



Dale Nally (left) presents Redwater Minor Hockey President Alf Lavallee with a \$59,259 CFEP grant from the Alberta government to support facility upgrades. The funding will go toward new risers for the community arena.

Photo by: Hon. Dale Nally, MLA

Cirque de Smoky Lake a family day highwire act

By Brandie Majeau

Despite the biting cold that enveloped much of Alberta, Smoky Lake brought to life its festive Family Day event, uniting families, children, and children at heart. This day was not merely an escape from the winter chill; it blossomed into a celebration of

laughter, joy, and a multitude of opportunities for families to forge deeper connections through a medley of engaging activities.

A standout attraction was Flyin' Bob Circus Experience, where families were invited to unleash their inner circus performers in a unique circus drop-in

area. With a sense of wonder and excitement, both children and parents tackled stilts, embraced the challenge of tight-rope walking, and attempted to master unicycles, crafting an atmosphere brimming with attempted performance creativity.

Continued on **page 4**



Photos courtesy of Smoky Lake FCSS

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Chetan & Roshni Bahl
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*Some conditions may apply.



If you know, you Agknow

By Brandie Majeau

The Alberta Farm Mental Health Network, known as AgKnow, plays a vital role in supporting the mental well-being of Alberta's farmers and ranchers. As the agricultural landscape continues to evolve, AgKnow is committed to providing essential resources tailored specifically for individuals within the farming community. Their mission is to assist farmers in accessing mental health resources and to guide them towards

supportive connections in times of need.

AgKnow envisions a transformative shift in farming culture—a shift where prioritizing mental health becomes a routine aspect of farm life, much like planting and harvesting. By focusing on increasing resilience among farming communities, AgKnow aims to de-stigmatize conversations surrounding mental health, encouraging individuals to seek help without fear of judgment. They strive to reduce the barriers that often prevent

farmers from access to necessary services and remain responsive to the ever-changing challenges facing the agriculture sector in Alberta.

Central to AgKnow's approach is the development of a comprehensive network of services designed to meet the specific needs of farmers, enabling them to lead fulfilling lives while actively contributing to local economies and fostering resilient rural communities. They are in the process of

Continued on **page 2**



NOW SERVING ALL OF STURGEON COUNTY
ANNUAL GENERAL MEETING & ELECTIONS

7:00 pm, Tuesday, March 11, 2025
 Gibbons Community Cultural Center,
 5115 - 51 Street, Gibbons, Alberta

SPEAKER - S/SGT D.R. (DARCY) MCGUNIGAL
 Detachment Commander, RCMP Morinville

Meet the **EXECUTIVES** and **DIRECTORS OF THE SRCWA**,
 the **MEMBERS** of the **RCMP** and **ENFORCEMENT SERVICES**
 as well as **COUNTY COUNCILORS**.

We are a Not-For-Profit volunteer organization and are looking for
 individuals to fill the positions of Secretary & Zone Directors.

MEMBERSHIPS AVAILABLE AT THE MEETINGS
sturgeonrcwa@gmail.com

STURGEON RURAL CRIME WATCH
 OBJECTS of the ASSOCIATION

1. To assist the law enforcement agencies in the execution of their duties.
2. To improve community awareness with regard to crime prevention
3. To promote crime prevention through the sharing of information regarding techniques, products and ideas.
4. To interact with and to share information of other crime watch/prevention groups in the area
5. To study problems of concern such as, but not limited to the prevention of crime, the investigation of incidents and the judicial system.

"THE ONLY THING NECESSARY FOR THE TRIUMPH OF EVIL IS FOR GOOD MEN TO DO NOTHING." EDMOND BURKE

CRIME PREVENTION
 is EVERYONE'S RESPONSIBILITY



Sturgeon County Dust Suppression



Sturgeon County offers three options for dust suppression to help reduce dust created by vehicle traffic on gravel roads. See our website for details on select placement of recycled asphalt millings this year.



Early bird deadline is April 16, 2025

TYPES OF DUST SUPPRESSION	OIL	MINERAL OIL *UPDATE*	CALCIUM
First 100m	\$4,165	\$1,097	\$405
Each Additional 10m	\$494	\$187.20	\$118

A late fee of \$100 is applied to orders received after April 16, 2025. No orders will be accepted after May 17, 2025.

Download application forms:
sturgeoncounty.ca/dust-suppression

Questions?

Call: 780-939-8252 | Toll Free: 1-866-939-9303
 Email: DustSuppression@sturgeoncounty.ca



Newbrook Drop-In: Where community, fun, and friendly competition come together

By Brandie Majeau

The Newbrook Drop-In Centre has been a beloved community hub for years, inviting locals to gather every Tuesday evening at 7 PM for an engaging and friendly game of Whist. This classic card game brings with it a spirit of fellowship and light-hearted competition, with a modest \$1 playing fee. The unique twist for Newbrook Drop-In is that the players with the lowest score on each side of the table win their loonies back, while the victorious side plays for the winning bragging rights and takes home the pot...3 loonies. After the games, participants can enjoy complimentary coffee and tea, along with a delightful dessert or snack brought by various members of the Drop-In Centre, rotating through volunteers each week.

While Tuesday nights are a highlight for many, the Newbrook Drop-In Centre also organizes several special events throughout the year. This includes popular spaghetti dinners that have become a favorite social gathering, and a series of four bingo nights throughout the year, with the next scheduled for April 4th and will be a meat bingo.

Additionally, the centre has hosted a variety of engaging local events, including potluck suppers,

lively musical jams and dances, and competitive crib tournaments. Recently, a new executive board was elected, and they are actively brainstorming creative ideas and upcoming activities that promise to enrich the community experience at the drop-in.

Open to all visitors, the Newbrook Drop-In also offers an affordable yearly membership for only \$10, which greatly contributes to maintaining this welcoming venue. The facility is available for rent, accommodating various gatherings and events, with

rental options priced as follows: complete access to two rooms and the kitchen is available for \$175; one room and kitchen for \$100; and a single room without kitchen access for \$75. Please note that a non-refundable deposit of \$50 is required to secure any rental. The hall comfortably accommodates up to 90 guests, making it an ideal setting for celebrations and community functions. Keep an eye out for future events and activities at the Newbrook Drop-In Centre, as there's always something exciting on the horizon!



Photo courtesy of Newbrook Drop-In Centre

Continued from **page 1**

creating and tailoring programs that resonate with farm culture, actively collaborating with producer networks and engaging policymakers. This collaborative effort is essential in establishing a sustainable environment where farm families can not only survive but thrive.

At the heart of AgKnow's initiatives are the real stories of farmers—each with unique challenges and opportunities for growth. With a robust mental health referral network and partnerships with research collaborators, AgKnow is working diligently alongside agricultural communities across Alberta

and beyond. Their collaborative efforts focus on identifying effective strategies to build resilience against ongoing stressors, whether they arise from economic pressures, climate change, or personal hardships. For more information on how to access support and resources, please visit www.agknow.ca.

Can I count on the Canada Pension Plan when I retire?

(NC) The Canada Pension Plan (CPP) has been in place for almost six decades, but there's a persistent – and unfounded – concern among some Canadians that it will not be there for them when they retire.

According to a recent survey, almost 30 per cent of respondents fear CPP benefits will not be available to them in retirement and another 25 per cent are not sure. The survey did not delve into the reasons why, but the concerns expressed by those surveyed could go back to the mid-1990s, when it was estimated that the Canada Pension Plan would not be able to cover benefits by the mid-2010s; or, perhaps it's the influence of the United States, where social

security is forecast to be insolvent by the mid-2030s.

CPP Fund's financial stability: The fact of the matter is, the fund is on a firm financial footing thanks to actions taken more than 25 years ago by the federal government and the provinces that participate in the pension plan. They raised contribution levels and created CPP Investments, a professional investment management organization that is overseen by an experienced board of directors and is accountable to Parliament and the federal and provincial finance ministers.

CPP Investments manages excess funds that are not currently needed to pay pension benefits in the best interest of more than 22 million contributors



and beneficiaries. As of September 30, 2024, the CPP Fund stands at \$675 billion. And it's worth noting that pension contributions that come off your pay can only be used to pay CPP benefits; and cannot be used by any governments for any other purpose.

Checks and balances for financial

sustainability: There are strong checks and balances in place to ensure the financial sustainability of the system. Every six years, CPP Investments undergoes a special examination of its systems and practices by an independent examiner. In addition, the Office of the Chief Actuary

(OCA), an independent federal body, reviews the future costs and financial stability of the CPP every three years. The OCA's most recent report reconfirmed that the Canada Pension Plan is financially sustainable under legislated contribution rates for at least the next 75 years – the

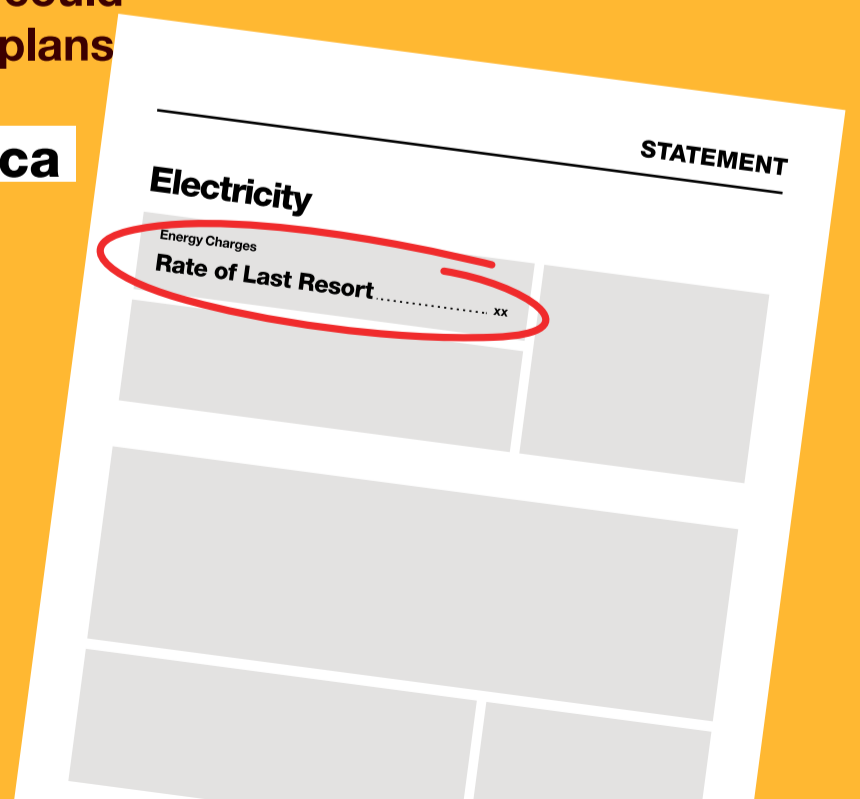
longest period actuarial forecasts can look out.

These factors – a professional investment manager combined with strong oversight – means you can have confidence that your benefits will be there for you for as long as you live – for generations to come.

Check your electricity bill.

If it says the Rate of Last Resort, you could save hundreds per year by switching plans

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Alberta



Redwater Residents!

Have an interesting story? News tip?

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wingernewsletters@gmail.com

SMALL ADS BIG REACH 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: Thursday 2:00 p.m. Phone 780-942-2023 E-mail: redwaterreview@gmail.com

To Purchase

Seeking to purchase a good-sized herd of cows. Also looking for long-term pasture rental and well-maintained used farming equipment. Please contact 780-919-5040.

WANTED

O.M.U.Estate Auction Services Call to discuss your estate dispersal needs and get multiple buyers bidding on your valuables. Please call 780 999 6105 or email me at oral@omueas.com www.omueas.com

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Photos courtesy of Smoky Lake FCSS

Continued from page 1

Bundled up against the crisp air, skaters also glided effortlessly across the arena ice with free skating as part of the afternoon, or if one wanted an alternative, the face painting and games section was a huge hit. Eagerly forming long lines, little ones beamed with anticipation as they awaited colourful designs that transformed their faces into whimsical canvases. Interactive games and delightful prizes fueled the afternoon's excitement. The circus aura was topped off with goodies and treats from corn dogs, to french fries to perfectly

popped popcorn. Every bite pulled guests further into the atmosphere of Cirque de Smoky Lake.

A meaningful addition to this year's festivities was the involvement of Healthy Families, Healthy Futures, who graciously shared invaluable insights about their free in-home visitation services designed for families in the Smoky Lake region. This initiative emphasized a profound commitment to enhancing community well-being and support.

The day also served as a catalyst for community engagement, with four new volunteers joining the community volunteer bank, showing a

growing interest in local involvement. The clever idea of a Graffiti Wall provided families with a creative outlet to express their thoughts and feedback. In honor of Random Acts of Kindness Day on February 17th, a special jar filled with inspiring ideas for positive actions was prominently displayed, encouraging families to embrace kindness and spread goodwill beyond the confines of the event through small, thoughtful gestures.

Braving the chilly air, approximately 150 spirited attendees gathered to interweave wonderful memories at the Family Cirque de Smoky

Lake. The event's success was bolstered by the generous support of local sponsors, including Smoky Lake County, ATB, Kinettes, and the Smoky Lake Agricultural Society, whose contributions turned this celebration of family and community into a remarkable reality.

The Family Day Cirque de Smoky Lake encapsulated the very essence of community spirit and so much more. It was a testament to the joy, fun, and excitement that foster connections, demonstrating that even in the midst of winter's chill, families can unite to create cherished memories.



WOMBANIA™

by PETER MARINACCI



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www.wombania.com

4615 49 AVE REDWATER



\$265,000

This 1,159 sq. ft. bungalow offers a 22x24 detached garage, room for RV parking, and a concrete parking pad at the front of the home. With 3+1 bedrooms, the home has seen some updates over the years, including newer shingles and most main-floor windows. The main floor features a well-designed layout with a kitchen and dining area, a bright living room, a 4-piece bathroom, a primary bedroom with a 2-piece ensuite, and two additional bedrooms. The basement offers plenty of potential and includes a large family room, a 3-piece bathroom, a utility/laundry room, and an additional bedroom. A fantastic property with space, functionality, and room to make it your own!

5807 53 AVE REDWATER



\$324,900

Beautiful bungalow in a prime location, situated across from the Redwater Golf Course! This well-maintained home features an open-concept main floor, perfect for entertaining. The main level offers three bedrooms, including a primary suite with a 2-piece ensuite, plus a 4-piece main bathroom. Downstairs, you'll find a spacious family room, laundry area, two additional bedrooms, ample storage, and a partially finished bathroom ready for your personal touch. The basement also features a brand-new drop ceiling. Recent upgrades include newer windows, doors, flooring, some appliances, and updates to the upstairs bathrooms, as well as new carpet in the basement. The only finishing touches needed are interior basement doors and the basement bathroom. Outside, enjoy a fully fenced yard, a double detached heated garage with recently updated shingles, and a side driveway perfect for RV parking. A fantastic opportunity in a sought-after neighborhood!

#4 4908 43 ST LEGAL



\$214,900

Discover this charming 2-bedroom end-unit townhouse in Legal, perfectly situated near a park. Ideal for those seeking low-maintenance living, as exterior upkeep and snow removal are included in the affordable monthly condo fee. The main floor offers a functional layout, starting with a front bedroom that can double as an office. The kitchen overlooks the cozy living room, which opens onto a private balcony, perfect for relaxing or entertaining. Additional features include main-floor laundry, a spacious primary bedroom, and a 4-piece bathroom. The home also includes a single attached garage and a partial basement, providing ample storage space. Recent updates, including new flooring and appliances, add to the appeal of this move-in-ready home.

5026 50 AVE WARSPITE



\$89,900

Why rent when you can own? This charming one-bedroom mobile home makes a perfect starter or retirement home. Located in Warspite just off Highway 28, it's connected to city water and sewer for added convenience. Enjoy a bright sunroom with patio doors opening to a deck, as well as a large shed for extra storage.

5217 44 AVE SMOKY LAKE



\$229,900

Spacious 1500 sq. ft. bungalow featuring two bedrooms on the main floor (with the option to convert the main-floor laundry back into a third bedroom) and an additional bedroom in the basement. Highlights include a cozy wood-burning fireplace, a main-floor family room, a large covered deck, double garage, a generous jacuzzi room, and a basement sauna. While this home has been a rental for the past 19 years and could use some TLC, it offers incredible potential and unique features for the right buyer.

4816 50 AVE REDWATER



\$64,900

Commercial building in Redwater with prime Main Street exposure! Featuring three office spaces, this property is ideal for an insurance agency, law firm, accounting office, or other professional services. A great opportunity to establish your business in a high-traffic location!

March is
Good Seed
month

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trevor.dafoe@thorhildcounty.com

COUNCIL MEETING HIGHLIGHTS February 25, 2025

Below is a brief summary of decisions made at the February 25, 2025, Regular Council meeting:

Amendments to Policy 605 - Administration, Property Tax and Assessment Services Schedule of Fees

Council approved the amendments to Policy 605 - Administration, Property Tax and Assessment Services Schedule of Fees as presented.

Thorhild County Quality Management Plan

Council accepted the attached Quality Management Plan Thorhild County Gas Utility as information and authorized the Reeve to sign on behalf of Thorhild County.

Thorhild County Integrity Management Program

Council adopted the Integrity Management Program, as revised from time to time, as a guideline in operating and maintaining our Gas distribution system.

Delegation - Chris Cholak, MNP

Council accepted the presentation from Chris Cholak, MNP for information.

Correspondence for Action - Egremont Community Club

Council directed Administration to provide a letter of support for the Egremont Community Club's efforts to construct a new hall. Additionally, Council requested Administration to bring back Policy 332 Letters of Support to a future Council meeting to be updated.

2025 Gravel Program

Council approved the transfer of \$1,200,000 from operating reserves to the Infrastructure Services budget for the completion of gravel surfacing work that was deferred in 2024.

Long Lake Block Wells

Council directed Administration to provide notice to the Long Lake property owners that the block wells except block well #5 will be closed as of September 30, 2025.



We want your feedback!

Waste Management of Canada Corporation (WM) will be hosting a public open house to request feedback from Thorhild County residents on its application to amend its development permit to align with the Provincial Environmental Approval at Thorhild Landfill. We look forward to seeing you there.

Date: Thursday, March 6
Time: 3 p.m. - 7 p.m.
Location: Newbrook Hall

Questions? Please contact: Chris LeMaistre at clemaistre@wm.com

BUSINESS SPOTLIGHT



Each month, we highlight local business stories, share key insights, and connect you with the people shaping our economy.

This month we are featuring **Nook in the Woods**. Visit www.bit.ly/business_spotlight to check out their story and see why Nook in the Woods is more than just a business—it's an experience!

Business Spotlight
NOOK IN THE WOODS



FREE TAX CLINICS Get your benefits and credits



If you have a modest income and a simple tax situation, volunteers can do your tax return for you!

For Thorhild County residents that have modest income and very basic tax returns.

Income limits for the 2024 tax year are as follows:

- Singles up to \$35,000
- Couples combined income up to \$45,000
- Families with a combined income up to \$52,500

Taxes will be completed during March and April by appointments on the following dates:

March 5, 2025 10:00 am-3:00 pm	April 9, 2025 10:00 am-3:00 pm
March 6, 2025 10:00 am-3:00 pm	April 10, 2025 10:00 am-3:00 pm
March 25, 2025 10:00 am-3:00 pm	April 22, 2025 10:00 am-3:00 pm
March 26, 2025 10:00 am-2:00 pm	April 23, 2025 10:00 am-3:00 pm
March 27, 2025 10:00 am-3:00 pm	April 24, 2025 10:00 am-3:00 pm
April 8, 2025 10:00 am-3:00 pm	

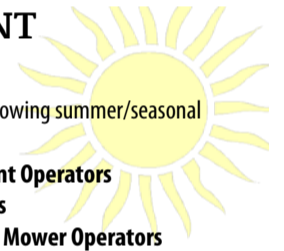
To book an appointment or for information please call Kelly at 780-398-3741 ext. 2820.

EMPLOYMENT OPPORTUNITY

Records Management Clerk
.80 Temporary, June to August 2025

For details, please visit our Careers page at www.thorhildcounty.com.

SUMMER EMPLOYMENT OPPORTUNITIES



Thorhild County is accepting applications from candidates to fill the following summer/seasonal positions:

- Pool Manager & Lifeguards/Instructors
- Summer Program Coordinator & Leaders
- Spray Operator
- Equipment Operators
- Labourers
- Roadside Mower Operators

For details, please visit our Careers page at www.thorhildcounty.com.

NATURAL GAS INSTALLATION

Property owners requiring a new natural gas service or a secondary line to a home, business, or farm are asked to call 780-398-3741 ext. 2811 or utilities@thorhildcounty.com to request a new natural gas infill.

When contacting Thorhild County, please state the address or legal description, and the type of installation required. The cost for new rural natural gas infill is \$8,250 plus GST. The cost for new urban natural gas infill is \$3,500 plus GST.

The application deadline is August 31 of each year.

2023 TAX ARREARS DEADLINE

If you have any property tax arrears from 2023, please note that payment must be made by March 14, 2025, to avoid the Tax Recovery process. If you do not make a payment by this date, a Tax Recovery Notification will be placed on your property's title.

For information on how to pay your tax arrears, visit www.thorhildcounty.com, find Corporate Services under the Services tab and click on Assessment & Property Taxes, or contact our Tax Clerk, Courtney Gray, at courtney.gray@thorhildcounty.com.

AVOID MISTAKES IN CONTROLLING BLACK KNOT

Black Knot is a naturally occurring disease that affects trees and shrubs belonging to the Cherry (Prunus) genus throughout the Canadian prairies. The main symptom of Black Knot is the distinctive black, tar-like swellings that appear on the branches of the affected plant.



One of the primary ways this disease spreads is through improper pruning practices and the timing of these activities. To prevent the spread of Black Knot, it is essential to avoid common pruning mistakes and to choose the right time for pruning.

Learn more by reading the full article at www.thorhildcounty.com and click on Agricultural Services under the Services tab. This article and more are available under Useful Links.



Five things you might not know about RRSPs

(NC) Most Canadians do not have a workplace pension. That's why the federal government created the Registered Retirement Savings Plan. If you're one of the roughly fifty per cent of Canadian wage earners who contribute to their RRSPs each year, there are a number of things you may not know about them. Here are five.

They provide a tax-deduction

One of the main benefits of contributing to your RRSPs is that you can get a deduction on your current taxes. Simply put, every dollar you contribute to your RRSPs is deducted from your income for the year. This will reduce the amount of income you pay taxes on, and may even

move you into a lower tax bracket. Your investments in the RRSP are also tax-sheltered as they grow.

There's a contribution limit

There's a maximum amount that Canadians are allowed to contribute to their RRSPs each year. Your personal amount is based on 18 per cent of your previous year's income, up to a maximum of \$31,560 for the 2024 tax year. But, if you don't use all your contribution room, any extra can be carried over into the future. You can find your unused contribution balance on your annual Notice of Assessment you receive from the Canada Revenue Agency.

You can withdraw them before

retirement

Generally, when you withdraw from your account before its time, you will get hit with a hefty withholding tax and the money you take out will be counted as taxable income for that year. But there are exceptions. For example, you can withdraw up to \$60,000 from your RRSPs to use for a down payment if you qualify as a first-time homebuyer. Similarly, you can withdraw up to \$10,000 a year (to a \$20,000 lifetime maximum) to use for a qualifying education program. Note that in both cases you must pay back whatever amount you withdraw into your RRSPs within a set period to avoid penalties.

They don't last forever

Many people don't realize that you have to close your RRSP account by December 31st of the year you turn 71. At that point,

you have three options: withdraw all the remaining funds, transfer them to a similar investment called a Registered Retirement Income Fund or purchase an annuity.

You can use your RRSPs to donate

Want to leave a legacy and make a big impact on a cause you care about? You can name a charity as a beneficiary on your RRSP. Your financial institution has a simple form for you to fill out where you list all the people and/or registered charities you'd like to receive your leftover funds.

Note that in Quebec, you can only name a charity as a beneficiary of your RRSPs through your will.

An added benefit? Your estate will receive a donation tax credit that could eliminate much or all of the taxes that would have to be paid on any leftover RRSPs anyway.



Redwater School News



Rick's OILFIELD HAULING

Grade 8 students at Redwater School participated in frog dissection as part of hands-on learning

CARLETON MEDICAL CLINIC
ACCEPTING NEW PATIENTS AND WALK INS
FAMILY PHYSICIANS
ACCEPTING NEW PATIENTS
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 MD, MRCGP, LMCC, CCFP
DR. CHRISTIAN OWABOR
 MD, MRCGP, LMCC, CCFP
NURSE PRACTITIONER
ACCEPTING NEW PATIENTS
IMAN KHALIL
 MN, NP-AFF, FAMILY ALL AGES (FAA)
 (FLUENT IN ENGLISH AND ARABIC)
 AVAILABLE IN LEGAL MEDICAL CLINIC 2 DAYS A WEEK
OTHER FAMILY PHYSICIANS
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 MD, MRCGP, CCFP, SURG.SCIENCE
DR. OLAJIDE DUROJAYE
 MD, MPH, LMCC, CCFP, ABCOM
PSYCHIATRIST
DR. ADEWALE ADEOYE
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 Search for Thorhild Agricultural Society

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 CALL OR TEXT MEGAN AT (780) 307-5574

PUZZLES

SEE SOLUTIONS PAGE 15 *Review*

SUDOKU

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

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	
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67					68							69		

HOROSCOPE

ARIES

(March 21 - April 20)



You might feel like you have extra energy to chase goals and take bold actions this week, Aries. Your natural drive will be strong. Find opportunities to assert yourself in new areas.

TAURUS

(April 21 - May 21)



You may feel compelled to slow down and nurture your inner self this week, Taurus. Take time to reflect on your values and personal goals.

GEMINI

(May 22 - June 21)



You are in a social mode this week, Gemini. Your communication skills will take center stage, and it's a good time to collaborate or share ideas with others.

CANCER

(June 22 - July 22)



Cancer, your focus could shift toward long-term career goals in the next few days. Work to identify a clear vision of where you want to go and the path to get there.

LEO

(July 23 - August 23)



Leo, this week brings an adventurous energy that implores you to expand your horizons. Consider travel, new experiences or educational pursuits to make the most of your time.

VIRGO

(August 24 - September 22)



You may find yourself dealing with intense emotions this week, Virgo. You might realize that time is running out on something and you really need to make a move.

LIBRA

(September 23 - October 23)



Relationships are especially important to you right now, Libra. Whether it is friendship, romance or business, your interactions with others are bound to be intense.

SCORPIO

(October 24 - November 22)



Scorpio, this week requires heightened focus on daily routines and personal health. It's a good time to prioritize self-care and improving your habits.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Sagittarius, your creativity and passion are elevated this week. You feel ready to pursue personal projects since your inspiration is booming.

CAPRICORN

(Dec. 22 - Jan. 20)



Family matters takes precedence and garner your attention this week, Capricorn. You may feel a desire to create a sense of stability in your personal space.

AQUARIUS

(January 21 - February 18)



Aquarius, communication is key this week, whether it's in social circles, at work or at home. You will engage in good conversation and exchange interesting ideas.

PISCES

(February 19 - March 20)



Finances come into focus this week, Pisces. You may wonder how you can improve your financial situation and make smarter choices when it comes to money.

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. Cut a little bit off
5. State with confidence
11. River in NE Scotland
14. Not narrow
15. Lacking social polish
16. Amount of time
17. Frame
19. Automobile
20. Toadstools
21. High school dances
22. Utilize
23. Challenged
25. One-sided
27. Showing extreme greed
31. Potted plants
34. Everyone has one
35. Lake in Botswana
38. E.T. rode in one
39. Juniors' parents

41. Small amount
42. Mother of Perseus
44. Ornamental box
45. Gov't investigators
46. Uncertain
49. A cotton fabric with a satiny finish
51. The vast grassy plains in S. America
55. Your consciousness of your own identity
56. Noted consumer advocate
60. Spanish sports club
61. Body part
62. Tractability
64. Woman (French)
65. Ready and willing to be taught

CLUES DOWN

1. Brushed aside

2. Water sprite
3. Ones to look up to
4. Monetary units
5. A number everyone has
6. Marine invertebrate
7. One who takes you to court
8. Indicates outer
9. Parallelograms
10. Strains
11. Cross
12. A way to remove
13. Some pages are dog-__
18. Ukraine city
24. A citizen of Denmark
26. Summer month (abbr.)
28. Hindu queens
29. Jewelry brand
30. Fictional rider of Rohan
31. Wet dirt
32. Russian city
33. Observed
36. Furious
37. Drivers' licenses
39. Musical composition
40. Auction
43. They __
45. Women
47. Inspire with love
48. Japanese ankle sock
49. Appears
50. Old World lizard
52. The leading performer
53. Type of protein
54. Pennsylvania town
57. Art __: around 1920
58. __ Blyton, children's author
59. Abnormal breathing
63. A place to sleep
66. Muslim ruler title
67. Depressed
68. Gradually gave way
69. Clear-thinking

PET SITTER WORD SEARCH

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

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

WORDS

- | | | | | | |
|------|-----------|----------|-----------|------------|--------------|
| BOWL | CAT | FEEDING | LEASH | REFERENCES | TRUST |
| CARE | COMPANION | HELP | MEDICINE | SITTER | VETERINARIAN |
| | DOG | HOME | OVERNIGHT | SNUGGLE | WALKS |
| | FAMILY | INSTRUCT | PETS | TRAVELING | WELFARE |

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WASKATENAU & DISTRICT MINOR SPORTS ASSOCIATION
Baseball Registration for All Age Groups
 Registration Deadline Date:
March 28, 2025

Registration contact:
Bernice Macyk
780-358-2612

or email: waskminorsports@gmail.com

UMPIRES NEEDED

COACHES NEEDED FOR ALL AGE GROUPS

WASKATENAU & DISTRICT MINOR SPORTS Annual/General Meeting
March 30, 2025 at 7:00 p.m.
 Waskatenau Curling Rink
Everyone Welcome

NOTICE TO CREDITORS AND CLAIMANTS

Estate of William Michael Bazian, also known as Bill Bazian, who died on November 9, 2024.

If you have a claim against this Estate, you must file your claim by April 11, 2025.

with Harvey P. Hait
 at McAllister LLP
 #500, 10109-106 Street NW,
 Edmonton, Alberta, T5J 3L7.

If you do not file by the date set out above, the Estate property can lawfully be distributed without regard to any claim you may have.



Redwater School proudly celebrated the outstanding achievements of its athletes at a recent tournament. Both the girls' and boys' teams earned silver medals, while the mixed team brought home bronze. Their hard work, dedication, and teamwork reflected the spirit of the school, and everyone looked forward to what comes next for these talented students.



Redwater Rush players battle for the puck during games against Athabasca and Drayton Valley on February 22. **Photo: Redwater Minor Hockey**



MARCH 2025

GRAPEVINE

SCHEDULED MEETINGS

Visit our 'Agendas & Minutes' web page for Council meeting information and the 'Calendar' web page for the complete list of other scheduled meeting dates and community events.

- Regular County Council Meeting**
 March 13, 2025 @ 9:00 AM
 March 27, 2025 @ 9:00 AM
 April 10, 2025 @ 9:00 AM
 April 24, 2025 @ 9:00 AM
 May 8, 2025 @ 9:00 AM

A Public Q & A Period is held during each Council Meeting 11:30 AM to 12:00 PM

Smoky Lake County
Main and Public Works
Offices will be

CLOSED

April 18, 2025
and
April 21, 2025

COUNCIL HIGHLIGHTS

- 3rd Reading given to Bylaw No. 1474-25: Joint Use and Planning Agreement with Lakeland Catholic School District.
- Defeated Bylaw No. 1472-25: A Bylaw to amend land Use Bylaw No. 1272-14: LUB Amendment for NE-34-59-13-W4 from Residential to Agricultural Land.
- Awarded Campground / Recreational Area Supervision & Care-taking Services for Hanmore & Island Lake, & Mons Lake.
- Amended Policy Statement No. 62-10-10: Agricultural Service Board Business Plan.
- Amended Policy Statement No. 03-20-05: Safety Apparel and Footwear.
- 3rd Reading given to Bylaw No. 1475-25: Natural Gas.
- Agreed to amend the agreement for the Intermunicipal Collaboration Framework (ICF) with Lamont County.

Donations

- \$500 donation to Spedden Fish and Game Association Family Day Fishing Event.
- \$500 donation to Vilna Curling Club's Annual Greg Flondra Memorial Bonspiel.

NOTICE: PUBLIC HEARING

Proposed Bylaw No: 1472-25:

- To redistrict the lands legally described as NE-34-59-13-W4M, from Residential Conservation (R2) District to Agriculture (AG) District, under the County's Land Use Bylaw #1272-14; &
- To reclassify the lands legally described as NE-34-59-13-W4M, from Residential Conservation Area to Agriculture Area, under the County's Municipal Development Plan Bylaw #1249-12; &
- To reclassify the lands legally described as NE-34-59-13-W4M, from Residential Conservation Area to Agriculture Area, under Bonnie Lake Area Structure Plan Bylaw #1146-07.

The Public Hearing will be held as follows: **March 13, 2025 at 9:15 AM**

For details visit: www.smokylakecounty.ab.ca/publichearing

IMPORTANT DEADLINES

Contract Trucks & Equipment: Notice to Register

Policy No. 03-04

Contractors must complete and submit annually a registration form listing each piece of equipment they wish to hire out. Registration forms must be **delivered in person** to the Public Works Shop prior to, **4:00 PM on April 30, 2025**.

Dust Control/ Suppression Applications

Policy No. 03-39

Public Works is accepting applications for blade mix oil or magnesium chloride dust control/ suppression for rural roads within the County in front of residences.

Deadline to apply is prior to 4:00 PM on May 31, 2025.

Policies and application forms can be found at: www.smokylakecounty.ab.ca/policies

Smoky Lake County 2025 MUNICIPAL ELECTION

Nomination period OPEN
January 1 to September 22, 2025
www.smokylakecounty.ab.ca/election2025

JOIN OUR TEAM!

To view current career opportunities, visit:
www.smokylakecounty.ab.ca/employment

Fire Season Starts March 1st
MAKE SURE IT'S OUT.

Be sure to check your fall and winter burn piles to ensure they are completely extinguished. A fire that is not properly put out can smolder underground and resurface as a wildfire.

PROCLAMATIONS: Canadian Agriculture Safety Week March 16 - 22, 2025

Main Office
Box 310
4612 McDougall Drive
Smoky Lake, AB T0A 3C0

Public Works Shop
Box 310
5004-50 Street
Smoky Lake, AB T0A 3C0

Toll Free 888-656-3730
Main Office 780-656-3730
Public Works Shop 780-656-3755



www.smokylakecounty.ab.ca

Navigating security in the age of online banking

(NC) As Canadians increasingly bank and manage their money online, it's crucial to stay vigilant in safeguarding your transactions and personal information safe and secure.



According to Shekher Puri, RBC's VP, digital components and platforms, there are a number of easy-to-use digital tools and steps you can take that can help protect you whenever you're online.

• Use multi-factor authentication when possible: Two-factor authentication, or two-step verification, provides an extra layer of security and makes it harder for cybercriminals to steal your information when banking

or making transactions online. It does this by using two separate factors to make sure you are who you say you are. For example, when using two-step verification for online banking, after you enter your username and password, you will receive a notification on a trusted device asking you to allow the login. This ensures that even if someone has your username and password, only you can access

your banking information and conduct transactions. While some apps and websites use this type of authentication automatically, some leave the decision up to the user, which is a smart step to take every time you are online.

• Use alerts to spot suspicious activity: There are several types of alerts that send a notification if there is out-of-the-ordinary activity on an account. For

example, with a fraud alert, you will be notified if there is an unusual banking or credit card transaction. That's why it's important to set up these alerts with all your financial institutions.

• Use a trusted device: Only use devices you are familiar with when banking or managing your money online. This means your own personal smartphone, tablet or laptop. It's also important to only use secure Wi-Fi connections, not public networks.

Learn more about the digital tools available and the steps you can take to stay safe online at rbc.com/cyber-security/how-to-protect-yourself-online.

Ochre Park School News



Ochre Park School students unite in celebration of kindness and anti-bullying on Pink Shirt Day.

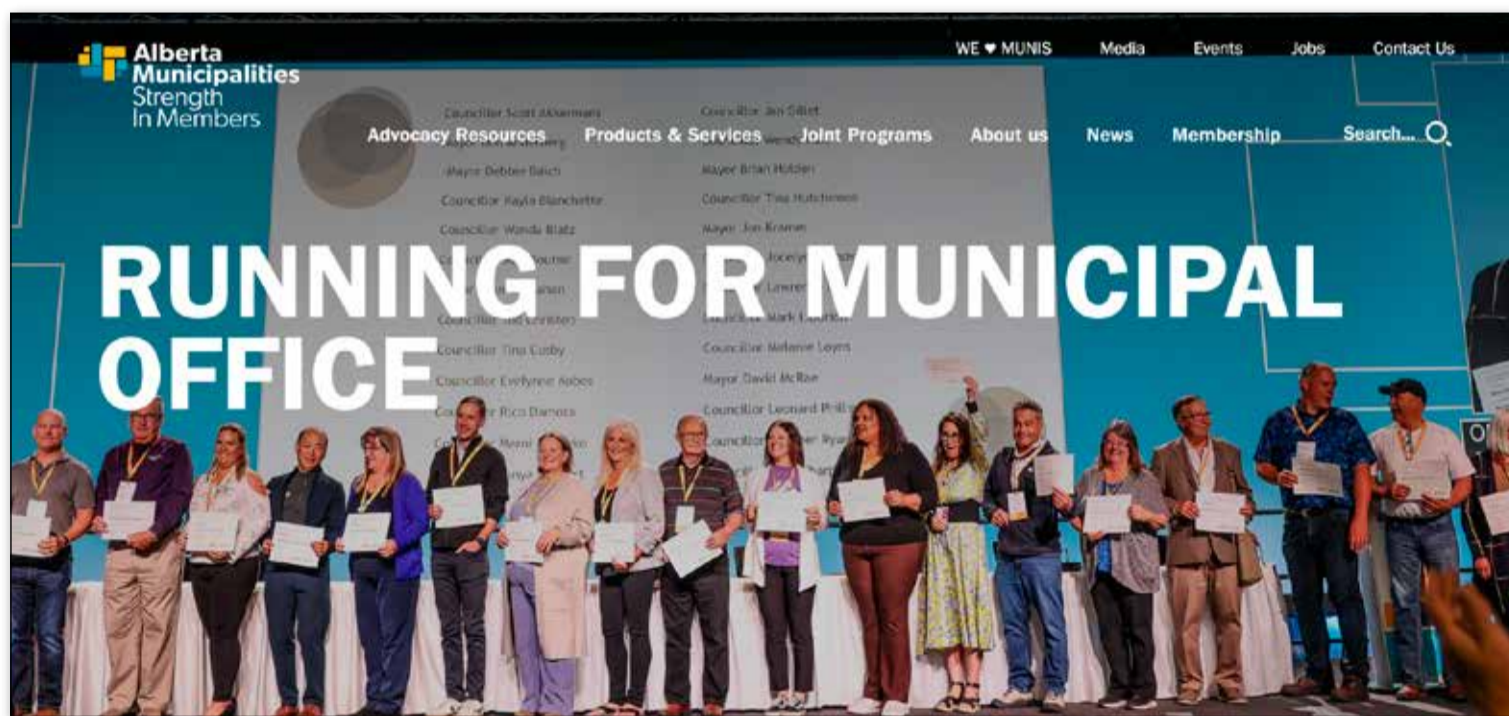


Municipal elections fast approaching

By Brandie Majeau

Municipal elections in Alberta are fast approaching, presenting a unique opportunity for individuals interested in influencing their community. For those passionate about improving localities, now may be an ideal time to consider a candidacy for municipal office. The role of an elected official allows individuals to be involved in important decisions, budget allocations, and the everyday lives of residents.

Running for office can be daunting; however, Alberta Municipalities, in collaboration with the Rural Municipalities Association (RMA), has developed a comprehensive resource guide to assist potential candidates. This guide provides insights from the experiences of ABmunis and RMA Board members and highlights the Elected Officials Education Program



(EOEP). Interested individuals can start by accessing valuable resources on Running for Municipal Office at www.abmunsi.ca.

Serving as an elected official demands significant responsibilities, and success often hinges on a deep understanding of the community—its people, geography, prospects, and challenges. Whether representing small villages, rural

municipalities, or large cities, officials must be well-versed in relevant legislation, planning and development processes, and effective service delivery. Additionally, strong skills in ethical governance, collaboration with colleagues and neighbouring municipalities, and strategic planning are essential for effective community leadership.

The EOEP offers essential training and resources for those seeking to enhance their competencies. The program includes Munis 101: the Essentials of Municipal Governance, designed to equip both new and returning councillors with the necessary skills and knowledge for their roles. Additionally, six supplementary courses cover detailed topics

such as public participation, regional partnerships, land use, and development approvals.

Becoming a municipal elected official carries significant weight in shaping the future of local communities. These officials have crucial decision-making power that affects infrastructure, budgeting, economic development, and the provision of essential

municipal services. By representing their constituents, councillors play a vital role in ensuring that the community's concerns and needs are acknowledged and addressed.

Their decisions can directly improve residents' quality of life through enhanced public services, boosting economic growth, or promoting a more inclusive and equitable community.

H.A. Kostash School News



H.A Kostash's grade 3 and 6 students enjoyed an exciting ski trip to Long Lake.





Thorhild Minor Hockey AGM

**Waste Management
of Canada Agriplex
Friday, March 28, 2025 @ 6:00 pm**

**Contact: Cody Siemens @
587-334-2330**

**Positions for election are Vice
President, Treasurer, Registrar
and various Directors.**



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Thorhild Minor Hockey



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PUBLIC HEARING – Bylaw 1669/24

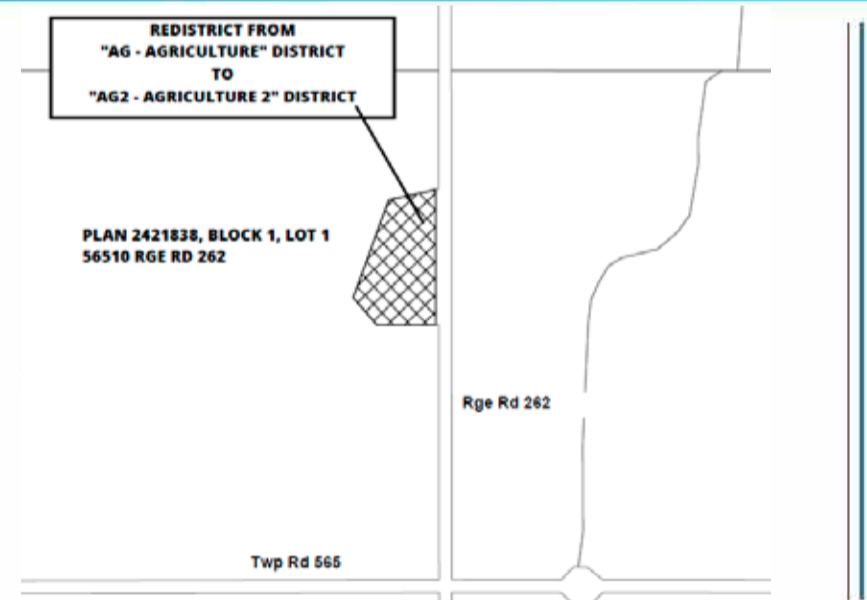
Amendment to Land Use Bylaw 1385/17

Sturgeon County Council requests public input on proposed Bylaw 1669/24. This Bylaw would redistrict a portion of SE-34-56-26-4 from AG - Agriculture to AG 2 - Agriculture 2 District, which accommodates diversified agricultural development with increased traffic and visitors.

The proponent is seeking to operate an Event/Wedding Venue on the property. As this land is currently designated as AG - Agriculture, it does not allow for this type of activity. Redistricting is being proposed to accommodate or allow for the associated uses.

Each time land is redistricted, a bylaw is needed to amend the Land Use Bylaw, and a Public Hearing must be held.

[View the proposed bylaw at sturgeoncounty.ca/hearing-1669](http://sturgeoncounty.ca/hearing-1669)



Public Hearing details

The Public Hearing will be held in person and via videoconference on: Tuesday, March 11, 2025, at 1 p.m. (or as soon as practical thereafter) Sturgeon County Council Chambers (9613 100 St. in Morinville) sturgeoncounty.ca/CouncilMeetings

Questions? Contact us!

Jonathan Heemskerk
Planner, Current Planning
780-939-1398
jheemskerk@sturgeoncounty.ca

Important information about Public Hearings

Requirements for speakers

All speakers have five minutes to speak and are encouraged to provide a written copy of their submission before the Public Hearing.

Speaking in person

To speak at the Public Hearing in person, contact Legislative Services at **780-939-8277** or **780-939-1377** to pre-register.

Speaking via videoconference

To speak at the Public Hearing via videoconference, you **must** register by March 10 at 1:00 p.m. **780-939-8277** or **780-939-1377**. This ensures you receive instructions to access the videoconference.

Written submissions

Email your written submission to Legislative Services at **legislativeservices@sturgeoncounty.ca**. Written submissions are accepted up to the close of the Public Hearing.

If making a written submission, you must include your name, state your interest in the matter (such as a County resident directly impacted by the proposed bylaw), and indicate if you are in favour of or opposed to the proposed bylaw.

Watching the Public Hearing

You can view the Public Hearing in person or online at **sturgeoncounty.ca/CouncilMeetings**. To view the livestream, click on the meeting date on the calendar, then click on the video link.

Six actions to help avoid money mistakes

(NC) According to recent research, while three-quarters of Canadians say they have strong financial habits, many are still making money mistakes that could be impacting their financial wellbeing. These actions range from not setting financial goals to not keeping track of expenses. The research also uncovered that many Canadians feel they lack the time or knowledge to make good financial habits stick.

Want to avoid money mistakes and build stronger financial habits? Here are six actions to help get you started.

1. **Set goals and create a plan:** Knowing what you want to achieve and creating a plan is an important step in making new financial habits stick. It allows you to see where you are financially

and identify the habits you will need to create, and stick to, in order to reach your goals.

2. **Make a budget and track your spending:** These are two important habits that can improve your financial wellbeing. Start by looking at your spending habits and then create a budget that aligns with your monthly earnings. Make sure to capture all expenses, big and small, and to review your budget regularly to ensure you are staying on track.

3. **Monitor your cash flow:** Knowing and staying on top of your cash flow is an important step to not only ensure you have enough money to cover your expenses today, but to make long-term planning easier by

identifying how much money you have to put towards savings and investing goals. It can also help you determine if you need to tighten up your spending.

4. **Save and invest when and what you can:** With everyday expenses adding up, it can sometimes seem impossible to find money to save or invest. A common misconception is that it takes a lot of money to get started or make a difference. In reality, finding even a small amount of money to put away can add up over time. The most important thing is to just get started.

5. **Chip away at debt:** Knowing how much debt you have is a good first step. Make a list of all your current debts, along

with interest rates, then look at your budget to see how much you can put towards paying off your debts. While there are many approaches you can take, one strategy is to focus on your highest-interest debt first.

6. **Get expert advice**

and use tools that can help: Get expert advice and use tools to help you keep your financial habits on track. For example, digital tools like RBC's NOMI, which provides a suite of capabilities that use artificial intelligence to help


Canadians manage their money, can help remove some of the barriers and friction that can come with creating better financial habits.

Find more tips to help you navigate creating better financial habits at rbc.com/nomi.



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Pick-Up:
Friday, April 25, 8 a.m. - 8 p.m.
Saturday, April 26, 8 a.m. - Noon

Sturgeon County Agriculture Services Shop,
 9613-100 Street, Morinville

For more information
 Call: 780-939-8349
 Email: agriculture@sturgeoncounty.ca

In the February 19 edition of the Review, an incorrect Rain Barrel advertisement was published due to an error on our part. We sincerely apologize for this mistake and any inconvenience it may have caused. The Review



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I also collaborate closely with experienced industry professionals, including my mentor Mike LaRue, to continually refine and expand my expertise. Together, we are building a team dedicated to delivering exceptional mortgage services.

At the heart of my work is a passion for helping people secure the home of their dreams while building lasting relationships based on trust and integrity. As I grow in this field, I'm committed to providing an exceptional client experience that is as rewarding as it is reliable.

Having completed my education through the Real Estate School of Alberta, I am licensed with both AMBA and RECA. I bring a client-first approach, combining industry knowledge with personalized service. My mission is to guide individuals and families through one

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CANADIAN Kids Corner



Math Blocks

Fill in the missing blocks with numbers between 0-20.
 The numbers in each row add up to the totals on the right.
 The numbers in each column add up to the totals on the bottom.

10	8		33
	11	9	22
6		5	15
18	23	29	

5	4	9
9	11	2
15	8	10

Solution

CANADA



HISTORY

1794

The Jay Treaty establishes a neutral commission to settle border disputes between the United States and Canada.

Food FACT:



True or false?
 There is no perfect diet for everyone.

Answer: True; experimentation may be needed

Get Scrambled

Unscramble the words to determine the phrase.
E H L T Y H A L M S A E

Answer: Healthy meals

NEW WORD

REFINED

with unwanted elements removed by processing

How they say that in...

- English:** Protein
- Spanish:** Proteína
- Italian:** Proteine
- French:** Protéine
- German:** Eiweiß

Did You Know?

A combination of various foods, with a good deal of vegetables and fruits, is part of a healthy and balanced diet.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Smoothie



Warm up with Irish stew this St. Patrick's Day

St. Patrick's Day is known for revelry. A festive atmosphere prevails each March 17, and people from all walks of life and genealogical backgrounds take part in festivities that have become celebrations of Irish culture.

Cuisine is a big part of Irish culture, even if it's not the first thing people think of when pondering the Emerald Isle. This St. Patrick's Day, celebrants can bring a touch of Irish cuisine to their celebrations by preparing the following recipe for "Irish Guinness Stew with Lamb" courtesy of Lines+Angles.

Irish Guinness Stew with Lamb Makes 6 servings

- 8 cups lamb or beef stock; divided
 - 1 cup pearl barley
 - 3 lb. lamb shoulder, cubed
 - Salt, to taste
 - Freshly ground black pepper, to taste
 - 3 tablespoons oil
 - 1/2 cup unbleached all-purpose flour
 - 4 stalks of celery, washed, trimmed and chopped
 - 2 large yellow onions, peeled and chopped
 - 3 cloves of garlic, minced
 - 3 large carrots, peeled and roughly chopped
 - 12 fluid ounces Guinness stout
 - 1 bunch fresh parsley
 - 1 bunch fresh thyme
 - 1 bunch fresh rosemary
 - 3 large potatoes, peeled and cubed
 - 2 teaspoons cornstarch
 - 4 teaspoons water
1. In a medium saucepan set over medium heat, bring 3 cups of stock to a boil; add barley. Reduce heat to low and gently simmer for 20 minutes. Set aside.
 2. Meanwhile, pat the meat dry with paper towels. Season the meat with salt and pepper. Heat the oil in a 6-quart Dutch oven. Brown the meat on all sides over medium-high heat. Using a slotted spoon, remove the meat from the pot. Sprinkle flour over the meat, shaking off any excess; set aside.
 3. Add the celery, onions, garlic and carrots to the pot and saute until onions are soft and translucent. Add

Guinness and deglaze the pot, scraping up all the caramelized bits on the bottom and sides of the pan.

4. Chop the leaves of the parsley, reserving the stems. Tie the parsley stems and several sprigs of thyme and rosemary into a bundle; drop the bundle into the pot. Chop the remaining thyme and rosemary; set chopped herbs aside.
5. Return the meat to the pot. Add the potatoes, barley and enough stock to cover the meat and vegetables. Bring to a boil over medium heat. Reduce heat to very low and simmer for 2 to 3 hours, or until meat is fork tender. Stir occasionally, adding remaining stock as necessary.
6. Check seasoning; adjust to taste. Stir in chopped parsley, thyme and rosemary. Mix cornstarch in water and stir. Add to stew, stirring to incorporate. Cook over low heat for 5 to 10 minutes or until stew thickens. Ladle into bowls. Serve with crusty bread and of course more Guinness if desired.



Enjoy a bite of a lemony treat

Adjusting diet is a necessity for someone with food allergies, intolerances or a condition like irritable bowel syndrome. Although an individual may understand the need to avoid certain foods, it can be difficult to pass up on foods when so many people around you are enjoying them, especially when they are tasty desserts.

Fortunately for lemon bar lovers, this recipe for "Lemon Bars" from "The Complete IBS Diet Plan" (Rockridge Press) by Amanda Foote, RD, offers a sweet and sour offering with delicious shortbread crust that should not cause any digestive distress for IBS sufferers.

Lemon Bars Makes 12 bars

For the crust

- 1/2 cup (1 stick) very cold unsalted butter, cut into pieces, plus more for greasing the pan
- 1 3/4 cups gluten-free all-purpose flour
- 2/3 cup powdered sugar
- 1/4 cup cornstarch
- 1/2 teaspoon sea salt
- 4 tablespoons very cold coconut oil, cut into pieces

For the filling

- 4 large eggs
- 1 1/4 cups sugar
- 3 tablespoons gluten-free all-purpose flour
- Grated zest of 2 lemons
- 2/3 cup freshly squeezed lemon juice
- 1/3 cup unsweetened plain rice milk
- Pinch sea salt

To make the crust:

Preheat the oven to 350 F. Grease a 9-by-13-inch baking dish with butter.

1. In a blender, combine the flour, powdered sugar, cornstarch, and salt and pulse 10 times in 1-second bursts.
2. Add the butter and coconut oil. Pulse 4 to 5 times more, in 1-second bursts, until the mixture resembles sand.
3. Transfer the mixture to the prepared pan and press the crust into the bottom and slightly up on the sides.
4. Bake for 15 to 20 minutes until just brown.



To make the filling:

5. While the crust bakes, in a medium bowl, whisk together the eggs, sugar, and flour. Stir in the lemon zest, lemon juice, rice milk, and salt. Pour the mixture into the warm crust.
6. Bake for about 20 minutes until the filling is set.
7. Cool on a wire rack for 30 minutes. Refrigerate before cutting into bars and serving.

PUZZLES SOLUTIONS

WORD SEARCH

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

S	N	I	P	A	S	S	E	R	T	D	E	E
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SUDOKU

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

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Everyone Welcome.