





Vol. 34 No. 3 Redwater, Thorhild, Smoky Lake, and surrounding areas Wednesday January 17, 2024

A sister publication to The Free Press, Morinville, Alberta

Come to the Table Town of Redwater

Women in the agricultural industry came together for the Come to the Table initiative discussing farming and mental health issues. Photo courtesy of The Gathering Place Co-op

By Brandie Majeau

In association with theNationalFarmers' Union and Canadian Centre for Policy Alternatives, a groundbreaking report entitled "Field Notes: Looking at the Farmer Mental

Health Crisis" was released on October 5, 2023. The report explored the impact of rural communities tumultuous economic uncertainty, severe climate impacts, and a variety of stresspredominantly affecting farmers.

and declining mental health of agriculturalists, intensified in due to the lack of accessible resources and prevailing stigsurrounding mental health. The Field Notes also uti-It detailed the poor lized interviews and

focus groups to contribute to and explore key factors affecting the mental health of farmers, including burnout, racism, and violence against women.

With the release of

continued on page 2

launches new interactive map

By Brandie Majeau

The Town Redwater is delighted to announce the unveiling of its interactive map, a dynamic tool designed to change the way residents, businesses, and potential site selectors access crucial information about their community. Aligned with our strategic goal of economic and successful growth, this cutting-edge gram marks a significant leap forward in providing users independent, immediate access to

valuable informaof tion. No more waiting for a response - with the interactive map, stakeholders have key data at their fingertips, eliminating delays and enhancing efficiency.

Key Features of the Interactive Map:

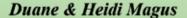
User-Friendly Design: Navigating the map is a breeze. Users can access it by clicking on the quick links tab on the Town of Redwater website, opening a gateway to a wealth of information.

continued on page 12

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Continued from page 1

this report, the National Farmers' Union (NFU) launched an initiative warmly entitled "Come to the Table." This initiative invited women and gender-diverse farm leaders to engage in conversations surrounding the challenges of farming and its impact on rural communities. The Gathering Place Co-op hosted a "Come to the Table" event on December 7, 2023. Guests were encouraged to study the Field Notes report before attending and were also welcomed to read an article entitled "The Unspoken Complexity of Self-Care" by Deanna Zandt. Participants were not only invited to discuss their own private thoughts and struggles but also encouraged to provide feedback related to "Field Notes: Looking at the Farmer Mental Health Crisis."

The Gathering Place welcomed seven participants from diverse rural backgrounds along with two members of farmers' union for a confidential and

supportive discussion. Discussion topics centered around the impact of old versus new farming practices, the lack of mental health professionals, generational trauma, challenges with food systems, and the pervasive loss due to suicide. Stressors and anxiety continue to affect this demographic, often leaving individuals at a loss when seeking help and support. The "Come to the Table" initiative was designed to support women specifically but engages a broader range of individuals through a safe and supportive space as they address mental health challenges.

The Gathering Place Co-op extends its gratitude to NFU for the remarkable work they have done in this project. They have decided to transform "Come to the Table" into a continual discussion group that will be held every three to four months. This initiative aims to maintain an ongoing conversation about mental health in rural agricultural communities. The discussions will focus on how

to support one another group and are encourand offer a safe haven for sharing. All are invited to the next discussion

aged to invite family and friends to stand in solidarity and support.



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NEW LISTING

MOVE IN READY IN WESTLOCK

cute, well kept 3 bungalow bedroom Westlock is move in ready. Renovations over the years include newer flooring and paint, new windows, furnace and h/w tank in 2016, bathroom renos in 2017, shingles in 2017, front and back decks, backflow valve installed in both washer

drain and floor drain, and new front door and patio doors. Wall has been opened up between kitchen and living room to allow for a more open concept. Features include a built in vacuum system, pantry, solar light tube in kitchen, patio doors in back bedroom allow access to back deck and fenced yard with storage shed. Basement is partially finished with a family room space, laundry area and den which could easily be a 4th bedroom if window was made a bit larger. There is roughed in plumbing for a bathroom in the basement. Just needs flooring and ceiling installed to finish the basement. This is a great starter home or small family home. Would also be great for an investor as all the work has already been done.



FULL QUARTER OF LAND IN THORHILD COUNTY

Full quarter of open pasture and bush land approximately 1 hour north of Edmonton in Thorhild

County. About 100 acres has been brushed in the past few years and just needs clean up of the brush piles to make open land. This portion had been used as hay land many years ago so could potentially be hay or grain land again. The remained 59 acres is large, mature bush land. The land is fenced and there are two good dugouts so it's all ready for your animals. Also a few nice building spots on this property and power runs along both the range road and township road. Great spot for hunting, quadding, snowmobiling. County bylaws allow for subdivision of this land. \$279,900 plus gst. Call Heather for more info.

Now is the time to list if you are thinking of selling this year. Give us a call for a free market evaluation.





Room for everything on this 4.99 acres with a 2400 sq ft 1 1/2 storey home that has 5 bedrooms, 3 bathrooms and a full unfinished basement that is framed in for an additional 2 bedrooms. House was originally built in 2009 on a crawlspace but was lifted and had a full basement installed in 2013. Bsmt has roughed

4.99 ACRES BY BUSBY

in plumbing for another bathroom and a wet bar. This home was built for energy efficiency with walls built from structural insulated panels (30-50% more efficient). If has in floor hot water heating system powered by 2 electric boilers that were installed in 2013. Features 2 sided wood burning fireplace, large kitchen/dining room, moveable island, double oven, gleaming wood ceilings, main floor laundry, chair lift to 2nd floor and more. Master suite has 2 w/i closets, gorgeous ensuite, and private loft area with door to future balcony. Double det'd garage with loft space above. Lots of fruit trees, firepit, trails throughout the trees. A few minutes SW of Busby, just over a half hour to Edmonton. \$484,900. Call Heather to view.



ONLY \$164,900 FOR 2 BEDROOM **BUNGALOW IN LEGAL**



Looking for affordable living that's move in ready? This 2 bedroom bungalow in Legal is perfect for first time buyers, investors or seniors who aren't quite ready to give up their pets and move into a lodge. Many upgrades over the years including furnace,

vinyl siding and windows. Renos in the past year include all new bathroom with stacked washer and dryer and on demand hot water heater, new counter tops and backsplash in kitchen, eavestroughs, sump pit and pump. Fresh paint thoughout. Brand new carpet in bedrooms and lino in bathroom and back entrance and the living room/kitchen flooring is only a few years old. Large 75'x66' fenced lot with fire pit, flower beds, deck and plenty of parking space for a couple of cars and holiday trailer. Or build a garage if you like. Ramp is also in place for easy access with wheelchairs or walkers. Legal is a great small town that's only a few minutes north of Legal. Move in ready! \$164,900. Call



FISHER TEAM







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780-349-0361

GLENN FISHER:

10018 - 100 Avenue, MORINVILLE Website: www.glennfisher.com Email: glenn@glennfisher.com



60141 RR 165 SMOKY LAKE COUNTY



Full quarter with about 70 acres presently in hay. Rest of the land is mature trees and looks like a creek. Old farm house on property of no value. Revenue from pipeline right of ways to be confirmed as to total amount.



Close to Redwater school, shopping, Rec Centre, golf and banks. 845 square foot basement less 2 bedroom bungalow built in 1990. Main floor laundry, large kitchen, dining area, 4pce. bath and two good sized bedrooms. 8 x 26 foot covered front veranda. Large lot with back alley and garden shed. Some renovations and flooring are still needing com-pletion. With a few minor improvements this is a dynamite starter home or empty nester, senior living with no stairs.

60217 HWY 63 THORHILD COUNTY



Beautiful bungalow sitting on 11.89 acres! This home is over 1320 SQFT with main floor laundry, updated kitchen consisting of granite countertops, newer cabinets and appliances. Large dining area and living room with wood burning fireplace, 3 bedrooms on the main level including primary with 2 piece ensuite. Main 4 piece bathroom and loads of closet space on this level. Newer flooring and windows throughout the whole main floor. In the basement you will find a large rec room with bar area, 3 piece bathroom, 2 additional bedrooms ,tons of storage and utility room with newer HE furnace. Outside is a mature yard with amazing landscaping and a huge garden area. New west facing pressure treated front deck and east facing rear patio with HOT TUB. Massive double garage with 2 new 9ft doors and new openers, 40ft sea can comes with property for extra storage. Located 45 minutes from the Anthony Henday and on the way to Fort McMurray

#3 LOST POINT LAKE STURGEON COUNTY



2063SQFT above grade with another 1541SQFT in a fully developed walk out basement. The main floor is A frame styling with a loft overlooking the living room and backyard. Large mud room with loads of built in features, bedroom with 3pce bath off back hall, large kitchen with loads of counter and prep space, formal dining room with doors to deck and a huge breakfast area with another door to rear deck. Living room has doors to the front deck to enjoy those early mornings. To complete this level is the huge primary bedroom with walk in closet and full en-suite. The walkout basement has huge above ground windows with two sets of bedrooms with Jack and Jill 4pce washrooms between them and walk-in closets, allowing the center of the lower level to have a large family room with direct access to the back yard. Large double attached garage with mezzanine. The backyard has two storage sheds and a firepit area along with some fruit trees. Recent upgrades include new roof July 2023 & boiler system reconditioned Dec 2022

#40 WATERDALE PARK HWY 38 STURGEON COUNTY



1411 square foot raised bungalow built in 2015 just a couple hundred feet off pavement on 3.85 acres. Everything is neat as a pin and manicured meticulously. Main floor is open design and very bright because of the large windows and vaulted ceilings. Large kitch-en with garden doors to deck, island and still loads of space for the dining table. Primary bedroom has a walk-in closet, 3pce bath and plush carpeting. The other two bedrooms on this floor are of a good size and a main 4pce bath. On your way to the back entrance is the main floor laundry and then down the stairs to a fully developed basement with rec room, bedroom, 2pc bath cold room and mechanical room. Double attached garage that is heated. All lights in the home are LED, high efficiency furnace, hot wa-ter tank and also has central air conditioning. Large garden area and loads of room for your toys or hob-bies. Nothing to do here but move in and enjoy the

THE HOETMER TEAM



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Austin Hoetmer 780-221-2842

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2024 Business Licenses are now due!

New Year, New Fees

Effective January 1, 2024

Storefront Business License (operate from a location within the Town) Non-Local Business Home Based Business (operate a Business from your home)

Street Vendor Business (Hawkers, peddlers, street vendors, street vendor trucks) Youth Business License Business License Transfer Fee

\$100.00/yr \$180.00/yr \$100.00/yr \$100.00/yr \$50.00

Municipal Planning Commission NEW MEMBER REQUIRED

The Town of Redwater invites "Letters of Interest" from those town residents who are interested in serving on the Municipal planning Commission (MPC). In general, the purpose of the MPC is to hear and decide on applications referred by the Development Authority Officer. The Commission advises and assists the Town with regard to the planning of orderly and economical development within the municipality and helps ensure that any proposed development is in accordance with the purpose scope or intent of the Land Use Bylaw and Municipal Development Plan.

This is a quasi judicial board made up of members of the public and members of Council. Honorarium is paid per meeting of attendance

The number of times this board meets is dependent upon the number of applications received by the municipality. The time of day also depends upon the municipality and member availability.

Closing February 1, 2024.

Please submit your submission to: Town of Redwater, Box 397, Redwater, Alberta, T0A 2W0 Or email: devofficer@redwater.ca Or drop your letter off at the Town Office, 4924 47 Street, Redwater



PUBLIC NOTICE – Bylaw 1640/23 Assessment of manufactured homes in a manufactured home community.

In accordance with the Municipal Government Act and the Sturgeon County Public Notification Bylaw, Sturgeon County Council is requesting public input on proposed Bylaw 1640/23.

This Bylaw seeks to bring the approach to property assessment for designated manufactured homes into compliance with the Municipal Government Act and proposes to designate the owner of a manufactured home community as the assessed person for a designated manufactured home in the community. This has been the practice in Sturgeon County for almost two decades.

Bylaw 1640/23 is required because changes to the zoning for manufactured home communities in Land Use Bylaw 1385/17 resulted in the current system not being legislatively compliant. It is important to note that property assessment values are not affected by this Bylaw.

View the proposed bylaw at sturgeoncounty.ca/Bylaw-1640

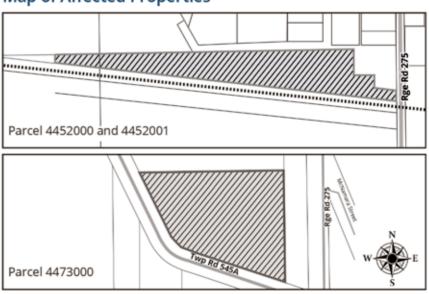
Right of Petition

Unless a petition of the electors of Sturgeon County is received, Council may consider passing proposed Bylaw 1640/23.

The proposed Bylaw can be examined on the Sturgeon County website at www.sturgeoncounty.ca or between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday in the office of the Legislative Advisor, Sturgeon County Centre, 9613 100 Street, Morinville, Alberta.

A person wishing to file a petition in respect of the proposed Bylaw must do so in accordance with Part 7 of the Municipal Government Act and should consult the Alberta Municipal Affairs online publication Petition to council information for Albertans, elected officials and municipal officers. A petition of electors must be filed with Legislative Services in person between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday, in the office of the Legislative Advisor, Sturgeon County Centre, 9613 100 Street, Morinville, Alberta. A petition for a vote of electors on proposed Bylaw 1640/23 must be filed no later than March 20, 2024 at 4:30 p.m.

Map of Affected Properties



Questions? Contact us!

Luis Delgado, AMAA, BBRE Manage, Assessment Services 780-939-0619 Ldelgado@Sturgeoncounty.ca



Labour of Love and Lead



Photos courtesy of Love & Lead

By Brandie Majeau

Love & Lead commemorated its fifth anniversary and is still going strong. In 2018, Angela Budd embarked on what would be a unique journey of passion and dedication, cultivating a unique lifestyle for herself and her family that would enable her to continue to be a stayat-home mother in addition to being able to contribute financially to the household. Weaving a keen passion of hiking and the outdoors brought her to discuss a possible business proposal with her husband.

With an incredulous look upon his face, he listened to Budd as she detailed a desire to create jewelry using spent bullet casings and antlers (foraged sheds). The raw materials were easily obtained as foraging and hiking trips led them to target shooting areas, where empty shells littered the ground, and natural spaces offered an abundance of sheds.

The idea also suited her own personality. Mainstream accessories never seemed to suit her, and highend jewelry stores lacked the character of humble, outdoorsy, and somewhat redneck style that she was searching for. Budd's husband was hesitant, but agreed to see where this undertaking would lead and help out where he could.

Love & Lead was born. Angela Budd explained the jewelry was more in tune with herself and the name derived from, "everything I love with a little bit of lead. Love and Lead. But of course, the bullets don't have lead, but the name love and bullets didn't quite work."

What followed was a whirlwind of learning curves and excitement and successes punctuated through a labour of love, as with the creation and growth of every new business. As Budd began to showcase herself at local marcustomers to exclusive adornments bearing her brand. The evolution of her business growing has led her to travel to various locations across Alberta and created opportunities to contribute to communities and organizations. Her products have been donated to auctions for William's Lake Rodeo in British Columbia and other organizations including Ponoka Archery Club and Camrose

kets her unique style Winter Splendor. emerged, drawing As with many small

businesses, the arrival of the Covid pandemic created a new set of challenges to maintain a client base without the ability to attend public markets and sales spaces. In 2022, Budd and her husband moved to the Waskateneau area and faced a new set of challenges arising from establishing a new home base and setting up a new household. As Covid restrictions ended. Love & Lead managed to survive and was presented to the public once again. And then came her private trials as Budd and her cal markets and behusband separated. She was faced with a hesitant decision to continue with her business, her passion or lay it to the side to pursue a stable line of 9 to 5 work.

The work had always been a joint affair between her and her husband as he assisted in the process of cutting spent casings, polishing, setting and many more tasks involved in the creative process. Love & Lead had also become

more than a business, it was the cumulation of creativity that they had enjoyed working on together. The process would now lie 100% with her. In the end, Budd decided to continue on her own. The business was created from her heart, it reflected who she was, her own creativity and a process that brought her joy. Each piece, not only artwork, but a way to share something of who she is to those around her.

As Angela Budd continues to display Love & Lead at loyond, she delights in younger people discussing their amazement with her jewelrv. This allows her to impart her own personal advice in encouragement to anyone else looking to follow a path similar to her own. "You can create happiness and a life for yourself by making your hobby an income. You don't always need to work a 9-5 to pay the bills if you invest in your passion."

Review Wednesday January 17, 2024 www.theredwaterreview.com

What to do if you accidentally click that phishing link

(NC) For many of us, fishing is a treasured pastime. But none of us wants to get caught in a "phishscam. That's when cyber criminals send you a message, like an email, text message, or something on social media, pretending to be someone you know or someone in authority. They try to trick you into clicking on a link or downloading an attachment, which turns out to be malicious software or "malware" - that can take control of your computer.

What to do if you fall victim to the <u>attack</u>

If you downloaded malware, step one is to disconnect from the network to try to prevent other devices from being infected. Next, you'll need a malware removal tool or a computer technician to try and remove the malware.

Then, if you provided sensitive or financial information at some point, you'll need to change your passwords on your most important accounts. Let your

financial institutions know about malware on your systems, so they can monitor your accounts and prevent further damage.

How to prevent <u>future attacks</u>

If you're not already doing it, you should regularly back up your files to an external storage device or in a cloud-based system so that you can return access and restore your systems after an attack.

You should also install anti-virus and anti-malware software on your computer. This will scan incoming messages for potential threats before they land in your inbox.

Only download files that you've confirmed came from a trusted source and avoid clicking on anything suspicious. Check the email address that the file came from – of– ten the details don't

posed to be coming from.

Find more tips on how to protect yourself at getcybersafe. ca/ransomware.



NOTICE TO CREDITORS AND CLAIMANTS

Estate of **Melvin Ronald Clark** who died on **July 26, 2022**

If you have a claim against this Estate, you must file your claim by February 24, 2024.

with **Andrew Lawson**

PUTNAM LAW LLP Barristers & Solicitors 9702 - 100 Street

Morinville, Alberta T8R 1G3 If you do not file by the date set out above, the Estate property can lawfully be distributed

Perepeletza, Joanne

without regard to any claim you may have.

November 22, 1953 - December 31, 2023

On Sunday, December 31, 2023, Joanne Perepeletza of Andrew, Alberta passed away at the age the age of 70 years after a courageous battle of lung cancer.

years, Eugene, her children Donna

(Kirk) Boyko, Tom (Christine) and

his son Brodey, Anita (John)

Kucharski and their children

Amy (Lawrence) Tychowsky;

(Jim) Zabrick, Susan (John)

friends.

Kastelan, Karen Everall (Blair

Hallet); along with numerous

nieces, nephews, relatives, and

are waiting for her, son Ronald,

parents John and Jennie Garred.

in-laws Tom and Jean Perepeletza,

Joanne will join her family who

Wyatt and Emmerson; siblings

sister-in-law Rita Garred, Laura



Gary Garred; sister Colleen Sheppard; brother-in-law Don Everall.

The family is grateful for the time and care that the Doctors and staff of George McDougall-Smoky Lake Healthcare

brothers Allan and

Centre provided and a very special thanks to the numerous nurses who provided comfort care to our mom and wife until she was called home.

A Funeral Service was held on January 9, 2024, at the Andrew Community Centre. Fr. Kolin Berglund officiated. Interment was followed in the Holy Trinity Orthodox Church Cemetery-Sunland. In lieu of flowers, memorial donations may be made in our mother's memory to "Alberta Health Services-George McDougall Hospital".

To send condolences, please visit www.autumnrosefuneralhome.com

Get your retirement plans in order this year

(NC) Whether you're just starting out in the job market or you're approaching the end of your career, it's never too late or too early to plan for your retirement. Make this the year you get those plans in order. Here are four things to consider.

Full stop or semiretirement?

For some of us, one of the joys of retirement is that it means you'll never have to work again. Others plan to continue working parttime or seasonally to keep themselves active or to bring in some extra income. If your goal is to stop working completely, you'll need to make sure you have investenough ments to fund the lifestyle you seek for as long as you're alive. An investment planner can help you determine how much money you'll need for the retirement of your dreams.

Downsize or age in place?

For many of us, our homes are our biggest investment. As such, some homeowners have it in the back of their minds to downsize when they retire and use the proceeds from the sale to help fund their retirement.

But older Canadians increasingly opting to "age in place" in the home where they lived or raised their family. If that's what you plan on doing, there may be options to draw on the equity of the home without selling. A financial advisor can walk you through your choices.

Diversify your investments

Fewer and fewer jobs come with pensions that can fully - or mostly fund a retirement. As a result, people increasingly need to invest for their retirement on their own. The most common option is to invest in a Registered Retirement Savings Plan, or RRSP. But note that any funds withdrawn from an RRSP are considered taxable income

a Tax-Free Savings Account, or TFSA, earnings on investments are non-taxable, so you don't have to pay any taxes when you withdraw them. Other options include investing in the stock market or real estate, both of which come with risk and potentially significant returns. Do your research to decide what options are best for you.

Reap the rewards of your working years

If you can think back to your first-ever paycheque, it was probablyabitofashockto see how much money was deducted for various taxes. The good news is that once you retire, you benefit from many that money helped

for that year. With fund. This includes Old Age Security, a monthly payment you'll start to receive once you turn 65.

> Another the Canada Pension Plan. CPP Investments, professional investment management organization manages the Fund, recently reported a 10-year annualized return of 9.6 per cent, growing the Fund to a total of \$576 billion. CPP Investments the best-performing pension fund in the world from 2013 to 2022, according to Global SWF, and an independent review concluded the plan is sustainable for at least 75 years at current funding rates.

Find out more at of the programs that cppinvestments.



Thorhild Central School









Last week, Grade 5 students from Thorhild Central School stayed indoors during recess to escape the biting cold temperatures outside, ensuring they remained warm and comfortable.



At Thorhild Central School, Grade three students constructed balloon-powered cars and elasticpowered cars during their science class.



Last month, the Grade 1/2 class crafted a banner for their teacher, Miss Hannay, for the students versus staff volleyball game.

H.A. Kostash School





Last month, Grade fours from H.A. Kostash in Smoky Lake participated in a spaghetti squash cooking class. The Grade 4s showcased talents, and the results proved delicious!





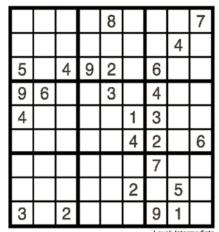
Your logo here!



SEE SOLUTIONS PAGE 15

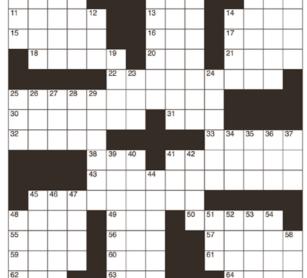


SUDOKU



Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Crossword Clues

CLUES ACROSS

- 1. A way to injure
- 5. Mutual savings bank 8. Rock TV channel
- 11. Large number of fish swimming together
- 13. Military mailbox
- 14. Female of a horse
- 15. Category
- 16. City
- 17. Breezed through
- 18. Officer who bears a mace
- 20. Tax collector
- 21. "Cheers" actress Perlman
- 22. Pauses before acting
- 25. Extracted information from a wave
- 30. Tendency to revert to
- something ancestral 31. No seats available
- 32. Nocturnal rodents
- 33. Moves gently to and

- 38. Not good
- 41. A way to ready 43. One who makes
- something better 45. Things associated with
- American history
- 48. Ancient Phoenician fertility god
- 49. A continuous portion
- of a circle
- 50. Volcanic craters 55. Units of electrical
- resistance
- 56. Gamble on
- 57. Ethiopian town 59. One point east of
- northeast 60. Polynesian garland of
- flowers
- 61. Spiritual leader of a Jewish congregation
- 62. State of fuss 63. Keyboard key

64. Partner to relaxation **CLUES DOWN**

- 1. "The world's most famous arena'
- 2. Polite interruption
- sound 3. Private school in New
- 4. Refuse of grapes
- Tomei, actress
- 6. Adult beverages
- 7. Supporter
- 8. Papier-__, art material
- 9. Forests have them 10. Most ancient Hindu
- scriptures 12. Downwind
- 14. Marketplace
- 19. Flowering plant genus
- 23. Street where nightmares happen
- 24. Admirer
- 25. Dip lightly into water
- 26. When you hope to get there
- 27. Partner to cheese 28. Egg

- 29. A way to disqualify
- 34. South American plant
- 35. Fold-away bed 36. Debbie Harry album Koo"
- 37. Swedish krona
- 39. Displaying warmth
- and friendliness
- 40. Official orders
- 41. Bowling alley necessity
- 42. Stray
- 44. About milk
- 45. Expressed pleasure
- 46. Caribbean dance
- 47. If not
- 48. fide (Latin)
- 51. Swiss river
- 52. Hebrew calendar
- month
- 53. One easily swindled
- 54. Point that is one point south of southwest
- 58. Small island (British)

CROSSWORDS HOROSO

(March 21 - April 20)



TAURUS

(April 21 - May 21)

Taurus, expect a delay or two this week as those who you are expecting simply keep you waiting and it's very frustrating. This will be a lesson in patience for now.

GEMINI

(May 22 - June 21)

Gemini, you may envision a plan in your mind, but now it is up to you to move it from your thoughts and into the reality of coming to fruition. It will take a little time.

CANCER

(June 22 - July 22)

Cancer, give yourself some time to have fun and play around. The inner child in you needs the opportunity to explore and try new things. You'll have plenty of chances.

(July 23 - August 23)

This week may bring many different feelings to the surface, Leo. You may not be ready to explore all of your deep emotions just yet, but you can start by being honest with others.

VIRGO

(August 24 - September 22)

Virgo, empathy may inundate you this week, as you are in tune with the feelings of many different people. Others will appreciate your thoughtfulness in the days to come.

LIBRA

(September 23 - October 23)

You have many chores on your list but things keep pulling you in different directions, Libra. if you can't focus on something difficult, try a creative pursuit.

SCORPIO

(October 24 - November 22)

Scorpio, you may find if you look ahead that there are really no pressing matters on your calendar. This gives you the perfect opportunity to have an outing and enjoy yourself.

SAGITTARIUS

(Nov. 23 - Dec. 21)

Past memories could put you in a funk, Sagittarius. Rather than dwell on what may have happened, think about the future in your control.

CAPRICORN

(Dec. 22 - Jan. 20)



Focus your energy on ideas this week, Capricorn. You might not be changing the world, but each innovation you think up will have a positive impact.

(January 21 - February 18)

Aquarius, do not let moments of self-doubt derail you. Now more than ever, you need to believe in yourself. Think of this as a test that you can ace.

PISCES

(February 19 - March 20)

Pisces, if you do not like what you are or where you are going right now, you have an opportunity to make any changes you want. This may be the ultimate resolution.

INTER WONDERS WORD SEARCH

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

WORDS

BLANKET BLIZZARD BRISK

BUNDLE DOWNHILL **FROZEN** HAZARD

HEAVY ICECAP ICE SKATING LAKE

MITTENS MOUNTAIN NOR'EASTER PARKA

SCARF SKIING SLED **SLIPPERY**

SNOWMAN TEMPERATURE WINTRY WOODBURNING WOOLEN

Softer but not soft: Crop and cattle prices in Alberta

By ATB Financial Team

Theaveragemonthly prices of Alberta's three largest crops in November were well below the records set back in June of 2022 (see chart).

The latest data from Statistics Canada prices November were lower than the previous November by 19% for canola, 18% for wheat (excluding durum) and 14% for barley.

According to a refrom Farm Credit Canada, global wheat prices have fallen due to bumper crops in Russia and Turkey and improved transportation logistics out of Ukraine.

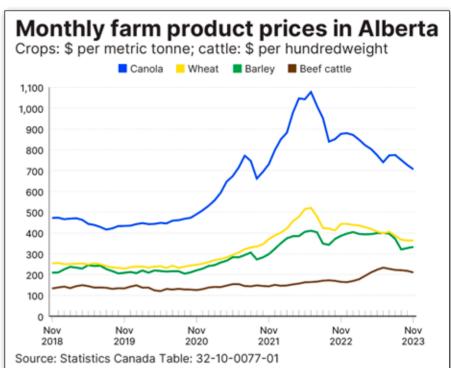
cites a record canola crop in Australia and movement to less expensive vegetable oil sources as factors putting downward pressure on canola prices.

According to a recent article in The Western Producer, the switch to other options when feed barley was in short supply and reduced purchases of barley on the global market by Saudi Arabia (formerly the world's leading buyer) have helped pull prices down from earlier highs.

Despite these downward trends, price of all three crops remains

The same report higher than before the pandemic and well above the fiveyear averages. The U.S. Department of Agriculture links the elevated price environment to "inflation, extreme weather events, supply chain disruptions, high input costs, and Russia's war against Ukraine."

> The story for beef cattle is a little different. The average monthly price of cattle for slaughter peaked in June 2023 rather than in 2022 and was still 28% higher in November on a year-over-year basis. Prices were driven up by smaller herds in the wake of



drought conditions in Canada and the U.S. The price of cattle for slaughter has, however, fallen five months in a row and

was 10% below the peak due to weaker consumer demand.

W.THEREDWATERREVIEW.CO

PUBLIC HEARING – Bylaw 1632/23 Amendment to Land Use Bylaw 1385/17

Sturgeon County Council requests public input on proposed Bylaw 1632/23.

Sturgeon County is proposing updates to the Land Use Bylaw in response to public, Council and developer input. The changes include updates for clarity and efficiency, which will help the County provide improved customer

View the proposed bylaw at sturgeoncounty.ca/Hearing1632

Public Hearing details

The Public Hearing will be held in person and via videoconference on:

Tuesday, January 30 at 1:30 p.m. (or as soon as practical thereafter) Sturgeon County Council Chambers (9613 100 St. in Morinville)

You can view the hearing online at sturgeoncounty.ca/CouncilMeetings

Questions? Contact us!

Tyler McNab Planning & Development Services 780-939-8342 tmcnab@sturgeoncounty.ca

Proposed updates include the following:

- Adding definitions for terminology included in the Land Use Bylaw.
- Adding information to clarify the bylaw, such as noting that development must align with approved land use plans, adding that development decisions will be posted to the County website, and clarifying hazardous lands regulations.
- Changing site grading from a permitted use to a discretionary use on an interim basis while administration reviews site grading policy and regulations. This change means adjacent landowners are notified of proposed developments and have an opportunity to provide feedback.
- Requiring event venue operators to be onsite during events.
- Making amendments that improve efficiency, including allowing a dimensional tolerance of constructed buildings, allowing minor revisions to issued permits, and providing greater variance authority to avoid automatic refusal of applications.
- Providing clarity about when a proposed development is referred to Canadian Forces Base Edmonton for input.

A bylaw is needed to amend the existing Land Use Bylaw, and a public hearing must be held.

Important information about Public Hearings

Requirements for speakers

All speakers have five minutes to speak and are encouraged to provide a written copy of their submission before the Public

Speaking in person

To speak at the Public Hearing in person, contact Legislative Services at 780-939-8277 or 780-939-1377 to preregister.

Speaking via videoconference

To speak at the Public Hearing via videoconference, you must register by January 29 at 1:30 p.m. by contacting Legislative Services at **780-939-8277** or 780-939-1377. This ensures you receive instructions to access the videoconference.

Written submissions

Email your written submission to Legislative Services at legislativeservices@ sturgeoncounty.ca. Written submissions are accepted up to the close of the Public

If making a written submission, you must include your name, state your interest in the matter (such as a County resident directly impacted by the proposed bylaw), and indicate if you are in favour of or opposed to the proposed bylaw.

Watching the Public Hearing

You can view the Public Hearing in person or online at sturgeoncounty.ca/ CouncilMeetings. To view the livestream, click on the meeting date on the calendar, then click on the video link.



Freedom of Information and Protection of Privacy Act: By submitting comments on this bylaw, either orally or in writing, the personal information you provide may be recorded in the minutes of the public hearing, or otherwise made public. This information is collected in line with section 33(c) of the Freedom of Information and Protection of Privacy Act. If you have questions, contact the Access and Privacy Officer at foip@sturgeoncounty.ca or 780-939-4321.

Fitting in physical activity during the day

Finding time to exercise during the day can be challenging, especially for the busiest of people with the most action-packed schedules.

But here's some news. You don't need to spend hours at the gym or on a treadmill to be healthy. Experts recommend at least 2.5 hours of moderate to vigorous activity a week, so with some planning and creativity, you can make physical movement a regular part of your daily life.

Being active for shorter periods of time, throughout the day and week, can add up quickly! A little goes a long way, and consistent, small steps often have the greatest impact on our health.

Sit less, move more!

Moderate to vigorous activities elevate your heartbeat and increase the amount of oxygen that goes to the heart and muscles, which allow them to work longer. Many activities, including many kinds of daily activities, that raise the heart rate and keep it up for an extended period can improve aerobic fitness. If these activities are done regularly and long enough, they can help improve fitness.

Children as young as pres chool age benefit from being active



while it is bes t for teens and children (s tarting at age five) to do moderate to vigorous activity at leas t one hour every day.

Ways to fit physical activity into a busy lifestyle:

Fitting movement into your busy life doesn't have to be complicated. Add variety and do things you enjoy. If your job or lifestyle includes a lot of sitting, try adding short bursts of activity to your day.

Some examples include:

- Setting a "movement timer" to remind you to get up and stretch at least every hour.
- Use your commute to add in an extra walk or

bike ride to your day. Park several blocks away or get off the bus a few stops early.

- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holdmeetings ing with co-workers during a walk inside or outside of the building.
- Use a free smartphone app online exercise video. These programs often have short interval training ideas or 15 minute workouts for all abilities and fitness levels.
- Use your morning and afternoon breaks to take a

quick walk.

- Go the distance when you can. Get your coffee on another floor or use washroom that's farthest from your office.
- Find a work buddy who you can do activities with. Beingaccountable

to someone can serve as a reminder to incorporate movement into your day.

Put it in your calendar! Whether it's 15 minutes, 30 minutes, or an hour, block off time for your activity or activities.

- Plug in your favourite music, book, or podcast, lace up your running shoes, and outside. You'll be amazed how differently you feel, even after a few minutes.
- Get your faminvolved. Combining family time with exercise is a fun way for busy parents and children to find time together and to live an active lifestyle. It's a win-win for everyone!

Mix it up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitnes s is to increas e the amount of oxygen that goes to the heart and mus cles, which allows them to work longer.



Sturgeon County's 100 Year Farm Family Award recognizes families who have lived and farmed in the County for 100 years or more.

If you meet the following criteria, your family may qualify for this award!

- Your family has owned the land for at least one hundred consecutive years, which can be demonstrated through documentation and records of ownership.
- You are a direct descendant of the homesteader.
- Your family is currently farming the land.
- You, or another direct descendant of the original homesteader, still reside on the parcel of land.

Applications can be submitted with ownership records and

documentation via:

.....

Online: www.sturgeoncounty.ca/farmfamily

For more information, or assistance with submitting an application, please visit:

www.sturgeoncounty.ca/AgAwards, or call 780-939-8349.

The deadline for application submissions is Fri day, March 22, 2024.

Change to Consumers' Choice program regarding community newspapers

Canadians' spects choices when it comes to receiving unaddressed advertising mail delivered by their postal service. That's why our Consumers' Choice program offers a simple way for Canadians to stop receiving it.

Community newspapers are currently exempted from the Consumers' Choice program. However, to respect Canadians' choices, we are updating our approach to

Canada Post re- the delivery of com- inserts of a public inmunity newspapers that contain commercial inserts. Effective January 8, 2024, community newspapers with commercial inserts or enclosures will no longer be delivered to addresses that are signed up for the Consumers' Choice program.

We will continue to deliver public interest materials to all addresses. This includes community newspapers (and community newspapers with terest nature). It also includes mailings from elected representatives, political parties, government departments agencies at the federal, provincial, territorial and municipal levels, as well as band councils. Visit canadapost.ca/consumerschoice to learn

Consumers' Choice Acknowledgement Notice (33-086-558) will be updated to reflect this change.







NOTICE OF ANNUAL GENERAL MEETING

All members and members of the public are advised that an Annual General Meeting of the **Smoky Lake Senior's Club Drop In Centre** will take place on Sunday February 11, 2024, 1:30 pm. at the Smoky Lake Senior's Drop In Centre, 124 White Earth Street, Smoky Lake, AB.

For more info; phone Jeanette 780-656-5940.

PUBLIC HEARING – Bylaw 1639/23

Amendment to Land Use Bylaw 1385/17

Sturgeon County Council requests public input on proposed Bylaw 1639/23.

Sturgeon County regularly undertakes zoning audits to ensure each parcel has the correct zoning to reflect the use of the land. The County is proposing the following minor housekeeping updates to the Land Use Bylaw, which will change the zoning of three properties to better reflect the use of the land.

Parcel #1

Pt. NE-31-56-26-W4

 Rezoning from AG – Agriculture to PU – Public Utility for the new location of the Alcomdale water truck fill station.

Parcel #2

Lot 1, Block 2, Plan 2122708

 Rezoning a portion of a recently subdivided lot in Carbondale from AG – Agriculture to R3 – Hamlet Unserviced to match the rest of the hamlet.

Parcel #3

Pt. SE-27-56-23-W4

 Rezoning a small portion of land within the Goose Hummock Golf Resort from AG – Agriculture to REC – Recreational to match the rest of the resort area.

Each time land is rezoned, a bylaw is needed to amend the Land Use Bylaw, and a public hearing must be held.

View the proposed bylaw at sturgeoncounty.ca/Hearing1639

Public Hearing details

The Public Hearing will be held in person and via videoconference on:

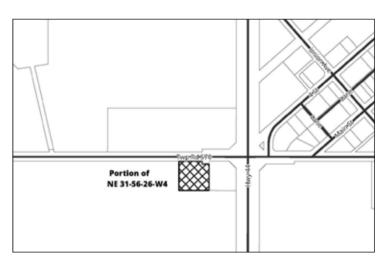
Tuesday, January 30 at 1 p.m. (or as soon as practical thereafter)

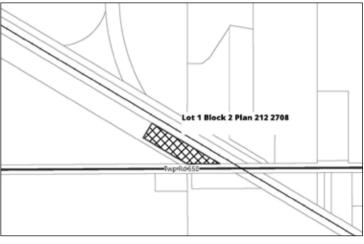
Sturgeon County Council Chambers (9613 100 St. in Morinville)

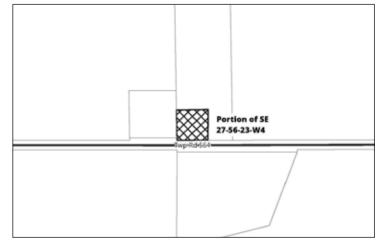
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Questions? Contact us!

Jonathan Heemskerk Planning & Development Services 780-939-1398 jheemskerk@sturgeoncounty.ca







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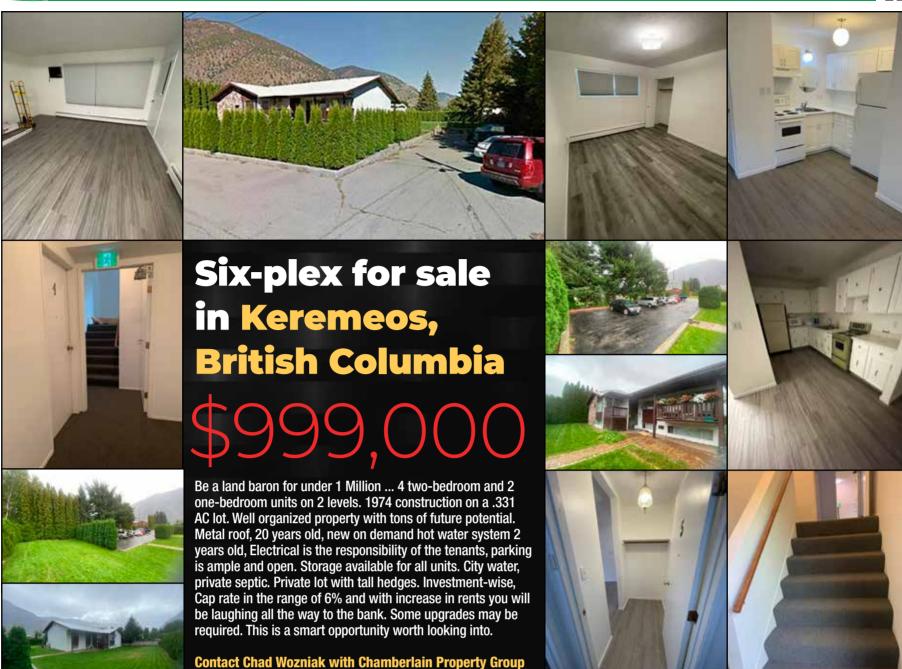
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Classified Word Ads require Payment with Order. Low cost - high circulation. Your ad will also run free in the Morinville Free Press. Up to 25 words: \$15.00 per week, GST included. Additional words: \$0c/ each. Deadline: Thursday 2:00 p.m. Phone 780-942-2023 E-mail: redwaterreview@gmail.com



Career Training

BLANKET THE PROV-INCE with a classified ad. Only \$269/wk (based on 25 words or less). Reach almost 80 weekly newspapers. Call NOW for details. 1-800-282-6903 Ext 225; www.awna.com.

Coming Events

GET YOUR MESSAGE SEEN ACROSS Alberta. The Blanket Classifieds or Value Ads reach over 600,000 Alberta readers weekly. Two options starting at \$269 or \$799 to get your message out! Business changes, hiring, items for sale, cancellations, tenders, etc. People are increasingly staying home and rely on their local newspapers for information. KEEP people in the loop with our 80 Weekly Community Newspapers. Call THIS NEWSPAPER now or email classifieds@awna.

com for details. 1-800-282-6903, 780-434-8746 X225. www.awna.com.

Employment Opportunities

SPRUCE POINT PARK Association now accepting applications for the position of: PARK MAN-AGER, 2024 season, May 1st to September 15th (end date flexible). Spruce Point Park Campground and Marina is located on Lesser Slave Lake approximately 285 kms northwest of Edmonton, AB near Hamlet of Kinuso. Manager must live on site in own RV unit. Full-service lot provided. For complete job description package please call 780-775-3805 or email sprucepointpark@gmail.com. Closing date: Until a suitable candidate is found.

Feed and Seed

ALBERTA FEED
GRAIN: Buying Oats,
Barley, Wheat, Canola,
Peas, Screenings, Mixed
Grains. Dry, Wet, Heated,
or Spring Thresh. Prompt
Payment. In House
Trucks, In House Excreta Cleaning. Vac Rental.
1-888-483-8789.

WE BUY DAMAGED GRAIN - Heated, Mixed, Tough, Light, Bugs, Spring Thrashed....Barley, Wheat, Oats, Peas, Flax, Canola. "On Farm Pickup". Westcan Feed & Grain 1-877-250-5252.

Health

MENT. Other medical conditions causing TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000

yearly tax credit and \$30,000 lump sum refund. Take advantage of this offer. Apply NOW; quickest refund Nationwide: Expert help. 1-844-453-5372.

Services

CRIMINAL RECORD?

Why suffer employment/licensing loss? Travel/business opportunities? Be embarrassed? Think: Criminal Pardon. US entry waiver. Record purge. File destruction. Free consultation. 1-800-347-2540. www.accesslegalmjf.com.

Wanted

CASH PAID FOR GOLD, SILVER & PLATINUM!

Buying coins, collections, 999 bullion, bars, ingots, jewelry, nuggets, sterling, old money. PURCHASING ENTIRE COIN COLLECTIONS! Call Todd 1-250-864-3521.

MOUNTIE MINUTE Smoky Lake RCMP Detachment



REMINDER WITH COLD WEATHER HAPPENING, DO NOT LEAVE YOUR RUNNING VEHICLE UNLOCKED

- Suspicious vehicle in Waskatenau new Ford F-150, attempting to break into residence, RCMP located vehicle, stolen investigation on going
- Mirage Flat Deck trailer was stolen in the Village of Vilna on December 31
- Break and Enter

to a rural property north of Bellis

- Members also investigated numerous domestic disputes
- Effective January 1, 2024, the property damage motor vehicle collision reporting threshold increased from \$2,000 to \$5,000.
- Drivers involved in property damage collisions will be required to report to police if the total damage to all vehicles and property is \$5,000 or more.
- If you see any suspicious vehicle which not normally in your area call the RCMP to report

IF YOU HAVE ANY INFORMATION ON A CRIME CONTACT THE SMOKY LAKE RCMP AT 780-656-3550 or CRIMESTOPPERS 1-800-222-TIPS(8477)



Sign up for Sturgeon County's

Shelterbelt Workshop

Date: January 25, 2024 from 6:00 PM - 9:00 PM Location: Morinville Rendez-vous Centre Cost: FREE!

What will you learn?

- Planting and establishing a shelterbelt
- · Customizing a shelterbelt that works for you
- Problem solving

Sign-up online today

SturgeonCounty.ca/tree-program



Sturgeon

HERE! 780-942-2023 www.theredwaterreview.com

Continued from **page 1**

Comprehensive Data: The map covers various target areas, offering insights into land descriptions, utility locations, stormwater facilities, current structures, tax assessments, and more.

Empowering Independence: Residents, businesses, potential site selectors, and homeowners now have the autonomy to gather critical information, from zoning codes to property descriptions, fostering a more informed and self-reliant community.

"Can I build a garage suite? Am I zonedResidentialorCommercial?"
- Homeowners now have instant answers, thanks to the streamlined program, saving time and promoting convenience.

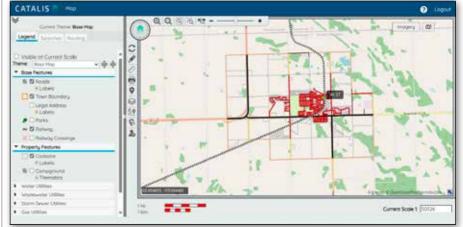
Powered by CATALIS, with a nomic growth and success.

commitment to "build trust and centralize data with interactive, citizen-focused solutions," the Town of Redwater invites everyone to embark on an immersive tour of their town. Let curiosity guide you, and let your fingertips explore the wealth of information waiting for you.

Value for:

- **Residents:** Instant answers and increased independence.
- Businesses: Quick access to crucial data for decision-making.
- Potential Site Selectors: Comprehensive insights for strategic planning.

This initiative aligns with the Town of Redwater's commitment to innovation and community empowerment, contributing to economic growth and success.



The interactive map is now available for use on the Town of Redwater website.



Now Hiring Heavy Duty Mechanic

Come and develop your mechanical skills at our busy, well-equipped shop. Equipment to be worked on will include heavy trucks, construction, agricultural and aggregate equipment.

- \$40/hr and \$20,000 bonus for the right candidate
- We offer competitive wages, a comprehensive benefits package and a RRSP/DPSP plan.

We are willing to apprentice the right candidate. Housing is available.

Submit your resume to jjtrucking@sasktel.net. Check out our website at: www.jjtruckingltd.com







Kyler Burgoyne **Redwater School**

or visit your community newspaper



Favorite thing about hockey

- "Scoring goals and that's it" **Favorite** hockey song

- "Thunderstruck"

Sponsored by



NOTICE TO CREDITORS AND CLAIMANTS

Estate of Joan Beverly Tchir (Darr) who died on November 23, 2023

If you have a claim against this estate, you must file your claim by April 02, 2024 and provide details of your claim.

HARRY J. JONG

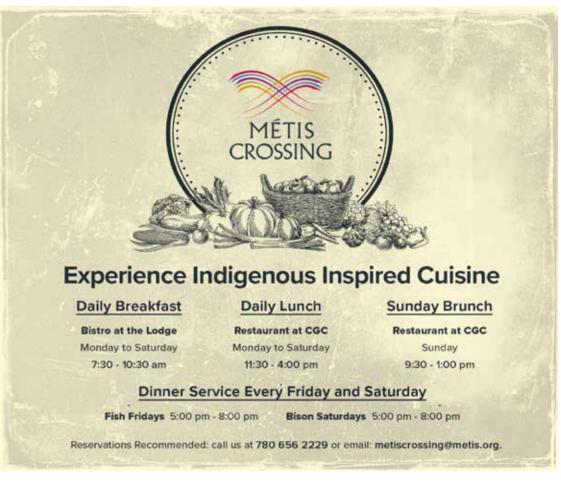
Solicitor for the Personal Representative

at Harry J. Jong Professional Corporation

Box 1379, 5119-50th St. High Prairie, Alberta TOG 1E0 Facsimile: (780) 523-5550

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.





Sturgeon Memorial Inc Juneral Home & Crematorium

Direct Cremation \$1180 + GST*

Includes

Transfer to funeral home within 50 KM, cremation tray, plastic urn, 12 death certificates, Executor's checklist

Traditional Burial \$2995 +GST*

*Price subject to change

Pre~planning~ International Shipping~ AISH Accepted

Funeral Director on call 24 hours a day In office by appointment

780-921-3900

5016 - 47 Avenue, Bon Accord, AB smemorial.ca

Stokowski, Victoria "Vickie

Victoria Stokowski, a beloved mother, grandmother and GG, peacefully passed away on January 4, 2024, at 89 years.



Vickie is survived by her daughters, Debbie and Sandi; granddaughter, Kyla; grandson, Kaz; great-grandsons, River and Franklin; and sisters, Helen and Olga. She was predeceased by her

husband of 61 years, Frank; parents, Mike and Mary Sidor; along with three bothers and five sisters.

14

The family would like to express their sincere gratitude

to all the long-term caregivers at Smoky Lake Hospital.

In keeping with Vickie's wishes, there will be no formal service, but a Celebration of Life later this year.

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



Park Memorial Ital

Edmonton 780-426-0050 Family Owned Funeral Home Crematorium, Reception Centre

Bucholz, Edward

It is with deep sorrow that we say goodbye to **Edward Bucholz** who passed away on on December 27 2023 at the age of 90 years surrounded by his family at the Redwater Health Center.





dren Wyatt, Hunter, Colt and Brooke Olson. One brother Rudy Bucholz. **Edward was** predeceased by his son Faron, his parents Lydia and August and two sisters Elsie and Hilda.

great grandchil-

Thank you to the doctors, nurses and staff at the RHC for their kindness. A memorial service will be held on Saturday January 27 2024 at the Redwater Legion Hall 4708-50 Ave at 1:00 PM.

In lieu of flowers donations can be made to the Radway Community Cemetery. Box 07 Radway Ab. TOA-2V0

KID'S CORNER





STUDENT

waiker second grade

H.A. Kostash School

Walker is a 7 year old, second grade student at HAK in Smoky Lake. He is empathetic, friendly and reliable. He is great at taking part in any classroom discussion and is very hardworking.

He enjoys playing hockey and playing with his friends. One day he hopes to become a youtuber.

Sponsored by



Smoky Lake Thorhild





There will be horse-drawn sleigh rides, s'mores, maple taffy and hot chocolate, and activities like a guided winter walk, telescope for stargazing, gnome hunt and much more!

For event details visit:

SturgeonCounty.ca/Winterfest

f @SturgeonCounty

Check out the 40 foot light tunnel on the **ICE SKATING TRAIL**





Get ready to laugh with **DONOVAN WORKUN**

You don't want to miss all the entertainment, games & prizes!

Thank you to our sponsors:

















PUZZLES SOLUTIONS

WORD SEARCH

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PUBLIC HEARING – Bylaw 1637/23 Amendment to Land Use Bylaw 1385/17

Sturgeon County Council requests public input on proposed Bylaw 1637/23.

The applicant would like to create a natural resource extraction operation on the lands at 21012 Victoria Trail (legal land description: SE-12-57-21 -W4). This land is zoned as AG - Agriculture, which does not allow this type of activity.

Public Hearing details

The Public Hearing will be held in person and via videoconference on:

Tuesday, January 30 at 2 p.m. (or as soon as practical thereafter)

Sturgeon County Council Chambers (9613 100 St. in Morinville)

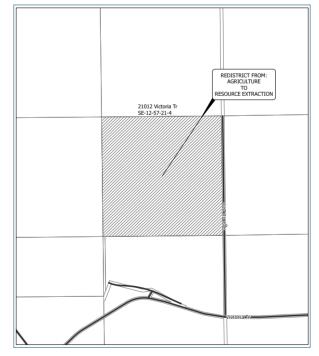
You can view the hearing online at sturgeoncounty.ca/CouncilMeetings To create a natural resource extraction operation in Sturgeon County, land must be zoned as RE - Resource Extraction. The applicant is requesting the land be rezoned to the RE -Resource Extraction district, which would allow them to apply for a natural resource extraction development permit.

Each time land is rezoned, a bylaw is needed to amend the Land Use Bylaw, and a public hearing must be held.

View the proposed bylaw at sturgeoncounty.ca/ Hearing1637

Questions? Contact us!

Jonathan Heemskerk Planning & Development Services 780-939-1398 jheemskerk@sturgeoncounty.ca



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Written submissions

Email your written submission to Legislative Services at legislativeservices@ sturgeoncounty.ca. Written submissions are accepted up to the close of the Public

If making a written submission, you must include your name, state your interest in the matter (such as a County resident directly impacted by the proposed bylaw), and indicate if you are in favour of or opposed to the proposed bylaw.

Watching the Public Hearing

You can view the Public Hearing in person or online at sturgeoncounty.ca/ CouncilMeetings. To view the livestream, click on the meeting date on the calendar, then click on the video link.



Freedom of Information and Protection of Privacy Act: By submitting comments on this bylaw, either orally or in writing, the personal information you provide may be recorded in the minutes of the public hearing, or otherwise made public. This information is collected in line with section 33(c) of the Freedom of Information and Protection of Privacy Act. If you have questions, contact the Access and Privacy Officer at foip@sturgeoncounty.ca or 780-939-4321.

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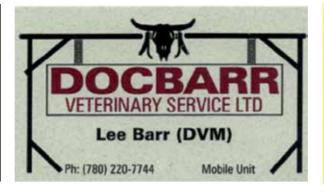
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