

A sister publication to **The Free Press**, Morinville, Alberta

## Local women's hockey initiative inspires



The Pantera's team reunion photo in 2017. Photo courtesy of Shelby Kwasny

**By Brandie Majeau**

The ice rink at Thorhild Arena is once again prepared for the upcoming season, and is now ushering in a new chapter in women's hockey (at a local level). The introduction

of weekly Ladies' Drop-In Hockey sessions has rekindled enthusiasm for the sport among female players, while simultaneously cultivating a sense of sisterhood that may have been missing.

Shelby Kwasny, a

Thorhild native, has spearheaded this initiative after seeing a gap in the participation of girls in hockey. Having played minor hockey in the area until 2007, Shelby experienced

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## HALLOWEEN haunts the halls of H.A. Kostash



**By Brandie Majeau**

Being back-to-school on Halloween brought a lively and enchanting atmosphere to the halls of H.A. Kostash, filling the air with excitement

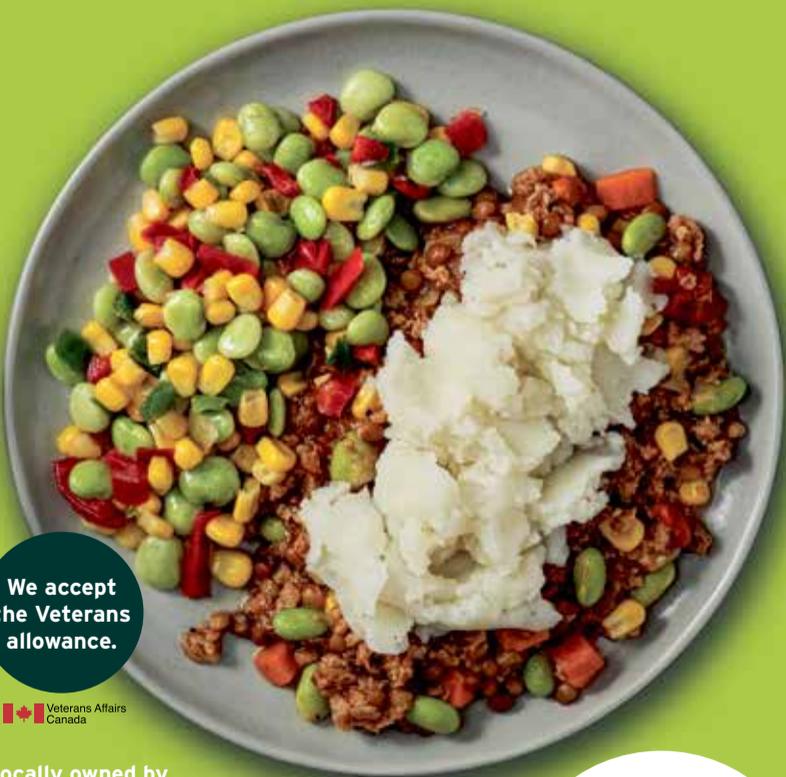
and joy as students returned to classes the week of October 27. The anticipation was palpable as the children eagerly prepared to share this festive day together, breaking away from

traditional routines. Spirits were boosted as they donned costumes and face paint and shared in the silliness of the day.

Continued on **page 10**

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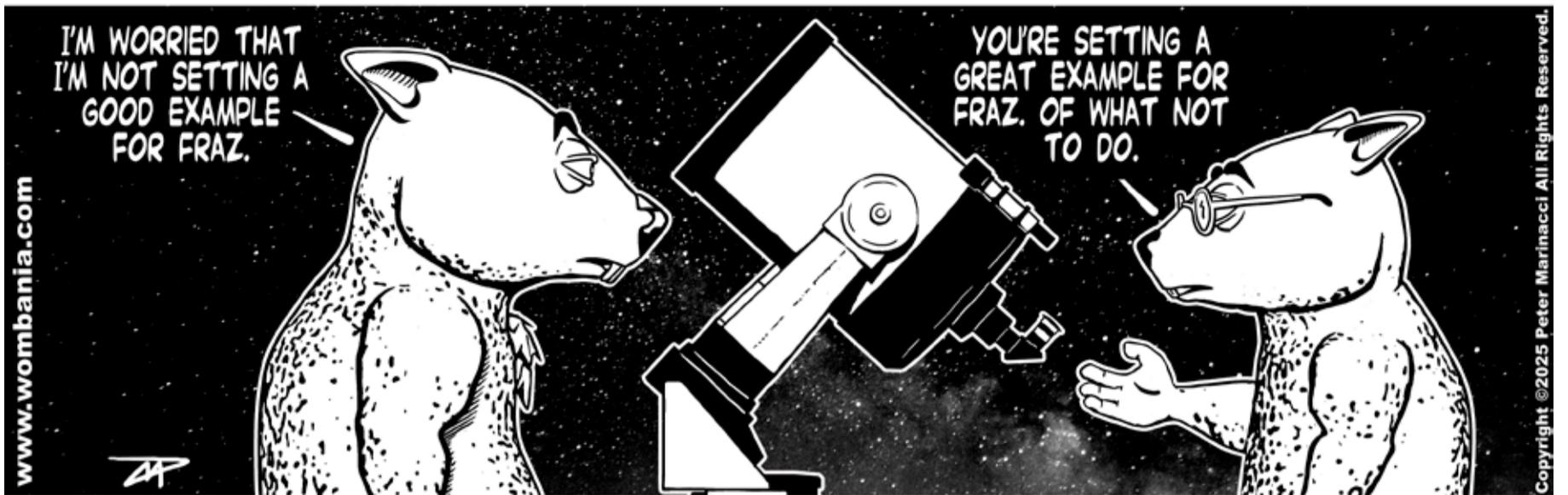


Photos courtesy of H.A. Kostash



WOMBANIA™

by PETER MARINACCI



## Plan today for peace of mind tomorrow: Free financial planning workshops continue in Redwater

By **Shelley Winger**

Managing your finances can feel overwhelming at times, but taking small steps now can make a big difference later. Understanding your money, setting goals, and learning strategies to grow and protect your wealth can give you confidence and security for the future. These free workshops offer residents an opportunity to gain that knowledge in a supportive, practical environment.

It's never too early or too late to start planning for your financial future. MW Financial and Redwater Community Services are continuing their series of free financial planning workshops designed to help residents build confidence in managing their money and preparing for the years ahead.

Financial planning is about more than just numbers—it's about creating security, peace of mind, and the freedom to make choices that support your goals and lifestyle. These free sessions give residents an opportunity to learn directly from financial experts in a relaxed,

community-based setting. The workshops focus on building real-world skills and knowledge that can help participants make informed decisions about their finances, whether they are entering retirement, navigating life changes, or simply trying to get a better handle on budgeting and saving.

MW Financial brings professional insight into areas that often feel complicated or overwhelming, breaking them down into clear, easy-to-understand steps. Redwater Community Services supports the initiative by ensuring that residents have accessible, local opportunities to strengthen their financial literacy and plan for their futures. Together, they've created a program that is both educational and empowering.

The next session, The Golden Game Plan: Win Retirement Before It Starts, will be held December 11 from 6:00 to 8:00 p.m. at Pembina Place (4944-53 Street). This workshop focuses on how to prepare for retirement with confidence and purpose. Participants will explore pension

planning, RRSPs versus TFSAs, using home equity wisely, understanding government benefits, and balancing lifestyle goals with savings strategies. The session also looks at how to spend strategically in early retirement to make the most of those first few years after leaving the workforce.

The final session in the series, Retired, Not Expired: Mastering Your Money After Work, will take place January 8 from 6:00 to 8:00 p.m. at Pembina Place. This session will help participants navigate the financial realities of retirement, from managing income and expenses to understanding how government benefits interact with other sources of income. Topics include budgeting, drawing from RRIFs and TFSAs, government claw backs, reverse mortgages, and the financial considerations of returning to work after retirement.

These workshops are especially valuable at a time when many Canadians are facing financial uncertainty. Rising living costs, changing markets, and evolving retirement

options can make planning feel difficult. The sessions are designed to simplify those challenges, giving residents practical tools they can use immediately and confidence in planning for the future.

Participants are encouraged to attend both sessions, as each builds on the other to provide a full picture

of financial preparedness before and after retirement.

Taking part in these workshops is an investment in yourself. By learning now, you can make informed decisions that reduce stress, increase financial freedom, and help you achieve the lifestyle you want, both now and in the years to come.

To register, scan the QR code on the poster, visit [townofredwater.perfectmind.com](http://townofredwater.perfectmind.com), or stop by the Community Services Office at Pembina Place (2nd floor, 4944-53 Street) to fill out a registration form.

For more information, call 780-942-4101 or visit [redwater.ca/p/events-programs](http://redwater.ca/p/events-programs).

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# Who's Who in Alberta

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For millions of people worldwide, the subtle, or sometimes significant, loss of hearing can gradually diminish their connection to the world around them. Conversations become a strain, the nuances of music fade, and the simple sounds of daily life can be missed. Thankfully, modern advancements in technology have transformed hearing aids into sophisticated, discreet devices that can dramatically improve the quality of life for individuals with hearing loss.

With two locations in Alberta, **Professional Audiology Clinic** is a trusted name in hearing healthcare for 36 years, offering compassionate and comprehensive hearing solutions.

**Professional Audiology Clinic** is an independent hearing healthcare provider owned and operated by Owner, Registered Audiologist **Remington Shandro**. **Remington** decided to pursue a career in audiology because of his lifelong personal experience with hearing loss. He values outstanding, personalized care and collaborative partnership with patients in pursuit of a better quality of life.

**Remington** and his staff of university-trained Audiologists with a Master's level education in audiologic and hearing health will take the time to understand your unique needs and lifestyle, ensuring you receive the personalized care you deserve. Their entire team including Hearing Instrument Specialist **Courtney Prefontaine** (a resident of Morinville) utilize the best practices when it comes to fitting hearing technology, including real-ear measurements (REM), considered the gold standard in hearing aid fitting and verification.

**Professional Audiology Clinic Ltd.**, a community-minded business, provides diagnostic hearing tests, tinnitus management, balance tests, hearing aid cleaning, hearing aid repairs, earwax (Cerumen) management, batteries and a complete range of accessories for connecting via Bluetooth. **Professional Audiology Clinic** is an authorized dealer of Ultimate Ears in-ear monitors, delivering true sound of custom audio, great for musicians, producers, DJs, and audiophiles. Need hearing protection? They offer options in both custom and non-custom plugs for every environment.

**Professional Audiology Clinic**, trusted hearing professionals, offer in-house financing on hearing aids to fit every budget.

Book your appointment today at **Professional Audiology Clinic** or visit their website [www.profaudiology.com](http://www.profaudiology.com), read their Blog, or learn more about this exceptional hearing business we recommend. The clinics are open from Monday to Friday, from 9 am to 5 pm. Evening appointments by request.

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Fun For The Entire Family!

**14 Inglewood Dr., St. Albert**  
**780-459-3337**

For three decades, the **St. Albert Bowling & Rec Centre Inc.** has been more than just a place to knock down pins—it is a cornerstone of local recreation and community gathering. Combining classic, fun bowling with modern amenities and a

family-friendly atmosphere, the centre provides an essential escape for casual players, serious league competitors, and families looking for quality time together.

What truly distinguishes the **St. Albert Bowling & Rec Centre Inc.** is its commitment to the local community. It serves as a popular venue for celebrating birthdays, post-game victories, team building off-site, and fundraising events for local charities and sports teams. Youth programs are also introducing the sport of bowling to the next generation.

**St. Albert Bowling & Rec Centre Inc.** features modern five-pin and ten-pin lanes, automatic scoring systems, and comfortable seating areas. With leagues, tournaments, and open bowling sessions available throughout the week, plus exciting Neon Bowling, where the lights are turned down and the music turned up.

**St. Albert Bowling & Rec Centre Inc.** hosts numerous leagues and tournaments throughout the year. Bowlers can join youth, adult, mixed leagues, and Club 55, enjoying both the sport and the camaraderie that comes with it.

They offer 4 outstanding bowling packages for kids (Bronze, Silver, Gold and Platinum) to make a birthday party a huge success. Bowling lanes are equipped with bumper rails to assist children 10 years of age or younger.

**St. Albert Bowling & Rec Centre Inc.'s** pub-style food menu features tasty appetizers, pizza, nacho platter, team platter, fries, chicken wings, and snacks. The fully licensed Strike Zone Lounge & restaurant offers a varied beverage and food menu.

The Games Room is one of the largest in Western Canada, featuring exciting redemption games. The cost is 1 or 2 tokens to play. Redeem tickets at the prize counter. In the warmer months, play outdoors on their 18 Hole Mini-Golf Course.

Visit their website [www.stalbertbowling.com](http://www.stalbertbowling.com) for bowling times, to book your lane online, or to sign up for their Newsletter and more! Like them on Facebook.



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When it comes to pump sales, service and installation, count on the expertise at **REDLAC Pump Service**. As a locally owned, family-run business, they take pride in providing each customer with the best quality equipment that offers the most value.

The simple fact is that when a pump fails, the downtime costs more than just money. **REDLAC Pump Service** has considerable experience in providing prompt, cost-effective solutions for any problematic system.

From selecting the right pump for a specific application to precise installation and calibration, **REDLAC Pump Service** ensures new systems are integrated seamlessly and reliably from day one.

**REDLAC Pump Service** provides sales, service and maintenance for jet pumps, submersible pumps, sump pumps, septic pumps, alarms, fibreglass pressure tanks, reverse osmosis systems, water treatment, water wells, well shock chlorination, well inspections, in-house cisterns, well inspections, plus septic tank and sewage services, and in-tank repairs.

**REDLAC Pump Service** is an authorized dealer for Goulds Pumps, a global leader in the world since 1848. Their pumps are known for their durability, efficiency, and advanced technology, making them a great choice in various applications.

Guided by owner **Terry Bergstreiser**, **REDLAC Pump Service** is a member of the Alberta Water Well Drilling Association.

**REDLAC Pump Service** provides professional pump repair, major rebuild, overhaul, upgrade, motor repair, controls repair or a whole new pump, all at competitive prices. They also carry quality replacement parts for all pumps, ranging from bearings, packing, valves, impellers, gaskets, and mechanical seals, with a large selection of fittings in stock.

From installation to long-term maintenance and system upgrades, you can depend on **REDLAC Pump Service**.

With decades of experience, **REDLAC Pump Service** has established itself as a reliable partner for both residential and commercial clients in Sturgeon County, Parkland County, Thorhild County, Athabasca, Lac St. Anne County, Strathcona and surrounding areas.

For additional information, visit their website [www.redlacpumpservice.ca](http://www.redlacpumpservice.ca) or to receive a quote, call **Terry** today.



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For countless Canadian families, finding ways to stretch the grocery budget without sacrificing quality is a top priority. **No Frills®** has become a go-to destination for shoppers who want both value and convenience. With their "Won't Be Beat®" promise and commitment to everyday essentials, **No Frills®** offers plenty of reasons to make it your regular stop.

**No Frills®** has 325 franchise stores and is guided by a 100% Canadian-owned parent company, Loblaw, Canada's largest food distributor, founded in 1919.

Guided by owner/operator **Chris Bell**, **Chris' No Frills®** is more than just a grocery store—it's a vital part of Fort Saskatchewan and the surrounding communities. They proudly support local food banks and community events, ensuring their store plays a positive role in the region they serve.

**No Frills®** sells high-quality products, including fresh fruits and vegetables, quality meat, dairy, bakery items, frozen foods, canned goods, bottled water, pet food, plus gluten-free and specialty health products.

Popular private-label brands like No Name® and President's Choice® provide affordable alternatives without compromising taste or quality. From international foods to organic options, the store offers a variety of products to meet the needs of diverse customers.

Their in-store **Loblaw Pharmacy** provides prescriptions, vaccinations, plus personal care & health products. Call **780-997-2615**. They have a convenient Gas Bar for quick fill-ups of gas or diesel fuel.

Earn and redeem PC Optimum™ points on every shop—scan the app or swipe your card for savings and exclusive offers.

**No Frills®** Won't Be Beat® they offer a price-match guarantee—show a lower advertised price, and they'll match it. Gift cards are available and make a thoughtful choice for family and friends, and are perfect for Christmas stocking stuffers.

**Chris' No Frills®** offers PC Express™ online shopping and curbside pickup. Simply visit [www.pcxpress.ca](http://www.pcxpress.ca).

**No Frills®** also offers two great programs, the President's Choice Insiders Report™ and Hit of the Month.

Become a Hauler by shopping at **Chris' No Frills®**. View weekly flyers and deals, and discover what's new at the **No Frills®** website [www.nofrills.ca](http://www.nofrills.ca). Like **Chris' No Frills®** on Facebook [www.facebook.com/ChrisNoFrillsSK/](http://www.facebook.com/ChrisNoFrillsSK/)

**Chris' No Frills®** is open 7 days a week, Monday-Friday 8:00 AM-9:00 PM, for your convenience.

## PARKWAY BINGO

Providing Exceptional Entertainment Value

**8775 - 51 Ave. N.W., Edmonton** **780-466-3541**

Now that the Fall has arrived, people are gravitating more to indoor activities. One of the best ways to have fun is to play the game of Bingo at **Parkway Bingo** in Edmonton.

While the heart of bingo remains the caller and the numbers, **Parkway Bingo** has embraced technology to make the experience more accessible and engaging. Players can choose to stick with the classic paper cards and manual daubers, or they can opt for electronic devices that automatically track their numbers across multiple games. This has lowered the barrier to entry for younger generations and allowed veteran players to handle more cards and increase their winning potential.

**Parkway Bingo Association** is a renowned bingo hall that is a 100% non-profit organization managed by **Brian Cavana**, who is assisted by a friendly team.

**Parkway Bingo** is a testament to the fact that entertainment and charities can walk hand-in-hand. It provides a unique space where the simple act of playing a game creates a measurable, positive difference. So, if you're looking for excitement, camaraderie, and purpose, visit **Parkway Bingo**, take a seat—you might just be one number away from winning a cash prize and supporting a great cause.

**Parkway Bingo** offers huge payouts, with numerous card purchase levels and formats. Their experienced Callers make the bingo game even more exciting and fun to play. Ask about daily events: Player of the Event, Monday Player of the Week, Half Price Tuesdays, Even Bettor game, Loonie Pots, Letter-P Speedo, 23, Bonanza Progressive, and exciting Triple Decker. The last Sunday of the month offers a Guaranteed Payout!

**Parkway Bingo** is open 7 days a week and offers 3 events daily, matinee, evening and late night, with cashiers open at 11 AM, 5 PM and 8 PM.

The facility itself prioritizes comfort and convenience, offering ample, accessible seating, D & T Catering providing daily concession specials, delicious food and thirst-quenching beverages. Pick up your favourite lottery items: scratch tickets, Keno, lottery tickets 6/49, Western 6/49, Lotto Max, Western Max, and more etc.

Visit their website at [www.parkwaybingo.ca](http://www.parkwaybingo.ca) to view daily pot updates, events and specials. You can even use your smartphone to view upcoming events on the go. Like them on Facebook. Come Out & Win Big at **Parkway Bingo**.



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**10010 88 Ave. Fort Saskatchewan** **780-998-1804**

At **Fort Saskatchewan Denture Clinic**, your smile is more than just a set of teeth—it reflects your confidence, health, and happiness.

What distinguishes the **Fort Saskatchewan Denture Clinic** is its patient-first approach. The team understands that visiting a dentist can be an emotional journey, especially for new patients or those facing significant dental changes. They prioritize creating a warm, comfortable, and stress-free environment.

**Dave Fedechko**, DD, licensed Denturist, offers several styles of modern dentures, each with special features and advantages. He is skilled at custom-crafting dentures that match a patient's natural facial contours, smile, and personality, so the final product looks and feels completely natural. **Dave** is a licensed member of the College of Alberta Denturists, Denturist Association of Canada, and Denturist Association of Alberta.

Combining state-of-the-art technology, **Fort Saskatchewan Denture Clinic** offers a full range of services, including partial and complete dentures, immediate dentures, digital dentures, and implant-over dentures, plus mouthguards and nightguards are available.

**Fort Saskatchewan Denture Clinic** has an on-site lab to custom-design precision dentures, offer same-day repairs, relines, adjustments and emergency repairs.

**Fort Saskatchewan Denture Clinic** provides flexible payment options, and they accept the Canadian Dental Care Plan (CDCP) for seniors 65 and older.

If you or a loved one is considering dentures, needs a repair, or is interested in exploring the benefits of implant-supported options, **Fort Saskatchewan Denture Clinic** offers the expertise and compassionate care needed to restore your confidence and enhance your life.

**Fort Saskatchewan Denture Clinic Ltd.** offers professional denture service for Fort Saskatchewan, Redwater, Lamont, Gibbons, Bruderheim and Vegreville.

Call to book an appointment or visit their website [www.fortsaskatchewandentureclinic.ca](http://www.fortsaskatchewandentureclinic.ca) for additional information. Office hours are Monday-Thursday 9 AM-4:00 PM, and Friday 9:00 AM - 3:00 PM.



A group of RUSH players and their coach, who moved up to the Sturgeon Fillies teams ahead of schedule, continue to shine and demonstrate the strength and skill that make RUSH proud. **Redwater Minor Hockey photo**

# Chair Yoga gaining popularity at Thorhild Drop-In Centre



Amber leads weekly chair yoga sessions in Thorhild and Radway for a nominal drop-in fee. She is a Certified Yoga & Meditation Teacher.

**Photo courtesy of Amber**

Led by Amber, a Certified Yoga & Meditation Teacher with 2.5 years of experience, these chair yoga classes offer a unique opportunity for seniors and individuals with limited mobility. Amber is committed to providing a well-rounded experience that combines regular stretching and gentle exercise. Participants can expect improvements in mobility, balance, strength, and overall well-being. Chair yoga aids in releasing tension and alleviating pain, but also promotes an active lifestyle tailored to individual needs.

Chair yoga is a gentle form of yoga that is highly accessible to all individuals. It modifies traditional yoga

**By Brandie Majeau**

The Thorhild Drop-In Centre is pleased to announce the addition of weekly chair yoga sessions, taking place every Thursday at 1:30 PM. With 5-8 participants joining each week, the minimal drop-in fee makes this program a great and affordable option close to home.

Continued on **page 10**

## Join us for our Regional Meetings

**November 13-28, 2025**

Coming to a community near you! Attend this year's Regional Meetings for the latest commission updates, farm management tips and agronomic information.

### Alberta Grains

Date	Regions	Location
Nov 13	Region 6	Rycroft
Nov 18	Region 4	Vegreville
Nov 19	Region 5	Fort Saskatchewan
Nov 20	Region 3	Lacombe
Nov 25	Region 2	Olds
Nov 28	Region 1	Claresholm

Visit the Events page on our website or call to register for the meeting in your region.

albertagrains.com | 855.917.3711

## Glen Hemminger

On October 25, 2025, Glen Hemminger of Smoky Lake, passed away with his family by his side. He will be remembered by his loving wife of 56 years, Pauline, his daughters; Charlotte (Peter Illner), Corrie (Bob Anderson), his granddaughters; Zeeva and Rowan; his brothers; Jim (Barb), Don (Pat), Sid (Cathy), as well as numerous nieces and nephews, extended family and friends. Glen was predeceased by his parents, Louis and Elizabeth; and his son in law Andie Löffelbein.

Glen enjoyed fishing, hunting and camping with friends and

family. He will be remembered for his gentle nature, patience, love of laughter and the lasting memories he created with those who knew him.

Following Glen's wishes, no service will be held. A private celebration will take place at a later date. Glen's family would like to thank the wonderful staff at the George McDougall Healthcare Centre for their excellent care and kindness. In lieu of flowers, donations in Glen's name can be made to the Alzheimer's Society of Canada or the Smoky Lake George McDougall Healthcare Centre.

## MOUNTIE MINUTE

### Smoky Lake RCMP Detachment

- Reports that a 2006 GMC truck was stolen overnight from the parking lot of the Golden Valley Villa.
- Reports of two game cameras stolen from a rural property.
- Received reports on cows on the HWY 855.
- Assisted the Edmonton Police Service with an Uttering Threats file.
- Received a call of theft of 2 cows.
- Village of Vilna members attended to investigate an assault.
- Received a call to complete a wellbeing check on a male walking on the gravel road.
- Town of Smoky Lake attended the front counter to report that the pumpkin at the skate park was cut 3 times last night.
- Suspicious vehicle reported in Bellis, members attended nothing criminal occurred.
- Tractor carrying a hay bale ran into an abandoned vehicle on Highway 36.
- False Alarm at the Vilna Hall.
- Cows out on highway 28 and RR 145.
- County Peace Officer attempted to complete a traffic stop for an infraction and the vehicle fail to stop for the Peace Officer.
- RCMP received a call of a male trespassing on a property near RR 175, members attended located male arrested and held for a Judicial Release Hearing.

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

## RADWAY AGRICULTURAL SOCIETY AGM

Notice of Annual General Meeting of the Radway Agricultural Society

Wednesday, November 26, 2025, 7pm.  
Location: Radway Agricentre.

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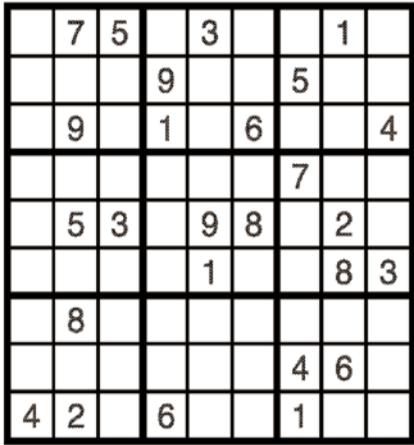
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# PUZZLES

SEE SOLUTIONS PAGE 15

## SUDOKU

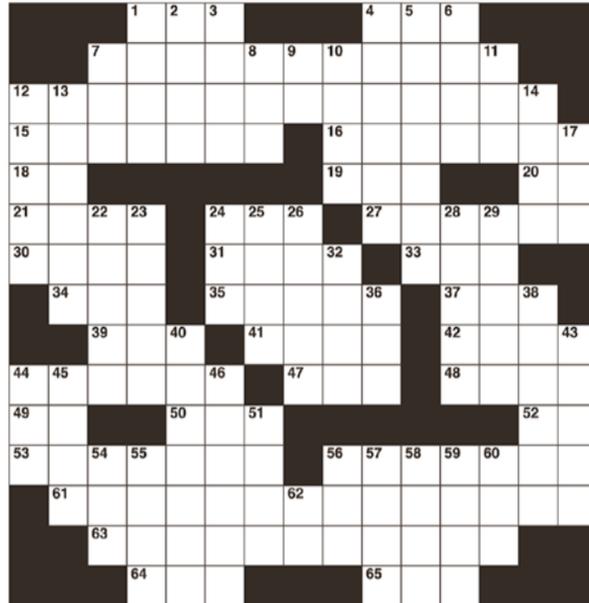


Level: Intermediate

### 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!

## CROSSWORDS



### 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. Expression of surprise
4. Keyboard key
7. One who works on lights
12. Notable children's story
15. Fall back into a bad pattern
16. Eye parts
18. Atomic #18
19. Of she
20. Farm state
21. One point south of southeast
24. British media entity
27. Asian garment
30. Drench
31. Expressions of pleasure
33. Turf
34. UK trade union (abbr.)

35. Bleated
37. Fifth note of a major scale
39. Paddle
41. Monetary unit of Italy
42. American classical pianist
44. Shuts down for the day
47. Seize
48. Soluble ribonucleic acid
49. Greeting
50. Some cars still need it
52. Atomic #22
53. Let go
56. Marched in public
61. U.S. residents, Mexicans and Canadians
63. Hostilities
64. Speak aloud
65. River in NE Scotland

### CLUES DOWN

1. Razorbill genus
2. Longtime Baltimore tight end
3. Performs on stage
4. Supports a sentiment
5. Rugged mountain ranges
6. Broadway songwriter Sammy
7. Snake-like fish
8. Men's fashion accessory
9. Hospital worker
10. Something to scratch
11. No (Scottish)
12. Volcanic ash
13. Of this
14. American jazz drummer Watts
17. Drop down
22. English dialect
23. Predatory seabirds
24. Imams' deputies
25. Fertility god
26. Fence material
28. Parks and DeLauro are two
29. Distinctive smell (Brit.)
32. Protein-rich liquids
36. Touch lightly
38. Season for Catholics
40. Boat race
43. Police actions
44. Chinese river
45. Waterfall (Scottish)
46. Walk ostentatiously
51. Type of carpet
54. Mauna \_\_, Hawaiian volcano
55. Sea eagles
56. An enclosure for confining livestock
57. Dry
58. An increase in price or value
59. The highest point of something
60. Government lawyers
62. Larry and Curly's pal

## HOROSCOPE

### ARIES

(March 21 - April 20)



Insecurity may be sparking some hesitation, Aries. The key to coping is figuring out why you are feeling this way. Is it a trust issue or lack of recognition?

### TAURUS

(April 21 - May 21)



Taurus, creative pursuits may hold your interest this week. Even if you lean more towards the practical, an artistic streak flows through you as well.

### GEMINI

(May 22 - June 21)



Working with others may prove challenging this week, Gemini. You may be too focused on a singular task. If this is the case, keep to yourself if you can.

### CANCER

(June 22 - July 22)



The week's planetary influences could increase your sensitivity to everything right now, Cancer. You might feel a little more sentimental or even weepy.

### LEO

(July 23 - August 23)



Leo, obsessive thinking may be something you need to consider this week. There's a fine line between determination and obsession, so consider your fixations and how to fix them.

### VIRGO

(August 24 - September 22)



It can be easy to confuse impulsivity with spontaneity, Virgo. But one requires more thought than the other. Think through everything before acting if you want to play it safe.

### LIBRA

(September 23 - October 23)



It might be time to take a more measured approach to solving a difficult problem, Libra. If you've made several attempts with no success, it could be time to dig in.

### SCORPIO

(October 24 - November 22)



Scorpio, tap into your creativity to unblock your emotions this week. This can be a powerful tool in your arsenal. Creativity is a big part of you.

### SAGITTARIUS

(Nov. 23 - Dec. 21)



You may get to focus on fun this week, Sagittarius. Look into your social calendar and seek ways to liven things up a little.

### CAPRICORN

(Dec. 22 - Jan. 20)



Everyone can use some time alone every once in a while, Capricorn. But it's important to socialize as well. Look to Aquarius to help you find balance.

### AQUARIUS

(January 21 - February 18)



Certain situations require a little more focus than they otherwise might, Aquarius. Bear down and do your best to block out distractions.

### PISCES

(February 19 - March 20)



Don't pick yourself to pieces this week, Pisces. Criticizing yourself will get you nowhere. You have a lot to offer and others recognize the value of your input.

## GEOGRAPHY WORD SEARCH

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

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

### WORDS

ARCHIPELAGO  
 BASIN  
 CONTINENT

DELTA  
 DESERT  
 EQUATOR  
 EROSION

GLACIER  
 HEMISPHERE  
 ISTHMUS  
 LATITUDE

LONGITUDE  
 MOUNTAIN RANGE  
 PENINSULA  
 PLATEAU

PRIME MERIDIAN  
 RAINFOREST  
 RIVERS  
 SAVANNA

TOPOGRAPHY  
 TUNDRA  
 VALLEY  
 WATERSHED  
 WEATHER

## SCHOOL NEWS

# Redwater School's 2025 Volleyball Champions!



Congratulations were extended to the Redwater School 2025 Volleyball Champions, who demonstrated outstanding teamwork, skill, and determination throughout the season. Their hard work and dedication led them to a well-deserved victory, earning pride and recognition for their school and community. **Redwater School photo**



The Math and Chemistry classes at Redwater School participated in glow projects. Students worked together to complete their activities and enjoyed the creative experience. It was a fun and engaging way for the classes to explore their lessons. **Redwater School photo**

# Falls Prevention Month a reminder to stay safe all year

November is Falls Prevention Month. Primary Care Alberta encourages Albertans to take steps to prevent falls and other injuries.

In 2024, there were around 15,500 fall-related emergency department/urgent care clinic visits in those aged five and under. There were around 41,500 fall-related emergency department/urgent care clinic visits in those 65 years and older.

**For children:** Many falls occur in the home for children younger than five years old. Use safety equipment and actively watch young children to prevent falls and other injuries.

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows like window guards or child-proof locks higher than

ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.

- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture such as dressers and bookcases to the wall.
- Use the playground checklist for children to reduce the risk of injury.
- Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing or skating to lower the risk of head injuries.

**For older adults:** On average, one in three people in Alberta 65 and older will fall at least once a year. There are many things that can be done to reduce the risk of falls.

- Move your body! - Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity, and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces during colder weather.

**Improve your health:**

- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health Care Insurance Plan (AHCIP) may cover some of the cost of an annual eye exam for adults ages 65 and older. Check with your eyecare provider about

coverage when booking your appointment.

- Review your medications. Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy. Keep a master list of medicines at home and with you when you go out.
  - Remove hazards: Keep floors and pathways clutter-free. Turn on lights in stairways.
- If you fall or are seriously injured, get the appropriate care, promptly. People with life-threatening emergencies should visit their nearest emergency department or call 911. If your condition is not life-threatening, call Health Link 811 for health advice or information.

For more information, visit our Injury Prevention & Safety website. If you're a health provider

visit our Preventing Falls, Information for Health Professionals website.

Visit Finding Balance – a seniors' falls prevention initiative developed by the Injury Prevention Centre (IPC) at the University of Alberta.

Primary Care Alberta is a made-in-Alberta solution to improve access to the primary care services Albertans rely on.

By delivering coordinated services, Primary Care Alberta enables healthcare providers to do what they do best -- care for Albertans. We meet Albertans wherever they live, work, play and learn, promoting prevention, supporting lifelong health journeys, and serving as a vital entry point to a complex network of care.

Together, we are creating a future where compassionate, timely and effective healthcare is available to every Albertan at every stage of life.



Smoky Lake RCMP responded to a report of a tanker in the North Saskatchewan River near Highway 831 on the morning of November 6, 2025, at approximately 8 a.m. The initial investigation indicated that heavy snowfall and poor road conditions had caused the driver to lose control in a difficult-to-navigate area. The driver climbed onto the top of the vehicle and was rescued by boat by members of the Smoky Lake Fire Department. The tanker was leaking what was believed to be bitumen, and an environmental response team was on-site conducting cleanup operations. The public was asked to avoid the area to allow emergency and cleanup crews to safely perform their work.

# CHRISTMAS LIGHTS & DECORATION CONTEST!



The Council of the Village of Waskatenau wish to "Light Up the Town" and by doing this urges all residents and commercial businesses to join the fun and celebration of Christmas 2025 and enter this year's

## CHRISTMAS LIGHTS & DECORATION CONTEST

**Contest rules are easy:** • No Entry Fee • No application to complete  
Judging deadline is January 1/2026 • Two prizes awarded:  
1. Residential Award - \$75.00 2. Commercial Award - \$75.00  
Winners will be announced - Have fun and let's make this season a little brighter.

— AND —

**WASKATENAU CHRISTMAS LIGHT UP  
FRIDAY, DECEMBER 5, 2025 FROM 6:30 P.M. TO 8:30 P.M.  
BRING THE FAMILY & ENJOY A NIGHT OF FUN (FREE) ACTIVITIES**

- **Christmas Market** (Community Centre upstairs)  
PLAY and WIN - Christmas Light-Up Passport – Travel around the Village and collect stamps at participating locations on your passport during Light-Up. Prizes awarded!
- **Visit from SANTA CLAUS** (Holy Family School GYM) 6:30 – 8:30 p.m.  
Children Treat Bags & Christmas Ornament Making Craft
- **Hot Dogs & Hot Chocolate** (Community Centre downstairs)
- **Gingerbread Man Cookie Decorating** (Community Centre downstairs)  
Cookie/decorations will be pre-packaged to take home or decorate at hall
- **Anne Chorney Public Library** – Children's crafts & treats (Library Building located behind Holy Family School)
- **Christmas Treats** – Downtown Businesses
- **In-door HORSE RIDES** (ARENA – all ages)
- **HAYRIDES**
- **Curling Rink** – Christmas Treats
- **Waskatenau Firehall** – Christmas Treats
- **Outdoor Skating** (across from the Arena)
- **FIREWORKS** (8:45 P.M.)



Thank you to all the Businesses, Clubs & organizations that participate in our annual Village Christmas Light-Up event. We appreciate your efforts to help make this a wonderful community event.

# COMMUNITY OPEN HOUSE

## Heartland Beacon AI Data Center Project

Please join us at the Open House to learn more about this exciting project:

**Date:** November 18th, 2025  
**Time:** 6:00 PM to 8:00 PM  
**Location:** Gibbons Cultural Center  
5115-52nd Street  
Gibbons, AB

Please drop in at any time.  
No registration required.  
There will be no formal presentation.

### About the project:

Beacon Data Center Inc. is proceeding with the development of a 800 MWA Artificial Intelligence (AI) Data Center with a supporting Gas to Electric Generation facility on the W 1/2 of Section 15-56-22-4 which is located directly north and adjacent to Hwy # 643 and 1/2 mile east of Hwy # 843 in the Industrial Heartland of Alberta in Sturgeon County.

Sturgeon County on April 10th, 2025 issued approval of Master Development Permit # 305305-25-D0035 for the Beacon Heartland AI Data Center.

### Project Location:



### What is a Data Centre?

A large-scale facility designed to house extensive computer systems and associated components, for supporting cloud computing, data security, data storage, management and processing digital media, information and applications.

### Benefits of Data Centre?

- Local employment opportunity through numerous construction and operational jobs.
- Increased tax revenue for the County to fund public services and infrastructure projects.
- New investment avenues by attracting related services and business.



Contact Information:  
Beacon Data Center Inc.  
(xxx) xxx-xxxx  
info@beacondatcenterinc.ca

To view the BEACON - HEARTLAND AI DATA CENTER PROJECT please scan the QR code which is located here.



# MEHTA LIQUOR

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Cold Beer 15 Pack - \$21



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**OPERATION CHRISTMAS CHILD**  
A PROJECT of SAMARITAN'S PURSE

**\*\*\*NEW LOCATION\*\*\***  
at Dr Mouton's Office: Pick up a box And drop it off by us! Unit#2. 4808-49 Ave, Redwater. Drop-off also available at Redwater Alliance Church.

"We go to great lengths, great effort to take these boxes to children in the most remote parts of the world. Why? Because we want children everywhere to hear the Gospel and know the God that loves them." Franklin Graham



**Open for 2026 Applications!**  
**Are you a farmer or rancher?**  
**Funding is available for nature based projects.**

ALUS helps you establish projects like eco-buffers and shelter-belts, adaptive multi-paddock grazing systems, watering systems for livestock, naturalizing flooded cropland, pollinator and wildlife habitat, and many more!

Over 1,400 farmers and ranchers across Canada receive annual management and maintenance payments for their stewardship of these projects.

**Join Us!**



**ALUS.ca**

**For more information, contact Agriculture Services:**  
agriculture@sturgeoncounty.ca  
780-939-8349




*Review*

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**Notice of Statutory Public Hearing: Bylaw PD-02-2025**



**Statutory Public Hearing | PD-01-2025**  
**Land Use Bylaw Amendments & Consolidation**  
Monday, November 24, 2025 | 18:30 | Council Chambers 4924 47 St.  
Any member of the public may attend to speak or hear comments.

**What is Bylaw PD-02-2025?**  
Bylaw PD-02-2025 is a proposed amendment and consolidation of the Town of Redwater's Land Use Bylaw PD-01-2023. Over the past six months, the bylaw has undergone ongoing review and refinement, reflecting our approach of treating it as a living document. These continual updates ensure the bylaw can adapt to the community's evolving needs and respond effectively to emerging issues.

**What does this mean?**  
Bylaw PD-02-2025 will amend Bylaw PD-01-2023. The amending bylaw will provide greater flexibility and adaptability to the Town's land use regulations. These amendments will:

- **Update Lot and Yard Regulations:** Clarify requirements and definitions for corner lots and double fronting lots, including front yard designations and site line protection areas, to ensure consistent and safe development.
- **Update Fencing Standards:** Provide clear rules for residential fencing, including setbacks, height limits, and better clarify when a development permit is required or not.
- **Adjust Residential Accessory Building Heights:** Allow slightly taller accessory buildings in certain residential districts.
- **Add a New Direct Control District (DC-1 The Willows North):** This is a special set of rules that applies only to a specific area. It lets the Town create site-specific standards for how land can be used and developed, rather than relying solely on the general rules that apply to all other areas.



**How can I get more information?**  
Any member of the public may review the proposed bylaw and ask questions. A copy of the proposed bylaw is available at [redwater.ca](http://redwater.ca) or you can visit the Town Office during office hours where staff can explain what is proposed, how it might impact you, and how the Public Hearing process works.

**Can I provide comments?**  
Members of the public may address Council in person or virtually at the public hearing, with registered speakers called first. To register, email [redwater@redwater.ca](mailto:redwater@redwater.ca) or call 780-942-3519 ext. 250 by 18:00 on November 18, 2025. Written comments may also be submitted by email; to appear in the agenda, they must be received by the registration deadline. Late submissions will be read into the record but not considered after the hearing closes. Each speaker has 10 minutes, and all names and comments become part of the public record.

**Call Us:** 780.942.3519 ext. 250

**Speak or provide comments at the Public Hearing:**  
In person & Virtual: Registration not required; those registered to speak will speak first. Deadline to Register: 18:00 on Friday, November 18, 2025.  
Written submissions, visuals: submit by 18:00 on Friday November 24, 2025

**Email Us:** [redwater@redwater.ca](mailto:redwater@redwater.ca)



**Environmental Farm Plan Workshop**

Sturgeon County is hosting a free, half-day event for producers who want to create (or renew) an Environmental Farm Plan (EFP).

The EFP is a voluntary, whole farm, self-assessment tool that helps producers identify their environmental risks and develop plans to mitigate those risks.

Producers are required to have an EFP completion letter dated within the last 10 years of the date of application to be eligible for cost-share funding with the On-Farm Stewardship programs of the Sustainable Canadian Agriculture Partnership.

A laptop or tablet is required.  
Light refreshments will be provided.

**Tuesday, November 25, 2025**  
**9:00 a.m. - Noon**  
**9613 100 Street, Morinville**

Register on [www.eventbrite.ca](http://www.eventbrite.ca)



[www.sturgeoncounty.ca](http://www.sturgeoncounty.ca)



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Continued from **page 4**

postures, allowing individuals to engage in exercises while seated or using a chair for support. This makes it a perfect option for seniors, office workers, or anyone requiring or looking for a low-impact workout.

One of the central benefits of chair yoga is its ability to enhance flexibility and strength without the need to get down on the floor. Participants can move through various stretches targeting the neck, shoulders, and back, along with movements that improve circulation and reduce stiffness. Techniques such as seated forward bends and twists also can improve mobility. In addition, breathing exercises

incorporated in the routines encourage relaxation and stress relief. Chair yoga also brings people together.

Whether it is held in a community center, senior residences, or even conducted virtually, these classes provide a valuable opportunity for social interaction, which is vital for mental health and well-being. People often neglect the well-being of their emotional selves, continually reassuring others that they are fine. Something as simple as chair yoga can enhance one's mood as well as body. It is also adaptable to individual needs, Amber can modify postures to cater to each participant's abilities, making the sessions inclusive for those recovering from



Continued from **page 1**

Laughter rang through the classrooms as teachers eagerly joined in on the fun...there was some question about whether a dinosaur had ever been hired at a school before. Their imaginative costumes ranged from whimsical to hilarious, showing the broad diversity of creativity. Elementary students took to the town in an enchanting parade, their

outfits brightening the atmosphere as they visited the nearby lodge and hospital, bringing smiles to the faces of the residents who watched in delight.

Throughout the school, there were pajamas, pumpkins, pit vipers, and princesses. Some students sported colourful hair that sparkled under the bright lights, while others transformed themselves into cowboys, capturing the western spirit that

just says rural Alberta. And, amidst all the creativity, there was even a taco.

But mostly, the true magic of the day lay not just in the costumes but in the games and treats, and the palpable sense of celebration that filled the building. There was an infectious atmosphere of school spirit, connection, and laughter, weaving together in a joyous mix that made this Halloween that much more special.



**Photos courtesy of H.A.Kostash**

injuries or managing chronic conditions. No special equipment is required, just a sturdy chair, some weights and elastics, the reminder is to bring your water bottles.

Emphasizing health and mindfulness, chair yoga offers an enjoyable way for

anyone of an age to enhance their physical health and mental clarity. Whether you're looking to improve flexibility, reduce stress, or engage in a moment of mindfulness, Amber's chair yoga classes extend a warm invitation to join.

The sessions at the Thorhild Golden Age Centre take place every Thursday from 1:30 to 2:30 PM, with an additional opportunity to join on Mondays from 10:00 to 11:00 AM at the Radway New Horizons Senior Centre, also for a drop-in fee of just \$5.

# Finding balance: How nutrition coach Susan is helping clients transform their health

By Haylee Winger

For many people, food can be a source of confusion, frustration, and even guilt. But for Susan, a certified nutrition coach, it's a powerful tool for healing and transformation. Through her personalized coaching and evidence-based approach, she's helping clients take back control of their health one balanced meal at a time.

"I've always been drawn to wellness and helping others feel their best," Susan shares.

"Over the years, I saw how much confusion and frustration people experienced around food, weight and health, especially those managing chronic illness. I decided to deepen my understanding through formal training and certification so I could guide people with a more structured, evidence-based approach. That's how my nutrition coaching practice began, out of the genuine desire to simplify the process and empower others to take control of their own health."

Susan's journey into nutrition coaching was born from personal experience. "I had my own period of struggling with weight, an autoimmune blood disorder, fatigue and hormonal imbalance. Through learning how to support my metabolism and nourish my body properly, I experienced firsthand how powerful food can be as a form of medicine. That transformation made me passionate about sharing what I learned with others, who are ready to reset their own health."

Susan's approach is rooted in personalization, compassion, and balance. "I focus on whole nutrition, nutrient dense foods, balanced meals, and mindful eating. I also believe that wellness goes far beyond food. It's about mindset, stress management,

sleep patterns, and building habits that support long-term vitality." She takes a very individualized and compassionate approach.

"My coaching is not about restriction, it's about helping people understand how their body responds to foods so they can create balance and confidence around eating."

Susan works with the Metabolic Balance Program, a nutrition system designed to help the body reset and return to its natural balance through whole, nutrient-rich foods. This approach supports blood sugar stability, healthy digestion, and optimized metabolism, while also encouraging clients to develop intuitive eating habits within a structured framework.

Each client receives a fully customized plan based on their individual health concerns, goals, preferences, and blood work. The program considers medical conditions, lifestyle, and mindset to create a plan that's both effective and enjoyable. Whether the goal is improving energy, reducing inflammation, balancing hormones, or managing chronic conditions, Metabolic Balance ensures every program supports lasting, sustainable change.

The first meeting is designed to help clients feel comfortable and informed. "The first session is all about understanding the client, where you're starting from, and what they hope to achieve. We review health history, eating patterns, lifestyle and goals and take time to explain the process so they feel supported and confident from day one."

When asked what clients usually hope to achieve, Susan says, "Most clients want to lose weight, improve digestion, balance hormones, and feel more energized. They may also come because they're dealing



with chronic conditions like fatigue, inflammation, or metabolic dysfunction and want a more natural, food-based solution." Susan also spends time clearing up common nutrition myths. She emphasizes that lasting results come from nourishment, not deprivation, and reminds clients that everyone's body is unique — each person's blood chemistry reveals different nutritional needs. She also challenges the belief that metabolism inevitably slows with age, explaining that it can be supported and rebalanced through the right foods and habits.

Accountability is a key part of her program. "I stay connected with regular check-ins, Goal reviews, making necessary changes during plateaus, and encouragement. I remind clients to celebrate small wins and stay focused on progress, not perfection. Education plays a big part, too. When people understand why something works, they're more likely to stay consistent."

Susan has seen

remarkable transformations. "I was once a client who was feeling exhausted, bloated, and discouraged after years of trying different diets. Through metabolic balance coaching and small mindset shifts, I not only lost weight but regained my energy, health, confidence, and joy around food. Seeing these transformations for myself was incredibly rewarding. I also recently had a Type 2 Diabetic client who informed me that he was completely off all his diabetic medications, both insulin and pills."

Sustainability is at the heart of her work. "I focus on education and routine, helping Clients understand the 'why' behind their habits. I also encourage simple, sustainable changes rather than quick fixes. By the time we finish working together, they have the tools and confidence to maintain those habits for life."

For Susan, mindset is everything. "How we think about food, our body and our health directly impacts our success. A

positive, growth-oriented mindset helps clients overcome setbacks and stay focused on long term wellness rather than short term results."

She's also eager to collaborate. "I am hoping to work with fitness trainers, nurse practitioners, and other holistic practitioners, as my practice grows. It creates a more well-rounded support system for clients and helps them achieve better results overall."

Her advice for anyone starting out on a wellness journey is simple. "Start with one or two small, consistent changes, like having protein first with each meal or drinking enough water.

Focus on progress, not perfection." And for those looking for small changes that make a big impact: "Prioritize balanced meals, get quality sleep, and take a few moments each day to breathe or move your body. Even small acts of consistency can create a major shift in how you feel."

Susan continues to expand her knowledge in the field.

"Metabolic Balance Canada provided recertification in the Metabolic Balance Program, and they provide regular updates and roundtables on new research as it becomes available. They also provide opportunities to take courses with other professionals on things such as Quantum Biology, Light Therapies, and how they affect metabolism and body processes."

When it comes to her own meals, Susan keeps things simple and balanced. A bowl of plain yogurt with berries or mango is a favorite breakfast, reflecting her belief that healthy eating doesn't need to be complicated. She also practices what she teaches — enjoying treats mindfully and without guilt, embracing balance rather than restriction.

For her, a sustainable lifestyle leaves room for both nourishment and joy.

What motivates Susan most is the transformation she witnesses in her clients. Seeing people regain their energy, confidence, and hope is deeply rewarding, especially as they realize they have the power to feel well again — both physically and emotionally.

Susan offers personalized nutrition coaching through the Metabolic Balance® Program, working with clients both locally and online. Based in Redwater, Alberta, she welcomes new clients ready to take charge of their health at [chaos2calmwellness@gmail.com](mailto:chaos2calmwellness@gmail.com) or 780-307-2539 to book a free consultation.





### FAMILY HOME ON 3 ACRES IN WESTLOCK COUNTY

Great family home on gorgeous 3 acres a few minutes NW of Westlock, about a 1/2 hour to St Albert. Room for everyone in this 1770 sq ft 5 bdrm, 3 bath bungalow. Substantial upgrades over the past 20 years include siding, soffits, paint, HOT WATER ON DEMAND, high efficiency furnace, wood stove, and back deck. In 2018 CENTRAL AIR CONDITIONING was added along with a GENSET SYSTEM which automatically turns on if the power goes out and powers the whole house. At that time new flooring and a maintenance free front deck were also added. Other features are IN FLOOR HEATING in basement, pantry, 3 pce ensuite with soaker tub, main floor laundry, main floor office, back up sump pump system. Heated garage built in 2016 has 2 floor drains and a handy back porch area for boots and coats. Main floor also has a large flex room and office space. Garden area and raised garden beds, storage sheds, mature trees and view from front deck of a small lake complete this great property. Even room for animals on this 3 acres. **\$499,900. Call Heather to view.**



### COMMERCIAL LOT IN THORHILD

1.24 acres of open land ready to develop into your commercial endeavor. High level land on the outskirts of the Hamlet of Thorhild. Paved road in front, gravel road on one side. Utilities are nearby. Thorhild is a small hamlet with lots of potential for growth and new business. Located approximately an hour NE of Edmonton. **\$59,900. Call Heather for more info.**



### NEW 80 ACRES OF GRAIN/BUSH LAND IN THORHILD

Perfect for farmers, hunters or build your dream home. Ideal location just a few minutes from Abee, about an hour north of Edmonton. 80.61 acres of partially treed land at the end of a dead end road just a couple miles off Highway 63. Great place for hunting with lots of moose and deer. Use it as a weekend getaway, build your future hobby farm or add to your current farming operations. About 25 or 30 acres are cultivated and has good crop land. Much of the rest of the land could be cleared for more crop land if wanted. Power runs on the road right past the property. Another 10 acres could likely be subdivided out of this parcel. **\$225,000. Call Heather for more information.**



### TWO 3.09 ACRE PARCELS IN STURGEON COUNTY

2 great building sites in Pinewood Estates, less than 1/2 hour to Edmonton. The corner lot has trees planted all along the north and west boundary. The adjacent lot has planted trees along the north side and natural bush all along the east. Great opportunity for family or friends who want to build next door to each other. Or if you want a larger parcel buy them both. Listed at **\$84,900** for one and **\$94,900** for the other.



### AFFORDABLE FAMILY HOME IN REDWATER

Great opportunity to own this 3 bedroom 2 bathroom home with a double attached garage and just under 1500 sq ft of living space. The entire upper floor can be a spacious primary suite with 4 pce bath or fantastic play area for the kids-flexible to suit your lifestyle. The main floor features an open kitchen/living room, 2 bedrooms, 4 pce bath plus a handy space for home office right off the the living area. Step outside to enjoy the private, treed backyard with a deck and hottub-perfect for relaxing or entertaining. Upgrades include some windows, high efficient furnace and 2 jetted tubs. This home offers comfort, great value, and room for your family to grow, all in a quiet Redwater neighborhood, close to schools and parks. **\$249,900. Call Janine to view.**



1.52 Acres of sloped land in the Hillsborough subdivision! Great opportunity to build a beautiful walk out home, with mature trees at the back of the property offering privacy from the neighbors. ON PAVEMENT all the way to Hwy 28, 10 mins from Gibbons and 30 mins from Edmonton. **\$180,000. Call Glenn for more info.**

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IRP Approved Agent

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

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## Thorhild & District Agricultural Society Light Up

Sunday November 30, 2025 | 3-5 PM  
Waste Management of Canada Agriplex (Thorhild)

- Free Public Skate
- Limited amount of skates & helmets to borrow
- Free Hot Dogs & Hot Chocolate
- Take your own photos with Santa
- Free crafts for Children
- Fireworks to follow sponsored by North Corridor Coop
- Concession will be open for additional purchases
- Donations appreciated for the Thorhild County Christmas Hampers

## PUBLIC HEARING – Proposed 2026 Budget

Sturgeon County Council requests public input on the proposed 2026 Budget.

The proposed 2026 budget for Sturgeon County is driven by Council's strategic plan and priorities. It focuses on maintaining highly competitive tax rates that support quality, cost-effective municipal services while maintaining the County's long-term financial sustainability.

View the proposed budget at [sturgeoncounty.ca/public-hearing-2026-budget](http://sturgeoncounty.ca/public-hearing-2026-budget)

If you have questions about this public hearing, please reach out to Valerie Lawson, Corporate Finance and Treasury Services, at [budget@sturgeoncounty.ca](mailto:budget@sturgeoncounty.ca).

### Public Hearing details

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

**Wednesday, November 26, 2025 at 9:00 a.m.** (or as soon as practical thereafter)

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

[sturgeoncounty.ca/CouncilMeetings](http://sturgeoncounty.ca/CouncilMeetings)

### 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 and Legal Services at 780-939-0620 or 780-939-1377 to pre-register.

#### Speak via video conference (phone or video call-in)

To speak at the Public Hearing via video conference, you must register by November 25, 2025 at 9:00 a.m. by contacting Legislative and Legal Services at 780-939-0620 or 780-939-1377. This ensures you receive instructions to access the video conference.

#### Written submissions

E-mail your written submission to Legislative and Legal Services at [legislativeservices@sturgeoncounty.ca](mailto: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 budget), and indicate if you are in favour or opposed to the proposed budget.

#### Watching the Public Hearing

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

Protection of Privacy Act: By submitting your comments on the proposed budget, 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 accordance with section 4(c) of the Protection of Privacy Act (POPA). If you have any questions about the collection, use or disclosure of your personal information, please contact the Sturgeon County Access and Privacy Advisor at [accessandprivacy@sturgeoncounty.ca](mailto:accessandprivacy@sturgeoncounty.ca) or call 780-939-1306.



**Division 1**  
Neil Halun  
Phone: 780-938-6345  
neil.halun@thorhildcounty.com

**Division 2**  
Deputy Reeve Angela Zilinski  
Phone: 780-307-5846  
angela.zilinski@thorhildcounty.com

**Division 3**  
Scott Nedeljak  
Phone: 780-819-0907  
scott.nedeljak@thorhildcounty.com

**Division 4**  
Janine Paly  
Phone: 780-307-5978  
janine.paly@thorhildcounty.com

**Division 5**  
Reeve Trevor Dafoe  
Phone: 780-656-8165  
trevor.dafoe@thorhildcounty.com

### APPOINTMENT OF REEVE AND DEPUTY REEVE

During the annual Organizational Meeting held on October 28, 2025, County Council appointed Trevor Dafoe as the County's Reeve, and Angela Zilinski as the County's Deputy Reeve for the 2025-2026 term.

### THORHILD COUNTY COMMUNITY YOUTH GROUPS

Thorhild County offers annual assistance to local community groups that offer programs for youth. Community groups must be operating in active capacity to be eligible.

Eligible groups must submit the following prior to **November 30, 2025**, to be considered for funding this December:

- 1) Groups main contact name, phone number and email
- 2) Mailing address
- 3) Number of Thorhild County resident youth registered in the group
- 4) Proof of society in good standing
- 5) Registration with applicable parent organization

Funding is based on the amount of Thorhild County youth registered in a program. Current groups that have previously received funding must still confirm they are in active status, update contact name and how many Thorhild County youth that were registered this year prior to November 30, 2025, to be eligible for funding.

For any questions or to submit your group's request, please contact Diana Berry at [diana.berry@thorhildcounty.com](mailto:diana.berry@thorhildcounty.com) or call 780-398-3741 ext. 2810.



### UPCOMING WORKSHOP: STRATEGIC PLANNING FOR NON-PROFITS

Many Thorhild organizations do incredible work but often lack the time and tools to plan for the future. This hands-on workshop helps local non-profits strengthen their direction, set clear goals, and align their work with their long-term vision. Participants will leave with practical strategies, a simple planning framework, and renewed confidence to lead their organizations forward.

**Join us on Tuesday, November 18 at the Thorhild Legion from 6 pm – 8:30 pm.**

To RSVP, please email Nick Schmidt, Economic Development Coordinator at [ecdev.coordinator@thorhildcounty.com](mailto:ecdev.coordinator@thorhildcounty.com).

All are welcome, register today to take part in this collaborative session and strengthen your organization's path forward.

### LONG LAKE TRANSFER STATION

Fall/Winter Operation

Open Sundays only between November 1 and March 31  
9:00 a.m. – 5:00 p.m.



### SNOWPLOWING ON PRIVATE PROPERTY

Please call the Thorhild County Administration Office @ 780-398-3741 to purchase a flag. Flags can be picked up from the Administration Building. Registered landowners are required to sign a yearly easement.

- Driveways will be addressed **after** all County roads are cleared
- Driveway Plowing consists of one pass in and back out
- Each flag is good for one plow only
- Fees and Flags must be purchased before the work is done

**Fee:**

\$50.00/Flag

\$20.00/Flag for seniors 65+ who are physically living on the property and can provide age verification.

\*Residents who plow their own driveways must be aware that snow is to be cleared to the right of the driveway and that no snow is to be pushed across the road, please refer to Policy 934 - Driveway Snowplowing.

Find more information at [www.thorhildcounty.com/Services/Infrastructure/Driveway-Snowplowing](http://www.thorhildcounty.com/Services/Infrastructure/Driveway-Snowplowing) or call 780-398-3977.

### 2025 LAND OWNERSHIP MAPS

The 2025 Land Ownership Maps are now available for viewing on our website at [www.thorhildcounty.com/Services/Planning-Development/Maps](http://www.thorhildcounty.com/Services/Planning-Development/Maps). Printed copies can be purchased for \$17.50 at the County Administration Building.

### 2025 GOPHER (RICHARDSON'S GROUND SQUIRREL) IMPACT SURVEY

The Agricultural Service Boards Provincial Committee invites agricultural producers to participate in a 2025 Gopher Impact Survey.

The aim of this survey is to collect essential municipal data on the effects of gopher (Richardson's Ground Squirrel) infestations on agricultural lands.

To participate in the survey, please visit [www.agriculturalserviceboards.com/2025-gopher-survey/](http://www.agriculturalserviceboards.com/2025-gopher-survey/)



### THORHILD COUNTY FCSS 2025 CHRISTMAS HAMPER CAMPAIGN

**Donate**

Drop off gift cards, toys or toiletries at the following locations by **December 8, 2025**.

**Thorhild:**

- Thorhild North Corridor Co-op Home
- Agro Store
- Library

\*Cash donations are accepted at the County Administration Building (801-1 Street)\*

**Radway:**

- Library

**Newbrook**

- Post Office
- Library

**Request a Hamper**

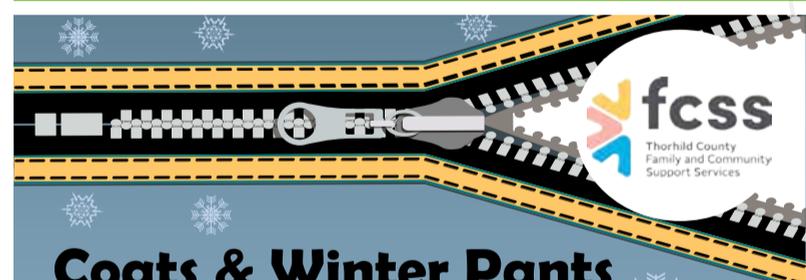
Call Tammy at (780) 656-6016 or Corinne at (780) 206-0018 between 8:30 am & 4:30 pm Tuesday through Friday to register.

Please have your physical street address or legal land location ready.

**Register by 4:30 pm on December 4, 2025.**

Thank you for your generosity!

This year, we have a high need for hygiene products and gifts for children aged 10 and up.



### Coats & Winter Pants for Kids & Family Program



Thorhild County FCSS is pleased to be partnering with **Barrhead/Westlock Cleaners** to provide clean coats & winter pants to families in need.

Gently used coats and winter pants can be dropped off at Thorhild County Office located at 801-1 Street, Thorhild, during regular office hours (Tuesday-Friday; 8 am - 4:30 pm).

Coat distribution is underway by appointment.

Appointments can be made by calling Kelly at 780-398-3741 ext 2820 or by email to [kelly.paty@thorhildcounty.com](mailto:kelly.paty@thorhildcounty.com)



Continued from **page 1**

firsthand the decline of local girls' teams. With both the Panteras and Angels teams folded, she had to leave her community to pursue her love for hockey and began playing in Redwater and Fort Saskatchewan. She has returned to the Thorhild area, now as a mother.

"This year, my son joined minor hockey, and I signed up to coach. Being at the rink again made me realize how few girls were currently involved in hockey here," Shelby shared. "I had always hoped to start a women's group again, but that really pushed me to get it going. I want girls in our community to see women playing, to know it's for them, and to have role models right in front of them."

The journey began with Shelby reaching out to about 20 women to gauge interest. The enthusiasm was palpable, and from there, a group chat was established, allowing women to invite others. For



The Ladies Drop-In Hockey group, pictured is the group that came to the first ice time they shared this year.

**Photo courtesy of Shelby Kwasny**

their first ice time, 13 players showed up, a mix of experienced skaters and beginners. The focus of the gathering is clear: fun, community, and the joy of being back on the ice. Today, the group has grown significantly, now boasting 37 women who come out whenever they can. They skate every second Sunday at 8:00 PM, a schedule tailored to accommodate the lives of busy moms

and shift workers.

Women's hockey in Canada has a rich history, gaining recognition in the early 20th century. The establishment of organized leagues, including the Women's National Hockey League (WNH) and the Canadian Women's Hockey League (CWHL), played a crucial role in elevating the sport. Although the CWHL ceased operations in 2019, its

impact continues to resonate, paving the way for future generations of female athletes.

Icons like Hayley Wickenheiser and Marie-Philip Poulin have not only showcased extraordinary talent on the ice but have also become invaluable role models for young girls. Their contributions have elevated the profile of women's hockey in Canada, boosting

empowerment and inspiring countless female players.

As this new initiative gains momentum in Thorhild, it exemplifies how local communities can drive positive change and promote gender equality in sports. With each skate, with each game, these women are not only playing hockey; they're building a support system where future generations of

female athletes can thrive.

For those interested, upcoming ice times are scheduled for November 9, November 23, and December 7, all from 8:00–9:00 PM. The sessions are open to women aged 18 and over, with a drop-in format and a nominal fee of \$15 per skate. All skill levels are welcome, from first-time players to seasoned veterans.

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**Rare opportunity!** 5 acres in NE Edmonton, Horsehill area. Close to schools, shopping, Manning Drive/Anthony Henday. Unserviced, flat, open lot. Call 780 887 3686.

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Your identity is valuable — don't let anyone else use it.

Identity theft happens when criminals steal personal information and use it to commit fraud. With just a few key details, thieves can open bank accounts, make purchases, apply for loans, collect government benefits, or even obtain travel documents — all in your name.

Fraudsters use both low-tech and high-tech tactics to get this information.

- **In person:** they might search through garbage, steal mail, or copy information from lost or stolen items.
- **Online:** they may use malware, phishing emails, or hacked websites to capture personal data.

Information they often target includes:

credit card and bank numbers, Social Insurance Numbers, birth dates, addresses, login credentials, and ID numbers such as driver's licences and passports.

**How to Protect Yourself from Identity Theft**

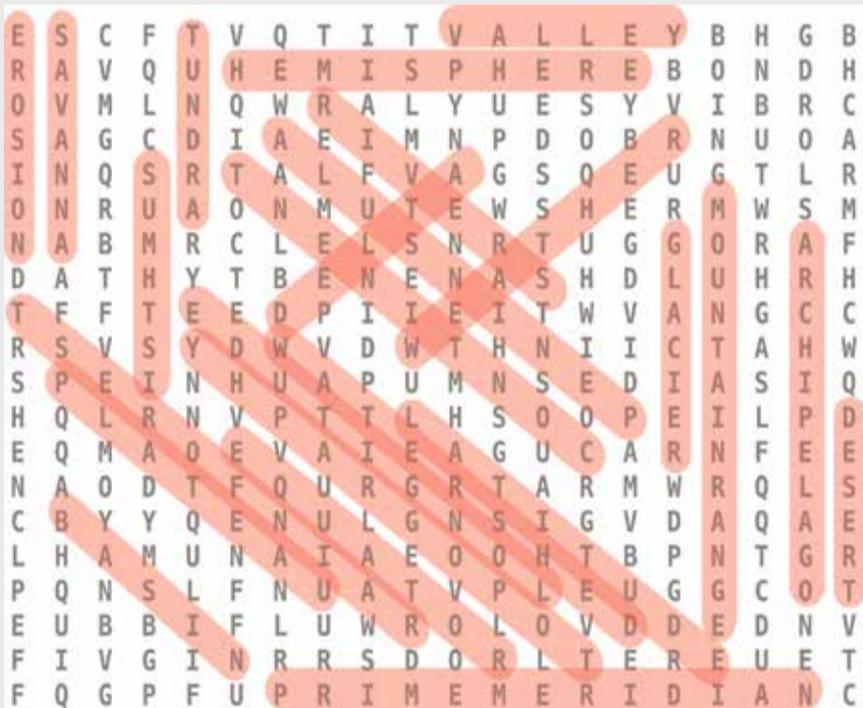
- **Be cautious with personal details.** Don't share private information over the phone, text, or email unless you initiated the contact and trust the source.
- **Use secure networks.** Avoid logging into accounts or entering personal information on public Wi-Fi or shared computers.
- **Strengthen your passwords.** Create unique, complex passwords for every account, and secure your devices and home Wi-Fi with

strong protections.

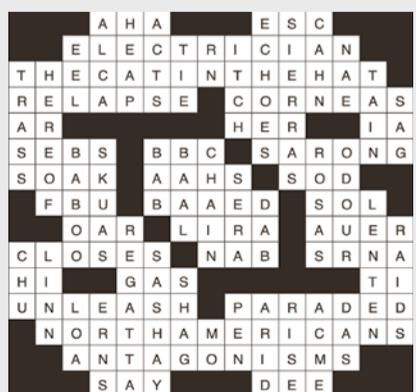
- **Shop safely online.** Only buy from trusted retailers and check that the web address starts with "https" and shows a closed padlock icon.
- **Limit what you post on social media.** Even small details like your birthday or address can be used to impersonate you.
- **Protect your cards.** Shield your PIN when making payments and keep your card in sight during transactions.
- **Dispose of information safely.** Shred papers that contain personal or financial data before throwing them away.

Taking these simple steps can go a long way toward protecting your identity and preventing fraud.

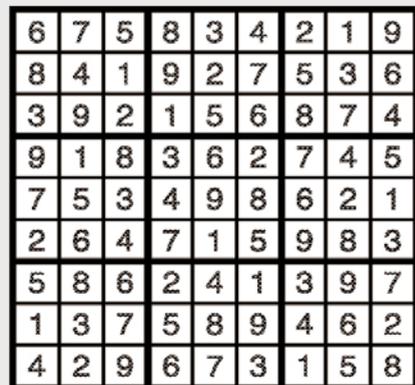
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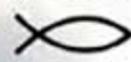


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