

A sister publication to **The Free Press**, Monday

Full Moon Party

By Myrina Carter

On the evening of July 13, owner Barbra Bill of Double B Event Planning hosted a Full Moon Party with the help of her sister Tara MacDougall. The beautiful event was held next to the Pinewood Hall in Opal. The fun-filled event began at 7:30 pm and lasted until 11:00 pm. The event included crafts, outdoor art, beginner rituals, light snacks, and an informational kit.

Barbara said, "The event is held for fun and

Continued on **page 7**



Photo By Barbara Bill



Mental Health is no laughing matter! Seek help today by speaking to your physician or call 211 or the Mental Health Helpline at 1-877-303-2642.

Mental health services are available

By Myrina Carter

Unexpected difficulties, financial pressures, unemployment, or situations like the Covid-19 pandemic can threaten your mental health. If you or a loved one are feeling unwell, pay attention to symptoms and know that resources are available. Anxiety and depression are two of the most common mental health disorders, affecting thousands of people across Alberta and millions nationwide. Common anxiety symptoms include nervousness, restlessness, fatigue, headaches and a racing heart. With an anxiety disorder, it is common to have trouble focusing and get easily distracted. Depression symptoms can include overwhelming feelings of sadness, emptiness, irritability, and anger. Those with depression often feel worthless and experience a loss of

interest in things they once enjoyed.

One in five adult Canadians (21.3 percent) will suffer from a mental health disorder. This figure translates into 4.5 million people. Anxiety disorders and depression are the most common. Approximately 2.5 million Canadian adults, or over 10 percent of the population, will have a depressive disorder.

Almost 20 percent of children and youth in Canada, or 1.5 million individuals, suffer from a diagnosable psychiatric disorder. Two-thirds of these suffered from more than one disorder, and less than 20 percent received a therapeutic intervention.

If you or a loved one needs help, please call the Alberta only 211 or Mental Health Helpline at 1-877-303-2642 or contact your local physician at the Redwater Health Centre to book an appointment at 780-342-7600.



Fun activities and games were played at Centennial Park in Redwater for the Popsicle in the Park



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Indigenous artist building on community and connections



A little corner in the yard where Dawn Marie is growing plants, in the middle an old buffalo skull.



A cozy corner in the yard with artifacts from days gone by. Next year, Dawn Marie would like artists to set up in her yard in a pop-in farmers' market style.



Dawn Marie has art and jewellery on display. The jewellery is purchased from various indigenous artists.

By Irene van der Kloet

Dawn Marie Marchand, a well-known indigenous artist from Cold Lake, has only been in Smoky Lake for several years and has been an artist for over 30 years. She recently moved to a different location in town. Her new site on West Railway Drive features a large yard with plenty of opportunities for displaying artifacts and hosting art shows. "When it finally melted enough to start working in the yard, we started cutting things back and found this beautiful space. I've been adding little things to it", Dawn Marie says while she shows off a cozy corner in her yard with artifacts from days gone by. "In the future, I'd like to have a pop-up farmers' market-style little thing with artists in the yard." She is creating a medicine garden in one corner with white sage, tobacco and sweetgrass, a mini cider, and a buffalo skull in the centre. She uses a part of the house as studio space until the garage is opened. Much work still needs to be done there, like some repairs and maintenance and only then is she planning to open. Once she is open,

the front room will be the gallery. The house will be available for people to walk through as she wants to display indigenous art. Most of the art in the house is painted by herself, but she also has art from other well-known indigenous artists, a hat collection, and a collection of indigenous jewellery on display. Central in all her art and displays is the history of the indigenous people, something she wants people to get a better understanding of, especially the disconnect between the intent of indigenous oral history and the interpretation of colonial history. She advertises her artwork almost exclusively online through social media and her website. Initially, she did not intend to become an artist. "My mother wanted me to be a lawyer," she says, "but I needed to go to Keyano College to upgrade. It allowed me to take a handful of university classes, and one of those classes was fine arts credits. So, I took art history, which was all memorization of mostly European art. But it was too much, and I asked to take a different class; that is how I ended up in arts. Huge names in indigenous arts would come to the

studio, and we would be fully immersed with well-known indigenous artists. That defined the rest of my life". She works with different materials and "breaks the rules" when mixing certain paints or materials. One day, she was painting on wooden panels when she wondered why she was covering up the beautiful wood. Now she gears her art to what is naturally occurring, where you can see the wood grain in the painting. Currently, some of her art is exhibited at Enbridge Place, which brings her to say that artists die of exposure, meaning that exposure does not pay her bills; only a sale of a work of art does.

"Artists can not be expected to do exhibitions for free; we also have bills to pay. Unfortunately, some artists at the 'make it or break it' point take a deal." She is recovering from a car accident and planning to open her art gallery and attract artists next year. In the meantime, she is building relationships with indigenous artists and the community. Dawn Marie can be found on Facebook and her website <http://www.dawnmarie-marchand.net>.



4924 - 47 Street | Box 397 • Redwater, AB T0A 2W0
Phone: 780-942-3519 • Fax: 780-942-4321
www.redwater.ca

NOTICE OF DECISION OF MUNICIPAL PLANNING COMMISSION

DEVELOPMENT PERMITS ISSUED – July 5, 2022

Take notice that the following permits for proposed development as described below have been issued in accordance with the Town of Redwater Land Use Bylaw 811:

Permit Number: DPR2022-016

Legal Description: Lot 19, 20, Block 1, Plan 1544CL

Civic Address: 4928 49th Street

Land Use: Primary Commercial (C-1) District

Proposal: Cannabis retail sales establishment & wall fascia sign

Additional Information: For additional information regarding this permit, please contact the Development Authority Officer

Appeal: The following information is provided as required by Section 686 of the Municipal Government Act. Any appeal of this decision lies to the Clerk of the Intermunicipal Subdivision and Appeal Board for the Town of Redwater whose address is 4924 47th Street (Box 397), Redwater, AB T0A 2W0 (780-942-3519), within twenty-one (21) days after the date of notice.

Appeal Fee - \$ 300.00

Development Authority Officer
Phone: 780-942-3519 Ext. 330
Fax: 780-942-4321
Email: devofficer@redwater.ca



Division 1
Richard Filipchuk
richard.filipchuk@thorhildcounty.com

Division 2
Deputy Reeve Angela Zilinski
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Division 3
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joyce.pierce@thorhildcounty.com

Division 4
Janine Paly
janine.paly@thorhildcounty.com

Division 5
Trevor Dafoe
trevor.dafoe@thorhildcounty.com

DISCRETIONARY USE PERMITS ISSUED APPEAL BY AUGUST 2, 2022

Take notice that the Municipal Planning Commission for Thorhild County has approved the following Development Application(s):

- i) Legal Description: Plan 5818KS Block 14 Lot 11; Hamlet of Long Lake
- Land Use Designation: RL – Long Lake Residential District
- Proposal: Application for the Installation of a Grid Tied Roof Top Flush Mounted Solar System on an Existing Dwelling and Garage
- Division: 5
- Permit #: DP22-2523

Date of Decision(s): July 12, 2022; Appeal by: 4:30 PM, August 2, 2022

Additional Information:

For additional information regarding these permits, please contact Planning Clerk Jeannette Cholach at 780-398-3741 Ext. 2823 or email: jeannette.cholach@thorhildcounty.com.

THE LAND USE BY-LAW provides that any person claiming to be affected by a decision of the Municipal Development Authority may appeal by serving written Notice of Appeal to the Clerk of the Subdivision and Development Appeal Board, PO Box 10, Thorhild, AB T0A 3J0 within twenty one (21) days after the decision is made. Any party wishing to initiate an appeal to be heard by the County's Subdivision and Development Appeal Board must include with the letter (and/or other documents) of appeal a non-refundable fee of \$200.00 in order for the appeal to be properly received and accepted.

If you submit comments, either orally or in writing, the information you provide may be recorded, or otherwise made public, subject to the provisions of the Freedom of Information and Protection of Privacy Act.

NATURAL GAS REBATE PROGRAM

Starting October 1, 2022, all consumers connected to the natural gas distribution system and paying a bill directly to a natural gas retailer with less than 2,500 gigajoules (GJ) of annual natural gas consumption will be eligible for government-provided rebates, which will appear directly on bills.

No application will be necessary to receive the rebates if you are connected to the natural gas distribution system.

Under this rebate program, if the monthly default natural gas rate from the regulated utility providers (ATCO Gas North, ATCO Gas South, and Apex Utilities) goes above \$6.50 per GJ, the government will provide rebates to all consumers covering the difference between \$6.50 and the regulated rate, on a consumption basis. For example, if any of the regulated rates go to \$7.50 per GJ for November, then all consumers would receive a rebate on their bill covering \$1 for every GJ used during November.

These rebates will appear directly on eligible bills – protecting consumers on regulated and competitive plans like fixed-rate contracts.

Other heating fuels also qualify for rebates.

Eligible consumers not on the natural gas distribution system or using the annual equivalent of 2,500 GJ or less in other heating fuels (such as propane, kerosene, and heating oil) will also be eligible. They can apply directly for their rebates through a separate application system.

For example, if one of the default regulated rates goes to \$7.50 for November and an eligible consumer with a natural gas storage tank on their property purchases the equivalent of 200 GJ, that consumer can apply for a \$1 per GJ rebate for that amount of fuel.

Specific eligibility limits for each fuel type are listed on alberta.ca.

BRIDGE WEIGHT RESTRICTIONS

The following bridges have new weight restrictions. Please follow weight limit signage and practice diligence when crossing bridges.

- SW-14-60-21 W4M, RR 212, limit 5 tonnes
- NW 16-59-22 W4M, RR 224, limit 5 tonnes
- SW 19-59-20 W4M, RR 210, limit 5 tonnes
- SE 27-58-20 W4M, Myrtle Creek closed until further notice

For more information, please contact Infrastructure Services at 780-398-3741 ext. 2816.

THORHILD COUNTY FAMILY MEDICAL CLINIC

A Nurse Practitioner can diagnose, treat illnesses, order and interpret lab tests, manage chronic illnesses and prescribe medications. Blood pressures checks and weight check-ins available.

Please call the clinic to schedule your appointment at **780-398-4MED (4633)**. Note: The Clinic is closed from July 27-August 2, and August 15, 2022.

Phone: 780-398-3741 | www.thorhildcounty.com | 801 – 1st Street, Box 10, Thorhild AB T0A 3J0

SUMMER PROGRAMS 2022

For information or questions please contact (780) 656- 6391
To register visit www.thorhildcounty.com and online ticketing

JULY 26TH – AERIAL PARK

Challenge yourself and enhance your team bonding skills as you climb, crawl, swing and step your way through aerial park tower at snow valley!

Age: 10+ Time: 8:15am-4:45pm Min: 16 Price: \$70
*You MUST be 4' 6" tall to participate
Location drop off/pick up: Thorhild County Office

JULY 28TH – COLOR ME CRAZY

Head over to the Thorhild Drop-in Center for a colorful day! We will tie dye a t-shirt and paint rocks!
Be sure to bring in a white shirt

Age: 6-12 Time: 9am-12pm Max: 10 Price: \$5
Location drop off/pick up: Thorhild Drop-in Center

MOVIE MARATHON

Comfy in your pajamas? Head on over to the Thorhild Drop-in Center in your pj's to spend the day watching movies and eating popcorn! Your favorite teddy bear is welcome to join.

Age: 6-12 Time: 1pm-4pm Max: 10 Price: \$5
Location drop off/pick up: Thorhild Drop-in Center

AUGUST 3RD – ROYAL ALBERTA MUSEUM

Join us as we hop on a bus to Edmonton to check out the bug exhibit, history halls and the tinker garage at the Royal Alberta Museum

Age: 7-12 Time: 9am-4pm Min: 10 Price: \$35
Location pick up/drop off: Thorhild County Office
you must register for this program 2 weeks in advance

AUGUST 4TH – BLAST OFF TO OUTER SPACE

What is a spaceman's favourite chocolate bar? ... A MARSBAR! Come to the Thorhild Drop-in Center dressed as an astronaut while we spend the day learning about the planets, watching a movie and designing your very own spaceship!

Age: 6-9 Time: 10am-2pm Max: 10 Price: \$10
Location drop off/pick up: Newbrook Observatory

AUGUST 9TH – FITSET NINJA

Join us for some incredible fun at an outdoor ninja park! Show us your jumping, balancing and swinging skills as you make your way through the ninja obstacle course.

Age: 6-12 Time: 8am-4pm Min: 15 Price: \$65
Location drop off/pick up: Thorhild County Office

= lunch is provided. = we will take a bus Please sign waivers for all programs!

THORHILD SWIMMING POOL ONLINE BOOKING



Swimming lessons, daily passes, monthly, and seasonal passes can now be purchased online!

All users must create an account, and all can pay online. You can book and pay at <https://www.thorhildcounty.com/Online-Ticketing/swimming-pool>.

Pool 2022 Schedule: July 18 th – August 26 th								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00-10:00								
10:00-11:00		Red Cross Swimming Lessons						
11:00-12:00	Rental						Rental	
12:00-1:00		Maintenance						
1:00-2:00					Maintenance			
2:00-3:00			Toonie Swim		Staff Training	Flipper Friday		
3:00-4:00	Public Swim	Public Swim		Public Swim			Public Swim	
4:00-5:00			Public Swim		Public Swim	Public Swim		
5:00-6:00								
6:00-7:00								
7:00-8:00	Rental	AquaFit		AquaFit			Rental	

SUMMER PHOTO CONTEST UNDERWAY



Have you taken photos that showcase the beauty of Thorhild County during the summer months?

We would love to give you bragging rights by sharing your photos in County publications and social media platforms. By entering your favourite photo, you not only capture the splendour of our County, but you also have a chance to win a prize! To learn about entering the contest, visit www.thorhildcounty.com



SURVEY: EMERGENCY SERVICES CHARGES

Tell us what you think.

How should emergency services charges be applied in cases of property fires, motor vehicle accidents and false alarms? Visit www.thorhildcounty.com to access the survey.



PUZZLES

SEE SOLUTIONS PAGE 10



SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

CROSSWORDS

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
16			17					18						19
20		21				22			23		24			
25					26				27		28			
29					30				31		32		33	
			34	35					36		37			
38	39								40					
41					42				43					
44				45		46			47			48	49	50
51				52		53		54				55		
56				57		58				59				
60				61		62				63				64
65		66							67				68	
									69					70

- 67. Got atop a horse
- 69. Judged
- 70. Static balance between opposing forces
- CLUES DOWN**
- 1. Flowing
- 2. Computer department
- 3. Lasts
- 4. DiFranco and Samsonyan are two
- 5. ___ de sac
- 6. Merchant
- 7. Hosts film festival
- 8. State of agitation of fuss
- 9. A way to praise
- 10. Opaque gems
- 11. McKinley is one
- 12. Smallest interval in classical Western music
- 13. Famed designer Lauren
- 15. Occupies
- 18. Small island (British)
- 21. Misuse of the sacred
- 24. Covers with a thin sheet
- 26. Most valuable player
- 27. Title of respect
- 30. Investigated discreetly
- 32. Belonging to the bottom layer
- 35. Black tropical American cuckoo
- 37. Music genre
- 38. Indicates one is in mourning
- 39. Secured forever
- 42. Bodily cavity
- 43. A dog is one
- 46. Chose to do something
- 47. Annoy persistently
- 49. Large hotel rooms
- 50. Beg
- 52. Docket
- 54. Subway dwelling rodent
- 55. Sources
- 57. Mild Dutch cheese
- 59. Spanish city
- 62. Consumed
- 63. Ballplayer's tool
- 66. Midway between north and east
- 68. Atomic #3

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Crossword Clues

CLUES ACROSS

- 1. Eurasian shrubs
- 7. Strikes and rebounds
- 13. Group of advisers
- 14. Modern necessity
- 16. Top lawyer in the land
- 17. Philadelphia university
- 19. Of I
- 20. Functions as a laser
- 22. Basketball phenomenon Jeremy
- 23. Famed island
- 25. Parent-teacher groups
- 26. Distributes
- 28. Self-immolation by fire ritual
- 29. Ad ___
- 30. Circulation problem (abbr.)
- 31. Brother or sister
- 33. A famous "Squad"
- 34. Stage actor Anthony
- 36. Violent seizure of

property

- 38. Saclike cavities
- 40. Sound units
- 41. Counts on
- 43. Dad
- 44. Woman (French)
- 45. A digital tape recording of sound
- 47. Polish Baltic peninsula
- 48. Recipe measurement
- 51. Requests out of dire need
- 53. Precious stone weight unit
- 55. The immaterial part of a person
- 56. Anoint
- 58. Golf score
- 59. Supernatural
- 60. Northwest Territories
- 61. Can be made suitable
- 64. A professor's helper
- 65. Having a toothlike edge

VACATION RENTAL WORD SEARCH

M	D	S	N	P	E	A	K	D	F	B	R	T	T	U	O	L	H	F	T
P	C	E	I	Y	D	S	C	K	A	X	G	N	I	K	O	O	B	Y	R
X	A	E	K	Y	S	L	A	N	O	S	A	E	S	L	B	E	T	M	I
L	W	F	C	V	X	R	P	L	O	D	G	I	N	G	X	R	C	X	P
C	K	H	E	I	F	O	A	E	X	C	U	R	S	I	O	N	A	V	A
A	D	W	H	C	U	D	E	S	T	I	N	A	T	I	O	N	S	D	K
K	H	Y	C	X	F	N	B	E	H	D	D	S	D	A	H	U	N	M	I
I	N	O	I	T	A	V	R	E	S	E	R	F	R	F	V	D	R	E	E
T	G	D	N	A	P	L	F	G	M	N	Y	C	I	L	O	P	O	Y	W
I	G	K	B	O	I	L	A	C	O	N	F	I	R	M	A	T	I	O	N
N	H	K	E	Y	G	R	R	P	B	L	A	C	K	O	U	T	U	E	H
E	D	X	G	N	I	P	E	E	K	E	S	U	O	H	B	O	S	L	B
R	S	E	I	T	I	N	E	M	A	E	T	D	F	T	Y	B	R	A	U
A	N	T	A	X	N	N	N	O	I	T	A	L	L	E	C	N	A	C	X
R	F	F	L	N	O	I	T	A	C	A	V	R	N	O	Y	O	I	C	
Y	X	R	H	R	U	M	A	N	A	G	E	R	E	V	I	A	W	E	D
A	F	E	C	A	X	L	G	X	A	I	I	N	S	U	R	A	N	C	E
O	R	E	N	T	A	L	K	B	G	F	G	O	T	W	I	D	A	M	V
U	W	T	U	O	K	C	E	H	C	K	Y	M	A	T	W	W	C	V	C
E	P	A	G	X	H	M	H	O	T	E	L	F	D	N	K	S	B	N	F

Find the words hidden vertically, horizontally, diagonally, and backwards.

- | | | | | | |
|--------------|--------------|-------------|--------------|---------|---------------|
| WORDS | CANCELLATION | DESTINATION | HOUSEKEEPING | MANAGER | RESERVATION |
| AMENITIES | CHECK-IN | EXCURSION | INSURANCE | PEAK | SEASONAL TRIP |
| BLACKOUT | CHECK-OUT | FEES | ITINERARY | POLICY | VACATION |
| BOOKING | CONFIRMATION | HOTEL | LODGING | RENTAL | WAIVER |

HOROSCOPE

ARIES

(March 21 - April 20)



Financial inspiration could arrive this week, Aries. Instead of repeating old cycles in your life, think of minor tweaks you can make that will have an impact on your bottom line.

TAURUS

(April 21 - May 21)



Taurus, if you are in a rebellious mood, find an outlet that will not get you into too much trouble. Engage in challenging pursuits, like puzzles or sports games.

GEMINI

(May 22 - June 21)



Gemini, your relationship status is about to reach another level. Welcome these changes as they come and enjoy the ride. Don't hesitate to share good news with others.

CANCER

(June 22 - July 22)



You may have outgrown a career or a community in recent weeks, Cancer. Take your time exploring new opportunities so your next move can be effective.

LEO

(July 23 - August 23)



Leo, a change in your responsibilities could lead to a pay raise or even a promotion in the days to come. Focus on where you want to be in your career.

VIRGO

(August 24 - September 22)



A unique experience shared with someone else can make a big difference in your relationships, Virgo. Learn from every lesson that comes your way.

LIBRA

(September 23 - October 23)



Libra, if you have been practicing or trying to perfect something, now is the time when you will see some long-awaited progress. Keep the learning process moving along.

SCORPIO

(October 24 - November 22)



Someone may want to surprise you this week, Scorpio. You may prefer to know what is coming, but this is a good-natured gesture, so go with the flow this time.

SAGITTARIUS

(Nov. 23 - Dec. 21)



One minor change in your daily life can make things easier for your family, Sagittarius. Even if this change requires a sacrifice on your part, it could be worth it.

CAPRICORN

(Dec. 22 - Jan. 20)



Capricorn, there are many enjoyable things you can become involved in if you are willing to put in the effort. Once you do the work, the rewards will come.

AQUARIUS

(January 21 - February 18)



Aquarius, your family life is going to change in a big way in the not-so-distant future. How it plays out remains to be seen, but the effects will be profound and positive.

PISCES

(February 19 - March 20)



Some surprising information comes to light this week, Pisces. It may change your self-image and how others perceive you.



Petri and Liz Maki with one of their beloved naked neck chickens.

Maki farm: eggs in all colours and sizes

By Irene van der Kloet

Who doesn't like farm-fresh eggs for breakfast? The go-to place in the area is Maki Farms, just east of Waskatenau. Petri and Liza Maki were living in Ontario when Petri's position in the armed forces brought them to Alberta. After Petri left the army, the couple decided to stay in Alberta and purchase a farm near Waskatenau, which is now home to them, their daughter Adyson, a large number of chickens, three dogs, a few goats, a sheep, a miniature horse and - shortly - bees. All animals, farm animals and pets alike, are loved in this friendly atmosphere. The couple tries to make their farm as environmentally friendly as they can by reusing items found in garage sales or the landfill and finding a new destination for things that can't be used for their original purpose. Some items were left on the farm when they bought it, such as a 72-year-old Ford tractor that starts quicker than their vehicles. It looks immaculate and vintage, but it is an excellent addition to their farm and is still in use. Their chickens come in all shapes, sizes and colours, as do their eggs. They have 125 chickens, White Leghorns, Americana, black-and-white Barnevelders, English game hens, Bantam, Chantecler, Cochin, too many to mention. Their most special chickens are

naked neck Silky's. "Even though their necks are naked, they feel warm," Petri notes proudly of his favourite chicken. Different colours chickens call for different colours of eggs. "Some people are thrilled, blue eggs," Petri says. "But they are all the same on the inside," Liz adds, "and some eggs have double yolks." The chickens lay around 40 eggs daily that are sold to regular clients, but they also welcome new clients. Anyone buying eggs here can expect an egg carton with a variety of colours and sizes of eggs. They have a second coop with younger chickens. Usually, chickens start laying eggs at 20-24 weeks. Liz and Petri are still in the process of improving their vast chicken coop. "We are going to lower the roof and insulate the building; then, with a few heat lamps, the chickens should be ok," Liz explains. Apart from an inside coop, the chickens also have an outside run. By how Liz and Petri handle their chickens, a person can tell they love them. Their dream is to turn the farm into a self-sustainable enterprise eventually, but that may be a while away. "We moved here in 2020, so we are just beginning. Originally it was a dairy farm", Liz says. Anyone interested in buying eggs at Maki Farm can contact them on their Facebook page or at 780-264-6551.

39th Annual July 30 & 31, 2022

Smoky Lake Stampede

#SmokyLakeStampede

RODEO ACTION STARTS AT 1:00 P.M. EACH DAY

RODEO DANCE

9:30 PM @ Ag Complex July 30!

Southern Cross

No Minors: 18 Years or Older I.D. Required

APPEARING LIVE SATURDAY

Rodeo Clown
Blayne Wendland

Rodeo Admission

Adult: \$20.00 Youth (7-15): \$15.00 6 & Under: Free

Free Overnight Camping Beer Gardens 50/50 Draws

Rodeo Announcer
Garry Gross

OLD COWBOY GAMES

RESCUE RACE

HIDE RACE

LADIES BARREL RACING TIE DOWN ROPING BAREBACK RIDING HALF-TIME SHOW

BULL RIDING SADDLE BRONC RIDING JUNIOR EVENTS STEER WRESTLING

A Full Weekend of Events

Saturday

- Lions Club Pancake Breakfast @ Lions Center 8:00 a.m. – 11:00 a.m
- Parade 11:00 a.m. @ Downtown
- Rodeo Action @ Rodeo Grounds starting 1:00 p.m.
- Class of 2023 Steak Supper @ The Complex 5:00 – 8:00 p.m.

Steak: \$30.00 Hamburger: \$20.00

Wild Pony Race & Mutton Busting
(Saturday & Sunday)
Pre-registration to Geoff
For wild pony race
1-780-656-1344

Under 13 Frisbee Scramble
Two brand new bikes given away each day!

Sunday

- Breakfast @ Rodeo Grounds 8:00 a.m.
- Rodeo Slack @ Rodeo Grounds 9:00 a.m.
- Rodeo Action @ Rodeo Grounds Starting 1:00 p.m.
- Fire Works Display @ Rodeo Grounds 11:00 p.m.

Stock Supplied By:

Trach Rodeo

REAL 97.9

REAL 97.7

SMOKY LAKE RIDING CLUB WILL NOT BE RESPONSIBLE FOR ANY ACCIDENTS ON GROUNDS

Thorhild Minor Hockey

is **NOW OPEN!**

Please visit the new registration website:
<https://register.hockeycanada.ca/register>

2022/23 Season Fees:

U7: \$250.00	U9: \$450.00
U11: \$535.00	U13: \$625.00
U15: \$725.00	

Early Bird Special register before July 31, 2022 to save \$50.00

U7: 2 practices per week; local games to be scheduled when team is ready
U9: 2 practices per week; weekend games
U11: 2 practices per week; weekend games
U15: 2 practices per week; weekend games

THMA would like to thank our Sponsors!!

Watch our website and Facebook page for updates!!

LIVE AUCTION

FOR: HOWARD & DONNA RINGSTAD 780-349-5128
LOCATED: FROM WESTLOCK INN - GO W ON HWY 18 FOR 5 MI TO RR 273, THEN 1 1/4 MI N TO 60019 RR 273
DATE: SAT AUG 6 AT 1PM

STARTING AT 1PM FARM & YARD MISC: Honda four trax quad w (515hr), orange * quad yard trailer 45"x72" * Honda four trax quad w (527 hr), elct shift * quad sprayer w 10ft wings * rolling welding table w No 6 vise * propane oxy/acetylene tanks w torch * 16 spd drill press * air line on reels * battery chg/boost * red roll tool box * lots of tools * Dewalt 12" mitre saw * rolling 14" band saw * 16" scroll saw * Makita C/O saw * Delta 10" table saw * air comp, HD chain hoist, scaffolding, screw jacks

SELLING AT EXACTLY 2PM QUALITY EQ: Cat 246 B skid steer w (2825 hr), dirt bucket, works well * 2 extra buckets * very good to new attachments (dirt trax post or tree clamp/puller)(lowe G-72 HD grapple fork, industrial)(HD gravel w hyd dump bucket within a bucket)(78" snow blade)(pallet forks) plus extra dirt bucket, pallet fork, 2 tree spoons, HD angle blade/dozer, pallet fork blade * very good trailers (22ft PJ trailer w 18ft tilt, winch, 2 HD 7000 axles, BH)(Precesion 10ftx3ft hi dump trailer w 2 @ 3500 axles, roll tarp, BH)(Berg horse trailer w 23ft total 16ft floor, 2 divider gates, GN, good) * 2003 Chev 2500 HD Silverado truck w (157000kms), 6L V8, auto, 4WD, 8ft box, hidden ball hitch for GN, white * 1967 Chev 30 one ton truck w 9ft deck * 1984 Ford 3 ton w propane motor, Wajax hyd man bucket unit, older unit runs and works for personal use * excellent (Bobcat GT 225 diesel yard tractor w (240hr), FWA, 7 TL FE loader, bucket, 3 pt) like new bobcat 3 pt (5 ft brush mower)(#12 HD hyd post auger w 4/10/14 inch augers, extensions)(6ft rear blade) * Ford 650 tractor w gas, 5 spd, 3 pt, 6 volt, mint * 64" Muratori MB 165 3 pt rototiller * 2 of 8 ft 3 pt cult * very nice Ford one ton w new blue cab, duals, V8, 4 spd, 12ftx3ft hi white wood box, hyd lift * very nice MM 4 star tractor w good running 3 pt * 3 pt HD Gyro 60 brush mower/shredder * 3 pt (bale fork)(8ft D harrows) * 10 new 9.5ft metal construction fence panels

PLUS SELLING BEFORE & AFTER: Hart Emerson grain kicker/cleaner, working antique * new Acme 36in/110v greenhouse fan * 120v Yamaha EF 2800 gen set * propane heater, 24 to 44 ext ladder, variety of animal live traps, mag pie trap, HD 2x4x8 lumber, chicken & turkey crates, eltc fencing, feeders, livestock gates & items.



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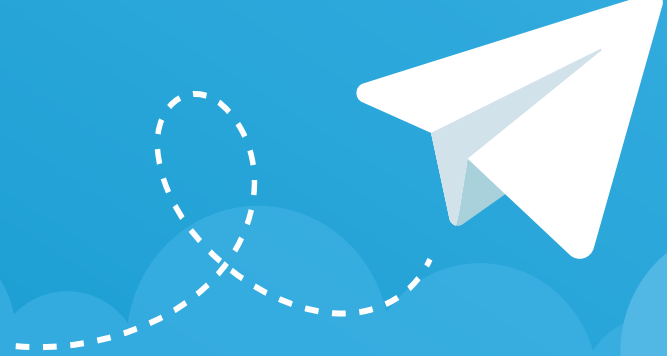


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Office: 4720-50 Ave, Redwater, AB. T0A 2W0

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LIVE EVENING AUCTION

FOR: URS AND PENNY SCHNIDER (780-785-2519)(403-831-2519)
LOCATED: (FROM SANGUDO, GO 1 MI W ON HWY 43. TURN N ON HWY 757 FOR 3.5 MI TO TWP RD 574. THEN 1.5 MI E TO 6426 TWP 574)(FROM BARRHEAD, GO 11 MI W ON HWY 18. TURN S AND W ON HWY 18 FOR 15 MI TO SANGUDO TURNOFF. TAKE HWY 757 S FOR 4 MI TO TWP RD 574. THEN 1.5 MI E TO 6426 TWP 574)
DATE: WED EVENING AUG 3 AT 5PM

GOOD TRACTORS & EQUIP: Case 930 tractor w (6775 hr), cab, duals, ezee on loader, bucket, fork * JD 2010 tractor w pto, good condition * Ford 9 N tractor w 3 pt, 6 volt, good, plus parts tractor included when required * good Claas Rollant 62 rnd baler w softcore * JD 896 A sd rake * NH 1002 sq bale stack liner * 7ft IHC trail scycle mower * 12ft krause disc, good * MH steel wheel seed drill * like new F/300 3pt pto grass seeder * 10ft IHC dt cult * 2D harrows

HORSE/SHEEP/LIVESTOCK EQ: Wilee 2 horse BH trailer, good, some rust * acreage kilberry pto manure spreader * sheep - 4x8 crate, 4 of 5x10 metal pens, hay feeder, 50 plus wood posts, barb wire, building material * 2 water solar panels * live traps & cages * 5 metal panels

YARD EQ & 3 POINT: JD 145 ride mower * swisher 44in/12.5 hp rough cut trail mower * red tidy tank w filter, hand pump * 4000 w generator * 5x5.5ft yard trailer * wheel barrow * CM 1450/27in snow blower * good tarps * CM WP rototiller * air hockey game * kids trampoline * kids bikes * 3 point (6ft buhler blade)(spring T cult)(Ford 42" rototiller)

SHOP ITEMS: Beaver (table saw)(jointer) * 12 spd drill press * iron horse shop air compressor * 6" vise on stand * 6" bench grinder on stand * rockwell band saw * Milwaukee router & power tools * C/O saw, tile cutter, paint stipper, more tools * pipe vise, bolt bins & contents * chains, jack all, more * good air flooring gun * Craftsman tools

OLDER PARKED: 1998 GMC SLE 1500 w ext cab, 300,000kms * 4 of 265/70 R 17 tires * 2009 tango 29ft BHS pacific coach RV trailer for hunting or storage



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LIVE EVENING AUCTION

FOR: MICKEY YACHIMIC 780-349-1497
LOCATED: (FROM WESTLOCK INN - 9 MI W ON HWY 18 TO HWY 777. GO 6 MI S ON HWY 777 TO HWY 654. TURN W 1 MI TO RR 14. TURN S FOR 2 3/4 MI TO 58313 RR 14)(FROM BARRHEAD FORD - 4 MI S ON HWY 33. TAKE HWY 654 E FOR 12 MI TO RR 14. TURN S FOR 2 3/4 MI TO 58313 RR 14.
DATE: FRI EVENING AUG 5 AT 5PM

TRACTORS: 81 IHC 3288 tractor w(7030hr), cab, new 18.4x38 rear, new rad, ezee on loader, good * 79 MF 2675 tractor w cab, 20.8x38, leon 700 FE loader, bucket, bale fork, 2000hr on motor, clutch, trans, good * Case 730 diesel tractor w(1000hr on motor, clutch, rear tires) runs good

FIELD EQ: Good 15ft ezee on disc * 16ft ezee on disc w may need some bearings * 16ft JD 100 DT cult * 20ft Morris L-160 VS cult w tine harrows * 54ft flexicoil trail sprayer w 2400L mix tank * 12ft IHC 10 DD wheel drill w gr, ft, D harrow bar * as is IHC 2@12 ft DD packer drill w gr, ft * 13 D harrow bar

GOOD HAY EQ: 9ft IHC 8330 hay bine * NH 660 auto wrap * 8 W 3pt V rake * plus older(SD rake)(8 W trail V rake as is)

HARVEST EQ: Good 15ft vers 400 swather w cab, shedded * parts vers 400 w good motor, PU reel * JD 4400 SP combine * FK 46x7 pto auger * grain bins (3 ring butlar w hopper, air fan)(5 ring WR on wood)(2 old wood on skids)

LIVESTOCK EQ: 2021 - 12 hay & 9 straw bales * vet eq, calf catcher, eltc fencer, gates, panels, 2 rolls barbwire, staples * cattle squeeze * 6 of 16ft good grey gates * pipe 3 bale feeder * 3 of 1 bale feeder * head gate

YARD & SHOP: 1250 gal plastic tank * 3 of 12ft culverts * JD GT 242 ride mower * chain saw * fold up ramps * farm & shop items * 300 fuel tank * 79 GMC one ton w 12'x4' hi box, hoist * 61 Fargo cab, motor, axles * older yard sheds

RETIRED CEMENT EQ: 64 GMC gravel truck that runs w pull start * bull floats, tamper w new-er 5.5 Honda, power trowel needs carb clean * F/A furnace, propane heater * truck box trailers, H/A racks, tires * metal siding, 14 sidewalk blocks * lots of plywood forms, flat bar, corner bars, more good salvage



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Photos By Barbara Bill



Continued from page 1
is something different for an evening out. It is beginner's level and a way to celebrate one of the most beautiful things in the world, the moon!"

Everything was set up so elegantly, and candles glistened

around the area along with the intense glow from the fire. Attendees were dressed in all white and started the event with a blessing to Mother Earth. Followed by some crafts and "setting their intentions." The crowd raced around

while doing the nature scavenger hunt, looking for all sorts of items. Women and men laughed and enjoyed each other's company while they danced around the fire. Near the night's end, guests closed the event with a sunset ritual and

a drawing down the moon ceremony. Barbara said, "It was absolutely amazing and so much fun, educational and an easy-going event under the moon! The turnout was fantastic, and I look forward to hosting another event soon."

Home Cooked Meals
Eat & Enjoy - Authentically Alberta
Come for breakfast and purchase fresh strawberries at the strawberry market on July 24 from 9-11
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FIRE PROTECTIVE SERVICES CLERK

Smoky Lake County invites qualified candidates to apply for the position of **Fire Protective Services Clerk**. Reporting to the County Fire Chief, under the supervision of the Deputy Fire Chief, this permanent part-time union position requires a competent, motivated individual to provide a variety of clerical and administrative duties for the Fire Protective Services Department three days a week.

Full job details and how to apply can be found on our website:
www.smokylakecounty.ab.ca/p/employment

Deadline to apply: 2:00 P.M. on July 29, 2022
This competition may remain open until a suitable candidate is found.

The Redwater Review is now available at:

- Outside newstand** 4720-50 Ave (PRESS as well)
- Home Hardware Redwater**
- IGA Redwater**
- Pharma Choice Smoky Lake**
- Shane's Ida Smoky Lake**
- Number 7 foods Smoky Lake**
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- Thorhild County**
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We offer a great work environment where job safety and people are our top priority. The starting wage will be \$26.78 an hour.

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- First aid and safety training considered an asset
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Drop off resume to: 9503-87 Avenue, Morinville or by email through indeed or fax to 780-939-3044 quoting reference TPL-LO.

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How to identify burnout and recover

(NC) The mental, physical and emotional exhaustion that are hallmarks of burnout can start to creep up on you. Though often associated with work, burnout can happen in other situations too – the common factor is ongoing severe stress.

We all want to avoid burnout if we can, but it's a common condition. In fact, according to a recent survey, feelings of burnout were the main source of stress related to a 12 per cent drop in reported rates of excellent or good mental health compared to the survey's 2019 results.

Moreover, Canadians who said they had poor mental health were also more likely to take time off from work due to disability than those who reported good mental health.

"It's no doubt been a challenging and unpredictable time for many working Canadians," says Jean Salvadore, senior director of life and living benefits at RBC Insurance, which commissioned the survey.



Left unchecked, burnout can also lead to other serious health issues like heart problems, digestion and mood disorders, so it's important to be on the lookout.

Signs to watch out for:

- Sleeping too much or too little
- Lack of motivation

and feeling disengaged

- Cognitive problems like difficulty focusing
- Feeling isolated
- Feeling numb or a sense of dread
- Physical and/or mental exhaustion
- Tension headaches and stomach issues
- Cynicism, anger or irritability

- What you can do: Do something big or small that you enjoy
- Reaffirm work-life boundaries
- Practice self-care strategies
- Get active and eat well
- Take time off and really relax – even if it seems impossible
- Develop a support network of trusted

family, friends or a therapist

Another important just-in-case action is to speak with an expert about disability insurance, which can replace your income if you can't work due to mental health issues from burnout.

Find more information at rbcinsurance.com/disability.

Annual sidewalk replacement



It's that time of year again when the annual sidewalk replacement program begins! The program began July 15 and will continue for a couple of weeks. O'Hanlon Paving will be around the Town of Redwater to remove and replace sidewalks, so please watch out for barricades and signage. If you have any further questions or comments, fill out a service request to public works at: <http://www.redwater.ca/p/service-request> or call the Town Office at 780-942-3519 Ext 290. **Photo: Town of Redwater**

**SMALL ADS
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Classified Word Ads require Payment with Order. Low cost - high circulation. Your ad will also run free in the Morinville Free Press. Up to 25 words: \$15.00 per week, GST included. Additional words: 50c/ each. Deadline: Friday 2 p.m. Phone 780-942-2023 E-mail: redwater@shaw.ca or redwaterreview@gmail.com



Auctions

GUNS WANTED: Firearms, Ammo, Entire Collections, Estates - Auction OR We Buy You Out! Call: Kevin, Katrina or Tegan 780-842-5666. Scribner Auction, Wainwright, Alberta. Website: www.scribner.net.com.

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REGISTERED RED ANGUS bulls one and 2 year old quiet easy calving (66-88lb birth weights, high calving ease

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Employment Opportunities

LIVE-IN CAREGIVER for minimal needs elderly woman on intown acreage in Salmon Arm, B.C. Includes private bedroom, full use of lovely home, and food. \$1700-\$2500/month negotiable. For full job details or to apply: dam-brose47@hotmail.com.

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DOUBLE WIDE MODULAR HOME 1.5 baths, 4 bdrms, living room, dining room, kitchen, 4 appliances, washer, dryer, fridge, stove. Asking \$56,000. Call 780-718-6763.

GARAGE SALE

HUGE MULTI FAMILY garage sale in Bon Accord area July 28, 29, 30, 31 from 9am to 7pm. Estate items, collectables, 9 ft cultivator, harrows, barrels, tools, Singer sewing machine, Blue Mt pottery, carnival glass, paintings, figurines, must see, over 1000 items for sale. 24025 Twp Rd 564.

Back alley of 5119-48 St. in WASKATENAU Tools, furniture, household, yard items. Something for everyone. SATURDAY, JULY 23 10AM - 4PM

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BEST HUNTING IN SASKATCHEWAN right by Sask River. Excellent fishing and very high Deer population. Thick pine & poplar bluffs, close to water coulee. Old yard site with old power and water. Revenue on crop and hayland. East of Prince Albert. \$248,000. Call Doug 306-716-2671.

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Real Estate

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July 22-24, 2022
Radway Agricentre

Mixed Slo Pitch / Horse Shoes / Beer Garden Concession
Fri 7:00 - 10:00 / Sat 12:00 - 5:00 / Sun 10:00 - 3:00

Everything below on Saturday only

Pancake Breakfast 8:30 - 10:00	Bouncy Castles 9:00 - 4:00	2 nd Annual Show & Shine 10:30 - 5:00
Bench & Quilt Show 8:30 - 1:00	Petting Zoo 12:00 - 3:00	Summer Market 12:00 - 5:00
Parade 11:00	Lord Strathcona Musical Ride	Supper & Dance 6:00 - 1:00

Sunday SPECIAL EVENT - RCW Wrestling 6:00 pm

Tickets and information:
(780) 736-3766 or (780) 938-6345 or reserve tickets on the Radway Agricultural Society facebook page

Free camping & RV parking on site (no utilities)
Waskatenau Motel - 10 minute drive
Redwater - Redrest Motel, Days Inn,
Paradise Inn - 20 minute drive

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No slowing down for Alberta's manufacturing activity

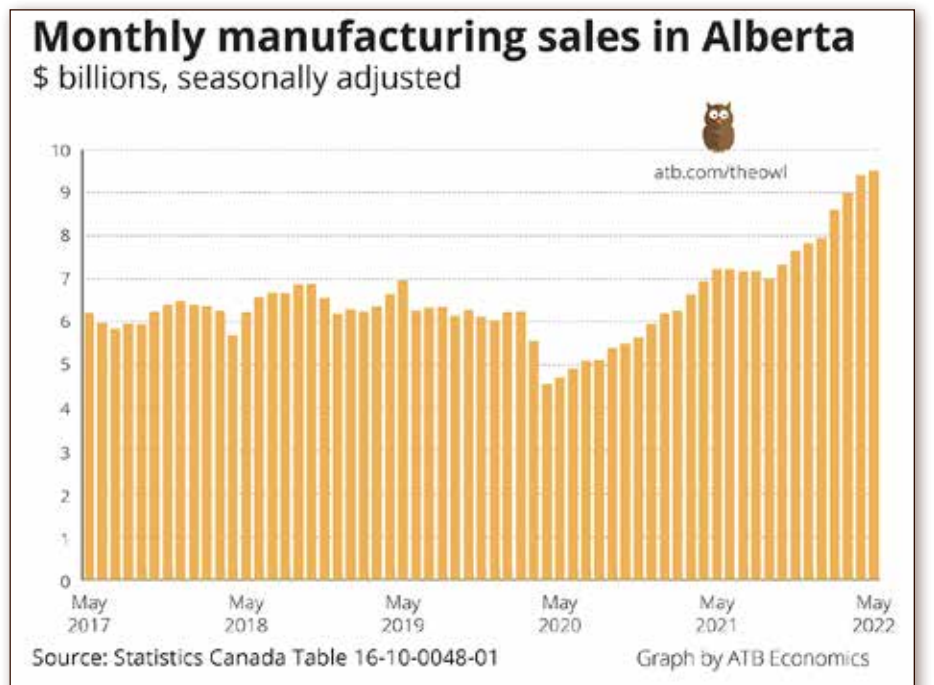
By ATB Financial's Economics & Research Team

Revenues from factory sales in Alberta picked up for the eighth straight month in May.

Supported by increases in durable and non-durable industries, the value of seasonally-adjusted manufacturing shipments posted a monthly increase of \$109 million (+1.2%) to reach \$9.5 billion in May.

Driven in part by the ongoing shortage of computer chips, national manufacturing sales fell 2.0% in May.

So far this year, the refined petroleum and coal products category has posted the strongest growth in both Alberta and in the country as a



whole.

Through the first five months of the year, the rise in refined petroleum and coal product sales accounted for 60% of the total increase in manufacturing

shipments in Alberta and 34% nationally.

Higher prices were the main factor with the dollar value of refined petroleum and coal product sales in Canada up by 81% while the implied

volume of shipments increased by 15%.

The impact of soaring prices was also seen in other parts of the manufacturing sector including food products and chemicals.

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The Review

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by PETER MARINACCI



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X	A	E	K	Y	S	L	A	N	O	S	A	E	S	L	B	E	T	M	I
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CROSSWORDS

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SUDOKU

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

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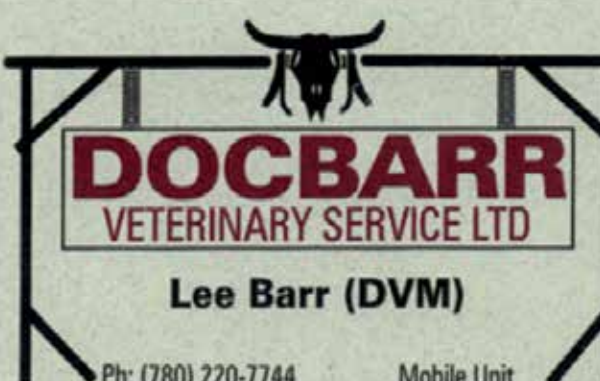
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