

A sister publication to The Review, Redwater, Alberta



emcees Cybill Sebur and Shane Bionson standing to the left. - Lucie Roy Photo



Mayor Simon Boersma speaking at the event with Father Trini Pinca delivering his Christmas message. – Lucie Roy Photo



From left to right Jenn Escala, Fr. Trini Pinca, Mayor Simon Boersma, Betty and Greg Fraser. - Lucie **Rov Photo** 

# **Filipino community hosts** first Christmas party at MCCC

#### By Marie Roy

The Filipino community gathered for their inaugural Christmas celebration at the Morinville Community Cultural Centre on December

attendees from Morinville and surrounding areas.

Attendees enjoyed a vibrant evening filled with entertainment by Khynee and Deevo Saavedra, Amora

21, drawing over 150 Allado, and an energetic dance presentation by Gen Z.

> The festivities also featured interactive games, karaoke, and a sumptuous buffet that delighted everyone.

a diverse selection ing, with treats like of main courses, including pork adobo, bulalo, sipo egg, pork tapa, lechon, palabok, chop suey, pancit, scampi beef, and more. Desserts

The feast featured were equally enticniko and puto among the many delicious options.

> Adding to the festive spirit, Morinville Mayor Simon Boersma delivered a

heartfelt Christmas message to the gathered guests.

Father Trini Pinca, St. Jean Baptiste Parish and Spiritual Advisor of the Filipino

Continued on page 7



### Morinville Shines at 136<sup>th</sup> Tournament of Roses Parade in Pasadena

#### **By Lucie Roy**

of Morinville at the Tournament of Roses Parade held on January 12025 in Pasadena California.

The annual parade Canada, both from just prior to covid is a 5.5 mile walk Alberta, one from the when a member of through Pasadena with flower-covered floats and marching bands from across the world. The Rotary Rose

mittee (RRPFC) has and Marketing on There was a touch one Canadian Ambassador Club and Branding Subcom-136th edition of the that is the Rotary Club of Morinville member of the Fund-Sturgeon.

> There are two National Advisors from the RRPFC started Morinville Sturgeon the St Albert Saint Rotary Club and one with St. Albert Saint City Club. The Rotary Club of Morinville Sturgeon

Parade Float Com- is part of the PR the Marketing and mittee as well as a raising Committee.

Involvement with City Rotary made a presentation on the 2018 Rotary Rose

The Rotary Rose Parade Float Committee (RRPFC) float for 2025. - Photo courtesy of the RRPFC

Continued on **page 2** 



Wednesday January 15, 2025 Free Press



The float won the Tournament of Roses Volunteer Award for the Most Outstanding Floral Presentation for a float under 35 feet in length. - Photo courtesy of the RRPFC

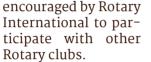
#### The Tournament of **Roses Parade** Continued from page 1

parade float patches he had for sale.

The International Director of Morinville at the time was



Rotary International President Stephanie Urchick on the float that was in the completion stage. -Photo courtesy of the RRPFC



With covid in effect it was suggested to join via zoom the RRPFC. has

Morinville



The 2025 RRPFC banner with supporting Rotary Clubs and individual ambassadors from Canada and USA. - Photo courtesy of the RRPFC

been involved ever since.

The Morinville vision was to be involved with the float when the Rotary International President was the first female- and she was from Canada. This was known as the Year of Canada when Jennifer Jones was the RI President.

Being involved with the two committees means discussing 25 designs and eliminating all but five. The final design is then voted on by the committees and a discussion on the float concept is had from start to finish.

This includes how many can sit on the float, fire and safety if they have to get off the float, the costumes, the flowers, the colours, the walkers /riders and more.

winner will The





Members of the Rotary Club of Morinville Sturgeon; Carol Haley, Lisa Piche and Grant Cree at the Morinville & District Chamber of Commerce Trade Show last year with the distinct Rotary Rose Parade Float Committee (RRPFC) banner. - Photo courtesy of the RRPFC

receive a prize from the Tournament of Roses and worldwide media coverage.

Float theme "On the Road with Rotary" is a powerful representation of the work Rotary does globally to bring positive change and uplift communities.

The Tournament Roses Parade of provides a remarkable opportunity to showcase the reach and significance of Rotary's worldwide efforts and with the float continue to create magic, bringing hope and inspiration to communities worldwide.

This the year theme from the Tournament of Roses was "The Best Day Ever" and the Rotary float theme was "On the Road to Rotary" with a cat taking a selfie with all the

friends on board the vehicle for a trip.

The float received the Most Outstanding Floral Presentation Award for a Float under 35 feet.

As soon as one parade is finished work starts immediately on the next year's float with weekly meetings that started on the January 8.

The RRPFC has active since been 1980.



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# Staying active and connected: the importance of community programs for seniors

#### **By Shelley Winger**

As we age, staying active - both physically and socially becomes more essential than ever.

In communities across the country, local programs are providing seniors with vital opportunities to stay engaged, enhance their health, and connect with others. These programs, ranging from exercise classes to social gatherings, are making a real difference in the lives of older adults.

One of the most significant benefits of these community programs is the reduction of isolation. For many seniors, staying socially active helps maintain a strong sense of belonging.

Programs that encourage interaction, whether through group discussions, hobby workshops, or simple

much-needed outlet for connection.

Being part of such groups has helped many seniors remain engaged in life and build meaningful relationships with others in the community.

Along with social benefits, many senior programs focus on physical health.

Classes like chair yoga, water aerobics, or walking groups provide low impact ways to stay active. Regular physical activity is proven to reduce the risk of chronic conditions, improve mobility, and boost mood.

Seniors who take part in these programs often experience improvements in their energy levels, overall fitness, and overall quality of life.

The mental stimulation provided by community programs is just as vital.

Educational classes,

gatherings, provide a games, and creative workshops help keep minds sharp and curious. Many seniors also enjoy learning new skills, whether it's painting, learning a language or using technology.

In addition to these physical and mental benefits, the emotional well-being that comes from staying busy is undeniable. Active participation in community life helps seniors maintain a positive outlook, preventing feelings of loneliness or depression.

Health experts note that staying engaged in a variety of activities can significantly improve mental and emotional resilience.

For seniors looking to explore new opportunities and gain valuable knowledge, a series of informative workshops is coming up. In partnership with the Town of Legal, Sturgeon County,

and the Club 60 Roses, three FREE workshops will be offered on popular topics relevant to seniors. Refreshments and snacks will be provided at each session.

The upcoming workshops include: Downsizing

Organizing February 5th, 11:00 a.m. - 1:00 p.m.

• Canada Revenue Agency March 5th, 9:00 a.m. - 10:00 a.m. • Estate Planning & Wills April 9th, 9:00

a.m. - 10:00 a.m. These workshops will be held at Club 60 Roses (5320 A - 46 St, Legal).

The sessions are free to attend, but phone-in registration is required. To sign up, call 780-961-3773.

This initiative provides seniors with the

Continued on page 8

**SEE SOLUTIONS PAGE 8** 

**LEVEL: INTERMEDIATE** 

### SUDOKU

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

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!

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



Sign up for Sturgeon County's

#### Shelterbelt Workshop

Those who attend will have the opportunity to take part in a design class with one-on-one support from our Sturgeon County horticultural professionals.

**Date:** Thursday, January 23, 2025 from 6 – 9 p.m. Location: Morinville Rendez-vous Centre **Cost:** FREE!





What will you learn?

- Planting and establishing a shelterbelt
- Customizing a shelterbelt that works for you
- **Problem solving**

Sign-up online today by scanning the QR code or by calling Agriculture Services at 780-939-8349.



Bon Accord

Community School

# Winter Training Day

#### By Haylee Winger

Calling all grade 7-12 students!

The Town of Morinville has opened registration for their Leaders in Training (LIT) Winter Training Day program. This is an inspiring and dynamic program crafted for teens who aspire to make a positive impact in their community. The event will be held on January 31 at the Morinville Community Cultural Centre from 9am to 3pm. This exciting event will focus on training, team-building activities, and connecting with like-minded peers who share a

REGISTRATION

25

a difference. Teens looking to build their future while making a difference won't want to miss this program.

This unique event offers participants the chance to gain valuable job skills, meet new people, and have fun while working toward meaningful change. In addition to the engaging workshops and activities, attendees will enjoy a complimentary lunch, with all materials provided for the day.

Winter Training Day promises to be an inspiring experience filled with growth, connection, and

passion for making opportunities to create lasting memories.

> Winter Training Day is open to teens for a registration fee of \$25 per student. Financial barriers shouldn't prevent anyone from participating - subsidies are available for those in need. To inquire about support, contact Morinville FCSS at 780-939-7839 or email fcss@morinville.ca. Registration is simple and can be completed online. For more details and to register, visit morinville.recdesk.com. Don't miss this opportunity to join a day of learning, growth, and connection!

> > GRADES 7 TO 12

### **Bon Accord Community School**

Students at Bon Accord Community School filled shopping carts with donated food during the school's annual food bank drive, showing their generosity and teamwork as they gathered supplies to support those in need.

Students proudly stood together after organizing a highly successful food drive, which collected an impressive amount of donations to benefit the community. Their hard work and dedication





not only provided essential supplies to those in need but also fostered a strong sense of teamwork and compassion among the group.

### Local food banks, a lifeline for communities

#### **By Shelley Winger**

Food banks are essential in fighting hunger and alleviating food insecurity, providing vital resources to families and individuals facing economic challenges.

These nonprofit organizations collect, store, and distribute food to those in need, helping to ensure that no one goes hungry.

Food banks offer immediate access to food for individuals experiencing financial hardship. Whether due to job loss, health issues, or other crises, food banks provide essential support when it's needed most.

In addition to food, food banks strengthen communities by creating networks of volunteers and donors. These organizations often collaborate with local businesses and farms, reducing food waste while helping those in need.

Food banks provide critical assistance to vulnerable populations, such as children, seniors, and the homeless.

These groups often face greater barriers to accessing nutritious food, and food banks play a key role in improving their quality of life.

Bon Accord Community Schools annual Food Bank Drive is a prime example of how food banks can transform lives. Founded with the mission to fight hunger, it has supported many people by providing food through its partnerships with local organizations and volunteers.

Food banks rely on donations of food, money, and time. By volunteering or contributing, you can help ensure that food banks continue to serve those who need it most. Even small donations can make a significant impact in the fight against hunger.

Food banks play a critical role in addressing hunger and food insecurity, offering immediate relief while fostering community resilience.

Supporting these organizations is a powerful way to help build stronger, more equitable communities for all.

JOIN US FOR OUR LEADERS IN TRAINING (LIT) WINTER **FRAINING** DAY FRIDAY, JANUARY 31 9 A.M. TO 3 P.M. M fcss

Morinville

For details and to register, visit: morinville.recdesk.com



#### **Proposed Internet Tower in Sturgeon County**

Please take notice that MCSnet is proposing a tower a new 100 foot free-standing tower in Sturgeon County

#### LOCATION

• NW 33-55-25 W4

• 55521 RNG RD 254

The purpose of this tower is to provide enhanced Broadband Wireless Internet Services in the area along with VOIP (Voice over IP) telephone services.

All equipment complies with Health Canada's Safety Code 6, including combined effects within the local radio environment at all times. The installation will respect good engineering practices, including structural adequacy. The tower will be constructed in compliance with Transport Canada's aeronautical obstruction marking requirements.

Any person(s) wishing further information, having guestions, comments or concerns are asked to contact MCSnet on or before the close of February 10, 2025.

#### Projet de tour Internet proposé dans le comté de Sturgeon

Veuillez prendre note que MCSnet propose l'installation d'une nouvelle



#### Drive Happiness is a non-profit organization



#### tour autoportante de 100 pieds dans le comté de Sturgeon

#### EMPLACEMENT

#### • NW 33-55-25 W4

#### • 55521 RNG RD 254

Le but de cette tour est de fournir des services améliorés d'Internet sans fil à large bande dans la région, ainsi que des services de téléphonie VOIP (Voix sur IP).

Tout l'équipement est conforme au Code de sécurité 6 de Santé Canada, y compris les effets combinés dans l'environnement radio local en tout temps. L'installation respectera les bonnes pratiques d'ingénierie, y compris l'adéquation structurelle. La tour sera construite en conformité avec les exigences de marquage des obstacles aéronautiques de Transports Canada.

Toute personne souhaitant obtenir de plus amples informations, poser des questions, faire des commentaires ou exprimer des préoccupations est priée de contacter MCSnet au plus tard le 10 février, 2025.

> MCSnet Attn: Project Department P.O. Box 98, St.Paul, Alberta TOA 3A0 Ph: (866) 390-3928 Ext: 797 Email: toweradmin@mcsnet.ca

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- Make a difference in your community

#### For more Information: 780-424-5438 volunteer@drivehappiness.ca



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**SEE SOLUTIONS PAGE 8** 

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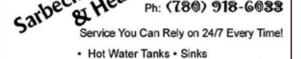


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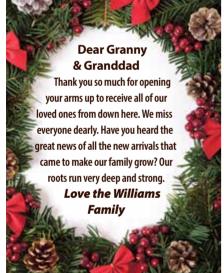
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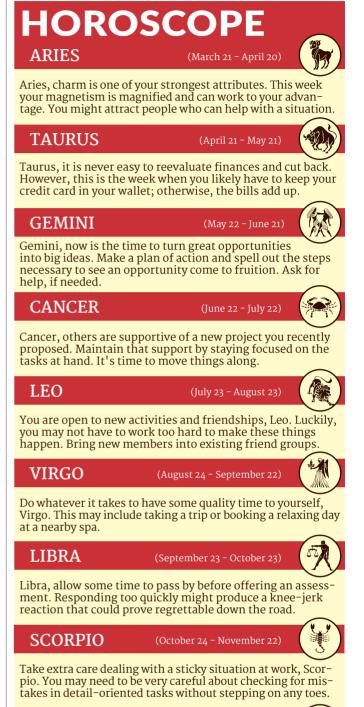
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#### Filipino community Continued from page 1

Community of Morinville, shared that the event had been years in the making. What began with a simple Easter Sunday potluck has now evolved into a grand celebration.

This year, they proudly hosted the Filipino Community Christmas Party (Paskong Pinoy sa Morinville), uniting the area's growing Filipino community.



SAGITTARIUS



You might need to bargain to get something you want this week, Sagittarius. Figure out what you are willing to give up and then identify a person you can work with.



otherwise, you may fall victim to hearsay or crossed signals. Get the facts before sharing your opinion.





Start contemplating big changes pertaining to your employment situation, Aquarius. An opportunity might come along that proves too good to pass up.

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PISCES

(February 19 - March 20)



The feelings you have for someone will help you overlook any imperfections you have noticed, Pisces. Keep your relationship strong by focusing on this person's good points.

**EXPOSE YOUR BUSINESS, GET RESULTS. Advertise in** print and online Way To Success ct 780-222-2016 or email morinvillepr mail.com

#### **Programs for seniors** Continued from page 3

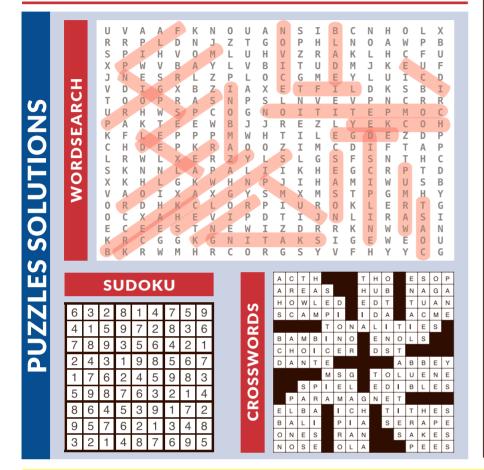
chance to learn practical skills and gain insight on important life topics that can improve their overall well-being.

Whether you're interested in organizing your home, understanding tax matters, or planning for the future, these workshops cover essential areas that will help you navigate your golden years with confidence.

As the saying goes, "Use it or lose it," and when it comes to seniors, staying busy and involved in the community can lead to a longer, more fulfilling life.

Programs designed to engage seniors socially, physically, and mentally are more than just activities they're lifelines.

opportuni-With ties like the Seniors Silver Lining Workshops, seniors have the chance to stay informed, connected, and empowered in their daily lives.



#### **10 ACRES IN THORHILD** COUNTY

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

highway 661. Great spot for a future hobby farm as it is currently mostly open pasture land. It's fenced on two sides and survey stakes mark the corners. Located in a fairly quiet, private area of Thorhild County, less than an hour to Edmonton. Lots of wildlife in the area. Great building spot, weekend getaway or set up a hunting camp. \$129,900. Call Heather to view.



#### **3 BEDROOM HOME IN PIBROCH**

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

the past years include metal roof, windows, and furnace.



#### **STUNNING 10.72 ACRES NEAR** WASKATENAU

mature trees, flower beds, gazebo and garden area. Older home was added onto in 1996 and remodelled

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



#### 2,78 ACRES NEAR **BON ACCORD**

2.78 acres of treed land on

## **CALL FOR NOMINATIONS**



We are looking for dedicated Members to make a difference.

Are you passionate about serving your community and shaping the future of our Power Co-op?

Help govern North Parkland Power Co-op.

**Board of Director Positions:** 

Zone 1 (1 position) - Abee/Newbrook/Thorhild (3 yr term) Zone 2 (1 position) - Bon Accord/Gibbons (3 yr term) Zone 3 (1 position) - Egremont (3 yr term) Zone 4 (1 position) - Lac La Biche (1 yr term)

> Please submit your nomination papers by: Friday February 7, 2024

For zone and nomination information call our office 780-398-2000 or visit our website www.npprea.ca



#### **GORGEOUS 70 ACRES**

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

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

#### **NEWBROOK FARM**

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

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

A gardeners delight with



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

**HUNTER'S PARADISE** IN THORHILD COUNTY \$205,000



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

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

