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August 7, 2024

GYPSPD: NOTICE OF SUPERINTENDENT RESIGNATION

Submitted by GYPSPD

Greetings on behalf of the Board of Trustees for Grande Yellowhead Public School Division:

At a Special Board Meeting on August 1st, the Board of Trustees of GYPSPD accepted a

request from Superintendent Dr. Carolyn Lewis to terminate her contract with GYPSPD as of September 30, 2024.

Dr. Lewis has accepted another career opportunity, and we thank her for her seven years of service to GYPSPD and wish her well in her next en-

deavor.

The Board further authorized Board Chair Dale Karpluk to retain an Education Consultant to help the Board secure an acting superintendent and search for a new superintendent for GYPSPD.

IS IT TIME FOR YOUR MAMMOGRAM?

Submitted by Alberta Health Services

Screen Test is coming to Stony Plain August 22 to 27 & Enoch Cree Nation August 29, 2024

Screen Test is a free service provided by Alberta Health Services that offers screening mammograms. Our mobile screening units travel to 120 communities throughout Alberta to provide convenient access to breast cancer screening.

Having regular screening mammograms is the best way to find breast cancer early, before symptoms appear and when treatment may work better.

Who should have a screening mammogram?

If you're 45 to 74, you don't

need a referral to have a mammogram. Make screening part of your regular health routine. Plan to have a mammogram every 2 years or as decided by you and your healthcare provider.

If you're 40 to 44 or over 75, discuss the risks and benefits of screening with your healthcare provider. You will need a referral if you're 40 to 44 and it's your first mammogram, or if you're over 75.

Call 1-800-667-0604 (toll-free) to book a mammogram with Screen Test.

Breast density scores are now included in your Screen Test result letter

Breast density is the amount of dense tissue compared to the amount of fat in a person's breasts. It can be harder to find cancer in dense breasts be-

cause this tissue appears white on a mammogram, the same colour as many kinds of breast cancer. It's common to have dense breast tissue.

Dense breasts are only one of many risk factors for breast cancer. Other factors, such as age and genetics, have a bigger impact on your overall risk. You can't tell how dense your breasts are by size, look or feel. The only way to find out is by having a mammogram.

Talk to your healthcare provider about your breast density score and your personal risk of breast cancer. Learn more about breast density on screeningforlife.ca

For more information on Screen Test and breast cancer screening, visit screeningforlife.ca

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Box 3595
Spruce Grove, AB
T7X 3A8

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SUMMER OF LOVE FOR ALBERTA'S NON-PROFITS

Submitted by Government of Alberta

This summer through Crowdfunding Alberta, Albertans can donate to a cause they care about.

Non-profits play a critical role in supporting and building vibrant communities across the province and through the Crowdfunding Alberta platform, Alberta's government is making it easier than ever to donate to projects that matter to you.

Crowdfunding Alberta is available to non-profits year-round, making it easier for them to raise much-needed funds when they need them. Alberta's government matches 50 per cent of funds raised by an eligible campaign, up to

\$5,000 annually, making every donation even more impactful.

"I encourage all Albertans and non-profits to take advantage of the Crowdfunding Alberta platform. The critical work of non-profits never stops. From kids' camps to animal rescue, donations through Crowdfunding Alberta help non-profits achieve their community goals."

Tanya Fir, Minister of Arts, Culture and Status of Women

All campaigns on Crowdfunding Alberta are pre-screened to ensure donations are going to legitimate and credible Alberta-based organizations. Since it launched in 2021, 220 non-profit organizations have used Crowdfunding

Alberta to raise almost \$1.2 million, including more than \$230,000 in matching funds from Alberta's government.

Make sure to check out the crowdfunding campaigns that matter to you, and let's make summer 2024 the summer of love for non-profits in Alberta.




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JOKE of the week

A woman walked into the kitchen and found her husband walking around with a fly swatter.

"What are you doing?" she asked.

"Hunting mosquitoes," He responded.

"Oh, catching any?" She asked.

"Yep, two males, two females," He replied.

Intrigued, she asked, "How can you tell?"

He responded, "Two were on a beer can, two were on the phone."



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WORLD DAY AGAINST TRAFFICKING IN PERSONS: JOINT STATEMENT

Submitted by Government of Alberta

Minister of Public Safety and Emergency Services Mike Ellis, Minister of Children and Family Services Searle Turton, Minister of Arts, Culture and Status of Women Tanya Fir issued the following statement on the World Day Against Trafficking in Persons:

“Human trafficking is a brutal crime that traps victims in a cycle of abuse and dehumanization. The trauma and psychological damage inflicted by human trafficking can be profound, leaving survivors with long-lasting scars and a profound sense of fear and mistrust. We are committed to fighting all types of human trafficking wherever it

exists in our province. We must work together across jurisdictions to disrupt and deter this horrific criminal activity. Alberta’s government will do whatever it takes to keep human trafficking from hurting our communities, and we will continue to strive to eliminate it in our province.”

Mike Ellis, Minister of Public Safety and Emergency Services

“No matter what form human trafficking takes, survivors are left with devastating trauma that can impact their well-being, ability to trust and form healthy relationships. It’s even more heartbreaking to know children and youth are disproportionately targeted for sexual exploitation, which threatens their dignity and

safety. Our government is strengthening supports to empower survivors in their healing journey, as well as bolstering prevention efforts to help end sexual violence in the first place and make Alberta a safer place for all.”

Searle Turton, Minister of Children and Family Services

“Human trafficking happens everywhere, including in Alberta, which is why we must work together to put an end to this horrible

crime. Through the development of our made-in-Alberta, 10 year action plan to end gender-based violence, Alberta’s government is taking a survivor-centric approach to addressing serious gender-based issues, like human trafficking. Raising awareness about human trafficking today is an important part of breaking the cycle of violence.”

Tanya Fir, Minister of Arts, Culture and Status of Women



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**No applications accepted after
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TRL
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18th ANNUAL MEETING

Tuesday, August 27, 2024
Anselmo Hall
Join us for a complimentary Burger
Starting at 6:00 p.m.
Meeting to follow

Financial Statements
Election of Directors

3 Door Prizes of \$100.00 Credit on
Member’s Gas Account

All TRL Members are invited
and encouraged to attend.

BRING A BENCH SHOW EXHIBIT FOR THE DARWELL FAIR

Submitted by Darwell & District Agricultural Society

There are so many great reasons to visit the Darwell Agricultural Society's 80th Summer Fair on Saturday, August 17. There's the parade, a delicious pancake breakfast, Farmer Olympics, face painting, magic show, and fire department inflatables. For some people, the bench show is the best part of the day. With rows of tables filling the hall, the bench show is a wonderful display of artistic and day-to-day skills, with some friendly competition to make it interesting. Anyone can enter- there are categories for children, youth and adults. There are more than 175 classes! To spark your interest, classes

include: decorated cupcake, wildlife photography, bouquet of garden flowers, jar of jam, a dozen brown eggs, schoolwork printing, art in acrylics, and a diorama. Find all the details in the fair book, online at www.DarwellAg.com

Here's how it works- exhibits can be submitted at the Darwell Interlake Golden Age Club on Friday evening and early Saturday morning. Volunteers will be on hand to help. At 9:00 AM the team of judges gets to the hard work of looking at each entry and awarding 1st, 2nd, and 3rd place winners. At 12:15 PM the hall opens and visitors flood in to see the colourful exhibits- admiring the handiwork, checking out the mouthwatering foods,

and having a look to see who is taking home ribbons and cash prizes. At the same time, visitors can enjoy a light luncheon prepared by members of the Darwell Women's Institute. Starting at 3:00, exhibitors collect all their items and pick up their prize money.

For gardeners, everything you need to know for preparing your exhibits is in the Judging and Exhibiting Standards for Horticultural Shows manual. A digital copy is available on the Alberta Horticultural Association website, www.abhorta.ca. This year there is a special award for Best Vegetable in the Show. The winner takes home \$50.00, sponsored by Lac Ste. Anne County.

Bring one entry and give it

a try, or bring a lot and see how you do. There is still plenty of time to work on your exhibits. The Darwell Public Library is opening their craft room for creative folks. From August 6-9 stop in anytime the library is open, bring a checklist of what you'd like to make, and use the library's craft supplies. See you at the fair!



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SCREEN TEST

A screening mammogram is the best way to find breast cancer early. And it can truly save your life.

The **SCREEN TEST** mobile mammography unit will be in

Stony Plain
August 22 to 27, 2024
Enoch Cree Nation
August 29, 2024

Appointments are required. Call **1-800-667-0604 (toll free)**
screeningforlife.ca

If you're 45 to 74 years of age, have a mammogram every 2 years or as decided by you and your healthcare provider. No referral needed.

Alberta Health Services **SCREENING FOR LIFE.CA** **Screen Test**

Alberta Open Farm Days Aug. 17 & 18

Wild Country Gardens Sat & Sun
Wild Ventures Game Farm Sat & Sun
 Twp Rd 550
 Rg Rd 100

Peers ★
 Twp Rd 544
 Hwy 32
 HWY 16

Wildwood ★

Wildwood Area
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 • Wild Ventures Game Farm
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Peers Area
 • 5S Farms (Saturday Aug 17 Only)

Peers Area
 • 5S Farms (Saturday Only)
 Twp Rd 544

ALBERTA OPEN FARM DAYS
 AUGUST 17 & 18, 2024

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INTERESTED IN GOING?
 Visit www.AlbertaOpenFarmDays.ca
 or www.YHCounty.ca for details.

At Home Alone

Safety Course

This course is designed to teach children to make safe choices when they are at home alone. Includes a safe food prep activity!

MARLBORO COMMUNITY HALL
 Friday, August 23, 2024
 From 10 AM - 1 PM
 \$5.00 Ages 9-13

To register visit yhcounty.ca/registration.
 Registration deadline is August 22nd
 Pre-registration is required.

FCSS Family Community Support Services
 Yellowhead County

safeTALK

Suicide Alertness for Everyone

A half-day workshop to learn the signs and how to get help for someone at risk of suicide.

Learning objectives:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and Keep Safe) to connect a person with thoughts of suicide to suicide first aid and intervention caregivers

September 5, 2024
 1 pm-5pm

Yellowhead County Wildwood Office
 93404 Rge Rd. B2A
 Cost: \$25
 Contact: Wendy Robinson
 780-328-3782

Centre for Suicide Prevention
 T: 403 245 3900
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Register online at www.yhcounty.ca/registration

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STAYING ACTIVE IN HOT WEATHER

Submitted by Alberta Health Services

Summer is a great time for being active but heat and humidity can present challenges. If the temperature is lower than 27°C, you usually can be active outside without taking extra precautions, depending on how active you already are and how much you are used to hot weather. These tips can help you stay safe when being active as the summer months heat up.

- Drink plenty of water. You lose fluid when you are active. If you lose too much, it can result in

dehydration, muscle cramps, or even heat exhaustion. In hot weather, drink plenty of fluids before, during, and after activity. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help prevent dehydration.

- Don't exercise as hard when it's hot. Take rest breaks.

Exercise more slowly than usual or for a shorter time.

- Stay in the shade when you can.

- Wear light-coloured, breathable clothes.

- Always wear sunscreen.

- Watch for signs of dehydration and heat-related illnesses such as heat exhaustion and heatstroke. Signs of dehydration include having a dry mouth and eyes and feeling dizzy.

If you are overweight, have health problems, take medicines, or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble if you are not used to exercising in warmer weather. Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.

Taking extra precautions

When it's hot and humid out, take extra precautions when you're active. This might

mean you change your activity or when you choose to do it. Here are some ideas you can try:

- Take morning or evening walks.

- Walking the dog or walking with a partner helps you make it part of your routine.

- Go for a bike ride.

- Find shaded areas, and ride during cooler times of day.

- Go swimming on hot days.

This is a healthy family activity for summer.

- Do light yard work or gardening. You'll burn calories while you keep the yard looking good.

- Wash your car. This gets you outside and helps you burn calories. Give yourself a splash to stay cool.

Sometimes it isn't safe to be active outdoors. There are many ways to be active indoors. Here are a few ideas:

- Go for walks—indoors.

Take a walk at the mall with a friend. Or check with local schools or places of worship. They may have indoor gyms

where you can walk.

- Get fit while you watch TV or listen to music. Get some hand weights or stretch bands. You can use cans of food as weights if you don't want to buy weights.

- Use an online exercise video or a smartphone app. This can be a fun way to stay active at home.

- Do active housework. This may include activities such as sweeping, mopping, vacuuming, doing laundry, or washing the windows.

- Join a gym or health club. You can use equipment like weights, treadmills, stair-climbers, or exercise bikes.

- Try a fitness class or a new indoor activity. Examples include dancing and water aerobics. Many cities have community centres that offer affordable fitness classes.

- Get involved in indoor sports leagues. Many cities offer indoor sports like basketball, volleyball, indoor soccer, or swimming.

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WHEN POOR POLICY CREATES A HAZARDOUS REALITY

Submitted by MLA
Shane Getson

Dry wood burns hotter, and faster than wet wood. More wood makes a bigger fire than one with less wood. If you put your combustible things too close to a big fire; chances are they will get burnt as well. Things live, things die, and the lifespans of some things are longer than others, even amongst types of living things, plants, trees, animals, wild and tame, big and small, these are just known common sense truths. Weather changes, heck we have 4 seasons here in our corner of the world, some may argue 2... winter and road construction season, but most would agree on 4, with 2 major ones. Summer and Winter. Some winters are warmer than others, and some summers are colder than others, as well most know, precipitation varies as well.

So why is it, that we over the last several years, have thrown common sense to the wind, and thought because we changed some words on a paper, and that if we changed policy, that mother nature and common sense would change because us hairless monkeys put pen to paper? Is it ignorance, arrogance, or both. We are nothing on the time scale of the planet, and we are at present the top of the

food chain, but nothing in the face of nature. All the king's horses, and all the king's men as it were...

There have been a good many of people over the last ten years ringing the warning bell when it comes to forest management. This is not just an Alberta thing, it's a western state, and western province thing for sure, but frankly, a forested country thing. Recently there was a session I attended down in Oregon on the policies and protocols that they and several of the western states have been using to deal with similar challenges. The ADM put it in a straightforward manner, "Choose your Smoke". Either you chose to allow for the forestry to have controlled burns in area, with select logging and underbrush removal, or mother nature will burn where and when she wants.

There had been a change over the years, to allow for less and less management of the forests, well that's all good, except for where people live, or have remote access, or limited routes. I can tell you full well, we have lots of trees, and like our friends in the USA, our forests are mature. They don't live to the ripe old age of Redwoods...heck, 100 years is ancient. Most make it in between the 80 to 100 year range, that's just the nature of the types of for-

ests we have. In Idaho, they have also enlisted, and authorized farmers, if they see a fire started on federal, or state lands, they are empowered to take action, and put it out before it gets going. Common sense is still alive!

We need to modernize the way we manage our forests, not just with fancy new gear, not with computers, not just with all of the technology, but in common sense. Sometimes what is old is new again. If there is an infestation of beetles as an example, and it kills the forests for miles around the towns, perhaps that material should be managed. This would include thinning, removal of the dead trees, in a reasonable distance, so that when mother nature decides to clean it up...our towns are protected.

The layers of authority and the policies between the authorities need to consider one thing. That there is only one tax payer, and there is only one fire. Neither the taxpayer will be saved by layers of red tape, inaction, or debate, nor will the fire be prevented by procrastination and ignoring the blatantly obvious.

My hope for this year's fire season, is that we will not repeat mistakes, that we will learn, that the politics get parked, the common sense items, the low hanging fruit will get immediately im-

plemented. We can no longer stick our heads in the sand, while the Green Gremlin takes the stage and tells us all about their vision, because honestly, mother nature isn't listening, and either we clean up this mess, or she will!

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SUN SAFETY FOR EVERYONE

Submitted by Alberta Health Services

Summertime fun almost always involves getting outside and enjoying the beautiful weather. But it's important to remember to protect yourself and loved ones from the sun's potentially harmful effects.

Start off by trying to stay out of the sun during the peak hours of UV radiation, which are most intense in the morning and afternoon. These rays go right through window glass and can penetrate deeply into the skin. These rays can cause temporary and permanent skin changes, including premature aging, wrinkling, skin damage, and sometimes skin cancer. Although individuals with darker skin do not sunburn as easily, they can still get skin cancer. So, it's important to use sun

protection, no matter your skin colour.

Find shade if you need to be outdoors. You can also find how much UV exposure you are getting by using the shadow rule. If your shadow is longer than you, UV exposure is low. If your shadow is shorter than you, UV exposure is high.

Protect yourself!

You can start by wearing protective clothing. This can include:

- Wide-brimmed hats that protect the face and neck
- Tightly woven clothes made of thick material, such as unbleached cotton, polyester, wool, or silk
- Dark clothes with dyes added that help absorb UV radiation
- Loose-fitting long-sleeved clothes that cover as much of the skin as possible

• Clothes with a sun protection factor (SPF) in the fabric that doesn't wash out

Sunscreen is a key element to protecting your skin, but it's important to use it year-round, both on cloudy and clear days. Wear a sunscreen with an SPF of 30 or higher every day and use sunscreen that blocks out both UVA and UVB radiation. Apply to all exposed skin, including the nose, lips, ears, scalp, back of the hands, and neck. Ensure you are applying 30 minutes before going into the sun, and re-apply every two hours and after swimming, exercising, or sweating.

Use protective lip balm or cream that has an SPF of 30 or higher to protect your lips from getting sunburned. Wear wraparound sunglasses and choose ones that block at least 99 per cent of UVA and UVB

radiation.

Be careful when you are on sand, snow, or water because these surfaces can reflect 85 per cent of the sun's rays. Avoid artificial sources of UVA radiation, including sunlamps and tanning booths which, like the sun, can cause skin damage and increase the risk of skin cancer.

Selecting the right sunscreen for you

If you can't avoid being in the sun, use a sunscreen to help protect your skin while you are in the sun. Sunscreens come in lotions, gels, creams, ointments, and sprays.

Here's how to choose the right sunscreen:

- Read the sunscreen label.
 - o Be sure that the sunscreen has a SPF of at least 30 or higher.

Continued on Page 9

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Sun Safety For Everyone

Continued from Page 8

o Be sure that the sunscreen is "broad-spectrum." This type of sunscreen protects the skin from ultraviolet A and B (UVA and UVB) rays.

o Check the expiration date on the sunscreen. Do not use the sunscreen after its expiration date. The ingredients in the sunscreen may not work as they should after that date.

o Follow the directions on the label for applying the sunscreen. Doing so will make sure that the sunscreen works well to protect your skin from the sun's ultraviolet rays.

• Consider your situation.

o If your skin is sensitive to skin products or you've had a skin reaction (allergic reaction) to a sunscreen, use a sunscreen that is free of chemicals, para-aminobenzoic acid (PABA), preservatives, perfumes, and alcohol.

o If you're going to have high exposure to the sun, consider using a physical sunscreen. These sunscreens, such as zinc oxide, will stop most of the sunlight from reaching the skin. They are usually thick white or coloured cream. They prevent the skin from being exposed to the sun's ultraviolet rays. They are useful for high-risk areas such as the nose, lips, and shoulders.

o If you need to use sunscreen and insect repellent with DEET, don't use a product that combines the two. You can apply sunscreen first and then apply the insect repellent with DEET. But the sunscreen must be reapplied every 2 hours.

o If you are going swimming or are sweating, use a sunscreen labelled "water-resistant." The label will say if the sunscreen protects you for 40 minutes or 80 minutes.

o Use lip balm or cream that has an SPF of 30 or higher to protect your lips from getting sunburned.

Preventing sun exposure in children

Start protecting your child from the sun when your child is a baby. Because children spend a lot of time outdoors playing, they get most of their lifetime sun exposure in their first 18 years.

Keep babies younger than 12 months out of the sun. This is the safest thing to do for young babies. Children 12 months and

older can go in the sun, but they should have their skin protected from too much sun exposure. Teach children how to protect their skin from the sun. Use the "ABCs" to do this.

o A = Away. Stay away from the sun as much as possible from 11 a.m. to 3 p.m. Find shade if you need to be outdoors.

o B = Block. Use a sunscreen with a SPF of 30 or higher to

protect babies' and children's very sensitive skin.

o C = Cover up. Have your child wear clothing that covers the skin, hats with wide brims, and sunglasses with UV protection. Even one-year-old children should wear sunglasses with UV protection.

LIVE AUCTION

Estate of Larry Fleming and Linda Fleming Thursday August 8 Evening at 6pm

Located: From Darwell - Go S on Hwy 765 to TWP 540. Turn E to RR43. Turn S on Pavement for 1 1/2 mi to 53420 - RR43.

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SUMMER FOOD SAFETY: DON'T LEAVE HOME WITHOUT IT!

Submitted by Alberta Health Services

Summer is finally upon us in Alberta! Whether you are staying close to home, camping, or attending festivals, take steps to keep food safe.

Much like applying sunscreen to protect your skin from the sun, understanding and using proper food safety measures can protect yourself, family, and friends.

Food poisoning or food-borne illness is a major cause of illness in Canada. In Canada, one in eight people get sick each year from eating contaminated food. This is nearly four million people each year.

Food poisoning is caused

by eating foods that have harmful germs in them. Symptoms are usually mild, but severe illness, hospitalization and even death can happen because of these germs.

Did you know that you can't always tell if food has gone bad by look, smell, or taste? Germs are small and not easily detected. This article offers food safety tips along with ideas to ensure the safety of your food during your summer activities.

Food safety tips!

- When grocery shopping, buy cold or frozen food at the end of your shopping trip.

- Check the expiry dates on packages.

- Wash your reuseable

grocery bags often.

- Wash your hands before and after handling food.

- Store foods safely. Refrigerate raw meat, fish, poultry as soon as possible or within two hours. Make sure your fridge is set to 4°C(40°F) or lower, for freezer -18°C(0°F)

- Thaw meats in the fridge, under cold running water or in the microwave. Germs can grow at room temperature. Cook foods soon after thawing.

- Use a clean meat or food thermometer to make sure foods are cooked to a safe temperature.

- Use separate cutting boards for ready-to-eat foods (vegetables and fruits) and another for raw meat.

- Use different plates and cooking utensils for raw and cooked foods.

- Serve hot foods hot and cold foods cold.

- Chill leftovers as quickly as possible, using a shallow container to cool the food down quicker.

Grilling at home

- Marinate foods in the fridge not on the counter or outdoors.

- Do not use sauce that was used to marinate raw meat or poultry on cooked food.

- Cook ground meat thoroughly. Ground beef can turn brown before dangerous germs are killed. Use a food thermometer to take the temperature in the thickest part of the meat. Cook until the thermometer reads at least 71°C (160°F).

- Cook meat like roasts and steaks to 63°C (145°F) on the inside.

- Cook ground meat to 71°C (160°F) on the inside.

- Flip meat at least twice to cook it evenly.

Picnics and camping

- When packing foods in a cooler, pack foods that you are likely to use last on the bottom. Pack plenty of ice or freezer packs to ensure a constant cold temperature.

- Fill a cooler to capacity. A full cooler maintains its temperature better than one that is partially filled. Keep the cooler out of direct sunlight and avoid opening it too often.

- Bring a food thermometer for your meat and poultry to ensure your meat has reached a safe internal temperature when cooking.

- Don't let food sit out for more than two hours.

Snacks for outdoor events/festivals

- Bring disposable wipes or hand sanitizer with you to use before and after handling food if you aren't near a handwash station.

Handwashing is the preferred method for washing hands.

- Take only the amount you think you will need so you don't have leftovers.

- Consider taking foods and snacks that do not need to be refrigerated like fresh or canned fruit, trail mix, crackers, or granola bars.

Remember: if in doubt, throw it out

For more information, check out the Food Safety page on Canada.ca.

Using these tips can help you and your loved ones enjoy your summer activities and stay

STORY TO TELL?

Know of a good event going on in the community? Ever wanted to write up a local event for the Community Voice?

If you have any good ideas for articles or would like to submit a story for the paper

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Smithfield Community Hall, 780-717-3714

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SUDOKU

of the week

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.

ANSWER:
Last Weeks

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

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

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Church Directory

<p>Seba Beach Christian Fellowship Bible Study 9:00a.m. Worship Service 11:00a.m. (780) 908-0876. Text Only Please.</p>	<p>Advent Lutheran Church Sunday Worship & Sunday School 11:00a.m. Evansburg 780-719-8437</p>	<p>Roman Catholic Church St. Agnes' Parish, Mayville/Orpe Sunday 9:00a.m. St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p>Good Shepherd Lutheran Church Stony Plain Worship Service 10am (780) 963-3131</p>	<p>St. Joseph's Catholic Church Sunday Mass 11:30a.m. Tuesday Mass 7:00p.m. Wabamun, AB</p>	<p>St. Augustine's - Parkland Anglican Church 131 Church Rd., Spruce Grove Sunday Service 10:00a.m. Eucharist with Sunday School & Nursery All are Welcome Office 780-962-5151 www.staugustinesparkland.org</p>
<p>Parkland Baptist Church Sunday Worship Service 10:30a.m. All Welcome 121 Brookwood Drive (780) 962-4101 www.parklandbaptist.ca</p>	<p>Word Church Apocalyptic Era Border Crossing Athletic Centre, 971 Letave Way, Spruce Grove (stairs in the Wild Rose room). Ph: 780-962-7579 Service starts at 10:00 a.m. every Sunday morning, come all & be bless.</p>	<p>St. Anthony's Ukrainian Orthodox Church 6103 172 St. NW, Edmonton Saturday: Vespers 5:00PM Sunday: Divine Liturgy 10:00AM 780.487.2167 stanthony@telusplanet.net www.st-anthonys.ca</p>	<p>Mount Carmel Spirituality Centre Catholic Chapel Sunday Masses 10a.m. & 2pm Weekdays 9am Saturday 10am 12351 97 St SW, Spruce Grove Ph: 780-963-4745</p>	<p>Stony Plain United Church Sunday Service 10:30a.m. 5012-51 Ave. Stony Plain Mewassin United Church Sunday Service 9:00a.m. Rev. Heather Koots Hwy 627 - Rd 30 Ph: 780-963-4745</p>	<p>Immanuel Lutheran Church of Rosenthal Sunday Worship Service 9:30a.m. Sunday School 780-963-4048</p>
<p>Emmaus Lutheran Church Sunday Worship Service 11:00a.m. 4604 50th Ave, Drayton Valley Ph: 780-542-5101</p>	<p>Church of God Worship Service Sun. 11:00a.m. Please contact for activities 5004-49 Street, Drayton Valley Ph: 780-542-5091</p>	<p>Calvary Baptist Church Pastoral Team: Kenton Penner Sunday Worship 10:30a.m. Youth & Ministries Info - calvbapt@telus.net 4401-50th Ave. Drayton Valley 780-542-4774 www.calvarybaptist.ca</p>	<p>Drayton Valley Alliance Church Pastor John Haazen Join us for Sunday Service at 10:30a.m. 5014-56 Ave. (next to Value Drug Mart) Programs for all ages Ph: 542-6501 dvalliance.ca</p>	<p>All Saints' Anglican Church 10:30a.m. Sunday Worship 5212 47 Ave. Drayton Valley (780) 542-5048 www.allstonesdraytonvalley.ca</p>	<p>St. Anthony Catholic Church WEEKEND MASS SCHEDULE: Saturday 5:00p.m. Sunday 12:00p.m. 4708-50 Ave. Drayton Valley Parish Office: 542-5254</p>

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9:00 A.M.	HORSE SHOW BARRHEAD AG BARN
10:00 A.M.	PARADE - CELEBRATING BARRHEAD'S GREAT OUTDOORS MAINSTREET
12:00 P.M.	BOUNCY CASTLES, FACE PAINTERS, BALLOON ARTISTS, ESCAPE ROOM, BULL RIDING ATTRACTIONS BARRHEAD AG GROUNDS
1:00 P.M.	RODEO - FREE KIDS EVENTS BRRHEAD AG GROUNDS
4:30 P.M.	PUDDLE OF MUD PRODUCTIONS
6:00 P.M.	WEISINGER MUSIC
9:30 P.M.	SNOWMOBILE FREESTYLE
ALL DAY	CABARET - LIVE MUSIC & DANCING WITH TOMMY CHARLES BABLITZ EXHIBITION HALL SLO PITCH TOURNAMENT SPORTS GROUNDS

SUNDAY, AUGUST 11

8:00 A.M.	RODEO SLACK
11:00 A.M.	BARREL JACKPOT AG BARN
12:00 P.M.	BOUNCY CASTLES, FACE PAINTERS, BALLOON ARTISTS, ESCAPE ROOM, BULL RIDING ATTRACTIONS BARRHEAD AG GROUNDS
1:00 P.M.	RODEO - FREE KIDS EVENTS BRRHEAD AG GROUNDS
4:30 P.M.	WEISINGER MUSIC
6:00 P.M.	SNOWMOBILE FREESTYLE SHOW
ALL DAY	SLO PITCH TOURNAMENT SPORTS GROUNDS

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