

A sister publication to The Review, Redwater, Alberta

Heritage Place Lodge welcomes the duet tandem wheelchair bike



Heritage Place Lodge Activities Coordinator Courtney Farmer gives resident Karen Collyer a ride around the Morinville Fish and Game Association Pond trail on Wednesday, July 18. The Lodge's new Duet Bike will allow getting out and about in the community. - Stephen Dafoe Photo

By Stephen Dafoe

Heritage Place Lodge residents will have an easier time getting out and about for some fresh air and a little sightseeing now that the Lodge's Duet Electro Bike has arrived.

The duet tandem wheelchair bike is an

innovative and inclusive mobility solution that has revolutionized how people with disabilities experience cycling. The Duet features a unique tandem configuration that connects a traditional bicycle to a front platform with a wheelchair, allowing the user to participate

in the cycling experience actively. A Sturgeon Composite High School event called Sturgeon Strides for the Community, which took place in the spring of 2022, primarily funded the \$11,000 plus bike. Funds from Heritage Lodge's recent Canada Day silent

auction provided additional revenue for accessories for the bike. Heritage Place Lodge Activities Coordinator Courtney Farmer expressed Heritage Lodge's profound gratitude to Sturgeon Composite High School staff and

Continued on page 3

Simple precautions reduce risk of West Nile virus infection

Alberta Health Services (AHS) is reminding Albertans to take precautions to protect themselves against West Nile virus infection.

Some mosquitoes carry West Nile virus, so it's best to avoid being bitten at all. Whenever participating in outdoor activities, or even just relaxing outside, Albertans can minimize the risk of bites and protect themselves from West Nile virus by taking the following steps:

- Wear a long-sleeved, light-coloured shirt, pants and a hat.
- Consider staying indoors at dawn and dusk when mosquitoes are most active.
- Use a Health Canada-approved insect repellent (e.g., products containing

DEET or Icaridin) and follow the product label instructions.

- When considering using products containing DEET:
- For infants younger than six months old, do not use an insect repellent containing DEET. Instead, use a mosquito net when babies are outdoors in a crib or stroller, and try not to be outside when insect activity is high.
- For children six months to two years old, use insect repellent only when there's a high risk of insect bites that can spread infections and diseases. Do not use more than once a day.

Continued on page 4

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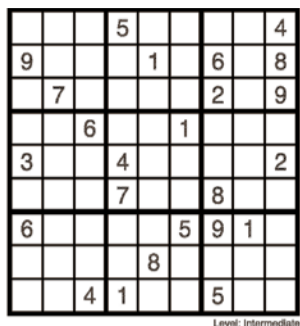
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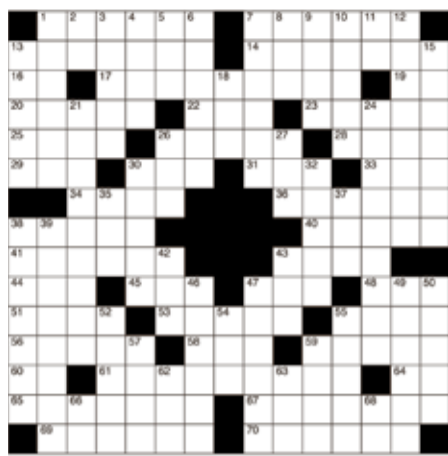
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Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!

Crossword Clues

CLUES ACROSS

- 1. Bonus materials
- 7. Formal names
- 13. Free from restraints
- 14. One who scrapes away
- 16. Type of device
- 17. Skin cancers
- 19. The Show Me State
- 20. Plate glasses
- 22. Red-brown sea bream
- 23. Small (Fr.)
- 25. Flightless Australian birds
- 26. High IQ group
- 28. Stiff structures
- 29. Revolutions per minute
- 30. Where a bachelor lives
- 31. Licensed for Wall Street
- 33. A place to park
- 34. Energy, style and enthusiasm
- 36. An important creed in Catholic Church
- 38. 18-year astronomical period
- 40. Furies
- 41. Removes from the record
- 43. Noted child psychiatrist
- 44. Feline
- 45. High schoolers' test
- 47. Not happy
- 48. They __

- 51. On top
- 53. Precious stones unit of weight
- 55. Moved quickly
- 56. Seagulls
- 58. A seed with hooks or teeth
- 59. Partner to "ooohed"
- 60. Exclamation of surprise
- 61. Most unpleasant
- 64. Organization help service members
- 65. Type of cockatoo
- 67. Humorous criticisms
- 69. Went through and organized
- 70. Wakes up

CLUES DOWN

- 1. Settle in tents
- 2. Big
- 3. Books
- 4. Masses of eggs in fish
- 5. Language
- 6. Not standing
- 7. Chinese philosophy
- 8. Computer giant
- 9. A device to catch radiation
- 10. Emits coherent radiation
- 11. Actor O'Neill
- 12. Smallest interval in western music
- 13. Not lower

- 15. Revolves
- 18. Leavened bread
- 21. Number above the line in a fraction
- 24. Cable
- 26. Adult male
- 27. Airborne (abbr.)
- 30. Bullfighting maneuvers
- 32. Broadcast
- 35. __ Angeles
- 37. Vehicle
- 38. Not religious
- 39. North American peoples
- 42. A baglike structure
- 43. Body art (slang)
- 46. Picked for a role
- 47. Actress Tomei
- 49. Former hoopster "Big Country"
- 50. Icelandic poems
- 52. More pleasant
- 54. It can add flavor to meat
- 55. Self-immolation by fire rituals
- 57. Expression of annoyance
- 59. __ Spumante (Italian wine)
- 62. Consumed
- 63. Body part
- 66. Thus
- 68. In reply (abbr.)

Revving Up: The Rock'nAugust Country Cruise comes to Morinville



A car from the Rock'nAugust Country Cruise drive by in this file photo. The cars will pass through Morinville en route to Legal on Sunday, Aug. 6. - **Stephen Dafeo Photo**

By Stephen Dafeo

The Rock'nAugust car show, a staple of summer entertainment in St. Albert, regularly draws many Morinville and Sturgeon County residents south to enjoy vintage vehicles.

But before the event, running Aug. 8 to 12, the Country Cruise will have cars and other slick vehicles coming to Morinville for a slow ride through town on Sunday, Aug. 6.

Organizer and Rock'nAugust board member Rick Dory said the Country Cruise first came about during Covid out of the Rock'nAugust board to bring something to St. Albert community members when many other festivals and events were cancelled.

"The decision was made to include Cardiff, Morinville and Legal as our wish was to share this little ray of sunshine with our neighbours to the north," Dory said. "The response was tremendous, and the appreciation was mutual, which really made our Country Cruise a win-win."

Dory said that vehicles would leave Century Casino in St. Albert around noon. Cars should roll into Morinville around

12:25 to 12:30 on Sunday.

The cars will enter Morinville on 100 Street, down 95 Avenue to Grandin Drive. From there, they will travel west on 100 Avenue to 100 Street, heading north to 101 Avenue and down to 107 Street, ending up at A&W. From there, the cars will travel east along 100 Avenue to Highway 28, eventually heading to Legal.

That route will take vehicles past three seniors' centres. "Rock'nAugust always tries to include senior centres on our cruise routes, so we try to pass by the ones in Morinville, and the one in Legal became our finish point," Dory explained.

The organizer said that while they had no cruises planned in 2021, the feedback from homeowners and car owners was a great demand to bring back the community cruises.

"Our first cruises were a learning lesson as we did separate east and west cruises through St. Albert," Dory said. "In the planning stage, test cruises took just 45 minutes. The actual cruises, with 120 cars or more each, ended up lasting 2 hours. Too long for many of the cars involved driving

at a congested pace."

With the return to doing the community cruises, there was a balance of bringing awareness to Rock'nAugust week and meeting the wishes of the car owners and community at large. That necessitated a rework to shorten the drive times, breaking it down to four local cruises.

"While the decision was made last minute in 2022 to include Morinville and Legal because we weren't sure if we would have any cars turn out on the Sunday of a long weekend, we gave it a shot, and the response was very good from the car community," Dory said of last year's drive. "So, our plan is to make the Country Cruise an annual event."

Dory said last year's event saw 60 to 70 cars in the Country Cruise and the hope is to get that amount or more this year.

"You get two drive-by's if you set up your lawn chairs on 642, so bring out your coolers, bbqs, drop those tailgates and enjoy the rolling show and shine," Dory said, noting he hopes to see the community out there for the cars. For more information about Rock'nAugust, visit <https://www.rocknagust.com/>.

COMMUNITY PAPER WORD SEARCH

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

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

WORDS

- ADVERTISEMENT
- ARTICLES
- CLASSIFIEDS
- COMMUNITY
- DELIVERY
- EDITOR
- EXPOSURE

FEATURE

- INFORMATION
- JOURNALIST
- LEARN
- LOCAL
- NEWS
- NEWSPAPER
- ONLINE

OPINION

- PAGES
- PRINTED
- READING
- REGIONAL
- REPORT
- RESOURCE
- SUBSCRIPTION
- TABLOID

Continued from page 1
students, particularly teachers Sarah Day and Terresa Blonski, who organized the fundraising event.
"As a not-for-profit organization, this is something we would never have been able to purchase on our own, which is why we are so grateful to Sturgeon Composite High School," Farmer said.

Farmer first experienced the Duet when in university and doing her practicum at Aspen Place, which also has one of the bikes.

Heritage Place Lodge's Duet Electro has a battery and motor, allowing for electric assist with

movement. Farmer said a unit on the handlebars allows staff to select how much electric assist is given. Additional options included some plastic shielding on the wheels and around the wheels to prevent a rider's fingers from getting into the spokes.

"It's a great opportunity to get our residents out, get some fresh air, and explore a bit of Morinville," Farmer said. "I think it is going to be a great thing, particularly to people who have less mobility to get out and about."

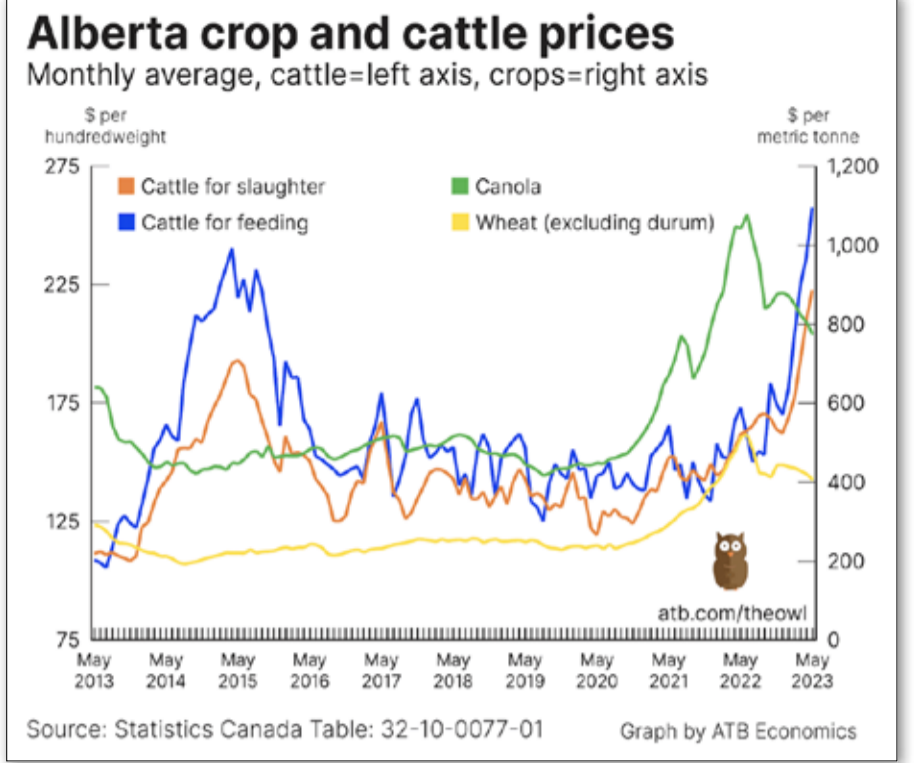
One resident who has had the opportunity to go for a ride is Heritage Place

Lodge resident Karen Collyer.

"I love it. It's great. I'm enjoying it immensely—the fresh air," Collyer said. "I don't get to go out a lot. This is wonderful—my first ride. It won't be my last."

Farmer said the bike and riding outdoors in the fresh air and seeing nature is a therapeutic thing for all concerned.

"This is allowing them to get out into the community," she said. "We've seen so many people since we started being around. Everyone is rolling down their window and saying how awesome it is. It is a way for us to connect with the community."



A mixed bag: Crop prices ease while cattle prices set records

By ATB Financial Team

The prices farmers and ranchers receive for their crops and animals are just one link in an often long chain between primary production and the food we purchase from grocery stores and restaurants.

Prices at the start of the chain, however, still have an impact on the retail end, so it is good news for consumers (less so for farmers) that major crop prices in Alberta (and around the world) have been on a downward trend from the highs seen last year.

Wheat prices in Alberta were 21% lower in May than 12 months earlier while canola prices were down by 26%. Barley prices have not come down as much,

but were still 2% below where they were in May 2022. Lower prices for these crops were also the norm in the other provinces.

It takes time for recent prices to work their way through the food production system, and wheat, canola and barley are only slices of a much larger food pie, but the downward trend will reduce at least some of the upward pressure on food prices. (The year-over-year inflation rate for food purchased from grocery stores and restaurants in Canada was running at 8.3% in June.)

Working in the opposite direction is the collapse of the deal that was allowing for the safe shipment of Ukrainian grain via the Black Sea that was in place since last

summer. Russia let the deal expire a few days ago and already global wheat and corn prices have spiked. If the deal remains off, the downward trend in crop prices noted above is likely to reverse in the months ahead.

It's a different story for cattle with North American prices reaching record highs in May due to smaller herds and robust demand.

In Alberta, the price of cattle for slaughter and cattle for feeding was 38% and 49% higher, respectively, in May 2023 than the year before. In keeping with this upward trend, year-over-year beef prices at Alberta grocery stores were 13% higher in June and are poised to keep rising in the months ahead.

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August Meetings and Important Dates

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

Council Meetings: SturgeonCounty.ca/CouncilMeetings
Board and Committee Meetings: SturgeonCounty.ca/Boards
Public Hearings: SturgeonCounty.ca/PublicNotices

Subdivision And Development Appeal Board	Aug 1	2:00 PM
Heritage Day	Aug 7	Closed
Subdivision And Development Appeal Board	Aug 15	2:00 PM
ALUS Partnership Advisory Committee (PAC)	Aug 16	9:00 AM
Transportation Advisory Committee	Aug 17	6:00 PM
Regular Council followed by Committee of the Whole	Aug 22	9:00 AM

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A Blue Jay delicately preening its feathers in an elm tree. Preening helps birds maintain flight performance and keep their plumage clean and in top condition. - **Stephen Dafoe Photo**



Two-year-old Henry gets acquainted with some goats in the petting zoo at the Sturgeon County Bounty on Thursday, July 13. - **Stephen Dafoe Photo**

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Neil Korotash and daughter Kailen offer samples of Lakeside Farmstead's Chaga Cheddar at the Sturgeon County Bounty on Thursday, July 13. The cheese, produced in Sturgeon County, is available through the company as well as at Sobeys Morinville. - **Stephen Dafoe Photo**

PUZZLES SOLUTIONS

WORD SEARCH

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

Continued from **page 1**

- For children over two years old, you can use insect repellent up to three times a day.
- Wash off DEET with soap and water once back inside and away from the mosquito area.

Sunscreen and insect repellent can be used together, but sunscreen should go on first.

For more information on insect repellents, visit Personal Insect repellents - Canada.ca

After being bitten by a mosquito carrying West Nile virus, people can develop West Nile non-neurological syndrome (formerly known as West Nile fever) or the more serious West Nile neurological syndrome. Symptoms of non-neurological syndrome can include fever, chills,

nausea, vomiting, fatigue, skin rash, swollen glands and headache. For people who develop neurological syndrome, symptoms can be more severe, and include tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

The first evidence of West Nile virus in Alberta was confirmed in 2003. From 2003 to 2021, 541 cases of West Nile virus were confirmed in Alberta, many of which were acquired here in the province and not travel-related. Of all these cases, 460 were non-neurological syndrome.

Albertans can learn more about West Nile virus and ways to keep safe by visiting www.fightthebite.info or calling Health Link at 811.



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Artist Sarah Hall displays her Intuitive Feather Painting, an example of a workshop she held on Thursday, July 13 as part of the Sturgeon County Bounty. - Stephen Dafeo Photo

Communities in Bloom Alberta judges visit Bon Accord

Bon Accord is among 15 communities across Alberta taking part in the provincial edition of Communities in Bloom. Judges travel across the province in July and August evaluating participating communities on these criteria:

- Community Appearance
- Environmental Action
- Heritage Conservation
- Tree Management
- Landscape
- Plant and Floral Displays

Each community is assigned a "Bloom Rating," acknowledging the contribution of municipal councils and departments, local businesses, and volunteers.

Communities in Bloom is a vibrant network of volunteers working together to make Canadian communities beautiful by cultivating community involvement and growing green spaces. The Alberta Recreation and Parks Association administers the Communities in Bloom initiative in Alberta.

The Alberta Recreation and Parks Association is a not-for-profit organization committed to building healthier and happier communities and citizens by developing and promoting recreation and parks.

For more information about the Communities in Bloom program, please visit cib.arpaonline.ca.

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Keep carbon monoxide safety top of mind

(NC) Carbon monoxide, commonly known as CO, is a colourless, odourless gas, and it can cause serious injury or even death. To help protect you and your family against this "silent killer," here are some important safety tips to follow.

Know the CO basics. Carbon monoxide can be emitted by fuel-burning appliances, such as ovens, furnaces and boilers, and it is impossible to detect without a working CO alarm. Take extra caution during colder months as more use of home heating systems may heighten the risk of a CO leak.

Be aware of the warning signs. Symptoms of CO poisoning can

include headache, nausea, dizziness, weakness, chest pain and vomiting, mimicking those of the common cold or the flu. If you suddenly experience any of these symptoms, exit the building and call 911 immediately.

Know what to do in a power outage. If power goes out, portable generators must only be used outside, at least seven metres from the home. Never use them inside the home, in a garage or in any confined area that can allow CO to

collect. Additionally, be careful to always follow operating instructions closely.

Install alarms. Fire and home safety experts from the National Fire Protection Association recommend installing CO alarms, like the First Alert Plug-In CO Alarm with battery back-up, on every floor of your home, including the basement. They should be in or near every sleeping area to ensure your whole home is protected. Remember to test your CO alarms regularly and, if using

battery-powered alarms, replace the batteries at least every six months.

Have fuel-burning appliances inspected regularly. Arrange for an annual professional inspection of all fuel-burning appliances such as furnaces, stoves, fireplaces, clothes dryers and water heaters to help prevent a possible CO leak in your home.

Learn more CO safety tips and browse carbon monoxide alarms at firstalert.ca.



A buff-tailed or large earth bumblebee gets deep into a flower for some nectar. - **Stephen Dafoe Photo**



SMOKY LAKE BUNGALOW WITH HEATED GARAGE

Just over 1400sq.ft move in ready bungalow right in the heart of Smoky Lake. The kitchen was completely renovated in 2012, with new cabinets, built in hidden dishwasher, counter top gas stove, built in microwave and oven, beautiful hood fan, and engineered wood floors. There is a great butler's pantry with cabinets

that match the kitchen. 2012 renos also include main floor bathrooms, new moulding and trim, main floor light fixtures, and a high efficiency furnace. The basement is prewired for surround sound for optimal movie night enjoyment. The oversized primary bedroom has 3 closets and 3 pce ensuite. The house boasts RAYOMAX windows and is a spacious open floor plan. Garage and house roof redone in 2009. The oversized 28X30 heated garage, low maintenance deck, and a newer fence complete this must see house. Smoky Lake has everything you need with doctors, dentist, grocery stores, close to many lakes and is about an hour and 15 min to Edmonton. **\$294,900. Call Janine to view.**



BUNGALOW WITH DOUBLE ATTACHED GARAGE IN THORHILD

1434 sq ft home with full basement features a large kitchen with lots of cabinets and corner pantry, formal dining room, 3 bedrooms, main floor laundry room, 3 pce main bath and 4 pce ensuite. Upgrades over the years

include windows, metal roof, new drywall, and flooring. The main bath has a newer corner shower and the ensuite has a newer soaker tub. Furnace and hot water tank installed in the last few years. There is laundry hookups both upstairs and in the basement. The basement also has a chimney for a wood burning stove. The basement exterior walls are insulated and it is waiting for your future development. The 24'x24' attached garage is insulated and finished inside and has one overhead door. The framing is in for a second overhead door. **159,900. Call Heather to view.**



4.99 ACRES BY BUSBY

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

had a full basement installed in 2013. Bsmt has roughed in plumbing for another bathroom and a wet bar. This home was built for energy efficiency with walls built from structural insulated panels (30-50% more efficient). It has in floor hot water heating system powered by 2 electric boilers that were installed in 2013. Features 2 sided wood burning fireplace, large kitchen/dining room, moveable island, double oven, gleaming wood ceilings, main floor laundry, chair lift to 2nd floor and more. Master suite has 2 w/i closets, gorgeous ensuite, and private loft area with door to future balcony. Double det'd garage with loft space above. Lots of fruit trees, firepit, trails throughout the trees. A few minutes SW of Busby, just over a half hour to Edmonton. **\$499,900. Call Heather to view.**



GORGEOUS ACREAGE CLOSE TO EDMONTON

A rural hillside gem! Walk into the foyer and see the living room to the left, flowing into a bright dining area right off a kitchen with GRANITE counter tops and updated appliances! The open concept kitchen has a casual dining space and den with HARDWOOD floors and a gas fireplace. The den opens to a large back deck with a beautiful gazebo and hot tub. The highlight of the main floor is the giant family room with a WET BAR! 2pc bath across the hall. Upstairs is a WHOLE WING for the primary bedroom - the bedroom itself with french doors, a bonus room, and a massive 4pc ensuite. Finishing up the upstairs are three additional bedrooms and a 4pc bathroom. Attached is a double oversized garage. If all of this still isn't enough space for you, there's a full basement for development opportunity! Situated on 1.54 acres this property is a green haven with beautiful gardens and a treed lot. Central AIR CONDITIONING, storage sheds and room for your RV. Easy access to Hwy 28 and Edmonton. Don't miss this treasure! **\$699,000. Call Glenn to view.**

BUNGALOW ON DOUBLE LOT



Very solid, well built bungalow on a huge 130'x110' double lot in the hamlet of Thorhild. Upgrades include new paint, main floor flooring, shingles on both house and garage as well as upgraded attic insulation. Gorgeous classic sculptured ceiling in living room and well kept mahogany doors, trim and cabinets. This home features double 3/8" drywall throughout the main floor. Basement is partially finished with a 3 pce bath and large family room. There is plenty of room to add another bedroom and make a bit smaller family room if needed. The huge yard has lots of large, mature native trees along with apple, crabapple, chokecherry and plum trees. Lots of room to park an RV, set up a playground, or to have a massive garden. There is even a clothesline. Good sturdy single detached garage finishes this great property. **\$179,900. Call Heather to view.**



WESTLOCK BUNGALOW WITH DOUBLE GARAGE

This over 1200 sq ft bungalow features a sunken family room on the main level, large kitchen with an abundance of cabinets and high end appliances (including double oven), living room with w/b fireplace, 3 bdrms and 2 baths on main. Bsmt has a bdrm, 3 pce bath, laundry room, huge rec room with wet bar and w/b fireplace, wired for surround sound and has a large cold room (big enough for the freezer and storage space). Upgrades in the past 10 years include flooring, paint, shingles, siding with 2" styrofoam under it, windows, furnace, tankless hot water, appliances and interior doors. Garden doors from family room lead to deck in the large fenced back yard. There is a 16'x6' storage shed with b/i shelves and a 26'x22' insulated and sheeted garage. This great property even has a great spot to park your RV. **\$309,900. Call Heather to view.**



NEW LISTING

THORHILD ACREAGE

Spacious, well kept, 1470 sq ft 3 bdrm, 3 bath modular home on full partially finished basement with separate entrance to basement from outside. 40'x24' metal clad garage with 220 power. Upgrades in the past few years include septic

tank (2021), shingles (2016), vinyl windows, bathroom renos and all new flooring. Lots of cabinets (and island) in the large eat in country kitchen with garden doors to back deck, main floor family room, formal living room with corner wood burning stove, large master bedroom with walk through his and hers closets and 4 pce ensuite. Two additional bedrooms and 4 pce bath complete the main floor. Basement has a 3 pce bathroom, is framed and partially drywalled and ready for buyer to finish. Lots of planted trees, flower beds and shrubs and plenty of room for a future garden. Located right on pavement, but set well back from the highway for privacy. Less than an hour to Edmonton, just about 15 min NE of Redwater. **\$285,000. Call Heather to view.**



10 ACRES BY BON ACCORD

Need more room? Look no further! This property boasts an immaculately kept home, quonset, and two shops on 10 acres! The bi-level AIR CONDITIONED home showcases pride of ownership and features an open concept main level with a dine in kitchen, living room with beautiful brick inset fireplace,

dining room, sun room, boot room, closet with sink, 4pc bath, and the primary bedroom with a 3 pc ensuite. Lots of light and beautiful tall ceilings. On the lower level are 3 additional bedrooms, a den, a 3pc bath, laundry, and separate entrance into the double garage. The shop behind the home is heated, 50x40 feet with a 14' door, the quonset is 62x38 feet and the shop next to it is 40x30 feet. Both quonset and second shop have 12' doors. At the back of the property is a cattle shed and fencing set up, the rest of the property is partially fenced with an electric gate at the entryway. Minutes from Morinville with easy access to Highway 28, this property is a great opportunity for those looking to expand! **\$750,000. Call Glenn to view.**



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