



Redwater's Barbara Bairstow proves age is just a number in pursuit of lifelong fitness

By Shelley Winger

For many, hitting 50 can feel like a turning point—a time to slow down, accept a few more aches, maybe ease into a quieter routine. But for Redwater's Barbara Bairstow, it was exactly the opposite.

Now 59, Barbara is a personal trainer, long-distance runner, and living proof that life after 50 can be your strongest, healthiest chapter yet. Known around town for her energy, warmth, and no-excuses attitude, she's helping others redefine what aging looks and feels like—and inspiring a wave of confidence and motivation throughout the Redwater community.

"I was inspired to become a personal trainer in my 50s," Bairstow explained. "My dedication to my own health and fitness proved not only to myself but to those around me that age is just a number. I wanted to be able to share with others that life

after 50 doesn't have to come with aches and pains, gaining weight, or slowing down."

That message isn't just a slogan—it's her lived experience. Barbara's journey with fitness started early. She still remembers the moment it clicked.

"I walked into a gym for the first time when I was 18. I knew instantly that this was where I belonged," she said. "Fast forward to today and I'm still training. My life has always been active. I've done a little bit of everything—from CrossFit to competitive bodybuilding."

While many admire her dedication in the gym, it's her love of long-distance running that really centers her. For Barbara, movement is medicine, and staying active isn't just about staying in shape—it's how she stays mentally and emotionally grounded.

But it's not just her personal

Continued on **page 7**



Personal trainer Barbara Bairstow leads by example at the Redwater Fitness Centre, showing clients that strength has no age limit. **Barbara Bairstow photo**

Be a part of the Flourish Festival!

By Brandie Majeau

The Town of Smoky Lake is excited to announce the upcoming Flourish Festival, a one-day cultural celebration scheduled for August 30, 2025. This event aims to unite diverse backgrounds by showcasing an array of cultural experiences that highlight traditional food, music, dance, and art from around the globe.

Sukhan Bajaj, Smoky Lake Newcomer Navigator, expressed, "Our goal is to create a welcoming and engaging atmosphere where residents and visitors can explore and appreciate different cultures, fostering a deeper sense of community, inclusion, and shared heritage." The festival promises to be one for the books, featuring a variety of global cuisines for attendees to savour, live performances by talented artists representing various traditions, and interactive cultural displays that invite participation and learning from all ages.

The town encourages all cultural groups to get involved, as the festival is committed to inclusivity and celebrating the rich tapestry of their community's heritage.

To ensure a diverse representation, they are currently collaborating with various organizations to prepare unique cultural displays that reflect the multitude of cultures present in town.

The deadline to apply for participation in the Flourish Festival is July 19, 2025. If anyone is interested in being a part of this experience, please reach out to Sukhan Bajaj at newcomerprogram@smokylake.ca or call 780-656-3674. The Town of Smoky Lake looks forward to celebrating unity and diversity together at the Flourish Festival!

Redwater Library hosts Annual 'Word on the Block' event



Shauna Krankowsky photos

By Valerie Winger

On Thursday, July 3, the Redwater Public Library held its annual Word on the Block event, drawing families and community members for an afternoon of summer fun.

The event, a local favourite, offered something for everyone. Members of the Redwater Lions Club were



Continued on **page 14**



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Groundbreaking celebration an emotional moment

A group photo of everyone in attendance for the Holy Family Catholic K-12 School groundbreaking celebration. This photo will be featured proudly on the wall of the new school once it has been built to honour those who shared in this monumental occasion.



By Brandie Majeau

The Lakeland Catholic School Division and Holy Family Catholic School in Waskatenau were filled with joy and anticipation as they celebrated the momentous occasion of their Ground Breaking Ceremony on July 9, 2025. A gathering of guests, students, teachers, and community members assembled on the current school grounds, their emotions evident in tears and embraces as they marked the beginning of a significant new chapter, the construction of a new school building. Work is set to commence in the coming summer, a promise of progress.

Bishop Gary Franken graced the ceremony with his presence and led the group in prayer, invoking a spirit of hope and purpose,

“May it be a place where young hearts grow in faith, knowledge, and love.” His words reverberated

through the crowd as he blessed the grounds destined to become an educational epicenter.

Board Chair Anna Brockhoff passionately spoke next, reflecting on this extraordinary milestone and the bright future awaiting students to flourish in wisdom and grace. Her sentiments found support in the words of MLA Glenn van Dijken, who eloquently stated, “I congratulate you,” affirming the invaluable significance of the occasion. He emphasized the Alberta government’s substantial investment of \$8.6 billion through the School Construction Accelerator Program, a commitment that will not only build and renovate schools across the province but also ensure that rural areas are not overlooked, the goal across the province is to have 200,000 new and upgraded student spaces by 2031.

Mayor Richard Warren echoed the

sentiments of gratitude and optimism, highlighting the profound impact the new school will have on the entire community. He expressed heartfelt thanks to both the Alberta government and the Alberta Infrastructure Department for their support of this transformative project.

The Ground Breaking Ceremony of Holy Family Catholic K-12 School overflowed with appreciation for everyone involved in reaching this pivotal point. Following the prayers and countless hours of meticulous planning and dedication, the moment arrived: shovels pierced the earth, soil was flipped, and the first step toward a brighter future was taken. This new school facility will not merely replace the existing one; it will honour the legacy of its predecessor and build upon the cherished memories that defined more than just a brick and mortar



Principal Farrah Ollikka gives her thanks for all who made the construction of a new school possible.



Mayor of Village of Waskatenau, Richard Warren



Board Chair Anna Brockhoff, Bishop Gary Franken, and MLA Glenn van Dijken break ground for the new Holy Catholic School in Waskatenau.

building.

The new school will house a community library, and the foyer will feature a historical wall celebrating the rich history of both the school and the community it serves. What

was once a pristine ball diamond will soon transform into the site of the new gymnasium. Though the loss of this beloved community space brings a bitter-sweet feeling, it signals the creation of a new

school where future generations will gather, learn, and make lasting memories. This step forward is a leap into a future where young minds can be inspired and empowered to grow.

Newbrook Historical Society welcomes guest speaker



By Brandie Majeau

The Newbrook Historical Society expressed great enthusiasm in hosting Dr. Iryna Kozynets, an esteemed historian formerly associated with Zhytomyr State University's Department of Ukrainian History, at the Newbrook Library. During her visit, Dr. Kozynets delivered two engaging lectures that captivated a diverse audience, shedding light on the historical and cultural connections between Zhytomyr, Ukraine, and Newbrook, Alberta.

Attendees were particularly intrigued by Dr. Kozynets's exploration of the deep historical ties that transcend immigration narratives. One of the most fascinating points discussed was the pivotal role of both regions in the context of the Cold War and the ensuing Space Race. Dr. Kozynets detailed the significant event of October 4, 1957, when the Soviet Union launched Sputnik, the world's first artificial satellite. This revolutionary feat was orchestrated by a team led by a scientist from Zhytomyr, highlighting his contribution to global advancements in space technology. Of relevance to

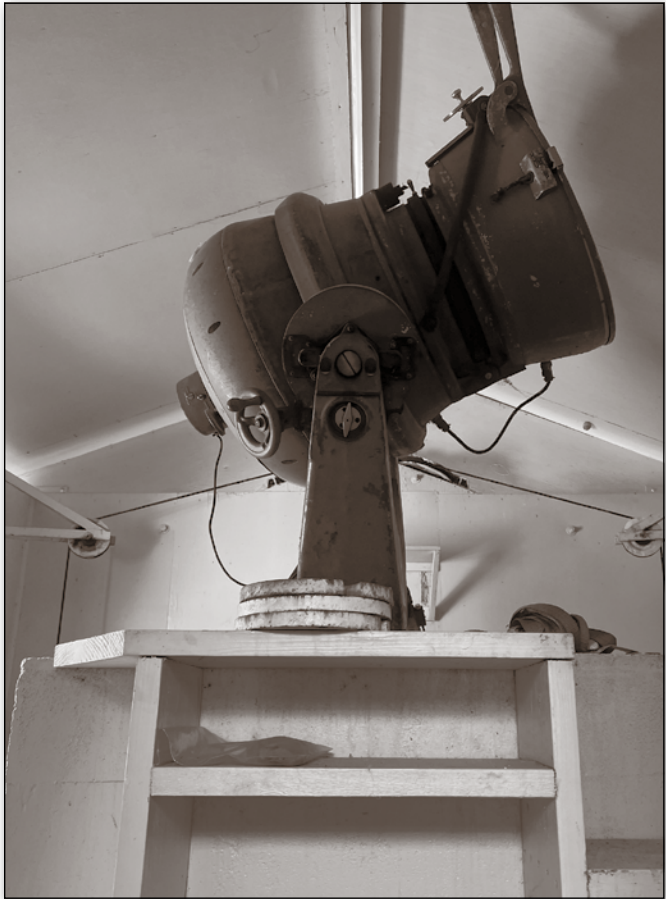
Newbrook is the fact that just five days later, on the morning of October 9, 1957, the first North American photograph of Sputnik was taken at the Newbrook Observatory by local scientist Art Griffin. This remarkable moment positioned Newbrook on the map of space exploration and also forged a vital connection between the local community and the historical advancements stemming from Ukraine.

In celebration of this rich heritage, the Newbrook Historical Society will open the Newbrook Observatory to the public, inviting guests to immerse themselves in its historical significance. Every Saturday throughout the summer of 2025, from 12 PM to 3 PM, visitors can explore the observatory, which houses a wealth of historical artifacts related to astronomy and the Space Race, in addition to Newbrook's own local history. Volunteer members of the historical society will be on hand to answer questions, provide insights, and listen as locals and guests share their own memories, stories and experiences.

Located just outside Newbrook, on the west side of the railway tracks along Highway 661, the

Newbrook Observatory stands as a tribute to both local and global histories. It serves as an educational hub where community members can deepen their understanding of the intricate threads that connect Newbrook to historical events, particularly those that have shaped our contemporary world.

Through events like Dr. Kozynets's lecture and the observatory's summer openings, the Newbrook Historical Society looks to promote a broader understanding of a shared heritage, enriching the community's discourse and celebrating the intertwined histories of two distant yet connected places.



The photos feature a selection of exhibits that can be found in the Newbrook Observatory and Museum. **Photos courtesy of Newbrook Historical Society**

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SOLD

GORGEOUS TREED 70 ACRES WITH HOME

This cozy 1 bdrm walk out bungalow in Thorhild County offers a peaceful retreat with a beautifully landscaped yard and wide trails that wind through the mature trees, creating the perfect setting for outdoor enthusiasts. The main house features a finished basement, which could be used as second bedroom, with door to the attached woodshed and provides ample living space for family or guests. The 26'x26' double detached garage has in floor heating and offers plenty of room for vehicles and storage, while multiple outbuildings on the property provide additional space for hobbies, animals, workshops, or extra storage. There is also a charming guest house, which only requires water to complete it and make it a perfect space for visitors. Bring your animals or just use the land for recreation and hunting with moose and deer right on your land. Gardens, fruit trees and dugout complete the property. **\$524,900. Call Heather to view.**



NEW

FAMILY HOME IN FORT SASKATCHEWAN

Welcome to over 1900 sq feet of space for your family! The main floor features an open-concept kitchen, dining, and living room with **HARDWOOD FLOORS**, 2-piece bath and laundry/mud room with access to the double attached garage. Upstairs are the bonus room, two bedrooms, a 4-piece bath, and the primary bedroom with a walk-in closet and 5-piece ensuite including a jacuzzi tub. The unfinished basement is ready for customization to your needs. Walk onto the 18'x14' deck from the dining room to overlook your sunny south facing back yard - with access to a walking trail perfect for dogs, a morning jog, or taking the kids to the nearby playground. **\$499,900. Call Tara to view.**



4 BEDROOM WITH GARAGE IN THORHILD

Well kept 3 + 1 bedroom split level home in Thorhild. Upgrades in the past few years include exterior and interior paint, shingles, living room & kitchen flooring, furnace & h/w tank. Two west windows will be replaced before possession. Main floor features a large eat-in country kitchen with plenty of cabinets, a large living room and storage closets. Upper floor has a good size primary bedroom with double closets and two additional bedrooms. The main bathroom has lots of cabinet and counter space as well as a linen closet and a convenient door to the Primary Bedroom as well. Basement has laundry area, large 4th bedroom and 3 pce bathroom. There is lots of additional storage space in the crawl space. Back yard has a 22'x16' garage with attached 22'x16' covered carport. Just needs the walls on the carport and you would have a nice double garage. **\$194,900. Call Heather to view.**

THORHILD BUNGALOW

This well built 2+2 bedroom bungalow has all its original vintage decor from 1967 when it was built. It features original mahogany cabinets, doors and trim along with built in decorative shelving. There is a small pantry in the kitchen and a clothes chute from main floor to basement. Basement has a large family room, two bedrooms, cold room and laundry/furnace area. There is roughed in plumbing for a future bathroom in basement as well. Shingles around 10 years old and hot water tank is only a few years old. Newer vinyl plank flooring in kitchen. Large 50'x130' lot with lots of mature trees and perennial flowers, storage shed, and concrete block patio. Move in and upgrade the home to your own personal preferences when you choose to. Located in Thorhild, just under an hour to Edmonton. Thorhild has everything you need including a grocery store, hardware store, dental office, K-9 school, restaurants and even an outdoor swimming pool. **\$179,900. Call Heather to view.**



SOLD

EGREMONT MOBILE HOME

1998 mobile home on 50'x138' lot in Egremont (just a few minutes NE of Redwater). Home needs work but has potential. **\$49,900. Call Janine to view.**

5 BEDROOM 3 BATH BUNGALOW NEAR WESTLOCK

Beautiful 3 acres with 1770 sq ft 2+3 bdrm, 3 bath bungalow with fully finished bsmt and 30'x28' attached heated garage just a few minutes NW of Westlock, about a half hour to St Albert. Home has had substantial upgrades over the past 20 years including siding, soffits, paint, **HOT WATER ON DEMAND**, high efficiency furnace, wood stove, and back deck. In 2018 **CENTRAL AIR CONDITIONING** was added along with a **GENSET SYSTEM** which automatically turns on if the power goes out and powers the whole house and at that time new flooring and a maintenance free front deck were also added. Other features are in floor heating in basement, pantry, 3 pce ensuite with soaker tub, main floor laundry, main floor office, back up sump pump system. Heated garage built in 2016 has 2 floor drains and a handy back porch area for boots and coats. Main floor also has a large flex room and office space. Garden area and raised garden beds, storage sheds, mature trees and view from front deck of a small lake complete this great property. **\$524,900. Call Heather to view.**



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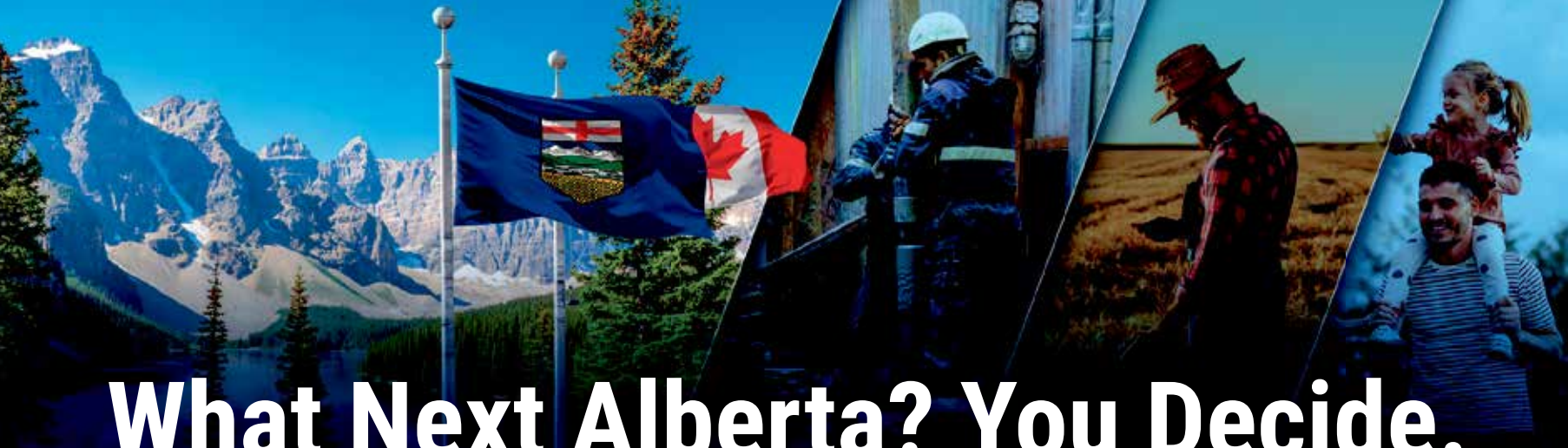
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HEATHER MOELLER:
780-699-7914

TARA FISHER:
780-932-0196

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What Next Alberta? You Decide.

The Alberta Government is launching a province-wide consultation to chart our path, defend our economy, and assert our sovereignty within a united Canada.

Ottawa's continued attacks against our economy and future cannot continue.

Many of the ideas discussed will form questions for a provincial referendum in 2026.

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SATURDAY JULY 26TH

GAMES 3:00 - 7:00

DINNER 4:30 - 7:00

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Salad Bar, Beans and Cornbread

Adult \$20 7-12 \$12 6 & Under Free

Dinner Tickets

Radway Library & Radway Post Office

or Call 780 204 1365

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Pioneer Days

July 26

Admission

Sponsored in Remembrance of Dwayne Delorme

Community

8:30 - 10:00 Pancake Breakfast

2-10 yrs \$8 11+yrs \$12

11:00 - 12:00 Parade

8:30 - 2:00 Vendor Market

8:30 - 3:00 Quilt Show

8:30 - 3:00 Bench Show

Bench show drop off 9:00 - 12:00 July 25th

Heritage

11:00 - 3:00 Car Show

12:00 - 4:00 Childrens Activities

12:00 - 4:00 Petting Zoo

3:00 - 7:00 Carnival Games

12:00 - 4:00 Concession

12:00 - 7:00 Cold Beer & Drinks

4:30 - 7:00 Beef on a Bun or Chicken Dinner

7-12 yrs \$12 13+yrs \$20

6 & under free

Roots

12:00 - 4:00 Concession

12:00 - 7:00 Cold Beer & Drinks

4:30 - 7:00 Beef on a Bun or Chicken Dinner

7-12 yrs \$12 13+yrs \$20

6 & under free

Family

12:00 - 4:00 Concession

12:00 - 7:00 Cold Beer & Drinks

4:30 - 7:00 Beef on a Bun or Chicken Dinner

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Visit alberta.ca/measles to find out if you're up to date and what to do if you're not.

Alberta



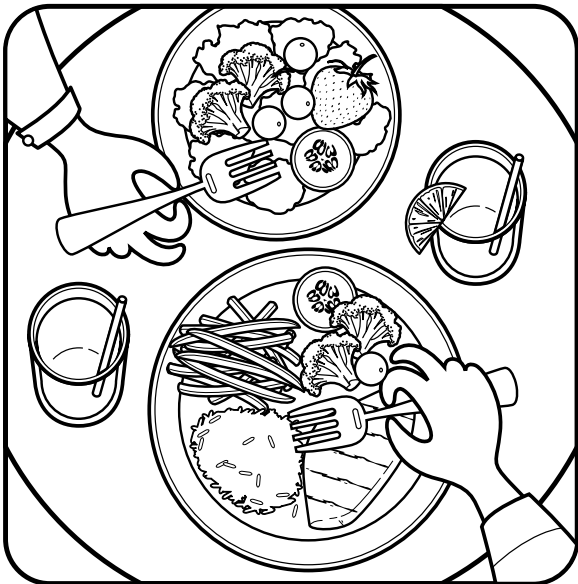
CANADIAN

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Double Word Puzzle

Unscramble the words to reveal the sentence.

RYTEVIA

1

2

3

4

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VROSA

7

BNDAL

8

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MRIF

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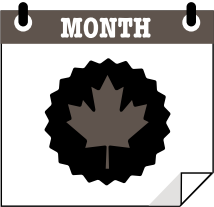
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5

7

Answer: Fruits and vegetables

CANADA



HISTORY

1941

The CBC New Service begins operations in English. Operations begin in French the following day.

Health FACT:



A healthy diet features at least five servings of these every day.

Answer: Vegetables

NEW WORD

PULP

the soft, fleshy part of fruit

“How they say that in...”

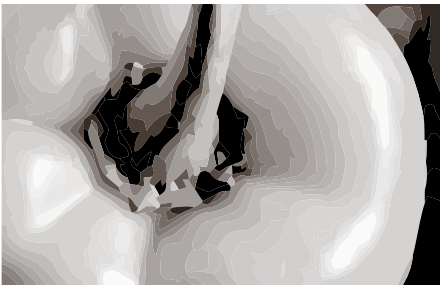
- English: Carrot
- Spanish: Zanahoria
- Italian: Carota
- French: Carotte
- German: Karotte

Did You Know?

Tomatoes, avocados and bell peppers are fruits. Strawberries aren't actually berries, while bananas are, at least botanically. Fruits are quite interesting.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Yellow bell pepper



Redwater and District Museum summer students Jess Hinchey and William Luger bring a playful touch to the festivities at Word on the Block 2025, held last weekend, by posing behind an artistic rendering of traditional Ukrainian costumes. The vibrant piece, inspired by two authentic outfits on display at the museum, offered attendees a fun and interactive way to celebrate cultural heritage during the community event. **Redwater and District Museum photo**

Continued from page 1

passion that sets her apart—it’s how she shares it. In Redwater, she’s become a trusted coach and cheerleader for people of all ages and abilities, meeting them where they are and helping them move forward with confidence.

“The Redwater community has embraced me and shown immense appreciation and support for my services. I am never without amazing clients,” she said. “I’m especially grateful to Andrea from RFC—she’s been a great support and gave me the opportunity to call the Redwater Fitness Centre my home for training.”

Barbara has built a reputation for being welcoming, encouraging, and real. Her clients often say it’s her down-to-earth approach that makes the difference. She knows what it’s like to start something new later in life, and she makes sure no one feels intimidated or judged.

“It’s never too late to start anything, especially where your health is concerned,” she said. “No matter your age or ability, you just begin. There’s not one negative side to fitness—only positive. A better quality of life. A great coach will work with you to improve the areas of your life that need a change.”

She doesn’t just train bodies—she changes mindsets. Many of her clients arrive unsure of themselves, maybe feeling like their best years are behind them. But under Barbara’s guidance, they begin to see what’s still possible. Whether it’s lifting heavier, walking longer, losing weight, or simply feeling more confident, her clients are proof that transformation doesn’t come with an expiry date.

And as for the future? Barbara’s just getting started.

“My future looks busy!” she laughed. “I want to continue training clients, add to my trainer portfolio with more education and expand my business in the community to offer more services. Retirement is not my thing... you’ll see me around for a long time.”

There’s something undeniably magnetic about Barbara Bairstow. Maybe it’s the way she glows with energy and purpose. Maybe it’s her refusal to settle. Or maybe it’s that she believes, with her whole heart, that it’s never too late to choose a better path—for your body, your mind, and your life.

In a world that often sends the message that aging means slowing down, Barbara is rewriting that script one client, one run, one rep at a time.



PUBLIC NOTICE

Take notice that the following Development Permits have been approved on June 25, 2025 in accordance with **Land Use Bylaw No. 1272-14** of Smoky Lake County:

Permit Number: DP 025-25
Legal Land Description: PLAN 7821750, BLOCK 1, LOT 7
Area: MONS LAKE
Division: 4
Land Use District: MULTI-LOT COUNTRY RESIDENTIAL (R1) DISTRICT
Use Type: DISCRETIONARY USE
Proposed Development: GARDEN SUITE

For information or to view this Development Permit, please contact Jordan Ruegg, Development Authority & Planning and Development Manager at 780-656-3730 to arrange an appointment.

Persons wishing to appeal the above decision must do so by filing a written "NOTICE OF APPEAL" along with the \$250.00 appeal fee, to the Clerk of the Intermunicipal Subdivision and Development Appeal Board (ISDAB) 4612 McDougall Drive, Box 310, Smoky Lake, Alberta T0A 3C0, no later than **Monday, July 21st, 2025, at 4:00 p.m.** The appeal letter should indicate the Development Permit number, contact name, phone number, mailing address, and reason(s) for appeal.

Jordan Ruegg
Development Authority Officer/
Planning and Development Manager

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Please be advised that **The Review** will not be publishing on **August 6** and **August 13**. We apologize for any inconvenience this may cause and appreciate your understanding.

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PUBLIC HEARING NOTICE FOR BYLAW 08-2025

Thorhild County is giving consideration to adopting the following Bylaw:
BYLAW 08-2025: To adopt Bylaw 08-2025 for Draft Municipal Development Plan.

The following Public Hearing will be held both in-person and via Microsoft Teams (audio only) and will be presented on:
Tuesday, July 22, 2025, at 10:00 a.m., Thorhild County Council Chambers (801 – 1st Street, Thorhild)

The proposed Bylaw may be viewed at: www.thorhildcounty.com/Government/Council/Council-Meetings/Public-Hearings

Important Information:

- All speakers will be given a 10-minute time limit and are encouraged to provide a written copy of their submission in advance of the Public Hearing.
- If you intend on participating in person, you are encouraged to pre-register.
- If you wish to speak at the Public Hearing via Microsoft Teams, you are asked to register by Thursday, July 17, 2025. This is to ensure that Teams participants receive instructions to access the hearing.
- If you are unable to attend the Public Hearing, you may make a written submission. Your name, address, legal land location and the bylaw number must be included in your submission.
- To register, submit a written submission or have issues connecting to Teams Meeting, contact the Planning Clerk at 780-398-3741 Ext. 2823 or email: jeannette.cholach@thorhildcounty.com.
- The proposed Bylaw may be viewed at the County Office and is available on the Thorhild County Website: www.thorhildcounty.com/Government/Council/Public-Hearings.
- Persons wishing to attend the Public Hearing are invited to attend in person or via Teams Meeting through the County website at: www.thorhildcounty.com/Government/Council/Council-Meetings.
- If you have any questions or inquiries pertaining to this Public Hearing, contact David Blades, Manager of Planning and Development at 780-398-3741 Ext. 2825 or e-mail David.Blades@thorhildcounty.com.

Access to Information Act: By submitting comments on this bylaw, either orally or in writing, the personal information you provide may be recorded in the minutes of the Public Hearing or otherwise made public. This information is collected under the Protection of Privacy Act Section 4 (c). If you have any questions, please contact the Protection of Privacy Coordinator at 780-398-3741.

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

Lukawesky, Fred John

With much sadness, we announce that Fred John Lukawesky, 89, known to family and friends as John, passed away peacefully on July 2, 2025, following a lengthy struggle with Parkinson's disease.

John is survived by his loving wife of 57 years, Nora; sons, Kenneth Watson and Steve; daughters, Rose Lucas, Lorraine (Randy) Wilson and Mary Anne (Josh) Haitel; many grandchildren and great-grandchildren; brothers, Victor (Jeanette), Henry and Russell (Denise); sisters, Elizabeth Rioux, Patricia Saik and Jane MacDonald; as well as numerous nieces, nephews, relatives and friends.

He was predeceased by his son, Kris Watson; daughter, Corrine Nason; parents, Steve and Millie; and brothers, Walter (Lena) and Peter (Oleatha).

John was born and raised on his family's homestead near Opal, where he devoted his entire life to farming. Together, John and Nora shared a deep appreciation for the land, spending many years raising livestock, cultivating crops, gardening, and developing both their family and the farm's backhoe business.

The family wishes to thank the staff at the Radway Continuing Care Centre for the excellent care given during John's time there.

A Funeral Service was held Tuesday, July 15, 2025, at 11 a.m. at Park Memorial Chapel, 9709 – 111 Avenue NW, Edmonton with interment in St. Michael's Cemetery.

In lieu of flowers, donations may be made to the Parkinson's Association of Alberta, <https://parkinsonassociation.ca>

Photos, memories, and condolences may be shared through www.parkmemorial.com



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PUZZLES

SEE SOLUTIONS PAGE 15

Review

SUDOKU

CROSSWORDS

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

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. Resorts
- 5. One point south of southwest
- 9. Musical performances
- 11. Matched
- 13. Four-footed animal part
- 15. Express severe disapproval of
- 16. Type of leaf
- 17. Preparatory
- 19. Walk heavily
- 21. Succulent plants
- 22. Rectangle of grass
- 23. Lump in yarn
- 25. Too
- 26. Foot (Latin)
- 27. Afflicts
- 29. Smoothed

- 31. Mind (Greek)
- 33. Tampa ballclub
- 34. Semitic language
- 36. Sheltered sides
- 38. Ocean
- 39. Electronic point of sale
- 41. Thrust a knife into
- 43. 12th month (abbr.)
- 44. Ringworm
- 46. Father of Aoris (Greek myth.)
- 48. Fighting back
- 52. Cease to exist
- 53. Insects in adult stage
- 54. Freestanding sculpture
- 56. Caps
- 57. Repents
- 58. Brown and Wallace

- are two
59. Moved quickly
- CLUES DOWN
- 1. Goes bad
 - 2. Yard structure
 - 3. They __
 - 4. Marine invertebrate
 - 5. European river
 - 6. Office supplies firm
 - 7. Physically abused
 - 8. Service stations in Australia
 - 9. Kills
 - 10. Liquid body substances
 - 11. Particular to a given individual
 - 12. Brave or noble act
 - 14. Sicilian city
 - 15. Conqueror
 - 18. Elected officials
 - 20. Type of "pig"
 - 24. Drop of viscous substance

- 26. Monetary unit of Spain
- 28. Guarantees
- 30. Coloring materials
- 32. Reddish browns
- 34. Square measure
- 35. Will not
- 37. Canned fish
- 38. Appeared
- 40. Six (Spanish)
- 42. Took off
- 43. Negligible amount
- 45. Posts in a Greek temple
- 47. Witnesses
- 49. Phil __, former CIA
- 50. Places to park
- 51. Guns
- 55. Dance to pop music

HOROSCOPE

ARIES

(March 21 – April 20)



Aries, your confidence is peaking and people are noticing. Even though you are on a roll, don’t let it go to your head. Midweek might be a test of your patience, but you’ll keep your cool.

TAURUS

(April 21 – May 21)



You are craving creature comforts, Taurus. This week you might be happy with keeping things slow and relaxing. You also may want to splurge on a treat.

GEMINI

(May 22 – June 21)



Gemini, this week your brain may be best compared to a Wi-Fi signal. In other words, moving fast, seeking new information and maybe a little glitchy.

CANCER

(June 22 – July 22)



Cancer, you might be feeling tender this week, and others may be realizing that you’re giving off warm-and-fuzzy vibes. You may need to be more firm at work.

LEO

(July 23 – August 23)



Your charisma is showing this week, Leo, and people could be eating it up. You’re giving off lead character energy right now, but don’t forget to let others share some of your spotlight.

VIRGO

(August 24 – September 22)



This week you are completely focused on organizing your life, Virgo. Whether you need to use spreadsheets or label makers, do whatever it takes to fix what you think needs it most.

LIBRA

(September 23 – October 23)



Libra, it’s time to embrace some social events, or at least get them on the calendar. Practice your small talk and get ready to mingle. You will be ready to be the life of the party.

SCORPIO

(October 24 – November 22)



Scorpio, if you’ve been holding on to secrets, one may slip out this week. It could be a confession or a breakthrough, but it will be intense to reveal.

SAGITTARIUS

(Nov. 23 – Dec. 21)



You may be halfway out the door and ready for some adventure, Sagittarius. Spontaneity will look good on you this week, but reserve some time for your responsibilities.

CAPRICORN

(Dec. 22 – Jan. 20)



Take inventory of what you have accomplished thus far and enjoy what you have built, Capricorn. You don’t need to prove anything because you’ve been rocking it.

AQUARIUS

(January 21 – February 18)



What to-do list, Aquarius? Your ability to focus on tasks and knock them off one by one is monumental this week. Your brain definitely has been firing on all cylinders.

PISCES

(February 19 – March 20)



Someone might surprise you this week with an unexpected compliment or an offer of help, Pisces. Accept either gladly and then figure out how to pay it forward.

STAY COOL

WORD SEARCH

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

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

WORDS	CONDENSATE	DIFFUSER	FAN	HUMIDITY	TEMPERATURE
AIRFLOW	CONDENSER	DUCTWORK	FILTER	HVAC	THERMOSTAT
CAPACITY	COOL	EFFICIENCY	HANDLER	REFRIGERANT	VAPOR
COIL	DAMPER	EVAPORATOR	HEAT PUMP	SYSTEM	VENTS
					ZONES

Recipes

A French standard offers a unique way to prepare beef

Beef is a versatile ingredient that's popular in countries across the globe. There's no shortage of ways to prepare this favorite protein source. French chefs utilize beef in various recipes, and one popular dish is Beef Bourguignon. This stew works well as a comfort food, and has become a standard of French cuisines over the last century and a half and made widely popular in the United States when Julia Child first adapted the recipe.

Those who want try their hand at cooking beef in the French fashion can look to this recipe for "Beef Bourguignon" from Lines+Angles.

Beef Bourguignon

Makes 6 servings

- 1 1/2 tablespoons sunflower oil
- 7 ounces diced smoked bacon
- 2 1/4 lbs. beef steak, chuck, cut into 2 1/2-centimeter cubes
- 1 cup all-purpose flour
- 2 tablespoons unsalted butter
- 1 onion
- 3 carrots, peeled

- 14 ounces button onions, or small round shallots, peeled
- 2 finely chopped garlic cloves
- 1 tablespoon tomato passata
- 3 cups good quality red wine (e.g., from Burgundy)
- 1 2/3 cups beef stock
- 3 bay leaves
- 4 to 5 sprigs young thyme, plus extra for garnishing
- 1 small bunch chives, snipped
- Salt
- Freshly ground black peppercorns

1. Preheat the oven to 275 F.
2. Heat the sunflower oil in a large, wide saute pan or casserole dish set over a moderate heat until hot. Add the bacon and fry until golden and crisp, 7 to 8 minutes. Remove from the pan to a plate lined with paper towels.
3. Dust the chuck steak with the flour, shaking off the excess. Season with salt and pepper before browning in the pan, in batches, over a moderately high heat.



- Remove from the pan to a bowl.
4. Return the pan to a medium heat. Add the butter, let it melt, and then stir in the onion, carrot, pearl onions, and a pinch of salt.
 5. Sauté for 8 to 10 minutes until colored. Add the garlic and tomato passata, and cook for a further minute.
 6. Return the beef to the pan and deglaze with the wine, scraping the base to release any stuck-on bits.
 7. Stir in the stock, bay leaves and thyme sprigs, and bring to a boil. Once boiling, transfer to the oven.
 8. Braise for about 90 minutes to 2 hours, stirring occasionally, until the beef is tender and easy to pull apart.
 9. Remove from the oven and season to taste with plenty of salt and pepper. Serve from the pan with a garnish of snipped chives and some thyme sprigs.

Tangy cheese gives this salad a kick

Summer party season requires having plenty of refreshing, and easy-to-prepare offerings for family, friends and other guests. Salads come in all shapes and sizes, and can feature a versatile mix of ingredients to help customize their flavor. They're also refreshing and easy to prepare and serve on hot days or nights.

"Chickpea, Feta and Orzo Salad" puts a Mediterranean-style twist on the summer salad. Feta cheese gives it richness and tang, while chickpeas pack a protein- and fiber-laden punch. Enjoy this recipe,

courtesy of "Cooking Light® Fresh Food Superfast" (Oxmoor House) by the Cooking Light® kitchens.

Chickpea, Feta and Orzo Salad

Serves 4

- 1 cup uncooked orzo
- Cucumber-Thyme Relish (see below)
- 1 cup refrigerated pre-chopped tomatoes
- 1 16-ounce can chickpeas, rinsed and drained

- 1/4 teaspoon salt
- 1/3 cup (1.3 ounces) crumbled feta cheese with basil and sun-dried tomatoes
- 1. Cook pasta according to package directions; drain and rinse under cold water. Drain well. While pasta cooks, prepare Cucumber-Thyme Relish.
- 2. Combine tomato and chickpeas in a large bowl, tossing gently; stir in pasta, salt, and Cucumber-Thyme Relish. Add feta cheese; toss gently.

Cucumber-Thyme Relish

Yields 2/3 cup

1. 1 1/2 tablespoons fresh lemon juice
2. 1 tablespoon extra-virgin olive oil
3. 1/2 cup chopped English cucumber
4. 2 tablespoons finely chopped red onion
5. 1 tablespoon fresh thyme leaves
6. 1/4 teaspoon salt
7. 1/4 teaspoon freshly ground black pepper

Combine lemon juice and olive oil in a medium bowl, stirring with a whisk. Stir in cucumber and remaining ingredients.



Chicken-fried finger foods

Country-fried or chicken-fried are terms given to breaded and deep-fried poultry and meat. In fact, chicken-fried steak is an institution in the American south, where thinly sliced cuts of cubed steak are prepared in this way and served with country gravy and biscuits. There's not much room for improvement in this classic... or is there?

In "Best-Ever Steak Fingers," chicken-fried steak gets a makeover into easily picked up finger foods tailor made for dipping in a savory sauce. They are perfect for picnics and meals on the go. Dig in, courtesy of "Lord Honey Traditional Southern Recipes with a Country Bling Twist" (Pelican Publishing) by Chef Jason Smith.

Best-Ever Steak Fingers

Serves 6

- Veggie oil for frying
- 2 cups all-purpose flour
- 2 tablespoons all-purpose steak seasoning, divided
- 1 cup buttermilk
- 1 egg
- 4 pounds beef cube steak

Dipping sauce

- 1 cup mayo
- 1/2 cup sour cream
- 2 tablespoons yellow mustard
- 1 package dry Italian salad dressing
- 2 tablespoons dried dill

1. Preheat oven to lowest temperature.
2. Pour 1 inch oil into a large cast-iron or other thick-bottomed skillet. Turn heat to medium low. Place the flour in a shallow pan. Sprinkle half the steak seasoning over flour, and mix together.
3. Cut steak into 1-inch strips. Add the rest of the steak seasoning, rubbing into each piece. Turn heat to medium on skillet. Place each strip in the flour mix, then into the milk and egg mix, then back into the flour. Shake off excess and place each strip on a plate. Repeat until all strips are coated.
4. Sprinkle a few drops flour over oil. If it sizzles, it's ready to fry. Using tongs or a fork, place strips side by side in hot oil. Don't crowd the pan, or it will cool the oil.
5. After about 2 to 3 minutes, when strips start to brown on bottom, turn over. When second side is brown, remove and



- place on a cooling rack that has been set on a cookie sheet. Set the sheet in the preheated oven. Repeat until all fingers are cooked.
6. In a bowl, whisk together all dipping sauce ingredients.

Please note our updated contact number

The Review is now using a new phone number. Our current number is: **780-222-2016** This replaces our old number (780-942-2023), which is now disconnected. Thank you for your continued support!



NOTICE TO CREDITORS AND CLAIMANTS

Estate of Wilfred Richard Drewniak, also known as Wilfred Richard Henry Drewniak and Wilfred Drewniak, who died on June 5, 2024.

If you have a claim against this Estate, you must file your claim by August 22, 2025.

with Sarah C. Hayward,
PT Law LLP
at 9831 - 107 Street,
Westlock, AB T7P 1R9

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.

In the event of a Canada Post strike, the Review will be available for pickup at the following locations:

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- Position Type: Permanent Full-time
- Salary Range: \$59,000.00 – 72,000.00/Year
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- Deadline: Open until a suitable candidate is found

Full Job Details At roseridge.org/employment



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57311 RR 213 STURGEON COUNTY



SOLD
\$499,000

A rare opportunity to own 160 acres of picturesque land just minutes from the town of Redwater. This stunning property offers the perfect setting to build your dream home, with the serene Redwater River meandering through the landscape. An old yard site remains, providing a starting point, or choose your ideal location to create your private piece of paradise. Whether you're looking for a peaceful retreat, hobby farm potential, or investment in land, this property offers endless possibilities in a beautiful natural setting.

5812 49 AVE REDWATER



SOLD
\$334,900

Spacious bi-level home in a fantastic Redwater location! This home has seen many upgrades over the years, including plenty of new flooring, fresh paint, a metal roof, vinyl siding, most windows, and a beautifully renovated kitchen. The main floor features an open layout with three bedrooms — including a primary with 2-piece ensuite — a 4-piece main bath, bright living room, and a stylish kitchen with garden doors leading to a massive deck and large fenced yard. The finished basement offers a rec room, additional bedroom with walk-in closet, a den, laundry room, and lots of storage. Central air conditioning tops it off — move in and enjoy summer in comfort!

62209 RR 201 THORHILD COUNTY



\$649,900

This Nelson Homes-built RTM bungalow sits on a ICF basement and offers the perfect blend of comfort and functionality. Located on 10 acres, the property features a double attached garage and a 36x48 drive-through shop—ideal for hobbyists, mechanics, or those that just need more storage. The home's layout is thoughtfully designed, starting with a spacious mudroom complete with a sink and stove—perfect for canning, prepping, or cleaning up after outdoor work. The main floor boasts an open-concept kitchen, dining area, and walk-through pantry, creating a seamless flow for everyday living. You'll also find main floor laundry, a 2-piece bath, a 4-piece main bath, and 3 bedrooms including the primary suite with a walk-in closet and private 4-piece ensuite. The basement with in floor heat is nearly complete—just flooring and drop ceiling remain. It includes a 4th bedroom, 4-piece bath, family room, den and wet bar area. Step outside onto the deck off the kitchen and take in your own private paradise.

4923 53 AVE REDWATER



\$314,900

Well-Maintained 3+1 Bedroom Bungalow on a Corner Lot! This great bungalow sits on a spacious corner lot and features a tandem attached heated garage. Recent upgrades include shingles, front door, garage heater, opener, and overhead door, adding value and peace of mind. The main floor offers 3 bedrooms, including one with patio doors leading to the deck, a 4-piece bathroom with a walk-in tub, a generous living room, dining area, and a functional kitchen. Downstairs, you'll find a large rec room with a bar area, the fourth bedroom, and a dedicated laundry room. The huge backyard provides endless possibilities—plenty of space for a garden, play area, or future development. A solid home with great potential in a desirable location!

56203 RR 230 STURGEON COUNTY



\$1,050,000

Stunning hillside bungalow on 2.35 acres with pavement right to your driveway, just 5 minutes to Gibbons and 15 minutes to Fort Saskatchewan, all outside of a subdivision! This beautifully maintained home offers 5 bedrooms in total, with 3 on the main floor including a spacious primary suite featuring a walk-in closet and luxurious 5-piece ensuite. The bright and open main level includes a large front foyer, seamless flow from the kitchen to the living room with gas fireplace, a dining area with access to the covered balcony, a huge walk-in pantry, main floor laundry, central A/C, and a 4-piece bath. A wide staircase leads to the fully finished walkout basement with 2 more bedrooms, a 4-piece bath, large rec room, and abundant storage. Enjoy incredible parking and workspace with a heated double attached garage plus a massive 30x42 heated shop. Everything is done, just move in and enjoy peaceful country living!

433 5TH STREET THORHILD



\$149,900

Charming 1-Bedroom Home with Recent Upgrades! This cozy home is perfect for first-time buyers or anyone looking to downsize. Enjoy peace of mind with many recent updates, including most main floor windows (2024), shingles (2022), high-efficiency furnace and hot water tank (2021), newer doors, fresh paint and trim, vinyl plank flooring (2023), an updated kitchen, and a beautifully renovated 4-piece bathroom. Situated on a large corner lot with plenty of space to build a garage or design your ideal outdoor retreat. A great opportunity to own an affordable, move-in-ready home!

THE HOETMER TEAM

Give us a call or visit our website to view all of our listings



Raymond Hoetmer
780-719-2241



Website: afoetmer.remax.ca
Email: rhoetmer@live.com
Facebook: [The Hoetmer Team](#)



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AUCTIONS

Bidding Starts to Close July 22nd 10am Retirement Auction for M3 Farms. Ph Bob McEwen (780) 264-0821 OR Dean (780) 264-0752
Located 1-Mile South of Gibbons on Hwy 28A to Twp Rd 560 & 1 1/2 Miles East & Realignment Auction for Tribend Ranch PH Todd Clark (780) 499-5060



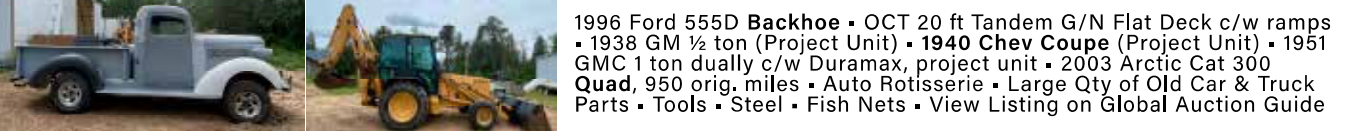
JD 9300 4WD Tractor, 6,077 hrs, 24 spd • N.Holland Versatile 9682 Tractor, 5 hyds, motor replaced from a 9862 450 Hp • 1982 VERSATILE 950 Tractor • 1980 VERSATILE 950 • 1983 VERSATILE TRACTOR 955 • 1991 VERSATILE TRACTOR 846 • 1976 VERSATILE TRACTOR 700 • WHITE 105 TRACTOR • JD 'A' • JD 'M' • JD 70 • JD 830 • 1947 JD 'A' • JD 60 • 2- JD Model 'D' Tractors • International 1066 • Ford Golden Jubilee • 2006 WESTERN STAR Detroit 60, 15 spd, 515 Hp, 781,978 km • 2000 Western Star N14, 18 spd • 1989 White IHC 9300, 20' SWS box, Cat 3406, 13 spd • 2016 Emerald Grain Trailer 45' Tandem • 2005 LODE KING Super B grain trailers • 2004 GMC Reg cab, 4x4 • 2008 GMC, Ext. cab, 4x4 • 1985 IH Fuel truck, 2" pump, 12, 000 litre tank • 2006 Honda Ridgeline, needs repairs • MORRIS RANGER II HARROW PACKER, 70ft • JD High Clearance D.Till, 41' • FLEXICOIL Harrows 70' • Wilrich 39' D.Tillage • FLEXICOIL PACKER, 60 ft • KELLO-BILT 225 - 25 FOOT DISC • SCHULTE HYD. DRIVE ROCK PICKER • EZEE-ON, 40 FT AIR SEEDER, c/w 3210 tank, 8" spg, single shoot • JD 9450 HOE DRILLS, 40 ft • JD 610 40' AIR SEEDER • JD 1830, 40' double shoot air seeder • JD 8350 14' Double disc drill • Simonsen fert. spreader • 2- 2002 Premier 2940- 21' Swathers • 2- Westward 21' Swathers • 3- KOENDERS SWATH ROLLERS • 2007 JD 9760STS Combine, 2311 eng. Hrs • 2000 JD 9650 COMBINE, 4339 eng. Hrs • John Deere 9610 Combine, 2418 eng. Hrs • 1999-9610 COMBINE, 3288 eng. Hrs • 1997 JD 9600 COMBINE, 3996 eng. Hrs • JD 925 Header • JD 24' 224 Header • 1995 JD 925 25 ft Rigid Header • JD 922 Straight cut header • JD 625R Straight cut header • 9- Various Grain Augers & Brandt 7500 Grain Vac • Consigned Approx. 46' Case IH Field Cult • 1993 Ford F350 RHS EAGLE II TRUCK SPRAYER, showing 39,773 km, 60 ft, orig. owner • F.King 6' Mower 3pt • Fuel tanks • 2- Polaris Trail-Skidoo's • Older Trucks • Older Augers • LARGE QUANTITY of Parts, Sweeps, Tires, Oils etc.

Realignment for Tribend Ranch. Selling c/w M3 Farms, Address: 23012 Twp Rd 560. Ph Todd Clark (780)499-5060



Selling for Tribend Ranch. PH Tod Clark (780) 499-5060 • 2009 JD 9770STS Combine, fully loaded, 2055 sep hrs • 2009 JD 615 PU Header • 2005 JD 9760STS Combine, 2421 sep hrs • 2005 Precision PU Header • 2010 JD 630F Hydra Flex Header • 2010 5200EX Brandt Grain Vac • 2012 12x72 Sakundiak Auger • 13x70 Farm King Auger • 8x40 Auger • Grain Cleaner • MacDon C.A. Adapter for NH/IH combine • Plus Various Augers, Fuel Tanks & Misc. • 1988 S1954 IH Truck 466 Turbo, 10 spd, 14' fert box • 1981 IH Truck 15 spd, 18 ft box • 2009 Ford F150 Pickup, 189,169 km, Orig. owner • White 272 28' Disc • 14' Cult • 7' 3pt Cultivator • 16 Grain Bins Selling Just North of Fort Sask at 22516 Lamoureux Drive PH Conrad (780) 818-6179 • 32 Grain Bins Selling at Todd's, Located 21121 31 ST NE, Edmonton

Timed Online Auction, Closes July 29th, Sturgeon County, PH Ed (780) 942-3336. Address: 23006 Twp 572 #7. Viewing July 26, 27, 28 1-7pm



1996 Ford 555D Backhoe • OCT 20 ft Tandem G/N Flat Deck c/w ramps • 1938 GM ½ ton (Project Unit) • 1940 Chev Coupe (Project Unit) • 1951 GMC 1 ton dually c/w Duramax, project unit • 2003 Arctic Cat 300 Quad, 950 orig. miles • Auto Rotisserie • Large Qty of Old Car & Truck Parts • Tools • Steel • Fish Nets • View Listing on Global Auction Guide

Timed Online Acreage Auction, Closes August 11th, Smoky Lake

Timed Online Acreage Auction, Closes August 18th, Lamont County

Timed Online Farm Equipment Auction, Closes August 20th, Mundare

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The Review

www.theredwaterreview.com

Redwater RCMP deploy body-worn cameras in push for transparency and accountability

By Haylee Winger

The Redwater RCMP has officially begun equipping its frontline officers with body-worn cameras, marking a significant step in Alberta RCMP's broader commitment to transparency, accountability, and modernization. After undergoing comprehensive training, officers are now fully prepared to use the new technology while serving the community. This deployment is part of a nationwide 12-month rollout that began in the fall of 2024, aiming to distribute between 10,000 and 15,000 body-worn cameras to frontline RCMP officers across Canada. Alberta detachments, including Redwater, are among the first to implement the program.

Body-worn cameras have become a valuable tool for police services globally, offering accurate and unbiased audio-video documentation of police interactions. The Alberta RCMP sees the initiative as a proactive response to the evolving expectations of public safety and community trust. Among the key benefits of the cameras are enhanced accountability and transparency, improved police-community interactions, and more effective evidence collection for investigations and court proceedings. Additionally, the presence of objective video records is expected to streamline the complaint resolution process, saving time and resources. With the cameras now in use, the Redwater RCMP is reinforcing its commitment to fair, respectful, and transparent policing.



Newthorad Seniors Housing would like to extend a genuine thank you to Carmen Stanko's family and Ed Wasuita for their generous act of kindness in locating a high-quality pool table and thoughtfully donating it to the senior facility. This gift will enrich the recreational options available to local residents and also encourage social interactions among the residents themselves and any visiting guests. Simple donations and support truly enhance the quality of life for residents, and again, the Thorhild Lodge and its residents deeply appreciate their thoughtfulness and commitment to making the facility a better place. **Photos courtesy of Thorhild Lodge**



Residents of Thorhild Lodge took part in the Canada Day parade and enjoyed playing games with children visiting from the local daycare. **Photos courtesy of Thorhild Lodge**



Continued from **page 1**

on hand, serving up free hotdogs to guests, creating a welcoming and friendly atmosphere. The smell of grilled food filled the air, and visitors lined up to enjoy a bite while mingling with friends and neighbours.

Children flocked to a variety of engaging activities set up just outside the library. Sparkle tattoos were a hit among the younger crowd,

adding a bit of glitter and excitement to the day. Kids also had the chance to meet and gently interact with animals at a small petting area, where they patted soft fur and learned about kindness toward animals. The event served not only as entertainment but to promote literacy, community connection, and awareness of the library's programs and services.

Library staff were present throughout the

event, greeting families and offering information about summer reading programs and other upcoming events. The atmosphere was relaxed and cheerful, with laughter and conversation flowing as easily as the lemonade.

As the afternoon ended, guests left with smiles on their faces, sparkle on their arms, and a renewed appreciation for the role the library plays in the Redwater community.



Shauna Krankowsky photos

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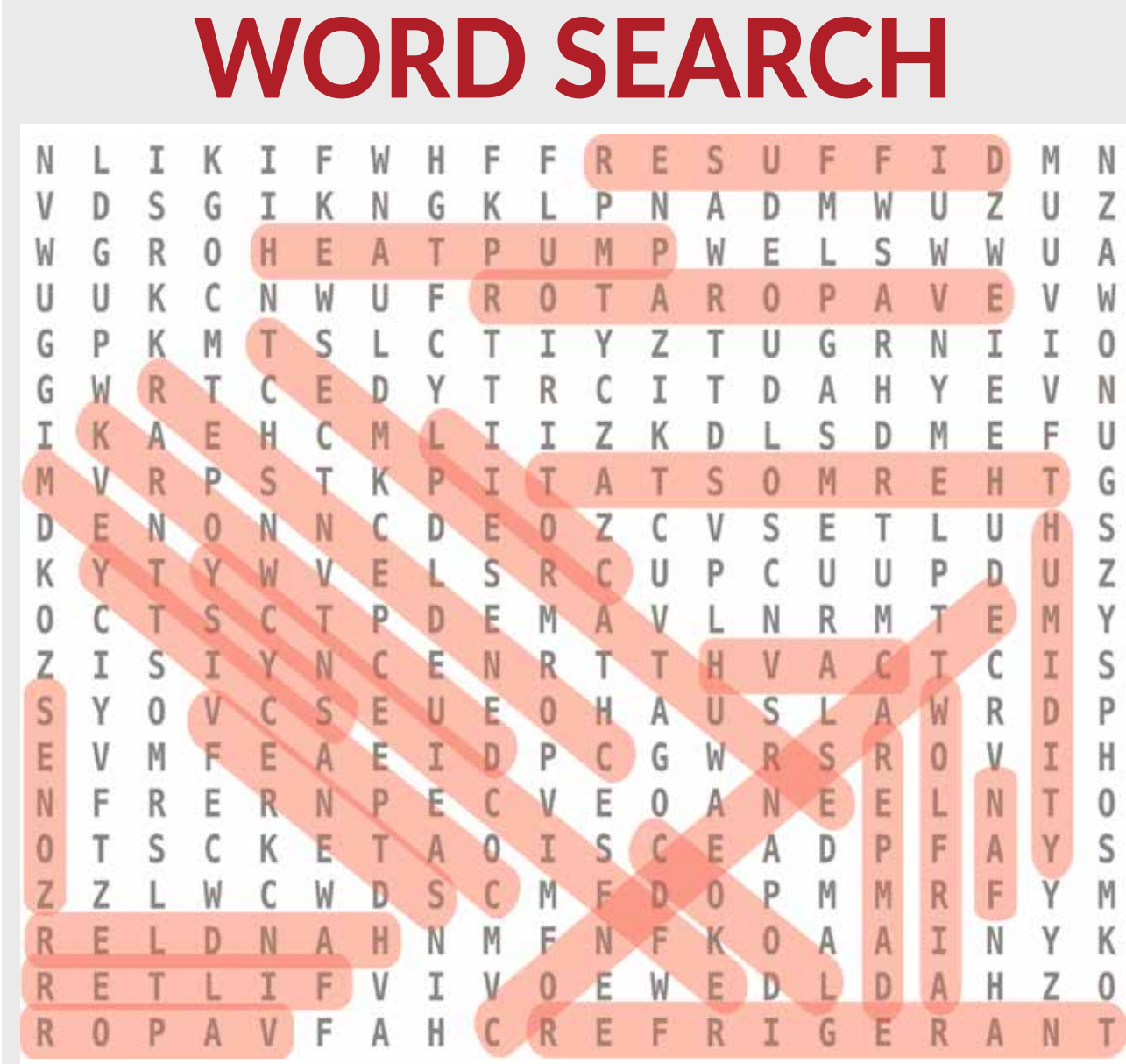
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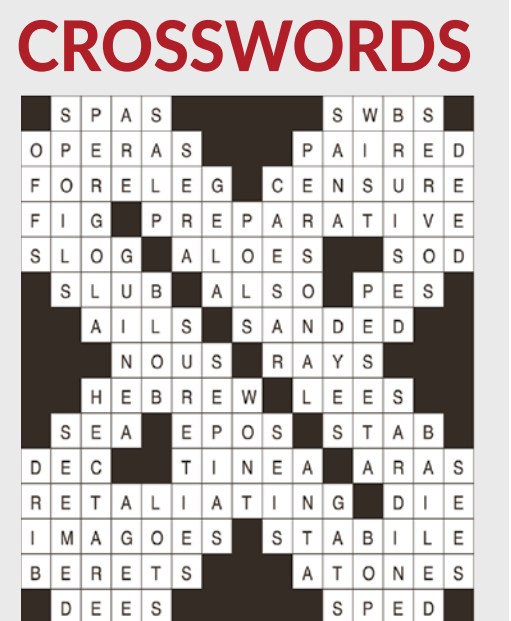
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