

CAMROSE

MORNING NEWS

TUESDAY, OCT. 20, 2026

www.camrosemorningnews.com

Email: info@camrosemorningnews.com

Phone: (780) 672-3231

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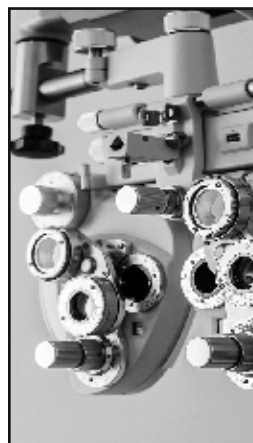
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Saturday
8:00am-1:00pm

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780.672.3357

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From September 14 to October 24, 2024, save up to 25% instantly on select tires at all Fountain Tire locations. Additional manufacturer's mail-in rebates may apply. As follows: Purchase a set of four qualifying identical Goodyear tires between September 7, 2024, and December 20, 2024, to qualify for up to an additional \$125 manufacturer's mail-in rebate, or purchase a set of four qualifying identical Cooper tires between October 1, 2024, and November 30, 2024, to qualify for up to an additional \$75 manufacturer's mail-in rebate. To receive the rebates, consumers must submit a copy of their invoice and the rebate form to the mailing address listed on the form or through the manufacturer's rebate website by the deadline specified by the manufacturer. Rebates are valid at all Fountain Tire locations and apply to Fountain Tire's Every Day Price (EDP). This is a consumer rebate only and does not apply to business customers, Goodyear National Accounts, or Fountain Tire CPA Elite Accounts. Inventory may vary by location. Mail-in Service Rebate: A minimum service purchase of \$150 or more on qualifying services, including tire installation, tire storage, parts, and labour, is required to receive a \$75 rebate. This service transaction must be made with the purchase of a set of four qualifying Goodyear tires between September 7, 2024, and December 20, 2024, or a set of four qualifying Cooper tires between October 1, 2024, and November 30, 2024. These mail-in rebates are open to Canadian residents with a valid Canadian mailing address. Tire purchases, shop supplies, disposal fees, and taxes are excluded from the service rebate offer. Cannot be combined with other Goodyear service offers. All applicable taxes (e.g., GST, PST, HST, and tire taxes) are extra. Visit a Fountain Tire location or fountaintire.com for complete promotion details, including qualifying tires. Fountain Tire is licensed by AMVIC in Alberta.

fountaintire.com

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SHAPE YOUR CITY

CITY OF Camrose

Learn more about each Committee and download your application today at:
www.camrose.ca/volunteer

We are recruiting volunteers for **January 2027** and have vacancies on the following Council Committees:

- Camrose Airport Commission | **3 Vacancies**
- Camrose Arts Council Board | **2 Vacancies**
- Camrose Environmental Sustainability Advisory Committee | **6 Vacancies**
- Camrose Public Library Board | **3 Vacancies**
- Community Transit Advisory Committee | **2 Vacancies**
- Heritage Advisory Committee | **2 Vacancies**
- Indigenous Advisory Committee | **2 Vacancies**
- Municipal Planning Advisory Committee | **2 Vacancies**
- Recreation Advisory Committee | **3 Vacancies**
- Subdivision and Development Appeal Board | **1 Vacancy**

Passionate about **public service** and your **community**?

Have a background or life experience in a **specific field of expertise**?

APPLY TODAY
 Deadline is October 30, 2026

Point-in-Time Count 2026

Camrose is participating in the national Point-in-Time (PiT) Count for the first time and we're

Seeking Volunteers

Volunteers will administer a short survey to participants during multiple events.

- October 20 from 8:30-11:00pm
- October 21 from 10:00am-3:00pm
- October 27 from 11:45am-1:00pm

All volunteers must attend a information session.

Register To Volunteer



For more information contact
 Leslie 780-673-1227




ALLEN B. OLSON AUCTION SERVICE LTD.

1st Annual Camrose Fall Consignment Auction

WE ARE NOW ACCEPTING LISTINGS FOR THIS SALE BEING HELD ONLINE NOVEMBER 13TH TO 17TH, 2026

All Items Need to be On Site By Nov. 10th, 2026

**For More Information call 780-672-2434
 Kevin 780-781-6806 or Curtis 780-888-7722**





Allen B. Olson Auction Service Ltd.

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 Hwy #16 East Office - 780-208-2508
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 (780) 385-8795



CAMROSE
 2607 63 Street
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 \$696,000. MLS#A2328412



NEW PRICE!
CAMROSE
 2603 63 Street
 1,723 sq.ft., 4bdrm, 4bth.
 \$649,000. MLS#A2342996



CAMROSE
 6606 44 Avenue
 1,040 sq.ft., 4bdrm, 2bth.
 \$379,000. MLS#A2322895

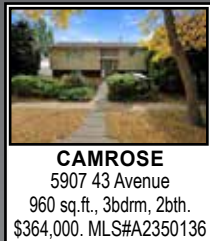
MORE LISTINGS COMING SOON!



DAYSLAND
 5021 47 Street
 1,490 sq.ft., 4bdrm, 2bth.
 \$175,000. MLS#A2343546



NEW LISTING!
DAYSLAND
 5201 50 Street
 1,228 sq.ft., 2bdrm, 1bth.
 \$129,000. MLS#A2349246



CAMROSE
 5907 43 Avenue
 960 sq.ft., 3bdrm, 2bth.
 \$364,000. MLS#A2350136



PENDING
CAMROSE
 5805 43 Avenue
 1,242 sq.ft., 2bdrm, 2bth.
 \$364,000. MLS#A2347882



NEW PRICE!
CAMROSE
 5015 58 Street
 936 sq.ft., 4bdrm, 2bth.
 \$349,000. MLS#A2345403



FORESTBURG
 4908 56 Street W
 1,338 sq.ft., 5bdrm, 3bth.
 \$369,000. MLS#A2342082



FORESTBURG
 5413 48 Avenue W
 1,210 sq.ft., 5bdrm, 2bth.
 \$299,000. MLS#A2330967



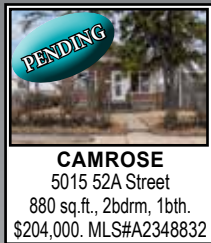
NEW PRICE!
FORESTBURG
 5009 49 Avenue
 Turnkey salon business.
 \$60,000. MLS#A2203185



CAMROSE
 5221 42 Street
 1,300 sq.ft., 4bdrm, 3bth.
 \$308,000. MLS#A2350132



SOLD!
CAMROSE
 4803 54 Avenue #20
 554 sq.ft., 2bdrm, 2bth.
 \$205,000. MLS#A2345409



PENDING
CAMROSE
 5015 52A Street
 880 sq.ft., 2bdrm, 1bth.
 \$204,000. MLS#A2348832



SOLD!
RURAL PAINTEARTH NO. 18
 37232 RR135
 20.88 acres. Brand new fencing.
 \$135,000. MLS#A2233581



SOLD!
KILLAM
 5212 46 Street
 0.35 acre residential lot.
 \$35,000. MLS#A2328642



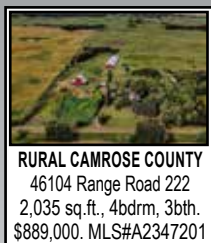
ROUND HILL
 6 1 Avenue
 1,212 sq.ft., 4bdrm, 2bth.
 \$259,000. MLS#A2338002



NEW PRICE!
DAYSLAND
 5117 49 Street
 1,112 sq.ft., 2bdrm, 1bth.
 \$210,000. MLS#A2350229



PENDING
ROUND HILL
 111 1 Street E
 1,221 sq.ft., 3bdrm, 2bth.
 \$459,000. MLS#A2343819



RURAL CAMROSE COUNTY
 46104 Range Road 222
 2,035 sq.ft., 4bdrm, 3bth.
 \$889,000. MLS#A2347201



RURAL FLAGSTAFF COUNTY
 16148 Hwy 53
 2,400 sq.ft., 4bdrm, 4bth.
 \$879,900. MLS#A2307515



SOLD!
RURAL FLAGSTAFF COUNTY
 NW 32-40-14 W4
 160 acres outside Galahad.
 \$875,000. MLS#A2343357



NEW PRICE!
FORESTBURG
 5117 49 Avenue
 1,098 sq.ft., 3bdrm, 1bth.
 \$119,000. MLS#A2294837



NEW PRICE!
RURAL CAMROSE COUNTY
 22148 Twp Rd 464A
 1,408 sq.ft., 4bdrm, 3bth.
 \$659,900. MLS#A2342432



RURAL FLAGSTAFF COUNTY
 14545 Highway 26
 1,382 sq.ft., 4bdrm, 3bth.
 \$659,000. MLS#A2350135



WESTEROSE
 15065 Township Rd 470 #17
 1,451 sq.ft., 3bdrm, 3bth.
 \$495,900. MLS#A2348571



RURAL FLAGSTAFF COUNTY
 42315 RR153
 1,360 sq.ft., 4bdrm, 3bth.
 \$649,000. MLS#A2324675



RURAL FLAGSTAFF COUNTY
 41176 RR 154
 1,380 sq.ft., 3bdrm, 2bth.
 \$520,000. MLS#A2320827



SOLD!
STROME
 5114 48 Street
 1,046 sq.ft., 4bdrm, 2bth.
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Pop-Up Navigation Centre



Wednesday, October 21
10:00am – 3:00pm



Mirror Lake Centre

5415-49 Ave., Camrose

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Camrose and District
Housing & Homelessness
Task Force



**Rides from
Martha's Table**



**Lunch
Provided**

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Morning Giggle

Two men are in a truck driving around with a penguin. Noticing the penguin, a traffic cop stops the truck driver and tells him to take this animal to a zoo right away.

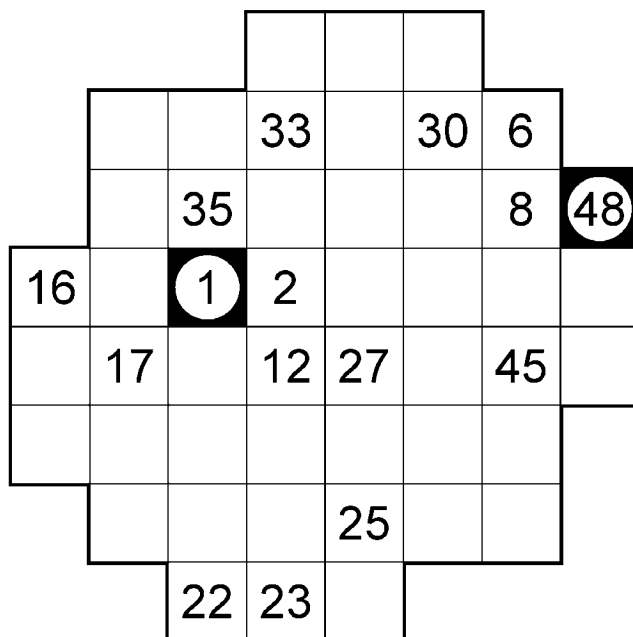
The next day, the same cop sees the same two men in the same truck with the same penguin again. He stops them and says, "Didn't I tell you guys to take this animal to a zoo yesterday?"

The driver replies, "We did officer! We are taking him to the movies today."

HIDATO®

FIND THE PATH - SOLVE THE PUZZLE

Complete the grid so that numbers 1 - 48 connect horizontally, vertically or diagonally:



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



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- Custom Homes Tailored To Your Lifestyle • Peaceful Living Minutes From Amenities

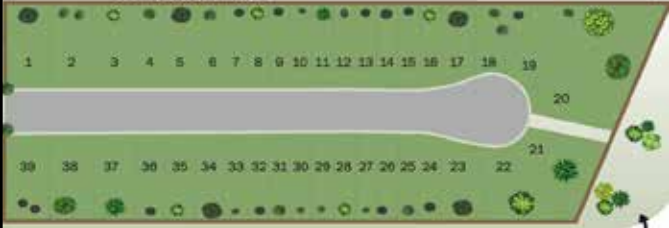


STONEY CREEK
ESTATES

780-672-5851



Scan to View Available Lots



Sudoku Puzzle

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

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

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



FALL SPECIAL

Stair Lifts

You may qualify for Government funding! Contact us for details!

Take Care Mobility

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10-20

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OR SHORT QUEEN RV
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mattress.
mattress

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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**.

IT'S ON THE FLOOR

Solution: 9 letters

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

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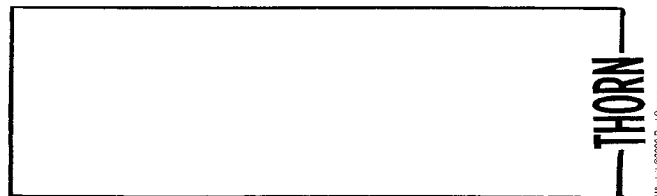
10/20

Acorns, Balloons, Basket, Battery, Blanket, Cable, Cans, Carpet, Chair, Clothes, Confetti, Control, Couch, Crumbs, Dirt, Drop, Fall, Feather, Feet, Floor, Grass, Gravel, Ground, Keys, Leaves, Lego, Magazine, Mats, Mess, Money, Note, Paper, Pencil, Pillow, Pins, Purse, Rags, Remote, Rocks, Rugs, Seeds, Shoes, Slippers, Socks, Spill, Table, Toys, Wallet, Water, Wire

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.



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

Whatz ©2026 Paul S. ers
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Your Horoscope

by Mecca Woods

ARIES (March 21 to April 19)

Your calendar has been quite full as of late, but today demands that you prioritize activities that support your health and well-being.

TAURUS (April 20 to May 20)

Don't put so much pressure on yourself in trying to reach an unrealistic goal. Focus on what's achievable.

GEMINI (May 21 to June 20)

You don't have to say "yes" to every new idea or opportunity that comes your way. Take a breather.

CANCER (June 21 to July 22)

Patience is called for now, as getting what you want might not come easy. On second thought, are you sure that you really want it in the first place?

LEO (July 23 to Aug. 22)

Be firm with your boundaries. Avoid giving or doing more than you're able.

VIRGO (Aug. 23 to Sept. 22)

If a plan isn't working, maybe you need to try a different approach or perspective.

LIBRA (Sept. 23 to Oct. 22)

It might take much self-discipline to avoid splurging or overindulging today.

SCORPIO (Oct. 23 to Nov. 21)

You might be accustomed to carrying a lot on your own, but what if you don't have to? It's OK to ask for support.

SAGITTARIUS (Nov. 22 to Dec. 21)

You could feel like you're being pulled in multiple directions and struggling to get everything done. Choose one area to focus on instead.

CAPRICORN (Dec. 22 to Jan. 19)

You might not feel up to socializing today. You'll be better off spending some quality time with yourself.

AQUARIUS (Jan. 20 to Feb. 18)

Today encourages you to pull inward so that you can pause, reflect and regroup. It'll also help you avoid unnecessary drama.

PISCES (Feb. 19 to March 20)

Writing out your thoughts or talking to a trusted person can get you out of your head. It can also allow you to find real solutions or better options.

FOR TODAY'S BIRTHDAY

You can easily attune to what other people feel. You're thoughtful and perceptive. When someone's in need of assistance, you go out of your way to help them. You strive to bring beauty or balance to all that you do, and you add your own special flair to how you do it. Others tend to follow your lead because of how smart and persuasive you are. When it comes to what this new year has to offer, your mission will be to fall deeper in love with yourself.

BIRTHDATE OF

John Krasinski, actor/filmmaker; Snoop Dogg, rapper; Viggo Mortensen, actor.


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- Mud & Taping (Flawless Finish)
- Painting (Clean, Professional)
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- Flexible hours.
- Provide a Criminal Records Check.
- Clean 5 year commercial drivers abstract to be provided at interview
- Must be willing to learn, be efficient & careful.

Email resumes to:
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- Hauling heavy equipment to Fort McMurray and surrounding areas.

REQUIREMENTS:

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- Ability to work independently.

Competitive wages based on experience.

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Dan at 780-608-4558

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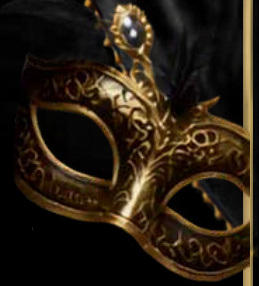


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Behind every mask is a story.
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an opportunity.



CAFCL'S 2026 Charity Auction
Thursday, October 22
at the Best Western Plus Rose Country Hotel
Dinner, Silent & Live Auction • Tickets \$90.00

Thank You to Our Platinum Mask Sponsors



Online Auction on right now at
<https://CAFCL2026CharityAuction.auctria.events>





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Pop-Up Navigation Centre

 **Wednesday, October 21**
10:00am - 3:00pm

 **Mirror Lake Centre**
5415-49 Ave., Camrose

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 **Rides from Martha's Table**

 **Lunch Provided**

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MEN'S CONFERENCE ★ **NOV 7, 2026 - 8 am- 4pm** ★

FORGED

 **CITYLIGHTS CHURCH**



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 **DART TOURNAMENT**

 **BRISKET & FELLOWSHIP**

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AT THE



BAILEY

T H E A T R E

**Friday
October 23rd**

Mop Top Four

7:30pm

**Saturday
October 24th**

Magic Power

8:00pm

**Sunday
October 25th**

Bailey Buckaroos

2:00pm

**Friday
October 30rd**

Eric Kane

8:00pm

**Saturday
October 31st**

**A Sawbones
Hallowe'en**

8:00pm

**Wednesday
November 4th**

**The Bright Side of
Charley Pride**

7:30pm

**Friday
November 6th**

Remembrance Event

5:00 p.m.

**Sunday
November 8th**

**The Big Band
Remembers The War
Years**

3:00pm

**Thursday
November 12th**

The Hip Experience

7:30pm

**For details on these show, for tickets and more:
baileytheatre.com | Phone 780-672-5510**



Universal Crossword

Edited by David Steinberg October 20, 2026

ACROSS

- 1 Sports data
- 6 Small house, in the Southwest
- 12 "And if I choose not to?"
- 14 Devices providing bird's-eye views
- 15 How executives may fly
- 17 NYE month
- 18 18-wheeler
- 19 Bend done in a tutu
- 21 Rub the wrong way
- 22 Reporter's credential
- 26 Well-worn pencil
- 27 ___ and thx
- 29 Filming or parking site
- 30 Motor oil brand
- 31 Company behind ChatGPT
- 33 Sign between Virgo and Scorpio
- 35 Retraces one's footsteps ... and what each word in 15-, 22-, 48- and 57-Across has?
- 38 Windows precursor
- 39 Made level
- 42 UFO crew
- 45 "Yikes!"
- 46 Journalist ___ B. Wells

- 47 "since u asked ..."
- 48 Hot cocoa mix brand
- 51 Org. with a Most Wanted list
- 52 Peru's capital
- 53 "10-4"
- 56 Enjoy a samosa
- 57 Actor who earned five Emmy nominations for "Unbreakable Kimmy Schmidt"
- 62 Surgery aids
- 63 Philadelphia NFL team
- 64 "Yo, bro!"
- 65 Sentimental soul

DOWN

- 1 Recover after pregameing, say
- 2 Cargo area on a heavy-duty vehicle
- 3 "How cute!" sounds
- 4 Not that
- 5 Reasonable
- 6 Audiophile's rack contents
- 7 Curve
- 8 Note between fa and la
- 9 Like some Roblox purchases
- 10 Cars that stop at Supercharger stations
- 11 Basketball play that helps a teammate

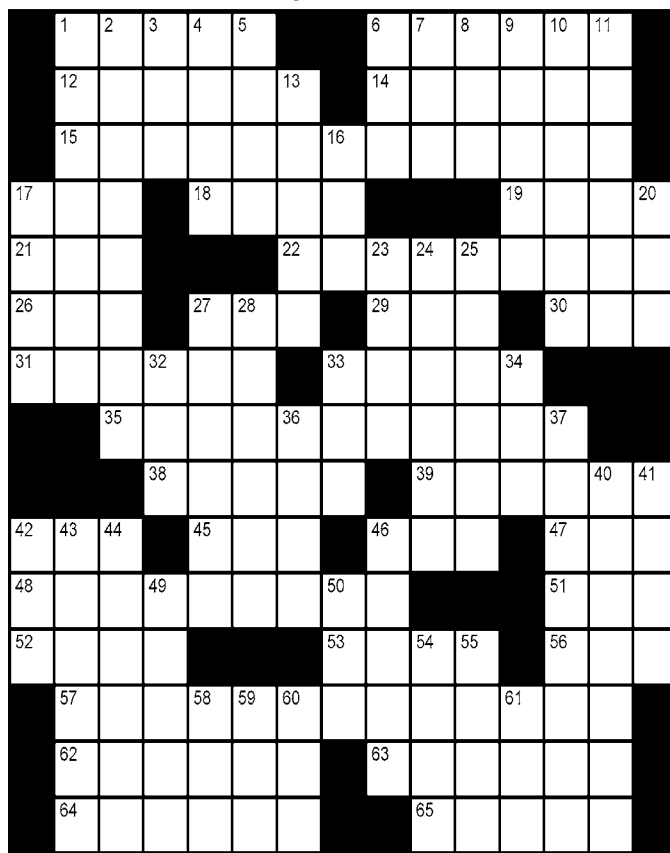
- 13 Short-term hires
- 16 Title for David Beckham
- 17 T. rex, e.g.
- 20 Psychic's "asset"
- 23 Yale students
- 24 Cried one's heart out
- 25 Runner's download
- 27 Short stops?
- 28 Centrist in British politics, informally
- 32 ___ de plume
- 33 "___ Miserables"
- 34 Score 100% on
- 36 Marvel trickster god
- 37 Cutlery collection
- 40 Diplomat's post
- 41 "I dare you!"
- 42 Subj. for some new U.S. residents

- 43 Streaming platform where Kai Cenat reached 1 million subscribers in 2025
- 44 "As easy as pie," for one
- 46 Topic for debate
- 49 Skewered dish of South Asia
- 50 Bro, say
- 54 Periods of history or Taylor Swift's artistry
- 55 Frozen breakfast brand
- 58 "Er-r ..."
- 59 Place for a "me day"
- 60 XXX-XX-XXXX ID
- 61 Santa's little helper

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

10/20

Twist Endings by Tarun Krishnamurthy



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THE MORNING BITE

Yogurt Cake

Prep time: 30 min

Cook time: 45 min

Servings: 15-20

Ingredients

300 g flour

180 g sugar

3 eggs

120 g butter

200 yogurt (raw or flavoured)

Instant yeast

Powdered sugar (optional)

100 g fruit of your choice (optional)



Directions

Beat the yolks with the sugar.

Add the butter and stir until uniform.

Add the flour. You may sieve it to prevent lumps. Stir until uniform.

Add the yogurt and stir until uniform.

Beat the albumens in another bowl, then add them to the compound and stir until uniform.

The compound should now be thick, but still liquid enough to be poured. If it's too thick, you may adjust it by adding yogurt or milk.

Add the yeast and stir.

Pour into a mould. If you want to add fruit, cut it to small pieces or slices and add it after 2/3 of the compound, then cover with the remaining. Alternatively, you may add it on top: it will sink during cooking.

You may now sprinkle powdered sugar on top, to create a thin, sweet crust
Cook in pre-heated oven at 180 °C. This will take about 45 minutes, but start checking frequently after 30.

"DO YOU KNOW?"

Who once said that if you are in Christ Jesus, you should know, having surrendered to Jesus, you have become the temple of God.

Find the answer at:

["www.camrosechurchofchrist.org"](http://www.camrosechurchofchrist.org)

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coffee shop for Bible
discussion on
Wednesdays @ 3 pm.
Bring your Bible.**



David Friesen
Camrose Church of Christ
4901 42 St. Ph. 780.281.1560

 camrosechurchofchrist  camroseCofC

Funeral Notices

JEAN RESCH of Camrose, formerly of Armena, passed away on Tuesday, October 13th, 2026 at the age of 79 years. She is survived by her husband Bill, sons Scott (Heather) and Colin, grandchildren Madeline, Marissa, Joel, Brett and Hannah, sister Lois (Mark) Reigert and numerous family and friends. She was predeceased by her brother Dennis Moir. A memorial service will be held on Wednesday, October 21st at 2:00pm at the CityLights Church in Camrose. Memorial donations may be made directly to the Alberta Cancer Foundation. Weber Funeral Home in care of arrangements. Phone (780) 672-3131. www.weberfuneralhome.ca.

RODNEY GLENN ERICKSON of Sherwood Park, formerly of Camrose, passed away on Wednesday, September 23rd, 2026 at the age of 64 years. Left to cherish his memory are his children Mitchell(Krista) and Megan (Brandon), grandchildren Brooklyn, William and Walker, brothers Calvin (Kim) and Dale (Marlene), sister Sandra Erickson and numerous nieces and nephews. Rodney was predeceased by his parents Ernest and Evelyn Erickson. He will be deeply missed and lovingly remembered. A memorial service will be held at 11:00am on Monday, October 26th at the Heartland Alliance Church, 53105 Highway 21 in Sherwood Park.

GWENDOLYN "GWEN" KJORLIEN SHEETS of Ohaton passed away on Friday, October 9th, 2026 at the age of 91 years. She is survived by her children Doug (Lynn) Sheets, Dean Sheets, Tammy (Lenard) Boden and David (Shelley) Sheets, ten grandchildren and four great-grandchildren. She was predeceased by her husband Lloyd Sheets, parents Annie and Ernie Clarke, sister Marjorie Mitchell and brothers James and Lester Clarke. A funeral service will be held on Friday, October 23rd at 1:00pm at the CityLights Church. The service will be livestreamed, recorded and the link accessible at www.burgarfuneralhome.com. Memorial donations may be made directly to the Stollery Children's Hospital Foundation or the Rose City Handi-Van Society. Burgar Funeral Home in care of arrangements. Phone (780) 672-2121. www.burgarfuneralhome.com.



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For more detailed funeral information,
please go to our websites at:
Weber Funeral Home: weberfuneralhome.ca
Burgar Funeral Home: burgarfuneralhome.com



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CAMROSE & AREA ANIMAL
SHELTER SOCIETY**

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SUN OCT 25TH 10AM-3PM**

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9:27 AM	9:29 AM	9:32 AM	9:34 AM	9:40 AM	9:42 AM	9:46 AM	9:49 AM	9:52 AM	9:55 AM	9:58 AM	9:59 AM
10:27 AM	10:29 AM	10:32 AM	10:34 AM	10:40 AM	10:42 AM	10:46 AM	10:49 AM	10:52 AM	10:55 AM	10:58 AM	10:59 AM
11:27 AM	11:29 AM	11:32 AM	11:34 AM	11:40 AM	11:42 AM	11:46 AM	11:49 AM	11:52 AM	11:55 AM	11:58 AM	11:59 AM
12:27 PM	12:29 PM	12:32 PM	12:34 PM	12:40 PM	12:42 PM	12:46 PM	12:49 PM	12:52 PM	12:55 PM	12:58 PM	12:59 PM
1:27 PM	1:29 PM	1:32 PM	1:34 PM	1:40 PM	1:42 PM	1:46 PM	1:49 PM	1:52 PM	1:55 PM	1:58 PM	1:59 PM
2:27 PM	2:29 PM	2:32 PM	2:34 PM	2:40 PM	2:42 PM	2:46 PM	2:49 PM	2:52 PM	2:55 PM	2:58 PM	2:59 PM
3:27 PM	3:29 PM	3:32 PM	3:34 PM	3:40 PM	3:42 PM	3:46 PM	3:49 PM	3:52 PM	3:55 PM	3:58 PM	3:59 PM
4:27 PM	4:29 PM	4:32 PM	4:34 PM	4:40 PM	4:42 PM	4:46 PM	4:49 PM	4:52 PM	4:55 PM	4:58 PM	4:59 PM

*The bus will only stop at On Demand stops if passengers are clearly visible

CITY OF
Camrose

COMMUNITY EVENTS

FREE LISTING FOR NON-PROFIT ORGANIZATIONS.

SUBMIT TO EVENTS@CAMROSEMORNINGNEWS.COM

- **CAMROSE CAMERA CLUB:** All are welcome to our programs at the Camrose Arts Center. **First Tuesday** of the month is a meeting night. **Third Tuesday** is a photo challenge. **Last Tuesday** of the month is a friendly critique night. We are open at 7pm.
- **CAMROSE PROBUS CLUB** meeting on **Tues., Oct. 20**, 10am at the Days Inn Camrose. Stephanie Loosemore, RN Nurse Lead for the Geriatric Assessment Program will be sharing info on supporting caregivers & their families. All are welcome. For further info, please call Elizabeth at 780-678-4336 or 780-672-2873.
- **NEED HELP?** Start here! One-stop access to local supports. Pop-up Navigation Centre on **Wed., Oct. 21**, 10am-3pm at the Mirror Lake Centre. Rides from Martha's Table. Lunch provided.
- **BATTLE RIVER QUILTERS GUILD** meets on the **3rd Wednesday** of each month at 6:30pm at Bethel Lutheran Church (back door), 4102-73 St. New members with any level of quilting skills are welcome! Please call 780-781-7296 for more info.
- **CAMROSE COMMUNITY** Free Spaghetti supper is on **Wed., Oct. 21** from 5-7pm at the Moose Hall! We are doing it once a month on the third Wednesday of each month! The following dates for 2026 Spaghetti Supper nights are Nov. 18 & Dec. 16.
- **WELLNESS CAFE** on **Thurs., Oct. 22**, 9:30-11:30am at the Mirror Lake Centre Coffee Room. This month's topic: Elder Abuse - How to help your neighbor, family or friend. Coffee/tea & refreshments provided.
- **THE BATTLE RIVER** Canine Association is pleased to host its annual fall dog show **Oct. 23-25** at the CRE. 9am-5pm. Admission \$5.
- **THE CAMROSE & AREA** Animal Shelter Society is holding their fall garage sale on the weekend of **Oct. 23, 24, 25** at Le Chateau Hotel. Call or text 780-608-0091 for more details or to arrange to donate items for the garage sale.
- **HOSPICE SOCIETY** of Camrose & District Oktoberfest is in Heisler on **Oct. 24**. Enjoy a meal with Heisler sausage. The evening will have entertainment & more. Tickets: \$35/person Call 780-608-0636 or email admin@camrosehospice.com.
- **KIDS MARKET** on **Sat., Oct. 24**, 10am-1pm at the Kingman Community Hall. Come out & support our young entrepreneurs. CASH ONLY PLEASE. Coffee, tea, donuts & cinnamon buns will be available for purchase.
- **DKR UNITED CHURCH** Services: **Oct. 25**: 10:30am joint service in Killam (Lay Leaders) followed by a pot-luck lunch. **Oct. 26** 5-7pm - Free Community Supper at the Killam United Church.
- **WASKAHEGAN TRAIL HIKE** (about 10km). **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.



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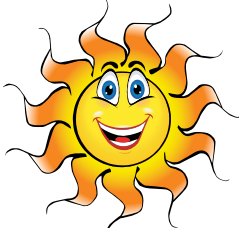
Tuesday - Saturday
10am - 5pm

Lottery Numbers

LOTTO 6/49: Saturday, Oct. 17 5 22 23 26 29 37 Bonus 48	
 WESTERN 6/49: Saturday, Oct. 17 9 10 12 24 39 49 Bonus 27	
LOTTO MAX: Friday, Oct. 16 1 11 13 36 41 43 51 Bonus 52	
 WESTERN MAX: Friday, Oct. 16 4 14 19 28 29 39 50 Bonus 12	
PICK 2, PICK 3 & PICK 4: Sunday, Oct. 18 39 • 703 • 3480	
 EXTRA: Sunday, Oct. 18 1852121	

In the event of a discrepancy between this list and the official winning numbers, the latter shall prevail.

WEATHER REPORT



Tuesday, October 20
 High 12°C; Low 0°C; POP 0%
 Sunny

Wednesday, October 21
 High 14°C; Low -3°C; POP 10%
 Sunny

Thursday, October 22
 High 14°C; Low 3°C; POP 10%
 Sunny

Friday, October 23
 High 5°C; Low -1°C; POP 70%
 Light rain

*If you're interested in joining,
please stop by any
Tuesday evening.*





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.

