





Redwater, Thorhild, Smoky Lake, and surrounding areas Vol. 35 No. 6

Wednesday February 12, 2025

A sister publication to The Free Press, Morinville, Alberta

By Brandie Majeau

The Thorhild County Family Centre, in partnership with the Thorhild Library, is thrilled to announce an enriching Tips & Tools scheduled program for the entire month of February. For those who were unable to attend the previous session on February 6, new opportunities for engagement will be available on February 13, 20, and 27. This program is designed to nurture an open and neutral space where parents and caregivers can come together to share insights and discuss essential protective factors that play a crucial role in ensuring child safety, while also fostering resilience and strength within fami-

Each interactive session will run from 2:00 PM to 3:00 PM and will be held at Thorhild providing Library, ample time for discussion, learning, and community building. Caregivers are warmly encouraged to bring their children along, as the program is thoughtfully designed to be inclusive and supportive of all family members, making it a calm and holistic experience.

Having safe and non-judgmental opportunities for open dialogue with caregivers is essential for building

continued on page 4

Coffee and conversations I spy a lego surprise



By Brandie Majeau

On January at Radway Public Library, an energetic group of excited children gathered around a stunning display of colourful Lego blocks, each one beckoning them to explore the vast possibilities hidden within the library's extensive treasure trove. As the afternoon sun filtered through the windows, illuminating their energetic faces, the children dove into a world of imaginative construction and boundless creativity.

To elevate the excitement and spark ingenuity, each young builder reached into a specially prepared paper bag, filled with mystery blind pieces that

continued on page 7

A HEARTwarming morning







See story on page 2

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A HEARTwarming morning

By Brandie Majeau

On February 4, the Thorhild Lodge warmly embraced lively gathering of children for **HEARTwarming** morning dedicated to creativity and connection. This delightful event artfully paired senior residents with young participants, cultivating an engaging and enriching experience that bridged generations. Children and seniors teamed up or worked independently embellish uniquely designed Valentine's hearts using various colourful puzzle pieces. These pieces symbolized the beautiful interconnection of their lives, intertwining stories and experiences in a tapestry of love.

As the crafting progressed, the air was filled with laughter and exuconversaberant tions, as each heart

evolved into a capshared memories. The results were creations that were not only visually stunvibrant hues, but also rich in emotional depth and meaning. This memorable endeavor was made possible through the generous support of H₂H

Designs, who provided the hearts that served as the cherished foundation for this special activity. This intergenerational gathering served as an ideal celebration of love, kindness, and community spirit, effectively bridging the gap between young and old while encouraging mutual understanding and respect.

Hosting intergenerational activities is crucial for promoting connections and understanding between different age

groups. These events tivating canvas for can include collabpersonal tales and orative art projects, community gardening, storytelling sessions, or technology workshops where ning, bursting with younger participants are placed in teaching roles for an older generation. By engaging individuals from various eras, it can promote the sharing of knowledge, skills, and life experiences, which benefits society. Furthermore, these interactions can help combat loneliness among seniors while

providing younger generations with insights valuable into history and tradition. Overall, creating opportunities for significant dialogue and collaboration strengthens social bonds and cultivates a sense of belonging among all ages and individuals.

Keep watch as the vearunfolds for more opportunities fun family activities within the community of Thorhild and further opportunities to bring generations together.





NOTICE OF PUBLIC HEARINGS

BYLAW NO. 05-2025 & BYLAW NO. 07-2025

TAKE NOTICE THAT that the Council of Town of Smoky Lake is proposing to pass a bylaw pursuant to Section 692 of the Municipal Government Act and a public hearing will be held to obtain public input on proposed Bylaws 05-2025 and 07-

The purpose of Bylaw No. 05-2025 is to remove the municipal reserve designation from Lot R-2, Block 12, Plan 4117TR.

The purpose of Bylaw No. 07-2025 is to amend the Municipal Development Plan to reclassify Lot 2, Block 11, Plan 872NY from "Residential" to "Commercial".

Date: Monday, February 24, 2025

Time: 10:45 am

Location: Town of Smoky Lake Council Chambers, 56 Wheatland Ave, Smoky Lake, AB or online: https://zoom.us/j/3287551220@omn=94039622430

The Public Hearing will commence at 10:45 am, or as soon as practical thereafter. The hearing will occur sequentially starting with Bylaw No. 05-2025 and followed by Bylaw No. 07-2025.

TO SPEAK OR PRESENT AT THE MEETING:

Email legislative@smokylake.ca for participation information. QUESTIONS CONTACT:

Pam Routhier, Development Officer

Email: development@smokylake.ca | Phone: 780-656-3674 TO VIEW BYLAW: visit smokylake.ca

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 mode public. This information is collected in line with section 33(c) of the Freedom of Information and Protection of Privacy Act.





SOLD!

STUNNING 10.72 ACRES NEAR **WASKATENAU**

A gardeners delight with mature trees, flower beds, gazebo and garden area. Older home was added

onto in 1996 and remodelled and features a mixture of old country charm and modern conveniences in this 1485 sq ft home. Some original doors and light fixtures, lots of modern white kitchen cabinets with granite countertops, gas fireplace, both main floor and bsmt laundry facilities, large back entrance and covered deck. Main floor has 2 bedrooms, 4 pce bath and large kitchen, dining room and living room. Bsmt has new flooring throughout the family room, bath (with corner jacuzzi tub) cold room and den. 32'x28' heated double garage was built in 2021 and is completey finished inside. Even has roughed in wiring for future electric car charger. 56'x20' metal clad cold storage shed and small barn. Completely fenced with new 5 strand barb wire fencing. Great opportunity for horses or hobby farm. About an hour from NE Edmonton, near Waskatenau. \$550,000. Call Heather to view.



3 BEDROOM HOME IN PIBROCH

Great starter or retirement home or rent it out. Has been rented in the past few years for \$950 per month plus utilities. Upgrades over the past years include metal

roof, windows, and furnace. In the past 3 years the hot water tank has been replaced, bathroom renovated and new vinyl plank flooring was installed. Main floor features a large back entrance with laundry, good sized kitchen with plenty of wood cabinets, 4 pce bathroom, furnace room and huge living room. Upper floor has 3 bedrooms. Sits on a large 150x50' corner lot with plenty of room to add a garden or garage. Backs onto a park witih basketball court, ball diamond, fire pit area and kids playground. Pibroch has city water and community sewer and an active community hall. It's only minutes away from Westlock with all the amenities you will need including a hospital and indoor swimming pool. \$82,400. Call Heather to view.





10 ACRES IN THORHILD COUNTY

This newly subdivided lot has all kinds of potential. It is on the SE corner of Range Road 225 and Township 614 and is only 2 miles south of paved highway 661. Great spot for

a future hobby farm as it is currently mostly open pasture land. It's fenced on two sides and survey stakes mark the corners. Located in a fairly quiet, private area of Thorhild County, less than an hour to Edmonton. Lots of wildlife in the area. Great building spot, weekend getaway or set up a hunting camp. \$129,900. Call Heather to view.



NEWBROOK FARM

Enjoy privacy on this 160 acres at the end of a dead end road just a few minutes south of Newbrook. This cute 896 sq ft 2 bedroom 1 bathroom home was built in 1983 with 2"x6" walls and has been well kept.

Upgrades over the years include flooring, kitchen cabinets, windows, ss appliances (stove and dishwasher new this year) shingles and bathroom renovations. Open living/ kitchen concept, bay window and garden doors to a large covered deck add to this great home. There is a 32'x24' detached garage with addition on the back for more storage. Beautiful setting amongst large mature trees. The pasture land is all fenced and has dugouts for water and has been rented out for cattle pasture the last few years Perfect property for someone wanting a little privacy with lots of land for hunting or farming. Just about an hour to Edmonton, \$459,900. Call Heather to view.



GORGEOUS 70 ACRES

A nice mixture of native trees and high, open land in a quiet area of Thorhild County. Start your hobby farm or add some pasture land to your holdings. Could be worked and seeded to

hay too if wanted. Driveway is at the end of a dead end road for privacy. Build your dream home, add to your farm, or use it for recreational use. Could be a weekend getaway or great hunting land as there is an abundance of wildlife on it. Located on the corner of Twp 614 and RR 225(with driveway on the far west end of Twp 625). About an hour from Edmonton and only 2 miles of gravel road to paved highway 661. \$199,900 Call Heather to view.



2,78 ACRES NEAR **BON ACCORD**

2.78 acres of treed land on pavement 30 minutes north of Edmonton, in a beautiful setting close to Lily Lake. The property has two outbuildings - a 87x24 ft pole shed and a

30x12.5 ft storage shed. Close to power and gas, with the trees offering privacy from the road, this land is great for a new home or private storage. Easy access to Bon Accord and Gibbons for shopping and schools. \$129,900. Call Glenn for more info.



160 ACRES OF **GRAINLAND & BUSH NEAR NEWBROOK** \$250,000





REAL ESTATE



780-913-2493 **HEATHER** MOELLERING: 780-699-7914 TARA FISHER: 780-932-0196 JANINE PEQUIN 780-349-0361

GLENN FISHER:

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



Rusnak, Allen (Al) Steven

May 7, 1954 – February 1, 2025

On Saturday, February 1, 2025, Allen Rusnak of Vegreville, Alberta passed away at the age of 70 years.

Allen is survived by his loving wife of 48 years,

Debbie; three children, Erin and her daughter Cameron Mae: Scott and his sons Thomas and Elliot: and Derek; one brother Norman Rusnak; two sisters Donna Rusnak and Connie (Peter) Stecyk. He was

Mary. A Celebration of

predeceased by his

parents Steve and

Al's Life will be held on Sunday, March 2, 2025, at 11:00 a.m. at the Vegreville **Social Centre with** Verna Klimack as

the celebrant. Inurnment will be held at a later date in the Riverside Cemetery Columbarium. Memorial donations may be made to the "Canadian Liver Foundation" or to the "Canadian Kidney Foundation."

To send condolences, please visit www.autumnrosefuneralhome.com



Vegreville, 780-603-5800

Canadians are facing financial pressures - the CPP offers hope

(NC) Are you feeling financially stressed? It's easy to see why people are feeling this way. Canadians are facing affordability challenges that impact everything from gas and groceries to retirement. Saving for retirement can seem daunting when you're struggling to pay rent, and the cost of living continues to rise. Fortunately, for Canadians there is hope with the Canada Pension Plan (CPP).

A recent survey from CPP Investments reveals that most Canadians are worried about running out of money in retirement. Young people are especially concerned, with the majority of Canadians aged 18 to 24 reporting significant anxiety over financial decisions.

Retirement savings head start: Fortunately, there's good news. Canadians have a head start on their retirement savings with the CPP. It aims to replace up to 25 per cent of the average worker's pensionable earnings. With enhancements introduced in 2019, this rate will increase to approximately 33 per cent for future generations. The pension is indexed to inflation and you receive benefits for as long as you live.

Think of your retirement income like a table; the CPP is one leg, but you'll need other legs for support, as well. Retirees can rely on Old Age Security, employer pensions, personal savings and investments. Each of these sources can play a crucial role in your overall retirement strategy.

Planning for financial Understanding security: your financial situation and

planning can reduce stress and give you the confidence you need to feel good about retirement. Managed by CPP Investments, the fund today has more than \$675 billion in assets, making it one of the largest pension funds in the world. The CPP is projected to be sustainable for at least the next 75 years, providing financial support for generations of Canadians.

A successful future starts with a successful plan. Through your contributions, you're already building a solid foundation for a secure retirement. And with its benefits payable to you for as long as you live and indexed to inflation, you can rest assured that your savings will keep pace with the rising cost of living. Feeling financially secure is about more than just numbers; it's about confidence. Knowing that the CPP will be there for you can help reduce financial anxiety.

Your career ad at THEREDWATERREVIEW.COM

continued from page 1

trust and understanding. These conversations are always structured in a manner that encourages transparency, allowing caregivers to express their concerns, experiences, and challenges without fear of criticism. Creating a supportive environment where caregivers feel heard and valued not only strengthens their relationships with those they care for but also promotes better emotional wellbeing. "Coffee and conversations" through the Tips & Tools Program



SMALL ADS BIG REACH 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: 50c/ each. Deadline: Thursday 2:00 p.m. Phone 780-942-2023 E-mail: redwaterreview@gmail.com

House for Sale

229 - 6th Street, Thorhild

680 sqft, move-in ready, about 75km northeast of Edmonton. 2 bedroom, 2 bath, hardwood floors, front and back decks, garage, garden plot, Full basement (laundry area, bathroom, exercise room and more). Drive through corner lot, Edmonton water.

Asking: \$173,000

www omueas.com

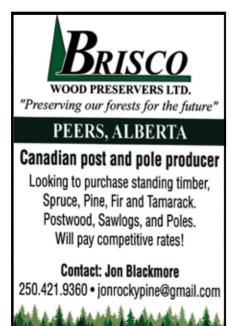
Phone or Text: Lil: 780-283-2343

To Purchase

Seeking to purchase a good-sized herd of cows. Also looking for long-term pasture rental and well-maintained used farming equipment. Please contact 780-919-5040.

WANTED

O.M.U.Estate Auction Services Call to discuss your estate dispersal needs and get multiple buyers bidding on your valuables. Please call 780 999 6105 or email me at oral@omueas.com



offers this secure space and is also held as an informal gathering, providing these crucial opportunities for dialogue, ensuring that caregivers have the space to share insights and seek advice while reinforcing a sense of confidence and discretion.

For more details or to regis-

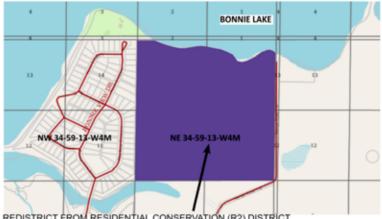
ter in these engaging sessions, please reach out by calling or texting 780-656-6016. Don't miss this invaluable opportunity to connect with fellow caregivers, share experiences, and discover effective strategies to enhance the safety and well-being of family!



Smoky Lake County NOTICE – PUBLIC HEARING on Proposed Bylaw #1472-25







REDISTRICT FROM RESIDENTIAL CONSERVATION (R2) DISTRICT TO AGRICULTURE (AG) DISTRICT UNDER LAND USE BYLAW #1272-14;
RECLASSIFY FROM RESIDENTIAL CONSERVATION AREA TO AGRICULTURE AREA UNDER MUNICIPAL DEVELOPMENT PLAN BYLAW #1249-12; & RECLASSIFY FROM RESIDENTIAL CONSERVATION AREA TO

AGRICULTURE AREA UNDER BONNIE LAKE AREA STRUCTURE PLAN BYLAW #1146-07

TAKE NOTICE THAT in accordance with sections 216.4, 606 & 692 of the *Municipal Government Act*, the Council of Smoky Lake County is giving consideration of Bylaw #1472-25:

- To redistrict the lands legally described as NE-34-59-13-W4M, from Residential Conservation (R2) District to Agriculture (AG) District, under the County's Land Use Bylaw #1272-14; &
- To reclassify the lands legally described as NE-34-59-13-W4M, from Residential Conservation Area to Agriculture Area, under the County's Municipal Development Plan Bylaw #1249-12; &
- To reclassify the lands legally described as NE-34-59-13-W4M, from Residential Conservation Area to Agriculture Area, under Bonnie Lake Area Structure Plan Bylaw #1146-07.

A Statutory Public Hearing will be held <u>in relation to Bylaw 1472-25</u>, both in-person <u>and</u> via videoconference on Thursday, March 13, 2025, at 9:15 a.m. (or as soon as practical thereafter) at: Smoky Lake County Council Chambers, 4612 McDougall Drive, Smoky Lake, AB TOA 3C0 or online: https://video.businessconnect.telus.com/join/393963085 Meeting ID: 393963085 or via phone: 1-844-511-2074

In-person Speakers:

If you intend on participating in person, you are encouraged to pre-register for the Public Hearing by contacting Legislative Services at 780-656-3730.

Speakers participating through Telus Business Connect videoconference:

If you wish to speak at the Public Hearing via videoconference, you are asked to register 24 hours prior to the opening of the Public Hearing by contacting Patti Priest, Executive Services Clerk, at 780-656-3730. This is to ensure that virtual participants receive instructions to access the videoconference.

Requirements for all Speakers:

All speakers will be given a 5-minute time limit and are encouraged to provide a written copy of their submission in advance of the Public Hearing.

Written Submissions:

All interested parties are encouraged to express their views by providing a written submission to Executive Services by email at patti.priest@smokylakecounty.ab.ca.

Persons wishing to view the Bylaw and/or the Public Hearing are invited to attend in person or view the Meeting at the County website at http://www.smokylakecounty.ab.ca or view the Bylaw https://www.smokylakecounty.ab.ca or view the Bylaw <a href="ht

Questions? Contact:

Jordan Ruegg Planning & Development Manager, Smoky Lake County at 780-650-5207 / jruegg@smokylakecounty.ab.ca

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 any questions, please contact the Smoky Lake County Access and Privacy Officer at 4612McDougall Drive Box 310. Smoky Lake, AB T0A 3C0, 780-656-3730, or county@smokylakecounty.ab.ca.



<u>Legal Alfalfa Products Ltd</u>

Heavy Duty Mechanic



Journeyman on/off road technician (will consider qualified apprentice)

> To apply email marty@alfatec.ca or call/text Marty (780-905-6985)

5138 47 ST REDWATER



Rare opportunity to own a one-level, 2-bedroom townhouse in Redwater! These units don't come to market often. Enjoy the convenience of everything on one floor, featuring a spacious living room open to the kitchen, a 5-piece main bathroom, a primary bedroom with a 2-piece ensuite, an additional bedroom, a laundry room /utility room. The home also offers both front and back entrances and includes an attached sinboth front and back entrances and includes an attached single garage for added convenience. Low monthly condo fees cover landscaping, snow removal, and exterior maintenance, making for hassle-free living. Don't miss out on this low-main



Fantastic family home on a large lot with endless possibilities The main floor features a spacious living room with a cozy ga fireplace, a bright kitchen with patio doors leading to a back deck and a massive fenced yard, three bedrooms, including a primary suite with a 3-piece ensuite and walk-in closet. Ā 4-piece main bathroom and direct access to the heated dou ble attached garage complete this level. The basement offers a large family room with a wet bar, a 3-piece bathroom, and ample storage space. Recent updates include new flooring throughout most of the home, upgraded vanities and toilets in all bathrooms, a newer high-efficiency furnace, and central air conditioning. The expansive yard provides room to add another garage, create a huge garden, or space for kids and pets to play. Alternatively, the extra lot could be subdivided and sold. A versatile property with great potential

5217 44 AVE SMOKY LAKE



Spacious 1500 sq. ft. bungalow featuring two bedrooms floor laundry back into a third bedroom) and an addition al bedroom in the basement. Highlights include a cozy wood-burning fireplace, a main-floor family room, a large covered deck, double garage, a generous jacuzzi room, and a basement sauna. While this home has been a rental for the past 19 years and could use some TLC, it offers incredible potential and unique features for the right buyer



This 1,159 sq. ft. bungalow offers a 22x24 detached garage, room for RV parking, and a concrete parking pad at the front of the home. With 3+1 bedrooms, the home has seen some updates over the years, including newer shingles and most main-floor windows. The main floor features a well-designed layout with a kitchen and dining area, a bright liv ing room, a 4-piece bathroom, a primary bedroom with a 2-piece ensuite, and two additional bedrooms. The basement offers plenty of potential and includes a large family room, a 3-piece bathroom, a utility/laundry room, and an additional bedroom. A fantastic property with space, functionality, and room to make it your own

5026 50 AVE WARSPITE



Why rent when you can own? This charming one-bedroom mobile home makes a perfect starter or retirement home. Located in Warspite just off Highway 28, it's connected to city water and sewer for added convenience. Enjoy a bright surroom with patio doors opening to a deck, as well as a large shed for extra storage

4816 50 AVE REDWATER



Fantastic opportunity to own your own business in a prime downtown Redwater location with high daily traffic. The property includes all equipment needed to operate a pet grooming business, as it was previously used for, or can easily be converted to suit the business of your choice.

THE HOETMER







REAL ESTATE

owned & operated. 9909-103 St, Fort Saskatchewar





Austin Hoetmer 780-221-2842



Sturgeon County residents can buy seedlings through a County program starting Feb. 19, 2025.

The County offers a wide range of tree and shrub varieties to encourage sustainable and diverse shelterbelts.

Purchase online, SturgeonCounty.ca/ tree-program



Information on shelterbelt planting from AWES.















This activity is a popular hobby that enables people to interact with and observe wildlife.

Answer: Bird feeding

Math Blocks

Fill in the missing blocks with numbers between 0-20.

The numbers in each row add up to the totals on the right.

The numbers in each column add up to the totals on the bottom.

14			23
1		5	15
	12	2	22
23	24	13	

7	21	8		
S	6	L		
9	3	ÞΙ		

Solution

Get Scrambled

Unscramble the words to determine the phrase.

BNSELIB NO DSEES

Answer: Nibbles on seeds



Fort Erie is constructed. It is the first British fort to be constructed in the Canadian territories that were newly annexed from the French.



a young bird that is learning to fly



English: Seed Spanish: Semilla Italian: Seme French: Graine German: Samen







Continued from page 1

promised delightful surprises. Inside, they discovered an assortment of unique items, including a charming miniature watering can, a sleek little snowboard, an intricately designed snowflake, and countless other whimsical treasures. Their challenge was both thrilling and creative: to seamlessly incorporate these unexpected elements into their Lego masterpieces. Lego is not only a source of entertainment but also greatly benefits brain development. Creating with Lego, especially of one's own building design, encourages creative problem-solving, enhances spatial awareness, and improves fine motor skills.

The tactile experience of snapping pieces together stimulates cognitive functions, while the open-ended nature of Lego brings out imaginative thinking and innovation in play.

Research has shown building with Lego can also improve

concentration and focus, making it a valuable tool for not only children, but adults as well. Programming that uses and incorporates Lego can have many benefits, but like the children smiling at the completion of their creation, Radway Library experienced the best benefit, an activity to bring everyone together.

With eyes gleaming with inspiration and an infectious spirit of determination, the children embraced this creative task. Each design they constructed became a colorful testament to their unique personalities and artistic flair. This engaging activity was a joyful outlet for self-expression and beautifully illustrated the vital role that a local library plays in creating enriching experiences and community connections. Through cooperation and imagination, these young minds demonstrated how impactful such a nurturing environment can be in cultivating creativity and curiosity.



Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

Know your reasons for quitting smoking Reflect why you

want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with

Make a plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

Consult the **experts**

Reach out for advice and support:

- Call 1-866-710-7848 speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Ioin a OuitCore program in your local area or online. In six facilitated sessions. you'll learn skills to smoking quit and connect with other people who are trying to quit. Call the AlbertaOuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- AlbertaQuits.ca for guidance and tools to build a quit plan.
- Text 123456 to **ABQUITS** for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

Stick with it!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smokefree as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no mator how long you've smoking. been Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to MyHealth. Alberta.ca/Tobacco-Smoking- Vaping. For more tips to quit smoking for good, go to AlbertaQuits.ca.

Alberta Health Services encourages all Albertans to live a healthy life. These weekly Wellness Articles are created by a team of healthcare professionals from AHS in collaboration with provincial healthcare experts in Alberta and content from myhealth.alberta. ca. Our experts ensure this information is factual, current, and written for Albertans.

From stress-relief strategies to finding balance within your life, these Wellness Articles cover a variety of different topics designed tvo inspire and educate Albertans on creating a positive and healthy lifestyle.

We welcome and encourage weekly ter how old you are newspapers, community newsletters and other publications to reproduce this information free of charge. Please credit Alberta Health Services or the identified content provider.

> If you would like to be added to the distribution for these articles, please email: rebecca.johnson2@ahs. ca. You will receive a monthly email containing articles for the upcoming four weeks.



Ochre Park School News



January at Ochre Park School was filled with exciting educational opportunities for students. One highlight of the month was the return of a special guest, who always brings joy and enthusiasm whenever he makes an appearance!

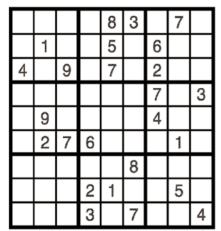




SEE SOLUTIONS PAGE 15



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!

22. Tax collector

25. Baby's dining

26. Canadian beer

27. Iconic American

34. More expansive

36. Popular boots Doc

39. Share a common

tourist destination

accessory

distributor

35. Alert

boundary

37. Showings

38. Conclusion

24. Gymnast Raisman

23. Swiss river

Here's How It Works:

CLUES ACROSS

(abbr.)

city

the

painter

worthy

21. None

1. Racquet sport group

4. Norse god of thunder

8. Russian industrial

10. What's good for

11. Round-ish shape

12. Baltimore MLBer

13. French modernist

15. Burned with water

16. Intestinal issue

17. Take the lead

18. Prove oneself

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

41. Popular side dish

- 42. Global energy firm
- 43. Chronicles (abbr.) **CLUES DOWN**

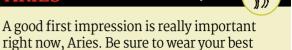
- 1. Type of bomb
- 2. Polynesian island country
- 3. Heavenly body
- 4. Hard workers
- 5. Covered
- 6. Johns Hopkins Hospital founder
- 7. Plant of the grass
- family 9. Island person of the
- Bering Sea
- 10. Storehouse
- 12. Scarlet-flowered desert shrub
- 14. A pituitary hormone
- 40. Shooting sport 15. Female sibling

17. Monetary unit of Afghanistan

- 19. Empowering
- 20. Space station
- 23. Disorder
- 24. State of fuss
- 25. Footwear for babies 26. Nuclear reactor
- (abbr.)
- 27. Droves
- 28. Affirmative
- 29. Male parent
- 30. Utter obscenities
- 31. Type of verse
- 32. Unpleasant person
- 33. One who settles down
- 34. Founder of sourcebased history
- 36. A way to snarl

CROSSWORDS HOROS

(March 21 - April 20)



clothes and check out your appearance before you meet up with anyone this week.

TAURUS (April 21 - May 21)

Taurus, you are bound to have a lot of fun this week, and you will spread cheerfulness to others. You might host a party or plan some sort of night out with friends.

GEMINI

(May 22 - June 21)

None of the usual strategies to confront family issues are working right now, Gemini. You may need to take a step away and give others distance for the time being until things cool off.

(June 22 - July 22)



Cancer, some tech upgrades can help ensure an exciting new project starts off on the right foot. Enlist others to help and welcome any insight.

LEO

(July 23 - August 23)



This week is your chance to take a break and let someone else take center stage for a bit while you enjoy time out of the spotlight, Leo. Right now you may need a little alone time.

VIRGO

(August 24 - September 22)

Virgo, you know what you have to get done, so it is well past time to put one foot in front of the other and get moving. Others have helped, but you have to see it to completion.

LIBRA

(September 23 - October 23)



Focus all of your energy on the important people in your life right now, Libra. Other things can wait for the time being. Don't be too hard on yourself for not getting everything done.

SCORPIO

(October 24 - November 22)



Scorpio, as things in your life continue to evolve, you may be tempted to jump into something new. You might want to slow the pace and exercise due diligence first.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Sagittarius, have you bitten off more than you can chew this week? If so, you probably have to ask for some helpers to step up and pitch in. Teamwork is a good thing.

(Dec. 22 - Jan. 20)



(January 21 - February 18)

Aquarius, it can be dangerous to think you know everything. This week, listen to what others have to say before deciding if their ideas have merit. This approach can benefit all involved.

PISCES

(February 19 - March 20)



Step up this week with confidence, Pisces. Now is not the time to be inflexible or shy. Go with the flow as much as possible, and learn and listen along the way.

FARM AND AG WORD SEARCH



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

WORDS

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ANNUAL **APIARY BIODIVERSITY BIODYNAMIC** CAPACITY **COVER** CROPS **CULTIVATION** **DEADHEADING** DRAINAGE DRILLING **ECOLOGY**

FROSION HÄRVEST HUSBANDRY **IRRIGATION**

LIVESTOCK **ROTATION** SOIL TILLAGE

REF





MONDAY, FEBRUARY 17, 2025







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Concession is open for additional purchases





lelmets mandatory for under 18



(WHILE SUPPLIES LAST)





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DRAW PRIZES AND MORE!

EVERYONE WELCOME!







Family Day of Fun is organized to provide quality, affordable family programming for our community, and to strengthen community bonds.

FOR MORE INFORMATION CONTACT THE COMMUNITY SERVICES OFFICE AT 780-942-4101 OR EMAIL LSPICER[AT] REDWATER. CA OR GO TO WWW.REDWATER.CA/P/EVENTS-PROGRAMS

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Redwater











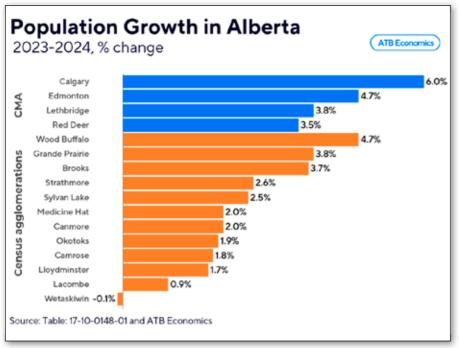


RedwaterDodge



10 www.theredwaterreview.com Wednesday February 12, 2025 Review

Burgeoning: Alberta's population growth coming from all corners





By Siddhartha Bhattacharya, ATB ECONOMICS

Burgeoning: Alberta's population growth coming from all corners

We learnt last month that Alberta's population expanded by 3.9% (from the year prior) on October 1, 2024, far surpassing the national increase of 2.3% and leading all provinces.

Now we have a gauge of how population levels fared within the province with new data from Statistics Canada showing sub-provincial population estimates as of July 1, 2024.

Calgary's population soared by more than 100,000 (or 6.0%) in 2024*, the fastest among all 41 census metropolitan areas** (CMAs) in Canada, to reach almost 1.8 million last year. This comes after a 5.8%

increase in 2023. In fact, nearly half of Alberta's annual provincial increase (over 204,000) occurred in Calgary last year. Relative to five years ago, the number of Calgarians jumped by 18.3% in 2024 vs 2019 levels.

It was a fairly similar story for Edmonton as the city's population rose by almost 73,000 (or 4.7%) in 2024, fourth fastest growth rate among all CMAs in the country and up 13.4% from 2019.

Together, over twothirds of Calgary and Edmonton's explosive population gains were international migrants (mostly net non-permanent residents) last year. The two cities were also hotspots for attracting Canadians from other parts of the country as they welcomed nearly 35,000 net interprovincial migrants, nearly representing

80% of Alberta's total interprovincial gains in 2024.

It was not just the CMAs that have experienced rapid population growth. Over the last five years, Canmore (+14.3%) and Sylvan Lake (+11.5%) attained top spots across all census agglomerations (CAs)*** in Alberta for growth.

Housing affordability has become a major factor driving population movements within Canada with elevated borrowing costs and home prices, as we have discussed in detail.

There are some signs that this 'chasing affordability' trend is unfolding within Alberta. Population growth in the Edmonton CMA, arelatively inexpensive urban housing market, accelerated from 3.9% in 2023, and its housing market has

heated up. Further, we have witnessed noticeable increases not just in major CMAs but across smaller jurisdictions last year. There were about 11,500 (+2.8%) more Albertans living in CAs last year, a pick up from the 2% pace set in 2023. In fact, outside of Wetaskwin, every CA posted population increases last year, led by Wood Buffalo (+4.7%) and Grand Prairie (+3.8%). Despite Calgary posting massive population gains, the city lost a net 729 people to other parts of the province last vear - the most since 2008. Meanwhile,

Edmonton's

CMA

gained 2,924 from the rest of the province.

Robust population gains continue to keep the housing market strong in Alberta. Looking ahead, we expect new federal immigration targets and moderating interprovincial gains to slow Alberta's population growth from 4.4% in 2024 to 1.9% this year, but still outpacing the rest of the country. We expect the slowdown in international migration to be felt most in major centers, and that people will continue to be drawn to less expensive housing markets.

*All data in today's report is July 1 of a certain year to July 1 of the following year. For example, 2024 refers to the period from July 1, 2023, to July 1, 2024.

** A census metropolitan area (CMA) is formed by one or more adjacent municipalities centred on a population centre (known as the core). A CMA must have a total population of at least 100,000, of which 50,000 or more must live in the core.

***A census agglomeration (CA) is formed by one or more adjacent municipalities centred on a population centre (known as the core). A CA must have a core population of at least 10,000 based on data from the previous Census of Population Program.



Redwater Fellowship of Churches Food Bank

Annual General Meeting

February 24, 2025

2nd Floor Pembina Place



Doors Open - 6:30 PM Meeting Starts - 7pm

For more information call 587-991-7049

www.theredwaterreview.com 11 Review Wednesday February 12, 2025

Redwater RCMP encourages volunteers to join Alberta Citizens on Patrol Association to help keep communities safe

Redwater, Alta. - The Alberta Citizens on Patrol Association (ACOPA), a decades-long community crime prevention initiative, is seeking dedicated volunteers to help enhance safety across the province. With 44 active chapters, Citizens on Patrol works in partnership with the Alberta RCMP to promote safer homes and neighborhoods.

Citizen on Patrol volunteers, trained by the RCMP, act as an extra set of eyes for their communities. They patrol local areas, make observations, and report suspicious or unlawful activities directly to RCMP for follow-up. Volunteers commit a minimum set number of hours per month to patrols, ensuring consistent community engagement.

Redwater RCMP list the following requirements for anyone looking to become a Citizen on Patrol volunteer:

- Be at least 19 years of
- Possess a valid driver's license maintain a good driving record; and
- · Pass the security check required by the RCMP.

is just the opportunity you're looking for,

If Citizens on Patrol start your application today by visiting theirwebsite at www.

acopa.ca. To learn us on Facebook @ more about Citizens RCMPinAlberta and on Patrol follow on X@RCMPAlberta.

Breaking bread and sharing of one another



Photos courtesy of Smoky Lake FCSS

Redwater School News





Students at Redwater School had a fantastic time playing the sport of curling. The event brought plenty of excitement and teamwork, making for a memorable experience for all involved.



By Brandie Majeau

Breaking Bread for Better Minds was a dynamic community-driven initiative that was held throughout month of January and designed to promote inclusion, belonging, and cultural appreciation in Smoky Lake. This program was a collaborative effort between Rural Mental Health (RMH) and Smoky Lake Family Community Support Services (FCSS), with funding provided by RMH to facilitate meaningful discussions about enhancing the community's welcoming atmosphere.

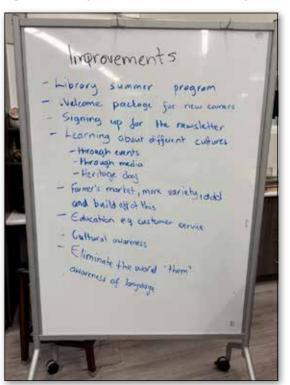
Over the course of five themed dinners, overwhelming total of 91 community members gathered to "break bread" together, indulging in a variety of diverse cultural cuisines while engaging in thoughtful conversations aimed strengthening community connections. To ensure an intimate and engaging experience, each dinner was limited to 20 participants, highlighting fantastic turnout!

Each dinner was hosted by local residents who generously shared their cultural heritage through unique recipes and culinary traditions. A brief look at the selection of "breaking bread" dinners were as follows: The South African Dinner allowed guests to enjoy traditional South African dishes like bobotie and bunny chow, offering a taste of the country's rich culinary landscape. The Filipino Dinner showcased the dynamic flavors and traditions of Filipino cuisine, featuring

popular dishes such and aromatic spicas adobo and lum-Dinner celebrated the deep Ukrainian roots present in Smoky Lake with dishes like perogies and borscht, paying homage to local heritage. The East Indian Dinner highlighted the dynamic

es that characterize pia. The Ukrainian Indian cuisine, featuring dishes such as biryani and samosas. Finally, the Metis Meal, honouring Metis traditions, included traditional dishes that reflect the rich cultural

Continued on page 12









Continued from **page 11**

tapestry of the Metis community.

The discussions during the dinners focused on three pivotal questions that aimed to assess the community's current inclusivity. What is our community already doing well to foster inclusion? What barriers do we face in becoming more inclusive? What steps can we take to improve? As these questions swirled around the tables, several key themes emerged from

the conversations.

A series of themes emerged from the discussions, illuminating the diverse perspectives of the dinner guests. One significant focus was on education and awareness, as attendees emphasized the vital importance of nurturing a deeper understanding and appreciation of various cultures within the community. This led to conversations around the collective desire for more cultural activities, specifically those that welcome

celebrate diversity. They proposed organizing multicultural festivals, food markets showcasing international cuisines, and engaging cultural workshops that encourage shared learning experiences.

Amidst these discussions, the pressing challenge of reducing barriers to inclusion stood out as a key topic. Individuals articulated the necessity of addressing a range of obstacles that hinder community cohesion, such as language barriers that impede

communication. They highlighted the importance of creating more opportunities for newcomers to forge connections with long-standing residents to form a sense of belonging. Additionally, the need for platforms that promote intergenerational and cross-cultural dialogues were underscored, creating an environment where different voices can come together to share experiences and build bridges across diverse backgrounds.

The initiative effectively demonstrated how food and conversation serve as powerful tools to bridge divides and build stronger, more interconnected communities.

Insights gathered from these gatherings will be invaluable in shaping future inclusion efforts in Smoky Lake, ensuring that diversity is honored and celebrated. Zakheleni Mhlanga serves as the Rural Mental Health Animator for the community of Smoky Lake, playing a crucial role in this program.

As a committed community member passionate about mental health, Mhlanga has volunteered in this position to advocate for increased awareness, education, and the destigmatization of mental health issues. FCSS recognizes and appreciates Mhlanga's dedication and commitment to the role of animator and the collaboration with the RMH team on impactful programs like "Breaking Bread" and its positive influence on the community.

PUBLIC HEARING – Bylaw 1670/24 Amendment to Land Use Bylaw 1385/17

Sturgeon County Council requests public input on proposed Bylaw 1670/24. This Bylaw would redistrict a portion of SW-29-55-26-W4 from R4 - Hamlet Serviced District to DC24 - Direct Control District 24.

The proponent is seeking to relocate their existing business (Recreational Vehicle Sales) to the hamlet of Riviere Qui Barre. As this land is currently designated as 'Hamlet Residential' which does not allow this type of activity, redistricting is being proposed to accommodate or allow for the associated uses.

Each time land is redistricted, a bylaw is needed to amend the Land Use Bylaw, and a Public Hearing must be held.

View the proposed bylaw at sturgeoncounty.ca/hearing-1670

Public Hearing details

The Public Hearing will be held in person and via videoconference on: Tuesday, February 25, 2025, at 1 p.m. (or as soon as practical thereafter) Sturgeon County Council Chambers (9613 100 St. in Morinville) sturgeoncounty.ca/CouncilMeetings

REDISTRICT FROM R4 - HAMLET SERVICED" DISTRICT DC24 - DIRECT CONTROL DISTRICT **PLAN 7721026, BLOCK B** 10, 26500 HWY 44

Questions? Contact us!

Jonathan Heemskerk Planner, Current Planning 780-939-1398 jheemskerk@sturgeoncounty.ca

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 Hearing.

Speaking in person

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

Speaking via videoconference

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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 Hearing.

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.



by PETER MARINACCI

WOMBANIA







H.A. Kostash **School News**





First-grade students at H.A. Kostach School were delighted with a special delivery to celebrate Chinese New Year. Mr. and Mrs. Ren, owners of Maple Green Garden Restaurant, generously gifted the students a traditional treat, making the holiday even more memorable for the young learners.



COUNCIL HIGHLIGHTS

At the regularly scheduled Council meetings on January 6, 2025, and January 27, 2025, the Council of the Town of **Smoky Lake:**

- received an update from Irene Van Der Kloet on behalf of the Smoky Lake Lions Club regarding the development of a Dog Park this spring
- requested that Administration bring back a report on the Town'solar project to illustrate the revenues and expenses to date;
- asked Administration to produce annual development permit reports from 2022 through 2024;
- directed the CAO to produce a CN Station business plan to outline financial projects for the next two years;
- agreed to support the historic designation of the Ortona Hall Drop-In

- intent to designate the Eckess Residence a Municipal Historic Resource;
- decided to contribute to advertising the Smoky Lake Region in the Go East magazine;
- voted to continue its partnership with Kosiv and extend the Ukrainian Twinning initiative for two vears;
- scheduled the Smoky Lake Mineral Rights Company's AGM for February 24, 2025 at 9:30 am;
- established the Drop-In Centre as the official polling station for the upcoming municipal election:
- denied a request to waive a utility penalty;
- donated \$200 to the Kalyna Country Performing Arts Association 2025 festival;
- and sponsored the H.A. Kostash Grade 12 Wildlife Class fly-in fishing trip in the amount of \$300



Council Motions Regarding Inter-Municipal Regional Fire and Rescue Service:

- agreed to track and charge for water use, as per the Master Rates Bylaw, for fire fighting and training purposes for the Inter-Municipal Regional Fire and Rescue Service.
- entered into approved a threeyear agreement with Smoky Lake County for the rental of the Town's Fire Hall and storage building for \$32,562.00 for the Inter-Municipal Regional Fire and Rescue Service;
- gave first reading to Bylaw No.04-2025 Inter-Municipal Regional Fire Rescue Service to establish a regional fire rescue service with the Villages and County;



Different options for doing your taxes

(NC) Now that the New Year has rolled around and the holiday decorations are packed away, one of the next big events to look forward to is tax

The deadline to file your 2024 tax return is April 30th.

While it may not be something you're eager to do, there are many reasons why you

should file on time.

First, the benefits. Filing on time ensures you'll avoid delays or interruptions to your benefit and credit payments. If you're owed a refund, the earlier you file, the earlier you'll receive it. And when you file and pay on time, you'll avoid penalties and interest on any balance you owe.

You can file online using Canada Revenue Agency-certified tax software. It's easy and, in some cases,

If you have a modest income, you may be able to get help from one of the free tax clinics held across the country.

Learn more canada.ca/taxesget-ready.

Five tips for teaching your kids about money



(NC) Many parents today believe their children will face greater financial challenges in life than they did, especially when it comes to achieving major milestones like buying a home or retiring. One way to help set your kids up for success is by talking about money and teaching them good financial habits early.

"By fostering an open dialogue about finances, parents are not just teaching their kids about saving and budgeting, they're helping them to build a more secure financial future," explains Emily Ross, vice president of everyday advice at TD.

Here are some tips 3. to get started:

1. Create age-specific finance goals. Tweens and teens can work towards a bigger purchase, like a new laptop or special activity. Younger kids can save birthday money for a toy or learn about saving money at the grocery store by comparing prices of items.

- 2. Provide an allowance. Consider starting with a small amount, and chat with parents who have kids of a similar age to see what they're giving. You can consider connecting the allowance to completing chores like setting the table or vacuuming.
- Take your child along on bank visits. If you're looking to start your

- child's saving journey or have a teen who's ready to take the next step towards their financial goals, you can speak with a personal banker at your branch.
- 4. Check out online resources. There are online resources and games that can help build financial literacy at home for kids as young as three years old up until the age of 18.
 - Develop a budget together. Look for money management tools. For example,TD has MySpend, which can help teenagers who have a debit or credit card account create a budget and work towards their saving goals.

From all of us at the Redwater Fellowship of Churches Food Bank. would like to send a special thank you to all the individuals, families & businesses who donated time, funds, groceries, home grown produce and fruits in person and annonymously. We were able to provide hampers to feed **2515** individuals in our service area in 2024.

- 1291150 AB INC
- · Access Piepline(Wolf Midstream)
- Alberta Milk
- · Alliance Church & Members
- · AM PM Towing & Recovery
- · ATB Financial Redwater
- Baytex Energy
- Borealis Merchantile
- Cando Rail & Terminal
- Catholic Womens League(St Clairs)
- Chris's No Frills
- · Coronado Gas
- · Dane's Pride Dairy
- Food Banks AB & Food Banks Canada
- Fortis Alberta
- Fort Saskatchewan Food Bank
- H & M Traditional Sausage & Meats
- Inter Pipeline
- · LTD Oilfield
- Mike's Independent Grocer Gibbons
- · Moore United Church & UCW
- North Corridor CO-OP Thorhild
- North Parkland Power REA
- Northbank Potato Farm
- Nutrien Redwater & Employees
- NWR Sturgeon Refinery & Employees
- · Ochre Park School Students, Staff &

- Pembina Pipeline Corp & Employees
- Pembina Place Staff
- Redwater Agricultural Society
- · Redwater Art Society
- Redwater Chamber of Commerce
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- Redwater Home Hardware
- Redwater IGA & Staff
- Redwater Lions Club
- Redwater Ouilt Guild • Redwater Red Apple & Staff
- Redwater School Staff, Students &
- RKS Canada Inc
- SIL Industries
- Strathcona Food Bank
- Sturgeon County The Review
- · Thorhild Central School Staff, Students & Parents
- · Thorhild County
- Thorhild County FCSS
- Town of Redwater & Staff
- Ukrainian Orthodox Church
- Wild Rose Mama's (Red Hat Society)

If we missed to thank you, please accept our sincere apologies and our heartfelt thanks. We look forward to you continued support in 2025



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Public Hearing for the proposed Starkey Hills Outline Plan

Sturgeon County Council requests public input through a non-statutory Public Hearing for the proposed Starkey Hills Outline Plan. This plan would guide the number of lots, municipal servicing, and phases of future planning and development.

The property owner would like to apply for a multi-lot subdivision on their lands located at at RL-63-54-25-W4 along Starkey Road. Before subdivision and development can occur, an Outline Plan must be considered by Council.

Each time an Outline Plan is considered, a non-statutory public hearing may be held.

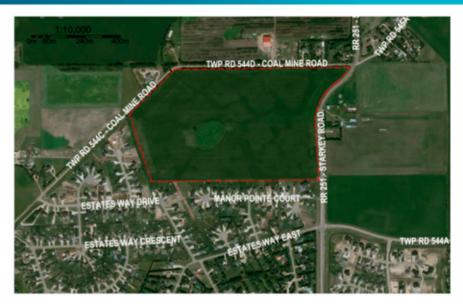
View the proposed Outline Plan at: https://www.sturgeoncounty.ca/starkey-outline/

Public Hearing Details

The Public Hearing will be held in person and via videoconference on: Tuesday, February 25, 2025, at 2 p.m. (or as soon as practical thereafter),

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

sturgeoncounty.ca/CouncilMeetings



Questions? Contact us!

JONATHAN HEEMSKERK Planner, Current Planning 780-939-1398 jheemskerk@sturgeoncounty.ca

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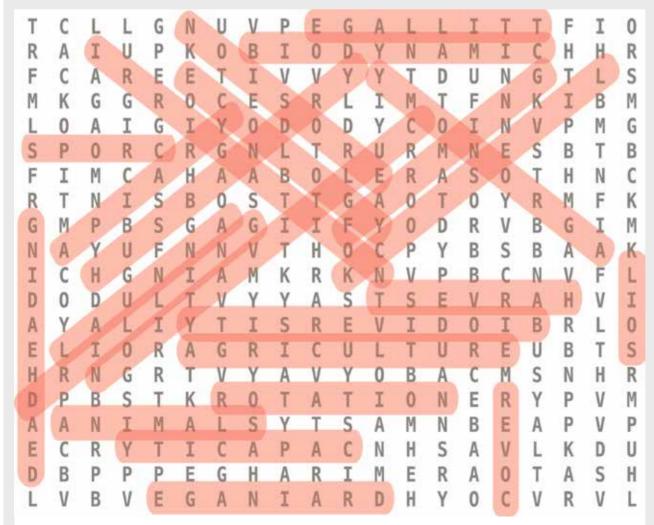
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Freedom of Information and Protection of Privacy Act: By submitting comments on this bylaw, either orally or in writing, the personal information you provide may be recorded in the minutes of the public hearing, or otherwise made public. This information 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.



PUZZLES SOLUTIONS

WORD SEARCH



CROSSWORDS



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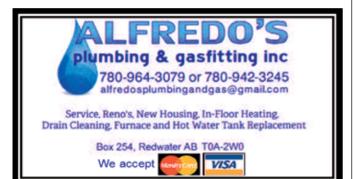






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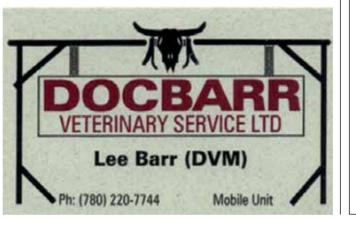
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www.accesslegalmjf.com







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Egremont Community Club Annual General Meeting.

Tuesday February 4, 2025 at 7:00 pm. Egremont Hall. Everyone Welcome.

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