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Vol. 34 No. 05

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

Wednesday January 31, 2024

A sister publication to The Review, Redwater, Alberta



SASA expanding Meals on Wheels to serve Sturgeon County seniors

From left: St. Albert Seniors Association Program Marketing Coordinator Leland Lazowski, Executive Director Linda Ensley, and Special Project Volunteer Coordinator Kim Buehler pose with some frozen meals available to Sturgeon County residents through the newly expanded program. - Stephen Dafoe Photo

By Stephen Dafoe

A longstanding partnership between the St. Albert Seniors Association (SASA) and Meals on Wheels is expanding to give area residents access to nutritious meals delivered to their community.

"We're going to expand the Meals on Wheels delivery, which we are doing in St. Albert, but expanding that out to Sturgeon County,"

said SASA's Special Project Volunteer Coordinator Kim Buehler. "We're connecting with the organizations in the Towns, and we will deliver to them and people that live in the area can come in on the delivery day and pick them up."

Although specific arrangements in Sturgeon County, Morinville, Legal, Bon Accord, Gibbons and Redwater are in the early stages of

discussion, SASA will deliver the meals directly to seniors' homes in the interim. Seniors can purchase meals online at stalbertseniors.ca or by calling 780-459-0433 and have them delivered to their homes for free.

Locally made meals

St. Albert Seniors Association Program Marketing Coordinator Leland Lazowski,

Continued on page 3

Morinville Mavericks host successful 2024 Fun Team Beginner's Hockey Tournament

By Stephen Dafoe

The Morinville Mavericks hosted their 2024 Fun Team Beginner's Hockey Tournament on Saturday, January 21, gathering eight teams for eight games.

Starting with a ceremonial puck drop by Morinville Mayor Simon Boersma,

teams from Rivière Qui Barre, Westlock, Linaria, Thorhild, Mayerthorpe, and Barrhead joined two Morinville Maverick teams on the ice for a day of Fun Program hockey. Each team played two games at the Morinville Leisure Centre's Landrex Arena.

The annual

tournament allows the Mavericks to bring several regional Fun Teams to the community while raising the needed funds to keep the program affordable for future years.

The program is run locally by Jayson and Kimberly Wood, who

Continued on page 2



Morinville Mavericks Team No. 1 took on Thorhild in Game 7 of an eight-game, one-day Fun Program Beginners Tournament on Saturday, January 20. - Stephen Dafoe Photo

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Morinville Mavericks Team No. 1 took on Thorhild in Game 7 of an eight-game, one-day Fun Program Beginners Tournament on Saturday, January 20. - Stephen Dafoe Photo

CONTINUED FROM PAGE 1

Morinville Mavericks host successful 2024 Fun Team Beginner's Hockey Tournament

took the program over in 2020. Jayson is the Mavericks' president, and Kimberley is the secretary.

Jayson Wood told MorinvilleNews.com that the purpose of the weekend tournament is to allow the Fun Program participants and players to have a tournament experience as they would in

competition.

"Tournaments were always such a great event for kids in sports, having the competition, meeting players from other teams, having the opportunity to stay in a hotel and everything that goes with it," Wood explained.

"We want to offer a similar experience to our players as the

ones they would get in competitive, just without the competitive stress and price point, and in a more of a fun setting."

Saturday's tournament saw scores on the board, but those scores were not recorded on a game sheet.

Wood explained the tally on the board is secondary to the

purpose of gathering the teams together.

"This tournament is more about the players having fun and building skills in this setting," he said.

With what the Woods and their fellow volunteers see as a sustainable emphasis on providing a unique hockey experience for players and

families, the Mavericks have seen continued growth again this year.

"The Mavericks program is an alternative to the competitive options in our area and community; it's more affordable and more about our players developing skills and having fun in a not

overly competitive setting," Woods said.

"We want kids in our community to have the opportunity to learn and play, so this option is great for those that aren't ready for competitive [play], or maybe their kids want to play just to have fun and not play too competitively."

ORGANIZING WORD SEARCH

SEE SOLUTIONS PAGE 8

H P L F E G A R A G H C L O S E T S M H
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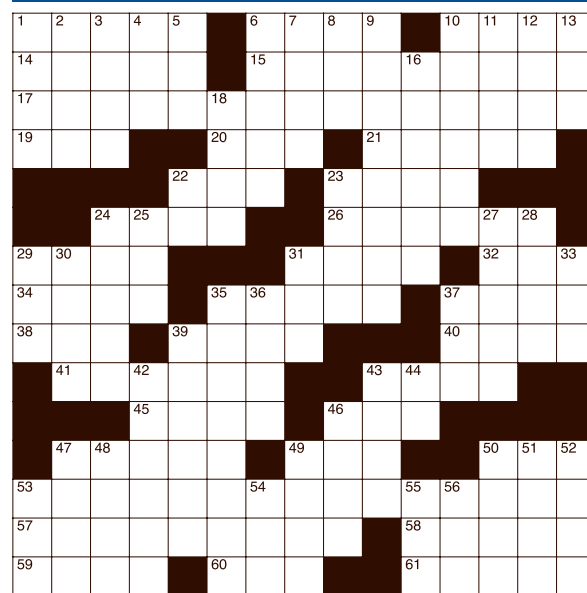
Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ATTIC	CHORES	FILED	LABEL	SORTED
BASEMENT	CLEAN	GARAGE	MESS	STORAGE
BELONGINGS	CLOSETS	GARBAGE	ORGANIZE	SYSTEM
CATEGORY	CLUTTER	HAZARD	PATTERN	TASK
	DONATION	HOARDING	PROFESSIONAL	THINGS

CROSSWORD

SEE SOLUTIONS PAGE 8



- 8. A place ships dock (abbr.)
- 9. Evergreen tropical tree
- 10. Reality TV star Richards
- 11. Nonflowering aquatic plant
- 12. Stakes
- 13. Antidiuretic hormone
- 16. Make warm again
- 18. Light beams
- 22. Lethal dose
- 23. Terrorist group
- 24. Kids love him
- 25. Naturally occurring solid
- 27. German surname meaning "man from Saxony"
- 28. Popular cuisine
- 29. Partner to cheese
- 30. Type of horse
- 31. __ Diego
- 33. Defensive nuclear weapon

CLUES ACROSS

- 1. Become less intense
- 6. Variety of pear
- 10. Religion native to China
- 14. Type of tooth
- 15. Fitted out
- 17. Make every effort
- 19. Autonomic nervous system
- 20. Complete
- 21. Alternate name
- 22. River in France and Belgium
- 23. Miami's mascot is one
- 24. Turfs
- 26. Most cognizant of reality
- 29. Broad volcanic crater
- 31. Canadian surname
- 32. Satisfaction
- 34. Traitorous Greek mythological prince
- 35. Collide
- 37. Immune response
- 38. Feline
- 39. High opinion of one's

own appearance

- 40. Thin strip to align parts
- 41. Containers
- 43. Convicted American spy
- 45. Breathe noisily
- 46. Taxi
- 47. Pancakes made from buckwheat flour
- 49. Swiss river
- 50. I.M. __, architect
- 53. Have surgery
- 57. Formal withdrawal
- 58. Dutch and German surname
- 59. Square measures
- 60. 2,000 lbs.
- 61. Degrade someone

CLUES DOWN

- 1. Siberian river
- 2. Blessing
- 3. Substitutes (abbr.)
- 4. Principle underlying the universe
- 5. Work unit
- 6. Yellow edible fruits
- 7. Gemstone



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SASA expanding Meals on Wheels to serve Sturgeon County seniors

who is heading up the program, said the Meals on Wheels product is made in Edmonton and that while the calories are similar to commercially available frozen meals, the sodium and sugars are considerably less and the protein content higher.

Lazowski compared Meals on Wheels Turkey Dinner with two leading national brands to find that the local product had 6 grams of sugar, compared to 17g and 22g in the respective national brands.

Protein in the local meal was 35 grams, compared to only 16 grams in the two national brand-name products.

"As you age, that [nutritional value] becomes more and more important," Lazowski said, noting a recent tour of the Meals on Wheels facility in Edmonton

to see the process firsthand. "They're not freeze-drying anything. It's not the same as the big brands."

Buehler agrees with the nutritional value of the product.

"These Meals on Wheels are made in a kitchen, not a big factory in Ontario and shipped," she said. "So, if you are also conscientious about shopping local and keeping your food local, this is another option."

Federal Grant Allows Expansion

SASA has been involved with Meals on Wheels for more than four decades, offering the program in St. Albert, but a federal grant from Employment and Social Development Canada has allowed them now to provide the program in the broader Sturgeon region.

Executive Director Linda Ensley said the idea to expand came from discussions at various regional Chamber functions and hearing from municipal leaders, particularly during COVID, about their struggles with providing food and transportation, the number of seniors and the lack of volunteers to help them.

"When this grant came up, I thought, 'We need to become a backbone organization for this entire county,'" Ensley recalled.

"We're really the biggest game going in this county, and we need to step up to the plate, and we need to be able to provide services to the entire county."

Ensley said there were three areas of focus where they felt they could help: food security, friendly visitations, and

transportation. The Friendly Visitor program is a new addition that is just starting to unfold, whereby trained and screened volunteers will spend time visiting seniors.

"They are just now revamping the

training manual, and we're going to start recruiting volunteers," Ensley said, noting that those working one-on-one with seniors will require a vulnerable sector check.

"It's a way to provide

companionship either by the phone or in person to isolated and lonely seniors," Ensley explained.

For more details on volunteering opportunities, contact SASA at linda.ensley@stalbertainiors.ca.



Higher Grounds Manager Rick Melvin puts a leaf on the coffee shop's Giving Tree. The laminated drawing of a tree has multi-coloured leaves, each redeemable for a coffee, soup or full meal. Customers can prepay for a coffee or meal to anonymously assist those who lack the funds. Those in need, simply take a leaf and get the food they need. - Stephen Dafeo Photo



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Applications can be submitted with ownership records and documentation via:

Online: www.sturgeoncounty.ca/farmfamily

For more information, or assistance with submitting an application, please visit: www.sturgeoncounty.ca/AgAwards, or call 780-939-8349.

The deadline for application submissions is Friday, March 22, 2024.

NOTICE OF PUBLIC HEARING

Proposed Land Use Bylaw, No. 2/2024

You are invited to participate in a Public Hearing for the proposed Land Use Bylaw No. 2/2024, replacing Bylaw No. 3/2012. Anyone intending to speak in-person at the public hearing is encouraged to register in advance, but not required to do so. Written comments are required to be submitted by **4 p.m. on February 12, 2024**, to be reviewed as part of the public hearing process.

To register to speak in-person or submit written comments, please email legislativeofficer@morinville.ca.

A copy of the report relating to the public hearing can be found by visiting www.morinville.ca/councilcalendar and selecting the link to the February 13, 2024, Regular Meeting of Council.

What is the Land Use Bylaw about?

Administration created the proposed Bylaw No. 2/2024 after a thorough examination of the existing bylaw, focusing on consistency, accuracy, simplification, and legislative compliance. The scope of this review was limited to general regulations, definitions, and terminology. It did not address Land Use District regulations, the regulatory intent or underlying philosophy, or the nature of use definitions.

The purpose of Bylaw 2/2024 is to incorporate a series of procedural amendments ensuring the bylaw remains current and effective in facilitating development.

Public Hearing for the approval to the Land Use Bylaw No. 2/2024:

Tuesday, February 13, 2024, at 4 p.m.
Council Chambers, Civic Hall:
10125 100 Avenue, Morinville

How Do I Get More Information?

Any questions regarding this notice of public hearing, contact: Planning and Economic Development at 780-939-7845 or planning@morinville.ca

The Weekly Wrap: A Bank on hold and a western economic forum

By Mark Parsons,
ATB ECONOMICS

In this week's ATB Economics Weekly Wrap...

- A pause with no signal - Bank of Canada holds
- Chugging along - U.S. economy won't quit
- One up, one down

- Differential narrows, gas prices slump

• Interesting Fact: The fascinating world of... forecasting!

• Chart of the Week: Western Canada ties - economic contributions and internal trade

• In next week's Wrap

- productivity!

The main event this week was the Bank's rate pause, but we also have a feature on western Canada on the heels of the first Western Canada Economic Forum held in Calgary on Wednesday.

Next week we tackle labour

productivity trends in Alberta and Canada.

Sticking to the plan

As expected, the Bank of Canada is holding the line on rates and providing few clues as to what's next.

We are also 'holding' our call for the first rate cut in June, with our forecast putting the policy rate at 4% by year end.

This week's Bank of Canada rate announcement was as expected.

The biggest news in our view? The Bank dropped their "prepared to raise" rates warning in the official statement, a dovish move. But then Governor Tiff Macklem in the press conference said they'd raise rates if necessary.

Still, the notable absence of the hawkish wording is a sign that rate hikes are in the rearview mirror.

In the fable, the tortoise wins the race. The Bank of Canada seems to agree. As it pivots to lower rates, it will remain patient and slow.

The Bank is faced with a stagnant economy (contracting in per capita terms), which by itself should be enough to rein in inflation. But there are inflation pressures lingering: core inflation is hanging tough around 3.5%, inflation expectations are high, and wage growth is sticky.

Once we see these things soften, expect rate cuts to be around the corner.

On the forecast front, there was little movement. Real GDP growth was revised down again (by only 0.1 percentage points) to 0.8% in 2024 and 2.4% in 2025.

Inflation was also revised down slightly, with the Bank saying we should expect 2% 'in 2025'.



In December the Sturgeon Composite High School Stingers were celebrated for their triumph in Dodgeball. The Parent Committee was thanked for organizing the Pancake Lunch.



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 Operator III - Comp. J0124 - 1278



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	8			3		2	9
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						1	

SEE SOLUTIONS PAGE 8

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!

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!

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SCHOOL NEWS

École Morinville Public School



Camilla School

Mr. Boyko visited our Grade 5 classes for an in school field trip. The focus was building circuits using batteries, lights and buzzers.

Using circuit boards & materials, students

built simple, series, and parallel circuits as well as installing switches and testing for conductivity.

Students then applied the knowledge they learned to work in small groups to



construct their electric powered model car. They all really enjoyed this field trip and loved showing off their model cars!



Some of our Grade 4 Dragons here at École Morinville Public School are proving that friendship extends beyond distance and age.

Miss Ringuette is the teacher for our 4R Dragons and she also happens to be the coach of the Sturgeon Spirits Senior Girls basketball team from Sturgeon Composite High School. It is from that connection that "Basketball Buddies" was formed. It started out with our 4R Dragons each being assigned a player. They wrote a letter to that player to introduce themselves and the players in turn wrote

back to them.

Signs were made for our Dragons' new favorite basketball team and they even watched them play live in a tournament through the interactive board in their classroom.

On November 30th, our Dragons got to meet their Basketball Buddies in person when they went to SCHS on a field trip to cheer their favorite team on.

In return, the senior

girls visited the Dragons at their home court last Friday where a mini tournament took place and fun was had by all. What a fantastic way to develop a sense of community between Sturgeon Public School Division's elementary and high school students and there is no layup needed to know that Dragons and Spir- its are a slam dunk combination!



Four Winds Public School



Four Winds held a Winter Showcase on January 24th, spotlighting the creativity of Grade 5 and 6 homerooms, Performing Arts Academy, and the Junior High Band.

The evening also featured E-Sports challenges, an Art-work Gallery Walk,

and a Maker CTF airbrush tattoo station!

Grade 5 students embraced a hands-on approach with their theme, "Are You Smarter Than a 5th Grader?"

Family members participated in curricular challenges created by students, competing for a chance

to win Four Winds swag. Simultaneously, Grade 6 students transformed their homerooms into a movie theater, premiering their Grade 6 Documentary. Every aspect, from filming



interviews to creating a photobooth and red carpet, showcased the students' collective effort to make it an immersive experience for families.

Performing Arts Academy took center stage with their mid-year showcase, "FWPS Eras Tour," offering a glimpse into various eras through skits that demonstrated their growth in writing, directing, improvisation, and acting techniques. This

performance is a crucial stepping stone, setting the stage for our major production,

"Mean Girls Jr.," coming soon to the Morinville Cultural Centre on May 29th and 30th.



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NOTICE TO CREDITORS AND CLAIMANTS

Estate of Linda Mae Lee who died on January 16, 2021

If you have a claim against this Estate, you must file your claim by March 8, 2024.

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NOTICE TO CREDITORS AND CLAIMANTS

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

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ARIES

(March 21 - April 20)



Something will occur this week that surprises you, Aries. You may even wonder if it is a trick being played on you. It is no trick, so buckle down for an adventure.

TAURUS

(April 21 - May 21)



You have pushed your mind and body quite far over the last several days, Taurus. Now you have to slow down or pay the consequences. Do not add anything else to your list.

GEMINI

(May 22 - June 21)



Gemini, you may believe you have discovered a good thing and it could be right. But don't wait too long to act since this good thing has an expiration date. The clock is ticking.

CANCER

(June 22 - July 22)



Cancer, you might not be able to control what is happening this week, but you can control how you react to different situations. Keep your distance if an altercation arises.

LEO

(July 23 - August 23)



Something you discover about a friend this week could leave you reeling, Leo. The signs have been there for awhile and you really should have seen it coming.

VIRGO

(August 24 - September 22)



Virgo, if you are on the move this week, there is a chance that you will experience some interesting people along the way. At least one person might be a good networking contact.

LIBRA

(September 23 - October 23)



More than anything right now, this week you need to relax and unwind, Libra. Take things at a slow pace, and spend more time at home with family then at work.

SCORPIO

(October 24 - November 22)



Try not to take any financial risks right now, Scorpio. If you are planning to invest, then you may want to get all of the facts before gambling too much in the stock market.

SAGITTARIUS

(Nov. 23 - Dec. 21)



This week you will be back to your best, Sagittarius. Things will work out, so use your positive attitude to the benefit of yourself and others.

CAPRICORN

(Dec. 22 - Jan. 20)



Capricorn, even though you are conservative by nature, this week you are ready to take a chance of some sort. Enjoy the journey even if the efforts do not bring you enormous success.

AQUARIUS

(January 21 - February 18)



Aquarius, a kind word from you may be all that is needed to bring a smile to someone's face. Do not underestimate the power of a kind and simple gesture.

PISCES

(February 19 - March 20)



You don't usually lack confidence, Pisces. But you may not want to push ahead with a project for fear of failure. You should be more adventurous and not worry too much.

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Employment Opportunities

SPRUCE POINT PARK Association now accepting applications for the position of: PARK MANAGER, 2024 season, May 1st to September 15th (end date flexible). Spruce Point Park Campground

and Marina is located on Lesser Slave Lake approximately 285 kms northwest of Edmonton, AB near Hamlet of Kinuso. Manager must live on site in own RV unit. Full-service lot provided. For complete job description package please call 780-775-3805 or email sprucepointpark@gmail.com. Closing date: Until a suitable candidate is found.

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

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TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 yearly tax credit and \$30,000 lump sum refund. Take advantage of this offer. Apply NOW; quickest refund Nationwide: Expert help. 1-844-453-5372.

Services

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

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Two departing Morinville Seniors' Rendez-Vous Board members, Colleen Keith and Nancy Lalonde, received flowers in appreciation of their service at the seniors' group's Annual General Meeting on Wednesday, January 24. From left: Past President and current secretary Sharon Christenson, Colleen Keith, Nancy Lalonde, incoming President Gary Pool. - **Stephen Dafeo Photo**



Approximately 50 area seniors came out for the AGM and to elect four new board members. Elected to three-year terms on the board were Anita Derouin, Carol Kaup and Linda Ladouceur. Judy Morton was elected to a two-year term. - **Stephen Dafeo Photo**

PUZZLES SOLUTIONS

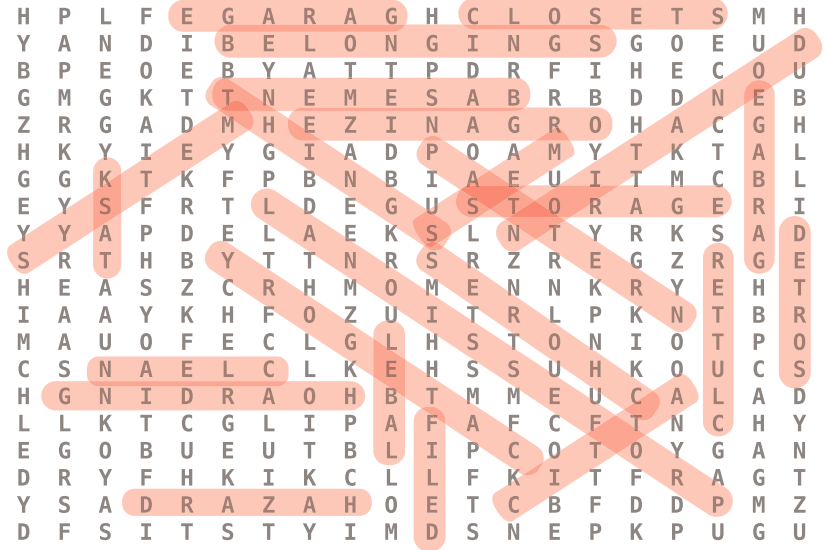
SUDOKU ▼▼▼

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CROSSWORD ▼▼▼

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WORD SEARCH ▼▼▼



REDUCE REUSE RECYCLE



**REDUCED TO \$219,000
MOVE IN READY
IN WESTLOCK**

This cute, well kept 3 bedroom bungalow in Westlock is move in ready. Renovations over the years include newer flooring and paint, new windows, furnace and h/w tank in 2016, bathroom renos in 2017, shingles in 2017, front and back decks, backflow valve installed in both washer drain and floor drain, and new front door and patio doors. Wall has been opened up between kitchen and living room to allow for a more open concept. Features include a built in vacuum system, pantry, solar light tube in kitchen, patio doors in back bedroom allow access to back deck and fenced yard with storage shed. Basement is partially finished with a family room space, laundry area and den which could easily be a 4th bedroom if window was made a bit larger. There is roughed in plumbing for a bathroom in the basement. Just needs flooring and ceiling installed to finish the basement. This is a great starter home or small family home. Would also be great for an investor as all the work has already been done. **\$219,000. Call Heather to view.**



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

Looking for affordable living that's move in ready? This 2 bedroom bungalow in Legal is perfect for first time buyers, investors or seniors who aren't quite ready to give up their pets and move into a lodge. Many upgrades over the years including furnace, vinyl siding and windows. Renos in the past year include all new bathroom with stacked washer and dryer and on demand hot water heater, new counter tops and backsplash in kitchen, eavestroughs, sump pit and pump. Fresh paint throughout. Brand new carpet in bedrooms and lino in bathroom and back entrance and the living room/kitchen flooring is only a few years old. Large 75'x66' fenced lot with fire pit, flower beds, deck and plenty of parking space for a couple of cars and holiday trailer. Or build a garage if you like. Ramp is also in place for easy access with wheelchairs or walkers. Legal is a great small town that's only a few minutes north of Legal. Move in ready! **\$164,900. Call Heather to view.**



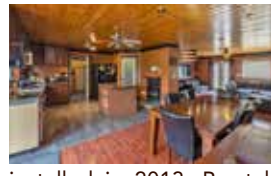
**NEW LISTING
77.16 ACRES NEAR
EGREMONT**

Fenced pasture land located just two miles west of Egremont (a few minutes north of Redwater). Lots of great building sites with power lines running on both the range road and township road bordering this property. A nice mixture of open land and large mature spruce, pine and poplar. Approximately 40 min to Edmonton. Nice spot to start your own small hobby farm, weekend retreat or rent the land out in the summer and use it for hunting in fall. **\$250,000 plus gst. Call Heather for more info.**



**REDUCED TO \$469,900
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. **\$469,900. Call Heather to view.**



**NEW LISTING
BUILDING SITE
BY NEWBROOK**

24.8 acres bordering the Hamlet of Newbrook, about 1/2 hour NE of Redwater on Hwy 63. This is the remainder of the quarter that much of the hamlet of Newbrook is built on. Currently being used as pasture land with lots of open land and a few treed areas. Nice building sites. Zoning on this land allows for many possibilities for use. Build your dream home on a nice sized acreage, subdivide some lots to expand the Hamlet, maybe start a business ventures. Good possibility to get County approval for any of these uses. May be possible to tie into residential utilities. **\$180,000. Call Heather for directions.**



**FULL QUARTER OF
LAND IN THORHILD
COUNTY**

Full quarter of open pasture and bush land approximately 1 hour north of Edmonton in Thorhild County. About 100 acres has been brushed in the past few years and just needs clean up of the brush piles to make open land. This portion had been used as hay land many years ago so could potentially be hay or grain land again. The remained 59 acres is large, mature bush land. The land is fenced and there are two good dugouts so it's all ready for your animals. Also a few nice building spots on this property and power runs along both the range road and township road. Great spot for hunting, quadding, snowmobiling. County bylaws allow for subdivision of this land. **\$279,900 plus gst. Call Heather for more info.**



GLENN FISHER TEAM



REAL ESTATE

Each office independently owned & operated.
10018 - 100 Avenue, MORINVILLE
Website: www.glennfisher.com Email: glenn@glennfisher.com



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