and then also donations of food and water and things like that, to help make the event really enjoyable for everybody."



Jennifer Fraser (fourth from left) opened her home to two families who fled Ukraine seeking refuge in Canada. Her household of six became a household of 13 after their arrival. Fraser described that it did not take long for everyone to get settled in once they had arrived and they were well on their way to being prepared for local employment, as well as education for the children.

John Watson Photo

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Wheatland County resident opens her home to two Ukrainian families

JOHN WATSON
Local Journalism Initiative Reporter

A Wheatland County resident has opened her home to two Ukrainian families who had been seeking refuge from the ongoing conflict with Russia.

Jennifer Fraser said she wanted to do something to help where she could and was not content with sitting idle and doing nothing for the families in need.

"I wanted to be more involved, and I wanted to know that what I was doing was truly helping out somebody," said Fraser. "I live in a 100-year-old farmhouse, so, of course it's massive. I've got this huge house ... and I have room to spare. We wanted to make our house as welcoming as possible and give these people some serenity after the horrors that they witnessed at the war."

Reaching out originally through social media, Fraser said she would take in two families who are good with dogs.

Upon the families' arrival, Fraser was able to begin employing her guests at Paradise Kennels, a canine boarding facility that she owns and operates, while the families' settled and the paperwork was dealt with.

Fraser, nor her family, have any Ukrainian background and do not speak the language. The two families staying with her, with the exception of one of the children, do not speak English.

"I thought if I brought in a Ukrainian family, if I brought in two, then at least they would be able to talk and have some connection with home," said

Fraser. "You don't need to be Ukrainian to help out. It didn't matter where they were coming from, I have a home and I've got time to help out and I've got work for them and whoever wanted to come and be a part of my family. They were welcome."

After a somewhat one-sided discussion with her family, the household went from that of six, to that of 13 upon the arrival of the Frasers' guests.

After struggling to get the paperwork and logistics sorted with the Government of Canada regarding the families' immigration, Fraser explained it took less than two weeks for the household to adjust and settle into a groove.

The experience since, although challenging has been one of great reward. Fraser is recommending anyone who is able to spare the means to apply to host a family.

"There are a lot of families who are being displaced. They have lost their homes, they have lost everything. I was seeing the stories and it tugged at my heartstrings and I was just emotionally attached," said Fraser. "Absolutely open your home up to people in need. The benefits of helping out someone, it's just like the Grinch, it makes your heart grow bigger ... there's an order to which you need to do things, but once you've figured out that order, you're laughing."

Resources for those thinking about potentially housing a family can be found online via Facebook, or through a host of various support sites.

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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 13: Municipal Planning Commission
September 20: Council Meeting

October 4: 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.

Attention Wheatland County Utility Account Holders

At the Regular Council Meeting on August 16, 2022, Council approved an increase to the water and sewer utility rates effective November 1, 2022. The rate increase reflects an increase of 15% on variable rates, capital levies, and flat fees. The rate change will be reflected on your utility bill that will be mailed out on November 30, 2022. For more information, visit our website: <https://wheatlandcounty.ca/news/>

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Opt-in to receive utility bills by email through our fast and easy online form available at [Utility eBilling Registration - \(wheatlandcounty.ca\)](https://wheatlandcounty.ca/utilityebillingregistration)

What Colour is Your Water?

A leaking toilet can waste up to 200 gallons per day. Your toilet may be leaking without you being aware of the leak.

To do a quick check, put a few drops of food colouring in your toilet tank. Wait 20-30 minutes and if the colour from the tank can be seen in the toilet bowl, you have a leak.



INTERESTING

FACTS



- 1 Cubic Metre = 1,000 Litres
- 1 Cubic Metre = 220 Gallons
- 1 Cubic Metre = Approximately 10 bathtubs full of water
- The average Canadian uses 7 Cubic Metres of water/month

Moving in or moving out?

Be sure to let us know!

Quick and easy forms are on our website: www.wheatlandcounty.ca

Utility Rates: Effective November 1, 2022

Hamlet of:	Carseland	Speargrass	Gleichen	Rosebud	Cluny	Muirfield
Water Flat Rate	\$28.30	\$28.30	\$28.30	\$28.30	N/A	\$28.30
Water Consumption Rate (m ³)	\$2.55	\$2.55	\$2.55	\$2.55	N/A	\$2.55
Water Debenture	\$11.74	N/A	N/A	\$15.18	N/A	N/A
Wastewater Flat Rate	\$18.86	\$18.86	\$18.86	\$18.86	\$28.06	\$18.86
Wastewater Usage Rate (m ³)	\$1.79	\$1.79	\$1.79	\$1.79	N/A	\$1.79
Wastewater Debenture	\$3.42	\$3.42	N/A	N/A	N/A	N/A
Septic Tank Maintenance	N/A	N/A	N/A	\$14.38	N/A	N/A
Capital Levy	\$20.25	\$20.25	\$20.25	\$20.25	\$22.09	\$20.25

Bulk Water Sales

Water Service Rates: \$8.08

Please Note: Cluny rates differ due to the nature of servicing infrastructure available.

Reminder: Wheatland County utility accounts are billed monthly. If payment is not received by the due date, interest will be charged to your account at 5% of the overdue balance and service disruptions may result. Setting up automatic payments will help ensure you never get behind. Give us a call or visit our website to learn more.

Wheatland County Community Enhancement Regional Board

Wheatland County invites applications for membership on the Community Enhancement Regional Board with appointment to commence November 01, 2022. One representative from each of Electoral Division will be appointed. The Community Enhancement Regional Board (CERB) 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 groups.

Deadline for applications is September 30, 2022.

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



Careers with Wheatland County

Available opportunities include:

- **Deputy Regional Fire Chief**
Closes September 12, 2022
- **Financial Analyst**
Closes September 12, 2022



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 Office Hours: Mon-Fri 8 a.m. to 4:30 p.m.



Overnight shelter receives donation from SWCC

JOHN WATSON
Local Journalism Initiative Reporter

The Strathmore Wheatland Chamber of Commerce (SWCC) has made a donation to the Strathmore Overnight Shelter (SOS) from funds raised during their summer trade show.

The chamber raised \$1,400 for the SOS through their event. According to Hayley Poirier, speaking on behalf of the SWCC, the team was more than happy to be able to give back to the community and support the shelter.

“When the SWCC was putting our trade show together, one of the elements was (that) we wanted to make sure that we were going to be donating to one of our local charities,” said Poirier. “We always want to support the SOS and so it became this really fun thing to raise money.”

During their trade show in May, the SWCC hosted a barn dance and a jelly bean jar guess, among other events in order to generate funds to donate.

Over the course of the weekend, Poirier said over 700 people attended the show, raising \$1,400 to be donated.

SOS president John Hilton-O’Brien said the continual support from the SWCC has been invaluable to the shelter.

“Their ongoing support is much appreciated. When they did this wonderful event ... to help support the shelter, it seemed like an excellent opportunity to ask if folks would recognize them for it,” said O’Brien.

Elizabeth Karp, SOS executive direc-

tor, said the impact generated by the donation is going to go a long way towards helping the people in need.

“It has a huge impact, everything that’s brought in, for everybody who has contributed, every dollar makes a difference,” said Karp. “As we know, food prices have increased, the cost of living has increased, so it’s costing more and more to be able to feed and keep people in here.”

Regardless of what the money ends up getting put towards at the shelter, it will be stretched as far as the dollars will allow, likely being split amongst utilities, food, supplies and other necessities.

Poirier said the SWCC has every intention of continuing to support the SOS whenever they have the means and capacity to do so.

“We are going to pick a new date for next year’s (tradeshow), so more come to that (and) it will be something that will continue to get bigger and better,” said Poirier. “There will always be a percentage of our donations going out



The Strathmore Wheatland Chamber of Commerce made a \$1,400 donation to the Strathmore Overnight Shelter on Sept. 4 from funds raised during their Tour 564 Tradeshow earlier this year. According to the Chamber, they intend to support local non-profit groups on an annual basis from their tradeshow.

John Watson Photo

to a charity and so we expect it will get bigger and better for next year.”

For those who are curious to help out the SOS, supplies and food can be

dropped off at the shelter, or more information about how to help can be found online (www.strathmoreovernightshelter.ca).

YOUR WEEKLY HEALTH ADVICE
Gord Morck Pharmacist
Capsule Comments

Medical dictionary: *Anhedonia*. This a symptom that refers to not taking pleasure from the things that a person normally enjoys. This can be one of the symptoms of depression. One’s interest in everyday things falls off. It can involve anything like food, sex and hobbies. If you feel anhedonia applies to you right now, see your doctor.

It’s a misconception that only women get osteoporosis, a disease that slowly weakens the bones. Men do get it too. Of the 30,000 hip fractures caused by osteoporosis in Canada, 25% are in men. Your risk of a bone fracture can be assessed by combining a Bone Mineral Density test with clinical risk factors like being a smoker, high alcohol intake (more than 3 drinks per day), history of falls in the past 12 month and parents who had hip fractures.

With all the talk about the Covid vaccine over the past two years, seniors are reminded to not forget to get their pneumonia vaccine. The risk of pneumonia rises with age in those over the age of 65. Younger adults with a chronic medical or immunocompromised conditions should also ensure they get their pneumonia vaccination shot.

Your heart pushes blood to the rest of your body with every beat. When your blood pressure is consistently too high, your heart is working too hard. Have you had your blood pressure checked lately?

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Siksika Nation athlete brings home national bronze

JOHN WATSON
Local Journalism Initiative Reporter

Siksika Nation's Syrianna Running Rabbit, along with the rest of her U17 Team Alberta claimed bronze in Female Box Lacrosse at the Canada Summer Games in St. Catherine's, Ont. From Aug. 6-21.

This year marked the first showing of Female Box Lacrosse at the Canada Summer Games, marking Running Rabbit as among the first ever to medal in the sport at the national event.

Running Rabbit recalled that she, along with the over young women of her team, were disappointed to have not come home with gold, but were satisfied with having bested the team that took the gold, during the tournament.

"We were gunning for gold but we lost our semi-final game which sent us down to bronze," said Running Rabbit. "We only lost to one team, which was the game that we needed to win."

Running Rabbit joined Team Alberta last August 2021, after trying out for the team before practicing with her fellows for the better part of a year to prepare for the 2022 Canada Summer Games.

To Running Rabbit, it was truly a unique experience being able to play with similarly skilled and motivated players at the national level.

"It was truly amazing being there and playing at a national level - there were the girls who have the same skill, the same drive to win (and) the same competitiveness. It was something unreal," said Running Rabbit, adding that participating on the national team presented an opportunity to learn, practice and play among other young women who had varying approaches to the sport.

She hopes to take what she learned to an even higher level of play and her next steps would be to aim for playing on a post-secondary team. She is also optimistic that Team Canada is within



Syrianna Running Rabbit and the U17 Alberta Women's Box Lacrosse team took home bronze at the Canada Summer Games this past August. This year marked the first occasion the sport was featured at the national games.

Photo Courtesy of Syrianna Running Rabbit

her reach.

Running Rabbit attributes her love and drive for the sport to her mother, who had her begin in athletics when she was 10 years old.

"When she put me in lacrosse, I hated the sport at first, but after a while I grew to fall in love with the game and wanted to be at the lacrosse rink every single summer," she said. "I think it was my first-year bantam when I was still playing with boys ... and I actually did really well that season and I really enjoyed gaining new skills and getting better being in this type of environment."

Running Rabbit added the frustration she felt at not achieving gold has only motivated her more to continue with lacrosse and see exactly how far she is able to run with the sport.

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Strathmore Spartans start the football season strong

JOHN WATSON
Local Journalism Initiative Reporter

The Strathmore Spartans have gotten off to a flying start to their football season, playing under the coaching of Danny Warrack and having won their first game 57-0 on Aug. 23 against Monsignor McCoy High.

Warrack said the visiting team from Medicine Hat was expectedly weaker and inexperienced compared to the Spartans, though he is pleased his team played well overall.

“We’ve definitely got some things to pick up on if we want to compete with the historically good teams,” said Warrack. “Cardston (for example) has a really good team, so we are going to need a pretty good effort to be able to compete with that.”

Among the team’s skill and teamwork, Warrack said he would like to see more commitment and dedication to both the team and to the sport, from his players.

This year’s team is capable of putting in the effort and is “fairly physical,” which if applied correctly will bode well for them throughout the season.

“Our defense looks really good; our pass game is coming along not too bad. We threw three touchdown passes last game, which is a good start,” said Warrack. “Our kicking game needs a little work, but it’s definitely improved

since last year, so that’s a positive.”

Existing players’ teamwork and attributes aside, Warrack said he hopes to see more players joining the team before the window to do so closes, so that some gaping holes can be filled in his roster.

“We’re a little short on numbers, we need some more (defence), we could probably use another five or ten kids on the roster to fill in various spots we need,” said Warrack. “We need some work on our pass blocking on our line. We definitely have some things to shore up there ... also, defensively, we probably need a little work going against the run.”

Warrack stepped up to coach the team this year after holding a position as offensive coordinator for the Spartans last season. He has been involved in the sport for 23 years, either as a player or coach.

“I’ve got a good idea of what it takes and I’m always going to reiterate that towards the kids. This is what you’ve got to do to be great (and) there are things you shouldn’t do either,” explained Warrack. “In my football life, I’ve succeeded and failed lots, so I think that’s given me some pretty good experience to be able to coach these kids.”

Warrack’s goal for the Spartans is to take them to the provincial playoffs this season, a goal that ultimately will come down to how boys on the field.



Lemonade on a hot day

To help residents try to beat the heat on Sept. 2, eight-year-old Charlie Down (l) and his little sister, Katelyn Down (r), sold lemonade to passerby’s in the Hillview area.

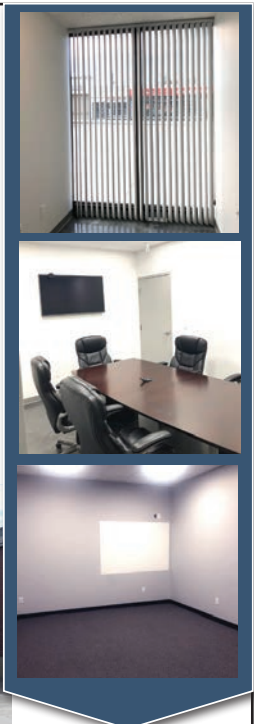
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A new school year begins

LEELA SHARON AHEER
Chestermere-Strathmore MLA

Hello Chestermere-Strathmore readers. First, I want to give a huge shout-out to our teachers, trustees, superintendents, staff and administrators for a great first week back to school.

Congratulations on managing all the normal chaos and, on top of that, a new curriculum and many other changes that have been challenging to say the least. I’ve had the privilege to speak to many of you about the upcoming school year and despite the challenges, you have all spent time this summer in training sessions learning how to implement the new curriculum.

There are some big issues regarding lack of money for resources required for new subjects and lack of teacher instruction. New curricula require new ways of teaching, which require teacher training. In 2022-2023 the following areas for kindergarten to Grade 3 will be implemented: Math, Language Arts, Physical Education and Wellness.

Never have four subjects had to be implemented altogether. Too many subjects to be done all at once without previous piloting by school boards to point out strengths and weaknesses

of the curriculum. I’m so unbelievably proud of our teachers and school authorities for their work and I will continue to advocate alongside them as we navigate these next few months. Thank you for everything you do.

I also wanted to give a huge shout-out to our Hindu community in the riding. This past week, as Hindu Heritage month comes to a close, it was a privilege to see Camp Chestermere and the City of Chestermere open up to celebrate the Hindu Fest! The Bharatiya Multicultural Heritage Society hosted an entire weekend of events, from opening prayers to traditional dancing and performances to the Society’s Ethnic ritual for world peace. Celebrating Hindu heritage provides an excellent opportunity for Albertans to learn more about Hindu traditions and develop a greater appreciation of the beliefs and practices of our Hindu neighbours.

Happy Pride Everyone! I am so honoured to celebrate our 2SLGBTQIA+ Albertans. Thank you for your tremendous contribution, love and advocacy.

As always, we love to hear from you.
(Leela Sharon Abeer is the MLA Elect for Chestermere-Strathmore)



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The Liberals refuses to budge on ideological environmental policies

MARTIN SHIELDS
Member of Parliament Bow River Riding

Here we go again ... the NDP-Liberal Government's latest attempt at stifling our agriculture industry comes in the form of a proposed reduction in fertilizer use in an effort to get emissions down by 30 per cent.

This goal, first put forward in 2020 as part of the Liberal Government's emissions reduction plan, targets fertilizer used by farmers and ag producers as a means of reducing greenhouse gas emissions. The issue here is that Canada's farmers are already at the cutting edge of efficiency and environmental standards. The agriculture producers that I've spoken to are tired of government getting in the way of their work. By recommending the reduction in fertilizer use to achieve an arbitrary goal of 30 per cent reduction in emissions, it will cause a drastic domino effect in every sector of the economy.

Lower fertilizer use will lead to lower crop yields, more fuel and land needing to be used, leading to higher prices and so on. You get the picture. The ultimate result will mean higher prices for consumers.

According to a study by MNP, the 30 per cent reduction in fertilizer target will cost our economy about \$48 billion by 2030.

Rather than resetting, consulting and implementing common sense policy, this government continues to forge ahead with an unsound, ideologically driven environmental goal, while ignoring the reality our country and the world faces today. Two years of out-of-control government spending coupled with war in Ukraine has shaken the global economic outlook. Inflation is at record highs, prices are through the roof, energy supply is in the balance and food shortages are looming. But this NDP-Liberal Government refuses to budge.

Let's look at Germany; a country on the precipice of turmoil thanks to years of caving to environmental politicians and lobbies while having been reliant almost entirely on Russian energy. The German Chancellor's travel to Canada last week had one sole goal: to encourage more Canadian LNG production – and practically beg for it – but was shot down by Prime Minister Trudeau as needing a 'business case' to do so.

And so, with Germany's nuclear plants shut down, their LNG sources being cut off by Putin's Russia, they have a choice: freeze in the cold, dark winter, or face reality and generate energy. They are choosing the latter, by firing up coal plants that were intended to be phased out to reach climate goals. The coal we're talking about here is some of the lowest grade, highest polluting coal available – something Alberta would never even consider. That's how desperate Germany is now.

Canada can and should be a world superpower in agriculture and energy. We have the means, we have the brilliant innovation and capability. Unfortunately, we also have an NDP-Liberal Federal Government standing in the way.

Be sure to follow me on social media and sign up for my e-newsletter to keep up with federal news and updates: Facebook (@MartinShieldsBowRiver), Twitter (@MartinBowRiver) and Instagram (@MartinShields_BowRiver).

Should you have a question or concern of a federal matter, please email my office (Martin.Shields@parl.gc.ca).

Obituary



KNIGHT, Brian Peter "Pete"
September 26, 1943 - August 30, 2022

Surrounded with love, Pete passed away at home on Tuesday August 30, 2022, at the age of 78. Pete was born and raised in Strathmore, AB. He is survived by his loving wife Verna of 30 years; his siblings Suzanne Kinder and Don (Brenda) Knight. His children, Sandra (Arnold) Janzen, children Marina, Dylan, Brittany and Travis. Anita (Greg) Stangness, children Ryan and Zach; James (Taryn) Nichols, children Addie and Jack. Brian (Wendy) Knight, children Maya and Brody. Debbie (Darryl) Snider, children Cooper and Owen. Shane (Kari) MacEwen, children Rhett and Drew; grandson Daniel Kwok. Dad was predeceased by his parents Jack and Dorothy Knight, siblings Marjorie (Bruce) Thompson, Fred and John Knight and daughter Shelly MacEwen. Dad was a hail consultant for over 30 years. He had many passions which included curling, golfing, hunting and horse racing. He was very active in the community on various boards which included the WID, Elks and a strong supporter of 4-H. Pete won the Curl Calgary Cup in 1987, numerous provincial championships for the Elks and the Legion and went on to win the national championship for the Elks in Estevan Saskatchewan. Dad loved his horses and started his own thoroughbred racing program. He'd seen some successes on the track and you would see him in the stands cheering on his horses. Dad was an avid and very competitive card player. He was very "humble" when he would win which was often. Grandpa (Big Poppa) was a very proud supporter of all his 14 grandchildren and 2 great grandchildren. You could see Grandpa at many of the grandkid's events which included basketball, volleyball, football, baseball, hockey, 4-H and purebred cattle shows. Dad will be sorely missed by his family and friends. A Celebration of Life was held on Tuesday, September 6, 2022, at Hope Community Covenant Church (245 Brent Blvd, Strathmore) at 1:30 p.m. Interment to follow at Strathmore Cemetery. All are invited after to share lunch and great memories at the church. To send condolences, please visit Pete's obituary at www.wheatlandfuneralhome.ca.

Wheatland Funeral Home
Strathmore, AB 403-934-4404

Obituary



WINK, Rosemarie

It is with deep sadness we announce the passing of Rosemarie Elizabeth Wink, resident of Lyalta, AB, formerly of Grande Prairie and Sexsmith, AB. Rosemarie passed away peacefully with her husband, Hank and sister, Kathy by her side on August 9, in Calgary, AB at the age of 73 years. Rosemarie was born on December 29, 1948 in Grande Prairie, AB; the oldest of four daughters to Peter and Jenny Florchuk. Rosemarie was a quiet and gentle person. She enjoyed gardening and was gifted with a very green thumb. She loved to watch TV and immensely enjoyed a good bologna sandwich. Rosemarie will be sadly missed by her husband, Hank; step-children: Kim, Kelly and Jerry, and their families; sisters Kathy (Andy) Kociuba, Elizabeth (Bob) Amantea, Jeannette (Clint) Ward, and their families; along with all other family and friends who knew and loved her. A private family gathering was held on Friday, August 12, 2022 with interment at Strathmore Cemetery. Memorial donations may be made directly to the Alberta Lung Association (www.lung.ca). To send condolences, please visit Rosemarie's obituary at www.wheatlandfuneralhome.ca.

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MISC

HIP/KNEE REPLACEMENT. Other medical conditions causing TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 yearly tax credit and \$30,000 lump sum refund. Take advantage of this offer. Apply NOW; quickest refund Nationwide: Expert help. 1-844-453-5372.

GET BACK ON TRACK! Bad credit? Bills? Unemployed? Need Money? We Lend! If you own your own home - you qualify. Pioneer Acceptance Corp. Member BBB. 1-877-987-1420. www.pioneerwest.com.

NOTICES

Do you ever feel guilty about your sexual activity?

If so, you may have a problem. A problem that can damage your work, health and relationships. Call or text Sex Addicts Anonymous® right now to talk to someone who can provide more information.

Call or text. It's free, local & confidential
403-800-0012
wheatlandsafegroup@gmail.com

COMING EVENTS

Conversation & Tea at the VAULT

Share your memories of this Historic Building that is Home to the Vault Cultural Collective.

Free Event on Wednesday, September 14 • 1-2:30 pm
Register at the Vault
136-2nd Avenue, Strathmore
(403) 901-1654

Strathmore Farmers' Market Summer Market

FRIDAYS
3 PM - 6:30 PM
JUNE 1ST - SEPTEMBER 16TH

Located at
Kinsmen Park Pavillion
Rain Or Shine
www.strathmorefarmersmarket.ca

Kyle Laycock
would like to invite family & friends to celebrate his
40th Birthday with him.

Saturday, September 10, 2022
7:00 p.m.
Rosebud Hall

Celebrating 40 YEARS 1982-2022

Beverage & Food Supplied

WANTED DEAD OR ALIVE

Canadian Prairie Pickers
are once again touring the area!

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We purchase rolls, bags or boxes of silver coins

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To arrange a free, discreet in-home visit
call Kellie at **1-778-257-9019**

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NOTICES

WANTED - Used Guns & Related Items, Collection & Estate Sales Welcome. Call: Ron 403-554-3362 4ronh@telus.net

AUCTIONS

NEW BOX INVENTORY LIQUIDATION - 144,000 Cardboard Boxes - Online Timed Auction for Food Production Facility, Sale Site: 261155 Wagon Wheel Way, Balzac, AB, Starts: Sept 12 @ 9am, Closes: Sept 15, 2022 @ 9am.

CHILD CARE

GET YOUR MESSAGE SEEN ACROSS Alberta. The Blanket Classifieds or Value Ads reach over 600,000 Alberta readers weekly. Two options starting at \$269 or \$995 to get your message out! Business changes, hiring, items for sale, cancellations, tenders, etc. People are increasingly staying home and rely on their local newspapers for information. KEEP people in the loop with our 90 Weekly Community Newspapers. Call THIS NEWSPAPER now or email classifieds@awna.com for details. 1-800-282-6903, 780-434-8746 X225. www.awna.com.

COMING EVENTS

FIREARMS WANTED FOR OCTOBER 2022 LIVE & ONLINE AUCTION: Rifles, Shotguns, Handguns, Militaria. Auction or Purchase: Collections, Estates, Individual items. Contact Paul, Switzer's Auction: Toll-Free 1-800-694-2609, sales@switzersauction.com or www.switzersauction.com.

LOST & FOUND



LOST CAT

Call 403-462-7849 if found

Slim-built orange shorthaired domestic Answers to Davey, very friendly Lost in Aspen area, missing since Aug. 26 Up to date on shots, is microchipped. Reward for finding him.

WANTED

GOLD, SILVER & PLATINUM BUYERS purchasing all gold & silver bullion, jewelry, coins, nuggets, dust, scrap, pre-1968 coins, bulk silver, sterling +++ Numismatist purchasing entire coin collections & accumulations, Royal Canadian Mint coins, world collections, old \$\$\$, +++ 250-864-3521.

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FARMLAND AND PASTURE LAND BY SASKATCHEWAN RIVER. 160 acres. Best hunting in Saskatchewan. Excellent fishing. Thick pine & poplar bluffs, by water coulee. Old yard site with power and water. Revenue Potential. East of Prince Albert, SK. \$248,000. Call Doug 306-716-2671.

HELP WANTED



STRATHMORE GOLF CLUB
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**Cooks
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bbassen@strathmoregolfclub.com

www.StrathmoreTimes.com

Now Hiring

Nurse Practitioner Primary Care

FTE: Part-time
Location: Strathmore, AB

The Nurse Practitioner, Primary Care (NP) will work within a multidisciplinary care team with the goal of optimal community wellness.

- » For more information about the position visit crpcn.ca/careers
- » Please submit your resume and cover letter to careers@crpcn.ca

Only those selected for an interview will be contacted



DENTURES



EAT WHAT YOU LIKE IN COMFORT



403-902-2228

Across from post office

TIMES **CLASSIFIEDS**

HELP WANTED

General Farm Labourer (s) Seasonal

1442578 Alberta Ltd.
Duties: General farm maintenance, Fencing, Cleaning stable, barns and pens and more
No experience or education
Location is 20 minutes south of Strathmore
Wage range: \$15.65 - \$20.00 / Hour
Hours: 36 to 55/week
Benefits available
Shared accommodations may be available

Please send resume to:
1442578 Alberta Ltd.
Box 2325 Strathmore, AB T1P 1K3
Call: 403-934-4331 • Fax: 403-934-6668
employment@strangmuir.com

HEAVY DUTY MECHANIC or a 2 or 3 YEAR APPRENTICE for a busy shop in Strathmore.

Duties general repairs on truck and trailers, servicing trucks and trailers.

Email resume to shtoffice@telus.net

GET YOUR CLASSIFIED ADS IN THE TIMES!

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Apartments for Rent

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Strathmore

RURAL REIMAGINED

Fall programming at Strathmore Motor Products Sports Centre



Active Start

As your child progresses from crawling and climbing to running and jumping, Active Start will show you how to keep them engaged. Fun and active play will help them develop the habits that will keep them moving and active for life.

Instructor: Lisa Montgomery
Age: 3-5
Fee, 7 sessions: \$90 child/\$10 drop-in

Course ID	Dates	Days	Time
20130	Sept 15-Oct 27	Th	9-11am

High Fitness Aerobics

Transform old school aerobics into a highly addictive new fitness experience! HIGH Fitness combines simple, modern fitness techniques (e.g. HIIT, Plyometrics, etc.) with music you know and love. Experience a high energy, intense, and fun workout.

Instructor: Erika Takahashi
Age: 16+
Fee, 7 sessions: \$56 member/\$63 non-member/\$10 drop-in

Course ID	Dates	Days	Time
19163	Sept 13-Oct 25	Tu	5:30-6:30pm

Barre Body Blitz

Combine the basics of Barre, Pilates, and Yoga in this challenging but low-impact workout. Barre Body Blitz makes raising your heart rate fun with small, controlled movements, isometric holds, and high repetition.

Instructor: Lisa Montgomery
Age: 16+
Fee, 7 sessions: \$56 member/\$65 non-member/\$10 drop-in

Course ID	Dates	Days	Time
20122	Sept 15-Oct 27	Th	5:45-6:45pm

Seniorcise

It's never too late to feel great. This low-impact aerobic exercise program has been developed specifically for senior adults. Feel great while improving your flexibility, balance, and overall health.

Instructor: Robyn Boucher
Age: 65+
Fee, 13 sessions: \$52 member/\$65 non-member/\$6 drop-in

Course ID	Dates	Days	Time
19131	Sept 12-Oct 26	M,W	1-1:45pm
19159	Sept 12-Oct 26	M,W	2-2:45pm

Cardio and Strength Conditioning

Is it better to do cardio before or after strength training? Get the best of both worlds with this cardio and strength conditioning class! Challenge yourself to reach new heights and fuel your fitness.

Instructor: Lisa Montgomery
Age: 16+
Fee, 7 sessions: \$56 member/\$65 non-member/\$10 drop-in

Course ID	Dates	Days	Time
20131	Sept 20-Nov 1	Tu	6:15-7am

Register today by calling 403.361.2121 or visit Strathmore.PerfectMind.com



Saturday, September 10th Community group events in Strathmore

221-4th Ave (Old IGA) 9am
Community Garage Sale Hotdogs, lemonade, freezies, and a community garage sale!
 Join Sacred Heart Church for their community-wide garage sale.

Historic CPR (Klaiber) Barn 10am-4pm
Vintage & Vines Country Market A unique country-style market full of carefully curated vendors. Candles, signs, leather goods, jewelry, food trucks, music, and so much more.

Kinsmen Park 11am-3pm
Teddy Bears Picnic Sponsored by Debbie Mitzner Re/Max Landan Real Estate
 Bring along a picnic lunch, blankets, teddy bears and most importantly your family and friends! Enjoy music, mascots, tattoos, freezies and more fun activities!



September means back to school, and reduced speed zones.

Labour Day signals the ending of summer, the nearing of Fall and the returning of classes for thousands of students.

School Zones are in effect the following times on school days:

- 8:00am - 9:30am
- 11:30am - 1:30pm
- 3:00pm - 4:30pm

Thanks for driving safely, and looking out for Strathmore's students!



TRASH TO TREASURE
SEPTEMBER 15-28

HEAVY ITEM GARBAGE
SEPTEMBER 19-23

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



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