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Both Facilities Open  
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Both Facilities Closed  
Sunday, Aug. 31 & Mon, Sept. 1

Reopening  
Tuesday, Sept. 2 (Main)  
Wednesday, Sept. 3 (Transfer)

Plan your load. Sort before you arrive.  
ROSERIDGE.ORG

A sister publication to **The Review**, Redwater, Alberta

## Bringing comfort home: SASHA expands palliative care support to Morinville

By Shelley Winger

For many families, facing a life-limiting illness is overwhelming. It can mean endless appointments, difficult decisions, and the heavy emotional toll of balancing caregiving with everyday responsibilities. While health-care professionals provide critical medical care, there is another side to the journey that often goes unseen – the need for companionship, emotional support, and reassurance that no one is walking the

road alone. That is where the St. Albert Hospice Association (SASHA) steps in. Founded as a grassroots, volunteer-driven organization, SASHA has spent years serving St. Albert with free, compassionate programs for people living with serious illness, their caregivers, and those grieving a loss. Over time, the association has grown into a trusted name in community palliative support, offering everything from one-on-one

visits to group programs designed to reduce isolation and provide comfort. While most programming has taken place in St. Albert in recent years, SASHA recognizes that rural residents face even greater gaps in palliative care. With added staff hours, the association is expanding outreach and connections in Morinville and other rural parts of Sturgeon County. SASHA's work is guided by a simple



Grief Walks at the St. Albert Botanic Park. – Heidi Evan Photo

Continued on page 6

## 4<sup>th</sup> Annual Memorial Car Show & Shine pays tribute to fallen soldier Master Corporal Byron Greff



Royal Canadian Legion Br. 176 Morinville President Maxine Butt was the Master of Ceremonies for the event. Behind her is the new Legion wall mural. – Marie Roy Photo

By Haylee Winger

The 4<sup>th</sup> Annual Memorial Car Show & Shine once again brought the community together in remembrance and respect, continuing its heartfelt tradition of honouring a fallen soldier each year. This year, the event paid tribute to Master Corporal Byron Greff, a dedicated member of the Canadian Armed Forces who tragically lost his life on October 29, 2011, during his

second deployment in Afghanistan. MCpl Greff's second deployment came shortly after Canada officially ended its combat mission in the region in July 2011. He was the first Canadian soldier to die following the conclusion of that mission. His legacy is one of courage, service, and sacrifice. Born in Swift Current, Saskatchewan, and raised in Lacombe, Alberta, Byron Greff was

remembered as a proud soldier, a devoted husband, and a loving father. He met his wife, Lindsay, shortly after enlisting in the Canadian Armed Forces. In 2009, the couple moved to Morinville, Alberta, where they began building a life together. In recognition of her son's sacrifice, Candy Greff was named the Royal Canadian Legion's

Continued on page 4

### GRANDPARENT'S DAY

**A DAY TO CELEBRATE GRANDPARENTING, FAMILY & CONNECTION**

Celebrate family connection with a guided **LEGACY WALK**, hands-on **HORSE ENCOUNTERS**, fireside **STORYTELLING** and a hearty **CHILI LUNCH**.

**September 7, 2025 | 10 a.m. to 1 p.m** Paradise Acres Ranch, 26212 TWP RD 552, Sturgeon County



OPTIONAL BUS: FREE  
(REGISTRATION REQUIRED)

**TO REGISTER, VISIT: [EVENTS.MORINVILLE.CA](http://EVENTS.MORINVILLE.CA)**

ADULTS: \$25 | CHILDREN: \$15  
(REGISTRATION REQUIRED)

# Namao Flower & Bench Show blooms with community spirit and creativity

By Haylee Winger

The Namao Agricultural Society Flower & Bench Show returned in full colour and creativity on August 16 at the Namao Community Hall.

With over 100 entries from residents across Namao and surrounding areas, this year's event was a vibrant celebration of local talent, craftsmanship, and community spirit.

The annual show, hosted by the Namao Agricultural Society, aims to promote agriculture and foster a love for gardening, preserving, baking, and crafting.

More than just a competition, the event encourages mentorship and fellowship, with visitors enjoying coffee, tea, and an impressive spread of baked goods while browsing the



Best in Show in the Flower Class went to Bernd Becker for his Hibiscus entry. - Marie Roy Photo

exhibits.

Open to amateur participants only, the show featured entries in categories including Fresh Flowers, Preserves, Baking, Crafts, and Youth Classes.

While professionals are excluded from competing, community members of all ages showcased their passion and skills, making it a true grassroots celebration.

## Youth Shine in Multiple Categories

This year's youth entries were particularly strong, with contributions across four age groups: 4-6, 7-9, 10-12, and 13-15. Jack Stratton earned the Youth Best in Show title for his intricate wood carving, which he created using only a knife and chisel.

Sisters Lily and Emma Egeland also impressed judges,



Toni Carlsen received a ribbon for her French Canadian Sunflower Wreath. - Marie Roy Photo

receiving top honours in the Sewing category for their PH shorts and a doll blanket.

## Crafting Excellence Recognized

In the adult Craft Classes, Leanne Egeland took home Best in Show for her whimsical mushroom-themed



Best in Show in the Youth was awarded to Jack Stratton for his wooden creation he created with a knife and chisel. - Marie Roy Photo

pottery bowl. Other standout entries included needlework, paintings, photography, and sewn items.

Toni Carlsen was recognized with a ribbon for her French Canadian Sunflower Wreath, and Wendy Jensen claimed first place for her striking acrylic painting of a lighthouse.

## Preserves, Baking, and Blooms Impress

Stacy Bergheim earned Best in Show in the Preserves category for her homemade Basil Tomato Sauce. In the Baking Classes, Caitlin Jodoin wowed judges with her cookies, securing the Best in Show title.

Jodoin also won first place for her Lemon Rhubarb Loaf and Apple Cupcakes topped with cinnamon cream cheese icing. Through compassion, community, and connection, they continue to bring comfort home. She noted that this year's success followed her win last year with a Peach Cake entry.

Bernd Becker once again stole the spotlight in the Flowers category, taking home Best in Show

Continued on page 6




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### September Meetings and Important Dates

Meeting schedule is subject to change. Members of the public are welcome to observe or listen in. For teleconference details and links to the livestream, click on the meetings notice in the following locations:

- Council Meetings:** [SturgeonCounty.ca/CouncilMeetings](http://SturgeonCounty.ca/CouncilMeetings)
- Board and Committee Meetings:** [SturgeonCounty.ca/Boards](http://SturgeonCounty.ca/Boards)
- Public Hearings:** [SturgeonCounty.ca/Notices](http://SturgeonCounty.ca/Notices)

Labour Day	Sept 1	Closed
Subdivision and Development Appeal Board Hearing	Sept 2	2:00 PM
Economic Development Advisory Board	Sept 3	9:00 AM
Youth Advisory Meeting	Sept 3	6:00 PM
Capital Committee	Sept 4	9:00 AM
Regular Council /Committee of the Whole	Sept 9	9:00 AM
CSAB	Sept 15	6:00 PM
Subdivision and Development Appeal Board Hearing	Sept 16	2:00 PM
Transportation Advisory Committee	Sept 18	6:00 PM
Sand and Gravel Advisory Committee	Sept 22	9:00 AM
<b>National Day for Truth and Reconciliation</b>	<b>Sept 30</b>	<b>Closed</b>

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## Important Details

- ✔ Nominate yourself before 12:00 PM on Sept. 22/2025
- ✔ Election Day is **Oct 20, 2025**
- ✔ Trustees receive **\$22K–\$23K/year** + expenses + PD opportunities + benefits
- ✔ You *don't* need to be an educator — just someone who cares about public education

## Next Steps

To access forms and learn more, head to:  
<https://www.sturgeon.ab.ca/board/trustee-elections-2025>

Questions? Email: [corporate.services@sturgeon.ab.ca](mailto:corporate.services@sturgeon.ab.ca)





Fred Basha with his 1949 Chevrolet.



Shaun Basha with his 1971 Pontiac Acadian.



Fred Rapati with the 1967 Mustang he built in his spare time over 12 years.

**Memorial Car Show & Shine**

*Continued from page 1*

2022 National Silver Cross Mother. On Remembrance Day that year, she laid a wreath at the National War

Memorial in Ottawa, representing all Canadian mothers who have lost a child in military service.

MCpl Greff's memory continues to be honoured across

Alberta and beyond. In his hometown of Lacombe, the local high school placed a memorial bench in his name, and the Lacombe Legion Branch 79 renamed their

upper hall the "Byron Greff Memorial Hall."

Additionally, the province of Saskatchewan named a serene body of water in the northeastern part of the province "Greff Lake" in his honour.

Master Corporal

Byron Greff is laid to rest at Fairview Cemetery in Lacombe, Alberta.

The Memorial Car Show & Shine stands as more than just a gathering of vehicles and enthusiasts - it is

a powerful reminder of the bravery and sacrifices made by Canada's service members. Through events like these, communities ensure that heroes like MCpl Byron Greff are never forgotten.



Lindsay Greff (center), her daughter Brielle (left), and a Morinville Legion member stood together during the Morinville Legion's Annual Memorial Show and Shine on Saturday, August 16. The event included a special tribute to MCpl Byron Greff, Lindsay's husband and Brielle's father, who was honoured for his service and sacrifice. Flowers donated by Budding Baskets were planted in front of the Legion mural as part of the commemoration. The day brought the community together to remember fallen soldiers, celebrate local veterans, and enjoy classic vehicles on display, while volunteers and businesses helped make the event a meaningful success. - Morinville Legion Branch 176 Photo



The Morinville Legion 4th Memorial Show & Shine included the prestigious People's Choice Award presented to the top three in each category of Car, Truck/Van and Motorcycle.



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# Sturgeon County hosts first-ever Youth Emergency Services Academy



Sturgeon County's inaugural Youth Emergency Services (YES) Academy was held over three action-packed days and welcomed 21 youth participants eager to explore careers in emergency response.

The academy offered hands-on experiences with professionals from the RCMP, Emergency Medical Services, Fire Services, Stars Air Ambulance, Canadian Armed Forces,

Enforcement Services, and others. Participants engaged in a variety of activities, including fire training, police dog drills, trying on military gear, and learning real control tactics.

The event focused on developing leadership, teamwork, and confidence while providing an inside look at the demands and rewards of emergency service roles.

Organizers extended their thanks

to all emergency academy's success. services personnel Planning is already and instructors who underway for next contributed to the year's event.



Sturgeon County photos



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## Train Whistle Cessation

**Sturgeon County Council intends to pass a bylaw to provide legislative framework for administering train whistle cessation within the County.**

**Location Impacted:** Range Road 223, the crossing located near Fort Augustus Park Subdivision, Mile 111.8 Vegreville Subdivision.

The process to cease whistling at an-grade crossing is governed by Transport Canada under Grade Crossing Regulations, <https://tc.canada.ca/en/rail-transportation/grade-crossings/apply-stop-train-whistling-public-grade-crossing>

In addition to the federal requirements, Sturgeon County's Whistle Cessation Policy guides the process within the County. The full policy is available on the website: <https://www.sturgeoncounty.ca/file/policy-train-whistle-cessation/>

This notice of intent is one step in the overall process. For the full process refer to Transport Canada under Grade Crossing Regulations.

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**SASHA**

*Continued from page 1*

but powerful philosophy: walk alongside people through every stage of the journey. From the early days after a diagnosis, when uncertainty weighs heavily, to the middle stages when caregivers need more hands-on support, and finally to end-of-life, SASHA volunteers provide the kind of presence that eases the burden and reminds families that they are not alone.

“Our volunteers don’t replace medical professionals—they complement them,” explains the association. “They are there to listen, to sit with people, to hold a hand, to share a story. Those small acts of kindness mean more than most people realize.”

At the Foyer Lacombe Hospice in St. Albert, SASHA provides volunteers, music programs, equipment, and furniture to create a welcoming, home-like environment. Families who have walked through the hospice often say it was these human touches that brought them peace during a deeply difficult time.

Living in rural Alberta brings its own set of challenges for those facing illness. Distances to services are greater, professional supports are fewer, and caregivers often feel they must shoulder everything on their own. SASHA

has recognized this gap and is taking steps to bridge it. A key part of this effort is their partnership with Caregivers Alberta, an organization dedicated to supporting those who provide unpaid care to loved ones. Together, the two groups are building a stronger network of resources and connections. “SASHA works in close partnership with Caregivers Alberta, combining their strengths to create a robust network of support. Our partnership is a fantastic complementary one, as Caregivers Alberta offers services and support that SASHA does not, and vice versa,” says SASHA Executive Director Heidi Evans. This collaboration means families in Morinville and surrounding areas will have greater access to both practical resources and emotional supports, ensuring no caregiver feels abandoned.

In 2024, SASHA reintroduced Caregiver Peer Support Groups and launched Grief Walks, both designed to help people cope with the stress of caregiving and the pain of loss. These programs were met with heartfelt appreciation, with participants saying they provided a rare chance to connect with others who truly understood their struggles. Other free programs include companionship visits in the home, offering



*Accordion to Helen - Accordion player Helen Clark, and her friend volunteer to play at Foyer Lacombe Hospice. - Heidi Evan Photo*

conversation and presence; respite for caregivers, giving them much-needed breaks; Connect Cafés, which provide casual gatherings for community and conversation; and educational sessions where caregivers and families can learn practical tips and find encouragement. Every one of these initiatives is made possible through trained volunteers who bring warmth, empathy, and stability to families in need.

Volunteers are the backbone of SASHA. Each one receives Canadian Hospice Palliative Volunteer Training and ongoing education to ensure they are well-prepared for the emotional challenges of the role. But beyond training, what matters most is their willingness to simply show up and be present. “Something as simple as a weekly volunteer visit can truly change someone’s life and create a ripple effect that

impacts the entire family,” Evans says. Families often echo this, sharing how a volunteer’s presence gave them peace of mind, time to rest, or just someone to talk to during long days of caregiving.

Heidi shared one story that has stayed with her: a caregiver who felt overwhelmed and isolated while caring for her spouse at home. After being connected with a Compassionate Care volunteer, she found not only practical rest time, but also the reassurance that someone cared for both her and her loved one. “Those visits

brought her peace and strength,” Evans said. “They reminded her she wasn’t alone on this journey.”

SASHA’s vision is to bring these kinds of supports more consistently into Morinville and across Sturgeon County. The organization believes that hospice and palliative care is about far more than the final days of life – it is about ensuring dignity, companionship, and quality of life for as long as possible. “We want to offer comfort and support, whether that’s with a weekly volunteer visit, sharing resources over a cup of coffee, or simply giving a hug when it’s needed most,” says Evans. “The impact is profound. We have had the privilege of bringing joy and light into people’s lives, sometimes for several months to over a year, through consistent companionship, respite, and trusted relationships. I have seen firsthand how we can truly make life better when it matters most.”

All SASHA programs are free of charge and open to anyone in need. Program details can be found on their website at [www.sasha-cares.com](http://www.sasha-cares.com). Families and caregivers can also call 587-921-1345 or email [info@sasha-cares.com](mailto:info@sasha-cares.com) to speak with staff directly. For additional caregiver – specific resources, visit [www.caregiversalberta.ca](http://www.caregiversalberta.ca).

SASHA is also inviting new volunteers to join their team. With training, ongoing education, and continued support, volunteers become the heart of the association’s work. For those looking to give back in a meaningful way, it is an opportunity to bring comfort, dignity, and companionship into the lives of others.

As SASHA expands into Morinville, one thing remains constant: their belief that every person’s journey matters.

Through compassion, community, and connection, they continue to bring comfort home.

**Namao Flower & Bench Show**

*Continued from page 2*

for his large blooming hibiscus, a plant he’s been carefully nurturing for 5-6 years.

A familiar face at the event, Becker also earned accolades this year for his gladiolas and a handcrafted wooden cutting board.

Last year, he was awarded Best in Show

for his towering lilies.

**A Full House for a Beloved Tradition**

The show opened to the public on Saturday afternoon, drawing a full house of supporters eager to take in the community’s creativity and enjoy a welcoming, celebratory atmosphere.

As entries filled the hall, the event once again proved itself a

cherished local tradition, blending friendly competition with the simple joy of sharing homemade and homegrown accomplishments.

Organizers say they’re already looking forward to next year’s show – and hope to see even more entries, especially from the youth who are helping keep these traditions alive.



**HOROSCOPE**

**ARIES** Mar 21/Apr 20



You are likely to experience a week full of thoughtfulness and introspection, Aries. You are searching for a new source for self-fulfillment, and may be inspired by another's ideas.

**TAURUS** Apr 21/May 21



Taurus, now is the time to identify your priorities. Figure out what you want or would prefer to do before you start taking any steps forward. This is the only way to get satisfaction.

**GEMINI** May 22/June 21



Prepare for a week that will pose some challenges, Gemini. A last-minute project at work may test your mettle.

**CANCER** Jun 22/Jul 22



The plan may have been to stay isolated until you get all of your tasks done, Cancer. But those closest to you have some other ideas; they might invade your quiet cocoon.

**LEO** Jul 23/Aug 23



Leo, there's more than one way to approach a project. Remain receptive to new ideas and take time to think things through before choosing a path forward.

**VIRGO** Aug 24/Sept 22



Virgo, your independent streak may need to be tempered in the days ahead. Teamwork is the name of the game so make a concerted effort to be a good team player.

**HOROSCOPE**

**LIBRA** Sept 23/Oct 23



Right now you might not feel you are in the correct place in your profession, Libra. Is your current role too restrictive or does it not challenge your skills? You might want to start looking around for new challenges.

**SCORPIO** Oct 24/Nov 22



Scorpio, now is a great time to take the bull by the horns. An opportunity to be assertive and take on a leadership role presents itself this week. You're ready.

**SAGITTARIUS** Nov 23/Dec 21



Sagittarius, you may be taking stock of your professional life and goals. Be sure you plan accordingly to balance the work side with your personal needs.

**CAPRICORN** Dec 22/Jan 20



Something unusual may happen to you this week, Capricorn. Be ready for the unexpected. This also is a good time to tie up some loose ends that you have been overlooking.

**AQUARIUS** Jan 21/Feb 18



There is nothing to stop you from asking for help from time to time, Aquarius. While you certainly enjoy the satisfaction of getting things done, assistance is necessary from time to time.

**PISCES** Feb 19/Mar 20



Hard work is starting to pay notable dividends, Pisces. Enjoy the fruits of your labors, but remember to keep your nose to the grindstone.

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**A**

**B**

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In English-speaking countries, the works of this playwright are widely studied in school.  
Answer: William Shakespeare

**CANADA MONTH HISTORY**  
1981  
Quebec's French-language sign law goes into effect.

**How they say that in...**  
English: Locker  
Spanish: Taquilla  
Italian: Armadietto  
French: Casier  
German: Schließfach



**Did You Know?**  
The University of New Brunswick and the University of King's College are the oldest in Canada, opening in 1785 and 1789, respectively.



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Answers: Guinea pig on rug 2. Missing shapes on book cover 3. Child standing in background 4. Missing stars on wall

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*The Free Press*

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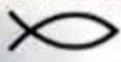
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