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Vol. 33 No. 01

Morinville, Gibbons, Bon Accord, Legal, and surrounding areas

Wednesday January 04, 2023

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

Morinville senior training for powerlifting competition



Sixty-one-year-old Morinville resident Marion Peterson executes a squat during a recent training session to prepare for a powerlifting competition in March - **Stephen Dafoe Photo** See article on page 2

Morinville Library launches Winter Reading Program



By Stephen Dafoe and Morinville Online

The Morinville Community Library's Winter Reading Program is on until February 28, offering patrons a chance to log their hours spent reading and earn prizes for doing so well.

This year's program is an emoji-based program called All The Feels.

"We want to promote reading in general," said Morinville Community Library Program Coordinator Jessica Sheppard. "It's a fun way to get more people into reading. I find, personally, when I have a little bit of a challenge, it's always a little more

Continued on **page 3**

Morinville Community Library Program Coordinator Jessica Sheppard shows off a couple of the books patrons can choose to read during this year's Winter Reading Program. - **Stephen Dafoe Photo**

SPECIAL OFFER

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Morinville senior training for powerlifting competition

By Stephen Dafoe and Morinville Online

A sixty-one-year-old Morinville woman has been hitting the gym many times a week in preparation for a powerlifting competition in Whitecourt this March.

Marion Peterson, an aerobics instructor in her 20s, has always loved athletics. She tried various disciplines in the area before seeking a personal trainer.

Last summer, she started training with Scott Wallace at Crusher's Gym and liked weightlifting so much that

she decided to ramp it up to compete.

Peterson said she was initially intimidated by the 300-pound-plus trainer but quickly learned he had a gentle side.

"I thought I'd try once a week, then I got into two times a week, and then I got into the third," Peterson recalls.

"Then Scott said him and his son had signed up for a competition. I thought, 'Damn, I wish they'd ask me to go,' but I didn't reveal that. And then, he did."

Peterson said she was

pleased to see her coach's confidence in her ability to compete and loves every minute of the enhanced training needed to prepare her for the March event.

"I like the fitness world. I always have. I love doing this stuff," Peterson said of her lifelong attraction to keeping healthy. "It's a passion for me. This is where I'm happiest."

The opportunity to compete just added to her love of training.

"I always wanted to compete at doing something, and this just kind of fell in my lap through Scott," Peterson said.

"I couldn't turn it down. I always wanted to do something like this, but I was scared to do it. But I have the right trainer who gives me that support I need."

Peterson loves the adrenaline rush of lifting weights outside most people's reach and ability.

Her training recently involved deadlifting 225 pounds, an amount considerably above her weight.

"You feel so good after," she said. "No drug out there could ever make you feel that good. It's just what I want to do. I love it."

Peterson's three-day-a-week training includes a day for bench pressing, a day for squats, and a day for deadlifts.



Sixty-one-year-old Morinville resident Marion Peterson does some stretches ahead of her training session at Crusher's Gym in Morinville. - Stephen Dafoe Photo

Three months ahead of the competition, Peterson is squatting 200 pounds, bench pressing 110 to 115 pounds and deadlifting 230 to 235 pounds.

"By February, we should be up at least another ten pounds from there, and by March, up another ten and roll into the

competition," said Peterson's coach Scott Wallace.

"If we stay on that pace, Marion should set national records in all three lifts for her weight class and division."

A win in Whitecourt in March would send her to the national competition later in the year.

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!

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

Level: Intermediate

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!

SEE SOLUTIONS PAGE 6

North Parkland Power Co-op Board of Director Nominations

Nominations are Now Open

- Zone 1 (2 positions)
- Zone 2 (1 position)
- Zone 4 (1 position)

Help govern North Parkland Power Co-op; Member Owned. Member Driven.

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See our website or call for zone and nomination information.
1-866-398-2001
<https://www.npprea.ca/online-forms>



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You're invited to our Community Open House

Canwest Solar and Starlight Energy

would like to welcome all community members to attend an open house for the proposed **Morinville Solar Project.**

You're invited to drop by anytime during the event to meet our team and learn more about the project to be located about 8km northwest of Morinville in Sturgeon County.

Light snacks and refreshment will be served.

We look forward to seeing you.

**When: Tuesday, January 17th, 2023
5:00 PM until 8:00 PM**

**Where: Morinville Rendez-Vous Centre
9913 104 Street
Morinville, Alberta**

For more information, visit our website or contact us at 403.808.5199
www.morinvillesolar.ca





TChampion Pet Foods sponsored the "Family Holiday Skate" as part of the 2022 Lite Up the Nite Christmas Festival. Over 170 people came to the Morinville Leisure Centre to enjoy a free skate with great giveaways and activities. Plunge Mechanical donated a great door prize, and ACFA Centralta, delicious maple candy and the 1st Morinville Guides offered their help. - Photos by Town of Morinville

CONTINUED FROM PAGE 1

Morinville Library launches Winter Reading Program

fun to do it. It's something that actually drives people to do it."

The program is simple – pick a book, either the library's or your own, read, and keep track of how much time you spend reading in January and February.

This year's tracking of reading minutes is going online, although non-computer savvy patrons can get some help from library staff.

The library has partnered with an online system called Beanstack, which specializes in reading challenges.

The address to register is MorinvilleLibrary.Beanstack.org. The website allows you to record your minutes spent reading and even has a timer to help you clock the amount of time you have eyes on the page.

Patrons can also track which books they read during the program and even leave a review of their thoughts on the same.

"It's super easy to use," Sheppard said, noting that participants do not need a library card to participate in the Winter Reading Program. Those who have limited or no online access can come into the library to have staff



log their reading minutes. The library offers prizes for the Winter Reading Program in two categories, youth and adult, and children. There will be first, second and third top reader prizes awarded.

Sheppard said in addition to the patron-to-patron competition, the Morinville Community Library is competing with other Beanstack accounts, primarily in the US and Canada.

The program coordinator said the library is challenging Morinville and the area to surpass last year's reading total of 10,003 minutes by another 400 minutes of collective reading.

For more information on the Winter Reading Program, visit the Morinville Community Library at MorinvilleLibrary.ca.

Bylaw Amendment 1612/22 The Municipal Government Act

Section 251 – The Municipal Government Act

Take notice that the Council of Sturgeon County, in the Province of Alberta, has given first reading to Borrowing Bylaw Amendment 1612/22 which will, upon final passage and approval, authorize the proper officers of the said County to borrow monies from the Province of Alberta or another authorized Financial Institution, as authorized under bylaws 1530/21, 1573/22, 1574/22, 1575/22, 1576/22, 1577/22, 1578/22, 1579/22 and 1602/22, at revised terms and rates of borrowing.

Namely, the borrowed monies will be repayable to the Province of Alberta or another authorized Financial Institution in monthly, quarterly, semi-annual, or annual payment installments not to exceed fifteen (15) years at an annual interest rate not exceeding ten per cent (10%), or the interest rate as fixed from time to time by the Province of Alberta or another authorized Financial Institution.

NOW THEREFORE NOTICE is hereby given by the Council of Sturgeon County that, unless a petition of the electors for a vote on **Bylaw 1612/22** is demanded, as provided for by the terms of Section 231 of the Municipal Government Act, the said Council may pass the said borrowing bylaw.

The proposed bylaw may be examined between the hours of 8:30 a.m. to 4:30 p.m. in the office of the Legislative Services Officer, Sturgeon County, 9613-100 Street, Morinville, Alberta.

You can view the proposed bylaw on the Sturgeon County website at www.sturgeoncounty.ca.

Questions?

Corporate Finance & Treasury Services
780-939-4321
sturgeonmail@sturgeoncounty.ca

www.sturgeoncounty.ca





The incredible volunteers from Morinville Community High School supported this year's Lite Up the Nite Christmas Festival by volunteering their time at the "Cause" Play Community Dance. - Submitted photo

The new alphabet boxes are just what is needed for the literacy work from Pre-K to Grade 4 at Legal Public School. - Submitted photos



Just before Christmas, the Legal Catholic School made group soup in dynamic options. It was very yummy on a very cold day. - Submitted photos

CONQUER CLUTTER WORD SEARCH

SEE SOLUTIONS PAGE 6

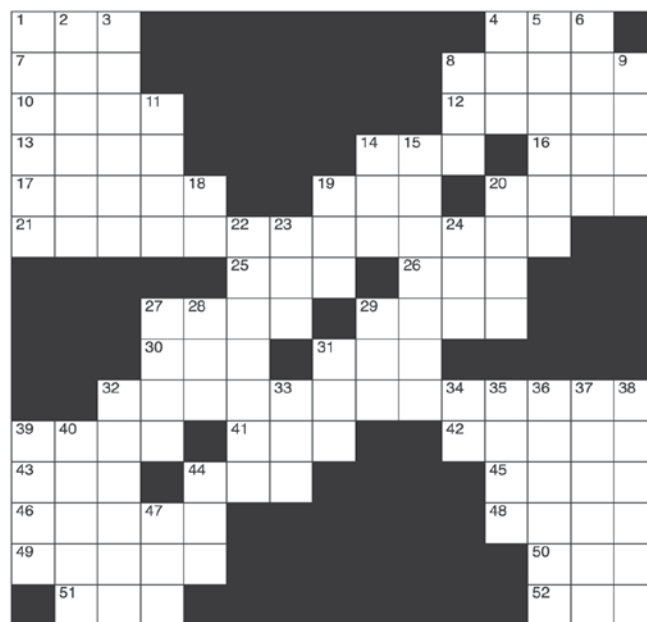
U M E O D N E P T U C Y N V R E D T O S
 U N O D O I S N T C C A E Y S S B A R H Y
 U B Y R I C R M L C C T V L H I D Y E Z G
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 T L A Y S R S R G E G R Z C D V O V V H
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 L Z A A E O D N R T C C C B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

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

- | | | | |
|--------------|------------|----------|----------|
| WORDS | COLLECT | GROUP | ORDER |
| | COORDINATE | HOARD | ORGANIZE |
| CABINET | DISARRAY | LABEL | PLANNING |
| CATEGORY | DISTRIBUTE | LEAD | SCHEDULE |
| CLEANING | DONATION | LISTS | SHELVING |
| CLOSET | GARBAGE | MOBILIZE | SORT |

CROSSWORD

SEE SOLUTIONS PAGE 6



Crossword Clues

- | | | |
|------------------------------------|--------------------------------------|---|
| CLUES ACROSS | 26. Network | 50. Denial |
| 1. Basics | 27. Dig | 51. Electronic data processing |
| 4. Swiss river | 29. C. European river | 52. Attempt |
| 7. Constrictor snake | 30. Supplement with difficulty | CLUES DOWN |
| 8. Building occupied by monks | 31. Corporate executive | 1. Engulf |
| 10. Discount | 32. Carroll O'Connor's onscreen wife | 2. Waterside hotel |
| 12. Deal a blow to | 39. No variation | 3. Printed cotton fabric |
| 13. Relating to the ear | 41. Airborne (abbr.) | 4. Defensive nuclear weapon |
| 14. Thyrotropin | 42. "Heidi" author | 5. One who follows the rules |
| 16. Loud, unpleasant noise | 43. Affirmative | 6. Lace up once more |
| 17. Large intestines | 44. Pie _ _ _ mode | 8. Fire byproduct |
| 19. Move with a curving trajectory | 45. W. Asian country | 9. Hankerings |
| 20. Witnesses | 46. Grottesque or bizarre | 11. Outer |
| 21. You need both to live | 48. Delicacy (archaic) | 14. One-time aerospace firm |
| 25. Dash | 49. Textile | 15. Seafood |
| | | 18. Commercial |
| | | 19. Epoxy hardener (abbr.) |
| | | 20. Samoan monetary unit |
| | | 22. Type of gland |
| | | 23. Arrest |
| | | 24. Check |
| | | 27. Past participle of be |
| | | 28. Alias |
| | | 29. A major division of geological time |
| | | 31. Kids programming channel (abbr.) |
| | | 32. Joked |
| | | 33. Helps little firms |
| | | 34. Roman numeral 50 |
| | | 35. Impressive in size or scope |
| | | 36. Domineering leader |
| | | 37. A person who delivers a speech |
| | | 38. One after 89 |
| | | 39. Young hawk |
| | | 40. The scene of any event or action |
| | | 44. A team's best pitcher |
| | | 47. Integrated data processing |

Council approves 2023 budget

The approved multi-year capital and annual operating budget balances setting a reasonable tax rate with delivering the services and programs that residents and businesses expect

Sturgeon County Council has approved the 2023 operating and capital budgets that bring a 3.9 percent tax rate increase, following five years of low or no increases.

“Each year, when balancing the budget, we have to make some tough decisions,” said Mayor Alanna Hnatiw.

“This year, we faced several budget challenges that meant supporting our current service levels required a tax increase. Council worked hard to prioritize spending and reduce the proposed increase down from 6.5 percent to the 3.9 percent before us today.”

This year, county council was faced with added costs due to high inflation, continued downloading of costs from the province for policing, and uncertainty surrounding grant funding from other orders of government.

These costs and funding changes are outside of the county’s control.

Council has carefully considered these financial pressures and balanced them with the importance of maintaining the services and programs that residents rely on.

Budget deliberations took place from November 23 to 24, 2022.

On December 13, council approved a multi-year capital budget that will see \$76.7 million designated over three years for investment in the county’s transportation infrastructure through improvements to roads, bridges and drainage, and over \$5.5 million invested to build,

maintain, and grow the county’s parks, trails, and green spaces.

The operating budget includes the addition of a municipal enforcement officer, piloting improvements to rail crossings, and the addition of an on-line portal to apply for Development and Safety Code Permits that will speed up the permitting process for developments, construction and inspections.

Council also increased funding for several local non-profit organizations to help them cope with inflation.

“We are fortunate that the county is in a strong financial position, and we are operating within our means,” said Hnatiw.

“In this budget, we are managing staffing levels, planning for road maintenance, and finding efficiencies that will improve the lives of our residents and make doing business with the county easier.”

The tax rate will impact the average Sturgeon County homeowner, with a property assessed at \$492,000, with an increase of \$72 per year, and businesses valued at \$750,000, would see an increase of approximately \$308 per year.

Annual utility costs increased by \$44, which equals \$0.85 per week towards the services that county residents use on a daily basis.

For a full review of Sturgeon County’s 2023 Operating and Capital Budget and to watch a recording of the budget deliberations, visit SturgeonCounty.ca/Budget.



A wonderful two nights were filled with the magic of the Christmas season at École Notre Dame School in Morinville. The concerts were put on by staff and students and the community and were enjoyed immensely. - Submitted Photos

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Morinville Boston Pizza was kind enough to make a delicious pasta lunch at École Notre Dame School just before the holidays! - Submitted Photos



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