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- | | |
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| 5 - Giggle/Hidato | 16 - Funeral Notices |
| 6 - Sudoku/Tundra | 17 - Comparrot |
| 8 - Wonderword/Whatzit | 19 - Community Events |
| 9 - Horoscope | 20/21 - Classifieds |
| 9 - Garage Sales | 23 - Puzzle Solutions |
| 10/11 - Morning FORE! | |
| 15 - Crossword | |

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HERITAGE DAYS

A CELEBRATION OF OUR

NORWEGIAN FOUNDERS

PART ONE
OF TWO YEARS
WE WILL BE
CELEBRATING OUR
NORWEGIAN
FOUNDERS



SATURDAY, AUGUST 22ND, 2026

all over Camrose!

THE DAY'S EVENTS



11:00 AM
OPENING CEREMONIES
BAILEY THEATRE

Kick off the day as we celebrate our Norwegian heritage.

PRESENTATIONS BY

- Leroy Johnson
- Keynote Speaker: Ingrid (Olsen) Urberg



FOLLOWING
OPENING CEREMONIES
REFRESHMENTS
LEFSE HOUSE & WILD ROSE CO-OP

WALKING TOUR

Follow in the footsteps of our Norwegian Founders

- 1** MESSIAH LUTHERAN CHURCH
Short Presentation
- 2** COLDWELL BANKER - BATTLE RIVER REALTY
- 3** SERVOLD HOUSE
Short Presentation
- 4** SITE OF THE FORMER HOME OF CHESTER RONNING
- 5** "OLD MAIN" UNIVERSITY OF ALBERTA - AUGUSTANA CAMPUS
Presentation by Ingrid Urberg about the history there.
- 6** HERITAGE RAILWAY MUSEUM
Conclusion of the Walking Tour



1:30 PM – 4:00 PM

OPEN HOUSES

Take in as a self-guided tour.
Visit one, or visit both!

CENTENNIAL MUSEUM

BILL FOWLER CENTRE

FOOD TRUCKS

1:00 PM – 4:00 PM

BUCKING GOOD EATS

Located at the Centennial Museum in the Community Centre parking lot



RIVER DOGS

Located at the Bill Fowler Centre





COME AND LEARN ABOUT OUR
IMPORTANT NORWEGIAN HERITAGE
from some of our Norwegian Founders.



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6304 39 Avenue
1,138 sq.ft., 4bdrm, 3bth.
\$420,000. MLS#A2293761



CAMROSE
5219 50 Avenue
3 suite house.
\$389,000. MLS#A2322100



CAMROSE
4623 65 Street #306
864 sq.ft., 1bdrm, 1bth.
\$200,000. MLS#A2331530



EDMONTON
218 Oakwood Drive NW
1,259 sq.ft., 3bdrm, 2bth.
\$154,900. MLS#A2330981



VIKING
4911 54 Avenue
912 sq.ft., 3bdrm, 1bth.
\$175,000. MLS#A2316406



DAYSLAND
1B Highway 13 Avenue
Commercial lot on busy hwy.
\$75,000. MLS#A2238665



KILLAM
4605 53 Street
0.38 acre residential lot.
\$36,400. MLS#A2196663



KILLAM
4405 53 Avenue
5.02 acre lot. \$67,500.
MLS#A2197252



KILLAM
4604 53 Street
0.37 acre residential lot.
\$35,450. MLS#A2196665

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Morning Giggle

The officer said, "You drinking?"
I said, "You buying?" We just
laughed and laughed...

...I need bail money.

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FIND THE PATH - SOLVE THE PUZZLE

Complete the grid so that numbers 1 - 90 connect
horizontally, vertically or diagonally:

6	7			16		19	20		
	4	9	12		17			25	26
	3	10							27
1	41	39	37						
43						74	75		
									68
		53	90					66	
	55	52				64	81		
					88			85	84

Find the answer to today's puzzle on the
solution page in today's edition!

CELEBRATING
5
Years

2026
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**17456 TWP Rd 472 • Camrose County**

10.28 acres with 2145.68 sq.ft., 4 bedroom, 4 bathroom house with finished basement and an attached 2 car garage. 36 ft by 60 ft heated and powered shop with electric door, concrete floor and mezzanine, a 40 ft by 60 ft powered shop with doors on both side and tack room. Property is beautifully upkeep and landscaped.
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Always Looking For New Farm Listings

Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

Find the answer to today's puzzle on the solution page in today's edition!



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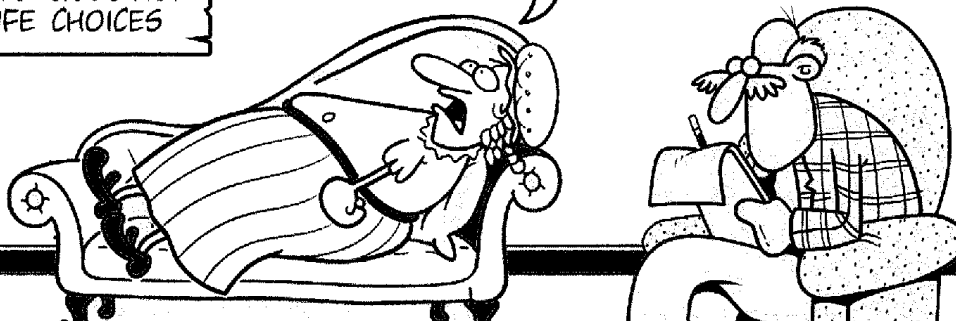
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LITTLE MISS MUFFET
BEGINS TO QUESTION
HER LIFE CHOICES

I DON'T KNOW, DOC. I MEAN, WHAT EVEN IS A TUFFET?
OR, **WHEY**, FOR THAT MATTER? AND DON'T EVEN GET ME
STARTED ON THE ARACHNOPHOBIA.



8-14

Chad Carpenter

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WONDERWORD®

By DAVID
OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

BAMBOO SLEEPWEAR

Solution: 9 letters

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

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8/14

Absorbent, Antibacterial, Beds, Blue, Bold, Breathable, Climate, Comfort, Cooling, Cozy, Dress, Durable, Eco-friendly, Fabric, Fresh, Gentle, Green, Hygiene, Hypoallergenic, Lightweight, Organic, Pajama, Pants, Plant, Renewable, Rest, Robe, Sateen, Sensitive, Shorts, Silky, Skin, Soft, Sustain, Sweats, Thermodynamic, Throw, Tops, Wash

Find the answer to today's puzzle on the solution page in today's edition!

WHATZIT?™

Find the familiar phrase, saying or name in this arrangement of letters.

G B L A C A D

Find the answer to today's puzzle on the solution page in today's edition!

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Your Horoscope

by Mecca Woods

ARIES (March 21 to April 19)

Taking care of your wellness doesn't have to be grueling or boring. It can be fun, too! Seek out opportunities to make exercise a little more entertaining.

TAURUS (April 20 to May 20)

Doing something fun or interesting with family can be a great way to spend the day.

GEMINI (May 21 to June 20)

It might be one of those days where you don't feel like being very social. Everyone needs a day off from time to time, including you.

CANCER (June 21 to July 22)

If there's a money matter to resolve, now's a good time for getting the information or answers that you need.

LEO (July 23 to Aug. 22)

Today can be useful for taking care of tasks that you've been putting off.

VIRGO (Aug. 23 to Sept. 22)

Try not to expend too much mental energy today. Your mind needs a break.

LIBRA (Sept. 23 to Oct. 22)

The company of a supportive friend or group could help lift your spirits.

SCORPIO (Oct. 23 to Nov. 21)

If you're leading a team or group, offering advice or words of encouragement will help you bring out the best in everyone.

SAGITTARIUS (Nov. 22 to Dec. 21)

Thinking outside the box will help you with advancing your professional goals. It could also help you build connections with influential people.

CAPRICORN (Dec. 22 to Jan. 19)

It may be time to admit the truth about something or someone. Avoiding the issue will only make the problem worse.

AQUARIUS (Jan. 20 to Feb. 18)

An honest and heartfelt conversation could lead to greater understanding with someone who's close to you.

PISCES (Feb. 19 to March 20)

There may be an opportunity to mentor others or be mentored. Either way, it's a win-win!

FOR TODAY'S BIRTHDAY

You're straightforward and brave. You often reach your goals because of your persistence and your aversion to failure. Others admire you because of your warmth, tenacity and talent. You have a way of making the hard work look effortless or easy. But if people knew what went on behind the scenes, they would see all the blood, sweat and tears that you've put into it. This year, you're asked to be more discerning about what gets your time and energy. Before you commit or say "yes" to a job or opportunity, ask yourself: Is this aligned with my values?

BIRTHDATE OF: Halle Berry, actress; Steve Martin, comedian/actor; Danielle Steel, novelist.

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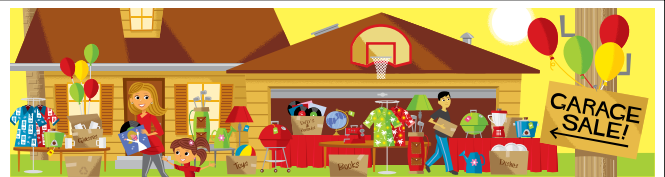
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GARAGE SALES

• Garage sale at **5205-52 St. in Daysland** on Sat., Aug. 15, 9am-5pm & Sun., Aug. 16, 10am-4pm. Good fridge, stove & dishwasher, tools, household & kids play equipment. Many good things to choose from. Multi-family sale.

• Estate Sale at **5805-43 Ave.** on Aug. 13, 14 & 15, 10am-7pm. Vintage items, couch/chairs, dining table/china cabinet, kitchen items, desk, fabric, Stampin' Up, books, toys, clothes, vegetables & more!

• Garage sale at **5801-43 Ave.** on Thurs., Aug. 13, Fri., Aug. 14 & Sat., Aug. 15, 10am-5pm daily.



Morning FORE!

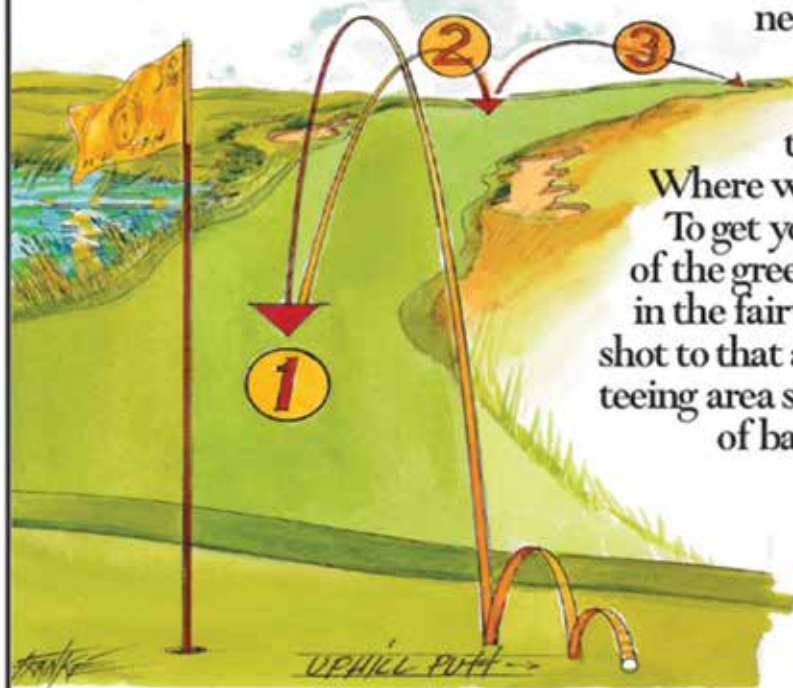


Today's Tip

MASTER STROKES

BY PHIL FRANKE WITH TOP 100 GOLF INSTRUCTORS

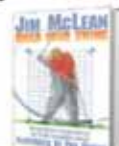
Chess 'Master' Plan!



Just like great chess players, the better golfers plot their shots, always thinking ahead. Amateur golfers who want to improve their game need to get in the habit of planning their shots from the flag back to the tee before you tee off! Where is the flag located?

Where would you have the simplest putt? To get your approach shot in that section of the green, where would be the best area in the fairway to play from? To hit your tee shot to that area of the fairway, where in the teeing area should you tee up, and what type of ball flight, if any, should you try to obtain? Always have a picture in mind of the best combination of shots to play on a specific hole, and you'll be way ahead of your competition.

By Jim McLean, owner, Jim McLean Golf School, author of the best-selling book "The Slot Swing" and the all-new "Build Your Swing" illustrated by Phil Franke



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Morning FORE!



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3 bed, 3 bath, 1,100 sq.ft.
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7 bed, 3 bath, 2,724 sq.ft.
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MLS#A2322369



5 bed, 3 bath, 1,262 sq ft
Bungalow. \$419,900.
Call Trevor or Michelle.
MLS#A2320983



3 beds 3 bath, 1,276 sq ft
Bungalow. \$385,000.
Call Michelle or Trevor.
MLS#A2321275



2 bed, 1 bath,
908 sq.ft. 1.5 Storey.
\$194,000. Call Glenda.
MLS#A2330525



3 bed, 2.5 bath, 1,254 sq.ft.
2 Storey Half Duplex.
\$265,000. Call Lisa.
MLS#A2328351



5 bed, 2 bath,
1,038 sq.ft. bungalow.
\$320,000. Call Lisa.
MLS#A2333245

OUT OF TOWN



5 bed, 3.5 bath, 1,740 sq.ft.
Bungalow in Forestberg.
\$349,000. Call Leah.
MLS#A2321865



4 bed, 2 bath, 1,054 sq.ft.
Bungalow in Viking.
\$199,000. Call Nicole.
MLS#A2289903



3 bed, 2 bath, 1,520 sq.ft.
Double Wide on 134 Acres
Near Armena. \$798,000.
Call Lisa. MLS#A2328144



1.5 Storey in Sedgewick.
2 bed, 1.5 bath, 1,055 sq.ft.
\$300,000. Call Tracy.
MLS#A2270638



3 bed, 1 bath, 1.5 Storey
in Ohaton. \$215,000.
Call Katie.
MLS#A2314194



4 bed, 3 bath, 1,366 sq.ft.
Bungalow in Viking.
\$519,000. Call Nicole.
MLS#A2261978



5 bed, 3.5 bath, 1,972 sq.ft.
Bungalow on 9.64 acres.
\$949,999. Call Lucas.
MLS#A2302701



80 Acres North
of Holden.
\$360,000. Call Lucas.
MLS#A2235205



4 bed, 2.5 bath, 1,292 sq.ft.
Bunaglow in Viking.
\$289,000. Call Nicole.
MLS#A2304901



5 bed, 2.5 bath, 2,414 sq.ft.
Bungalow on 66.06 Acres in Ponoka
County. \$999,999. Call Trevor or
Michelle. MLS#A2326523



62x120
lot in Ohaton.
\$44,500. Call Lisa.
MLS#A2308960



2 bed, 1 bath, 816 sq ft
Bungalow at Norris Beach.
\$364,900. Call Trevor or Michelle.
MLS#2253948



4 bed, 3 bath, 1,885 sq.ft.
Bungalow on 11.05 Acres.
\$759,900. Call Tracy.
MLS#A2321743



4 bed, 2 bath, 1,140 sq ft
Bungalow on 32.87 Acres.
\$575,000. Call Lyssana.
MLS#A2325648



60 x 120 Lot
in Hardisty. \$30,000.
Call Lucas.
MLS#A2084927



4 bed, 1 bath, 2,000 sq ft, 1.5
Storey in Bawlf. \$285,000.
Call Trevor or Michelle.
MLS#A2320985



Lot in Killam.
\$16,000.
Call Lucas
MLS#A2085093



5 bed, 2 bath, 1,264 sq.ft.
Bungalow on 7.54 acres.
\$589,000. Call Lisa.
MLS#A2325014



4 bed, 3 bath, 1,054 sq.ft.
Bungalow on 8.11 Acres.
\$595,000. Call Lisa.
MLS#A2334531



4 bed, 3 bath, 2,587 sq.ft.
Bungalow on 5.09 Acres.
\$499,000. Call Glenda.
MLS#A2319295



8.65 acres of land on the
scenic valley South of Rosalind.
\$269,000. Call Lucas.
MLS#A2321346



2 bed, 1.5 bath, 1,606 sq
ft Modular in Kingman.
\$135,000. Call Lyssana.
MLS#A2319922



4 bed, 2 bath, 3,356 sq.ft.
Bungalow on 3 Acres.
\$855,000. Call Danny or
Damian. MLS#A2315703

COMMERCIAL



Main Level Office Space
Downtown. 656 sq ft.
\$1,200. Call Lisa.
MLS#A2288982



Industrial Opportunity
in Strome. 6 Acres.
\$509,000. Call Danny.
MLS#A2332102



Commercial Building
in Hay Lakes. \$139,900.
Call Trevor or Michelle.
MLS#A2330457



Shared Office Space.
\$500.
Call Lisa.
MLS#A2305568

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Commercial Office Space for Lease.
\$600. Call Lisa.
MLS#A2296676



6 Prime Downtown Office Space/ for Lease. Lower Level
\$500-\$1200. Call Lisa.



Commercial Property & Car Wash Business. Suitable for other commercial purposes. \$1,050,000.
Call Trevor. MLS#A2280831



Commercial warehouse in Meeting Creek.
\$269,000. Call Glenda.
MLS#A2271930



Hotel/Pub in the Village of Ferintosh.
\$195,000. Call Danny.
MLS#A2298598



High Profile Highway Commercial Space.
\$18.00. Call Trevor.
MLS#A2303337



Turn Key Shop in Strome.
\$250,000.
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MLS#A2255905



Highway Commercial on Busy Corner. \$18.50/sq ft.
Call Trevor or Michelle.
MLS#A2258132



Multiple Commercial Office Spaces for Lease.
\$500-\$800.
Call Lisa.



Shared Office Space.
\$600.
Call Lisa.
MLS# A2305574



2 Downtown Heated Storage Spaces. \$100.
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MLS#A2289075



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Universal Crossword

Edited by David Steinberg August 14, 2026

ACROSS

- 1 "O ___ can you see ..."
 4 Little cotton wand
 8 Strong, silent types of dogs
 14 Event planner's placeholder: Abbr.
 15 It's not as big as the Big Island
 16 Laptop brand
 17 Fantasy monster
 18 *Quick read in your mailbox?
 20 Focus of some wild-life vets
 22 Curry night bread
 23 "C' ___ la vie"
 24 *Grumble about a parent?
 28 "Just an ___"
 29 Pre-adulthood period
 33 Hit, as a fly
 36 ___-llelujah! (Spanx line)
 38 "Yo, dude"
 39 Animation, e.g.
 40 *Gl doc's query?
 42 Cutlass fish look-alike
 43 Afternoon cup filler
 45 "Scram!"
 46 Bom and ___
 47 Salad-protecting wrap
 48 ___-Cola Scholars Foundation
- 50 *Nicer kids?
 57 Skin care brand name on a red jar
 58 Sex drive
 59 Language combo on display in this grid?
 64 "The Flea" of soccer
 65 Luxury arm of Honda
 66 "If it's not 2 much trouble"
 67 Cooks cookies
 68 Paycheck extra
 69 Japanese currency
 70 Way of ar-ranging hair
- 19 Aid in vitamin D absorption
 21 Trading barbs
 25 Dismantle, as accusations
 26 Mini-___ (shop by gas pumps)
 27 "Ted Lasso" character
 30 Cashless ride option
 31 Fig or fir
 32 Have room for
 33 Exams with math sections
 34 Lead to, as havoc
 35 Maker of a wood-grain console
 37 "Many years ___"
 38 Sauteing medium
 40 Venice or Vail rides
 41 "That was painful!"
- 44 Bash on IMDb
 46 Poker loss against the odds
 49 Goes the rung way?
 51 Patriots nemesis Manning
 52 Like an overused voice
 53 Do part of a triathlon
 54 Like skipping insurance
 55 Overhyped Ford
 56 "Shh!" prompter
 59 Apply gently
 60 ___-friendly (green)
 61 Ascetic woman
 62 Minions' overlord
 63 Channel with product demos

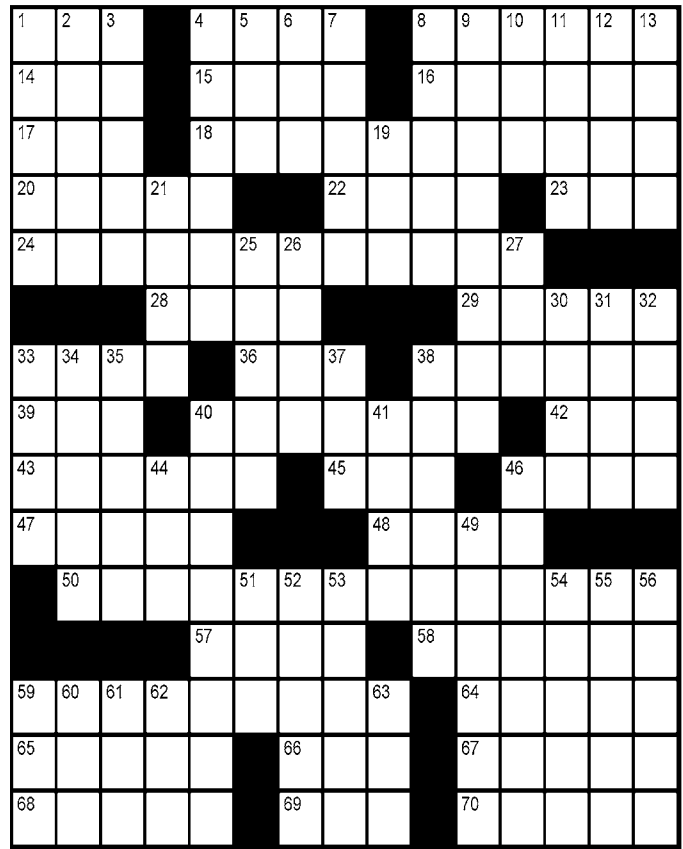
DOWN

- 1 Loud weather event
 2 2020 AL MVP Jose
 3 Upscale boat
 4 Cried in bursts
 5 Pre-armistice state
 6 Tuna tossed with shoyu
 7 Well, in Oaxaca
 8 Name said while facing Mecca
 9 Like a hawk
 10 Coder's data type for whole nos.
 11 Sturdy bag
 12 City grid lines: Abbr.
 13 Put in order

Find the
 answer to
 today's puzzle
 on the
 solution page
 in today's
 edition!

8/14

Beginning German by Jake Halperin



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Funeral Notices

MARILYLLE SOVERAN of Camrose passed away on Friday, August 7th, 2026 at the age of 90 years. She is survived by her daughter Marjorie Soveran, siblings Will (Marion) Pattison and Anne (Ernie) Gray, sister-in-law Donna Pattison and numerous nieces and nephews. She was predeceased by her husband Pastor Larry Soveran, son Kalman Soveran, parents Stan and Ruth Pattison and brothers Fred Pattison and Ken (Shirley) Pattison. A funeral service will be held at 12:00pm on Wednesday, August 19th at the Bethel Lutheran Church, 4102 - 73 Street in Camrose. The service will be live-streamed, recorded and the link accessible at www.burgarfuneralhome.com. Memorial donations may be made directly to the Canadian Lutheran World Relief or to a charity of one's choice. Bugar Funeral Home in care of arrangements. Phone (780) 672-2121. www.burgarfuneralhome.com.

EDWIN ERNEST ODELL. It is with deep sorrow we announce the passing of our father Edwin Ernest Odell. A celebration of life will be held Monday, August 17th at the Killam Senior Center from 11:00am-3:00pm.

WEBER FUNERAL HOME

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Tofield 780-662-3959

www.weberfuneralhome.ca

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by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

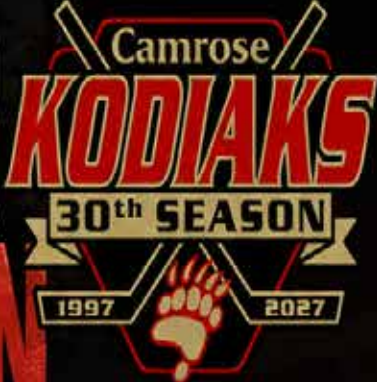


www.comparrotpuzzles.com © 2026 Bonnie J. Malcolm

Solution: 1. Small iceberg is missing. 2. Fin appears on jumping fish. 3. Spot around dog's eye is missing. 4. Tuft of dog's hair appears. 5. Buoy is colored in. 6. Inside of pot on wharf is colored in. 7. Stripe on boy's hat is colored in. 8. Puddle behind pall has moved. 9. Post on wharf is taller. 10. Flying bird has moved. 11. Stripe on boy's shirt is larger. 12. Stack on ship is taller.



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MEETING DETAILS

 **CAMROSE REC CENTER - BEARS DEN**

 **THURSDAY AUGUST 20TH**

 **7:00-8:00 PM**

 **EMAIL INFO@CAMROSEKODIAKS.CA
TO RSVP AND FOR MORE INFO**

COMMUNITY EVENTS**FREE LISTING FOR NON-PROFIT ORGANIZATIONS.****SUBMIT TO EVENTS@CAMROSEMORNINGNEWS.COM**

- **FRIDAY CRIB CLUB** presents **Friday** cribbage at 1pm at the Mirror Lake Senior Centre. For more info please contact Fran 780-608-2175.
- **FERINTOSH COMMUNITY Club & Hi U Center** are working together **every Sunday** from 1-4pm. We will be serving Chapmans ice cream in a cone or a dish. Rain or shine we will be there to serve you up ice cream \$4/1 scoop or \$6 for 2 scoops. This will go on until the last Sunday in Aug. Hoping to see you there. 1110 Glenmuir Ave., Ferintosh.
- **MESSIAH LUTHERAN CHURCH** welcomes you for **Sunday** Worship at 10:30am in person or we broadcast live on Eastlink Community TV channels 10, 310 & 610 or anytime on YouTube from our website messiahcamrose.ca.
- **DEEPER LIFE BIBLE CHURCH** Camrose meets every **Sunday** at 9:30am at the Chuck Mcleans Arts Centre - dance studio 1. 4809-52 St. New members are welcome. For inquiries: 587-879-7892.
- **CAMROSE WOMEN'S CONNECTION** Lunch Buffet on **Tues., Aug. 18**, 12:30-2:30pm at the Days Inn. Cost: \$23. Feature: Fika Coffee House with Jenn Lindstrand, Camrose. Music: Carolyn Olson, Camrose. Speaker: Khristine Peters (retired lab assistant, presently an injury adjuster), Regina. Topic: "What's Love Got to Do with It?" Reservations essential by **Fri., Aug. 14**. Call or text Jean 780-608-9106 or enarson@xplornet.com or call Donna 780-672-6098. Cancellations are necessary.
- **ANNUAL FAMILY FUN DAY!** Meeting Creek Railway Station, Grain Elevator & Linear Park. **Aug. 15**, 10am-4:30pm. Everyone of all ages welcome! Track car, Velocipede & hay rides. Live music in the community hall (12-3). Tour the historic station & grain elevator. Hiking (discovery packs available). Bicycle trail - scavenger hunts (2 levels). Children's fun activities: songs, stories, games plus so much more (starting at 1:30). Lunch from 11am-3pm: pulled pork on a bun, hot dogs & homemade pies, as well as refreshments, for purchase. Entry by donation. For more info email canadiannorthern@telus.net or call 780-672-3099.
- **KNIGHTS OF COLUMBUS** Breakfast on **Sun., Aug. 16**, 8:30am-12:30pm at the St. Francis Xavier Church. Smorg style. Family: parents & children under 11 - \$24. Children 11-16 - \$6. Adults 17 & older - \$12. Debit/credit at the door.
- **PARKLAND CHURCH** Historical Society Afternoon tea from 2-4pm on **Sun., Aug. 16** at Parkland Lutheran Church on Hwy 26. Coffee, tea & juice provided. Please bring a dessert to share. Enjoy some good fellowship for the Parkland Church community.
- **BETHLEHEM CEMETERY** Decoration Day on **Aug. 16** at 2pm. Bring lawn chairs. Coffee, snacks & visiting. For info call Kendall Severson at 780-608-5385.
- **WASKAHEGAN TRAIL HIKE** (about 10km). **Aug. 16** Shirley Lake Trail (Elk Island). **Aug. 23** Gwynne. **Aug. 30** Battle River east of Hwy 21. **Sept. 6** Tawayik Lake (Elk Island). **Sept. 13** Hastings Lake. **Sept. 20** Ministik Bird Sanctuary. **Sept. 27** Ministik-Berg. **Oct. 4** North Sanders Lake. **Oct. 18** Battle River west of Hwy 21. **Oct. 25** Battle River east of Hwy 21. Bring bag lunch & beverage. Sorry, no dogs. Leave from Camrose 9:00 or 9:15. For directions or carpooling contact Elizabeth at 780-672-2873 or 780-678-4336.
- **DKR UNITED CHURCH** Services: **Aug. 16 & 23**: 10:30am services in Killam & Daysland. **Aug. 30**: 10:30am joint service in Killam followed by a potluck lunch (*No Service in Daysland*). **Aug. 14**, 9am-5pm & **Aug. 15**, 9am-12pm - Toonie Clothing Sale at Daysland United Church.



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KNUDSON FURNACE & Chimney Cleaning Services is looking for an assistant. Light manual labour. 8-5 weekdays. If you reside in or around Camrose & have a class 5 drivers lic., apply to leeadam@telus.net. Starting pay is \$20/hour.

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~MISCELLANEOUS~

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AUGUST 20 | 1 PM—5 PM

Camrose & District Centennial Museum | 4522 53 St

We Are All Treaty People

*To commemorate the **150th** anniversary of the historic signing of Treaty No. 6 and the living relationship of today, the City of Camrose and the Camrose Centennial Museum Society would like to invite you to join us for a day of community.*

SCHEDULED ACTIVITIES

Welcome & Opening Ceremony

Curator Talks

Camp Experience

Indigenous games and crafts

Open Tipi

Powwow Presentation

Closing

Presenters and performers will be available after Closing to answer questions and take photographs.

Powwow!

Ohcîwin The Origins

**EXHIBIT
WILL BE
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A Miss Matriarch Event

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Camrose

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MUSEUM SOCIETY

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B	O	N	U	S			Y	E	N		S	T	Y	L

Sudoku Puzzle

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

WONDERWORD

The solution is:
Nightgown

WHATZIT?

The solution is:
Overnight Bag



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Understanding Grief...

Grief is a normal but sometimes overwhelming *emotion*. It is a response to the loss of someone or something that we have formed relationship or a bond with. There are many dimensions to this emotion that have impacts on our physical body, our cognitive functions, social interactions, and our spirituality. It is normal to find yourself feeling numb and removed from daily life, unable to carry on with regular duties while saddled with the sense of loss. Grief is both a universal and a personal experience. Individual experiences of grief vary and are influenced by the nature of the loss.

Experts advise those grieving to realize they can't control the process and to prepare for varying stages of grief. Understanding why you're suffering can help, as can talking to others and trying to resolve issues that cause significant emotional pain.

Mourning is the expression of *grief*, occurring as a result of someone's death. It is a personal and a collective response which can vary depending on the contexts of the relationships we have.

Ceremony is a unified ritualistic event with a purpose, usually consisting of a number of human expressions such as music, spoken word, poetry, or other artistic components. The purpose of a funeral ceremony is for those who are experiencing grief to come together in a meaningful way that allows for the expression of our grief. Every ceremony is as unique as the individual whose life we are celebrating. Some ceremonies may have rich traditions that incorporate religious or spiritual elements. Other ceremonies may be very simple and only have a few components. *The important thing is that grief shared is grief diminished* and ceremony's that allow for people to mourn together can greatly support our path to acceptance.

