





Vol. 35 No. 03

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

www.morinvillepress.com • Phone: 780-222-2016

Wednesday January 22, 2025

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

CUPE Local 4625 moves to full strike: impact on schools and services

By Valerie Winger

On Tuesday, January 14, 2025, CUPE Local 4625, the union representing school support staff, escalated their labour action by moving to a full strike, withdrawing all services effective immediately.

This decision follows ongoing negotiations the employer that have yet to yield an agreement.

The union represents 225 members, including Education Assistants, Administrative Assistants, Office Clerks, Library Technicians, Occupational and Physical Therapy

Assistants, Speech tasks, and cafeteria Assistants, and Nutrition Coordinators.

While schools reopen, the strike may significantly impact essential services such as classroom assistance, administrative

operations.

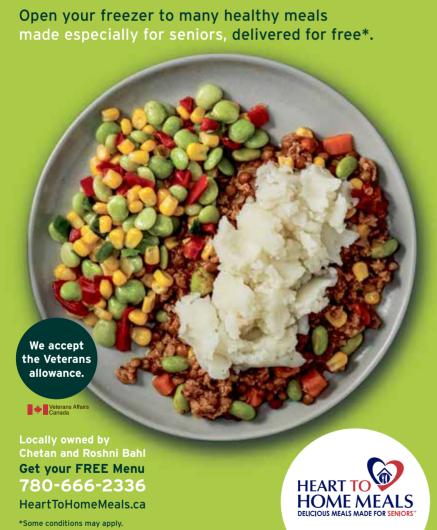
Union representatives have expressed that their primary concern is wages, noting that members have not received a raise in nearly a

With the rising cost of living and no movement on wages, they argue that the situation has become unsustainable.

The union is calling on the government

Continued on page 4







MCHS Graduation class of 2025 Dinner and Dance event celebration after three year hiatus

Submitted by MCHS Grad Parent Committee

After a three-year hiatus, the MCHS Class of 2025 will celebrate their graduation with a parplace at the Morinon June 21, 2025.

This event will fol-

MCHS planned afternoon formal convocation held at the same day.

In recent years, families of MCHS ent-planned dinner graduates have exand dance set to take pressed a strong desire to return to the ville Leisure Center celebrating of graduation with a dinner and dance for this low the traditional important milestone.

This year was no exception.

Following discus-Winspear Center in sions initiated by Edmonton on the many families and groups, the high school administration distributed an email to graduate families to gauge interest in a dinner and dance.

> The response led to the securing of

Continued on **page 5**





Morinville Bottle Depot moves to new location



By Haylee Winger

Morinville Bottle Depot has relocated to a new and convenient location at 9502 90 Ave.

Owner and operator Raj Dhaliwal, who has successfully run the depot for five years, is committed

advancing recycling efforts and providing top-notch customer service.

Backed by over 20 years of experience in bottle depot industry, the team continues to bring valuable expertise to the community.

Reflecting on the

challenges of the the depots." previous location, Raj is delighted that the new facility effectively resolves these concerns, offering a greatly enhanced experience for customers.

"For the customers, their experience is going to be much more improved," Dhaliwal said.

"We have about 10 feet of more space for the customers to bring in their bags, and it's a cleaner environment for the customer. When they come into an organized and clean environment, they're more liable to trust

Recycling offers a variety of benefits, from reducing environmental impact to providing customers with a financial reward.

By bringing in your bottles and cans, you can do your part for the planet and leave with some extra cash in your pocket.

The new location operates Monday to Saturday from 10 a.m. to 5 p.m., and Sunday from 10 a.m. to 2 p.m.

The depot is closed on statutory holidays and typically the Sunday before a stat holiday.



Visit the Morinville Bottle Depot at their new home to continue supporting

recycling while enjoying the convenience of their updated facilities.



Inspiring creativity: Brittany Snellen brings art classes to local kids

By Shelley Winger

For Brittany Snellen, art is more than just a creative outlet it's a way to help children express themselves, build confidence, and explore the world through their imaginations.

Through her engaging art classes, Brittany is inspiring a new generation of young artists in Bon Accord.

"I started teaching kids art classes a few years ago and was inspired by their imaginations and creativity!" she shared.

"I love how fun the kiddos can make art be and giving them another outlet for self-expression. I truly believe kids need a balance of sports and art, whether it's drawing, painting, creative writing, or music."

Brittany offers classes for children ages 7 to 9 and 10 to 13, tailoring her approach to each age

group to ensure a fun and enriching experience.

Parents are also encouraged to reach out if they have children outside these age ranges who are interested in art.

"In art class, we work on a wide range of subjects: exploring how light and shadow work, color theory, portraiture, painting, and more!" she explains.

"I like to make my classes a mixture of formal art training and also fun exploration."

This blend of structure and creativity allows children to develop their

technical skills while also discovering their unique artistic voices.

For Brittany, the impact of art extends beyond the canvas. She believes in its power to foster self-expression and imagination

Continued on page 7

PUBLIC NOTICE

Westcan Advanced Communications Solutions Installation of Communications Tower at the Sturgeon County Fleet & Building Maintenance Services Facility

The Sturgeon County Fleet and Building Maintenance Services has contracted the services of Westcan Advanced Communications Solutions ("Westcan ACS") to install a communications tower in their facility in 8702 95 Street, Morinville, Alberta.

Westcan ACS is proposing to construct new 27.43-meters or 90-feet high free-standing communications tower within the fenced confines of the facility. The geographic coordinates of the site are: Latitude: 53.783754° N, Longitude: 113.634198° W.



Public consultation will be open for a period of 30 days from the date of this advertisement. Anyone seeking further information, or who wishes to comment on this project is requested to direct their communication to:

Westcan Advanced Communications Solutions

12540 129 Street NW, Edmonton, Alberta T5L 4R4 Toll Free: 1-800-794-3926

Town of Morinville

Anshu Gupta, Development Planner 10125 100 Avenue Morinville, AB T8R 1L6 Phone (780) 939-7635

Email: development@morinville.ca



MORINVILLE, LEGAL, GIBBONS & BON ACCORD

Call for Volunteers!

Drive Happiness is a non-profit organization fueled by volunteers who provide assisted transportation for seniors.

- Create your own volunteer schedule
- · We provide a gas reimbursement
- · Meet friendly and appreciative seniors
- · Make a difference in your community

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



Juan Ruibal, Project Manager Email: jruibal@westcan-acs.com

Town of Legal hosts "Coffee with a Cop" event

By Shelley Winger

The Town of Legal is inviting residents to connect with their local law enforcement officers at a special "Coffee with a Cop" event.

This is an excellent opportunity for community members to enjoy casual conversations with officers, ask questions, and build stronger relationships with the people who help ensure safety in the

The event will take place on Saturday, February 24, 2025, from 7:00 PM to 8:30 PM at Meeting Room #1 in the Citadel Centre, Legal, AB.

Hosted in collaboration with Sturgeon County and other community organizations, this gathering is designed to encourage open communication between law enforcement and residents.

Attendees invited share to their thoughts, ask

questions, and learn more about the work officers do in their community.

Getting to know your local police offers numerous advantages for individuals, families, and the broader community:

1. Building trust and transparency

Fostering positive relationships with local law enforcement helps break down barriers and builds mutual respect.

When police officers are approachable and known in the community, residents are more likely to feel comfortable reporting concerns or seeking help when needed.

2. Faster emergency responses

Knowing your local officers personally can enhance the speed and effectiveness of emergency responses.

Officers' familiar with the community are better equipped to address unique challenges or concerns



"Coffee with a Cop"

offers a chance to dis-

cuss shared goals for

the community, in-

cluding programs and

initiatives to enhance

safety and quality of

specific to the area.

3. Improved community safety

When there's a connection strong between residents and police, law enforcement gains valuable insight into community's needs. This partnership allows officers to better address issues like crime prevention, traffic safety, and neighbourhood disputes.

4. Opportunities for collaboration

Residents can voice their concerns and work together with law enforcement to find solutions.

5. Engaging youth in a positive way

For families, this event is a chance to introduce children and teens to police officers in a friendly environment.

It's a great way to show young people that law enforcement is there to protect and support them, fostering trust and understanding from an early age.

6. Community awareness and education

Events like this provide valuable safety tips and resources to help residents stay informed and prepared.

From property protection to online safety, attendees can gain practical knowledge directly from the experts.

"Coffee with a Cop" is more than just an event. It's an investment in community trust and collaboration.

Whether you're curious about public safety, want to thank an officer for their service, or simply wish to connect with others in your town, this evening promises to be a meaningful experience.

Mark your calendar and join the conversation on February Complimentary coffee will be provided for all attendees!



NOTICE OF PUBLIC HEARING

Proposed Land Use Bylaw Amendment—Bylaw No. 1/2025

Tuesday, January 28, 2025, at 4 p.m. Council Chambers, Morinville Civic Hall

2nd floor, 10125 100 Avenue, Morinville

Advance registration to speak in-person is encouraged but not required. Written submissions and registration to speak by video conference must be submitted by 4 p.m., January 27, 2025 to ensure you receive instructions to access the video conference; to do so, email legislativeofficer@morinville.ca.

A copy of the report relating to the Bylaw can be found by visiting www.morinville.ca/councilcalendar and selecting the link to the January 14, 2025, Regular Meeting of Council.

What is the Bylaw Amendment about?

The purpose of the proposed Bylaw 1/2025 is to amend Land Use Bylaw 2/2024 by redistricting ~4.69 ha of a portion of lands legally described Residential Mixed Form (R-X) District, ~5.47 ha of lands legally described as Plan 182 0617; Block 17; Lot 10 from Notre Dame Village Site Specific Residential (DC-3-8) to Residential Mixed Form (R-X) District to develop a variety of housing types. Additionally, ~0.97 ha of a portion of lands legally described as SE 34-55-25-W4M from Urban Reserve (UR) to Public and Private Services (PS) District to develop a park. Administration supports this proposal as it aligns

Amendment Area

as NE 34-55-25-W4M & SE 34-55-25-W4M, west of Range Road 256, from Urban Reserve (UR) to

with higher-level plans.

How Do I Get More Information?

Contact Planning and Economic Development at 780-939-7635 or planning@morinville.ca.





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starslottery.ca 1-855-STARS-68

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MARCH 27

FINAL DEADLINE

FORTY YEARS.

CELEBRATING 40 YEARS WITH

WIN \$5.4 MILLION IN PRIZING!

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ONE MISSION.

Draw: March 31, 2025. Licence 712760. Tickets must be purchased in Alberta Must be 18+ to purchase. Please play responsibly

Full strike

Continued from page 1

to cease interference in negotiations and abandon the 2.75% which cap, they say hinders fair bargaining.

"Our members play a vital role in supporting students and ensuring schools run smoothly," said a union spokesperson.

"We want to negotiate a fair deal and get back into our classrooms as soon as possible."

The school board has reassured famefforts ilies that are underway



minimize the impact on students, but acknowledges that the absence of support staff presents significant challenges.

Both sides are urged to return to the bargaining table to reach a resolution that addresses the concerns of workers while ensuring the continuity of essential school services.

Updates will be provided as the situation evolves.



NEAT AND TIDY WORD SEARCH

М C Т N C S 0 Z Ε G R R 0 U D Т 0 Ι М C Ε G Ι D Z G Υ Ε R Α N Ε R C C C Κ N Т R Т Ι Т Ε Ε G D Ι Т N 0 Т Т 0 C L Ρ 0 U Т R E NΙ N

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

WORDS MAINTENANCE REPURPOSE AREA **CONTAINERS** MANAGEMENT SEQUENCING **ACTIVITY** DONATION **ORGANIZING** SORTING **CLOSETS** FILING **PACKRAT** SYSTEM **CLUTTER GARAGE** PERFECTIONIST **TIDYING** PROCRASTINATION COLLECTIBLES GROUPING COMMON **PURGING** LABELS **VERTICAL SPACE**

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LAND USE BYLAW

Focused Review and Update

The Town of Gibbon's is undertaking a focused review and update to the Town's current Land Use Bylaw.

Alberta's Municipal Government Act requires municipalities to have a Land Use Bylaw. This is not a new requirement; all municipalities have had a Land Use Bylaw for several decades. A Land Use Bylaw establishes rules and regulations for land use and development as well as processes for making decisions on subdivision and development permit applications.

The Land Use Bylaw includes a wide range of regulations, including:

- Development permit application requirements;
- The maximum height, number, and size of buildings on a lot; and
- Lists of permitted and discretionary uses for each land use district.

The Town of Gibbons' current Land Use Bylaw is almost 20 years old. Since it was adopted, new development pressures and trends have emerged, and provincial legislation related to planning and development have been amended several times by the Government of Alberta. The current Land Use Bylaw has been amended approximately 55 times to address mapping and regulatory changes.

Through 2024, Town Administration and Council have developed and reviewed a draft Land Use Bylaw that is now ready for community input.

The primary purpose of this review and update is to address changes to provincial legislation and to reduce red tape associated with subdivision and development processes (where appropriate). The Town wishes to enable a wider range of commercial, industrial, and residential development opportunities that address the needs of existing and future Town residents.

A copy of the draft Land Use Bylaw (and a summary of the proposed changes) will be available on the Town of Gibbon's website at the end of January: www.gibbons.ca.



PUBLIC OPEN HOUSES

Online and In-Person Opportunities

The next step in this project is to invite community members to attend the project's open houses. Two open houses will be held to provide community members with the opportunity to learn about the project and provide feedback.

Online: Wednesday, February 5, 2025 (6:00 PM to 8:00 PM)

A link to join the meeting will be available on the Town's website the day of the online open house.

At the online open house, community members will have the opportunity to learn more about the draft Land Use Bylaw during the presentation. There will be opportunities to ask questions, hear answers, and provide feedback on the draft Land Use Bylaw that will be shared with Town Council for their consideration.

In-Person: Saturday, February 8, 2025 (10:00 AM to 1:00 PM)

Gibbons Cultural Centre

At the in-person open house, community members will have the opportunity to learn more about the draft Land Use Bylaw by chatting one-on-one with the project team and viewing information posters and maps. Drop-in anytime during the open house (no scheduled presentation); there will be opportunities to ask questions, hear answers, and provide feedback on the draft Land Use Bylaw that will be shared with Town Council for their consideration.

Have Questions? Reach out to the project team!

Brad MacDonald Senior Planner, MPS b.macdonald@munplan.ab.ca

Susan Gingell Town of Gibbons Planning & Dev. Officer planning@gibbons.ca



LEVEL: INTERMEDIATE

MCHS Graduation

Continued from page 1

facilities and rentals and the selection of a caterer.

The first planning meeting was held on December 9, 2024, where discussions were held regarding traditional grad dinner and dance events, subcommittee lists were made available for volunteers.

These parent planned dinner and dance events are typical of many communities such as Barrhead, Westlock, and Sturgeon County.

To keep graduates and their families informed and engaged, a dedicated Facebook page, "MCHS 2025 Grad Dinner and Dance Update Page" has been established.

This page will provide updates on fundraising activities, gather input from graduates on themes, meal selections, photo booth styles, and other memorable event details.

Families can also inquire about tickets or ask questions by emailing MCHSGradparentCommittee@ gmail.com.

"This celebration is not only about the dedicated students;

it's about everyone who contributed to their success," said committee members.

"Parents, teachers, friends and community all played a vital role in students reaching this milestone, and we're thrilled to have this event held in our own community after such a long pause, it truly takes a village to raise a child!"

The Town of Morinville supports the event being held in the Morinville Leisure Center's Dry Ice Arena, underscoring its commitment to fostering a strong sense of community. Additionally, the MCHS Parent Grad Committee has been encouraged by the Mayor and Council to apply for Community Grant funding, which will help reduce ticket costs.

The **Fundraising** Sub Committee is organizing various fundraisers and seeking support from local businesses to make the event affordable for all families.

Sponsors have also been secured to assist any graduates and families facing financial difficulties. Those requiring support can confidentially contact Student Services.

The committee's primary goal is to create a memorable event for the Class of 2025 while establishing a legacy for future graduate classes.

The hope is to pay it forward by ensuring some starting funds are available for the Class of 2026 to continue the tradition of a community-hosted dinner and dance.

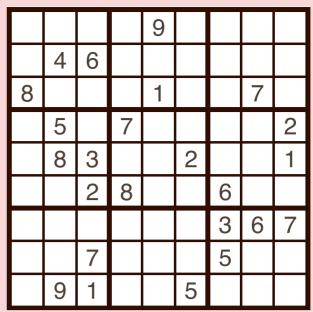
To facilitate this, a binder containing relevant planning information, includsub-committee frameworks, a community bank account, and an email address will be passed on to Grade 11 parent representatives who will lead volunteers on this years event date. These representatives could oversee the next year's event, with the aspiration of making the Graduation Dinner and Dance an annual tradition for years to come.

Morinville The Community High School Class of 2025 is poised to enjoy a celebration that reflects the strength and spirit of their community.

The upcoming dinner and dance promises to be a night filled with joy, gratitude, and lasting memories.

SEE SOLUTIONS PAGE 6

SUDOKU SEE SOLUTIONS PAGE 6



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!

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Advertise in The Free Press and reach out to residents via Canada Post and also online at www.morinvillepress.com.



CROSSWORDS

are two

34. More than one

39. Type of sword

41. Witnesses

43. Body part

46. Satisfy

44. Mixes slowly

48. Strong belief

54. Soup cracker

56. Teaches

something

58. Actor Sean

59. Changes

52. One's physique (slang)

53. More frightening

57. One who carries

36. Places down

purposefully

CLUES ACROSS

- 1. "Loser" rocker
- 5. Partner to relaxation
- 9. Mixing
- 11. Winged nut
- 13. Expression of blame
- 15. Vast ocean
- 16. Comedienne Gasteyer
- 17. Multiply
- 19. Meat from a pig (French)
- 21. Related
- 22. Rocker Stewart
- 23. Surprise completely
- 25. Loon
- 26. Canister
- 27. Large, deep-bodied fish
- 29. Takes forcefully
- 31. Oil cartel
- 33. Palmer and Hepburn

CLUES DOWN

- 1. __ Aires, city
- 2. Coarse grass 3. Type of gene
- 4. Door handle
- 5. Competition
- 6. Muslim ruler title
- 7. Hunting expeditions 8. Large mollusk
- 9. Bind securely
- 10. Former U.S. presidential candidate
- 11. 2-point plays in football 12. Breezed through
- 14. Type setting
- 15. Felt for
- 18. Codified rules 20. Small dome
- 24. Chevrotain
- 26. Male reproductive gland
- 28. Controversial beliefs
- 30. Z Z Z 32. One who confines
- another
- 34. Bishop 38. Pitching statistic
 - 35. Garlands
 - 37. Bird that flies by the coast
 - 38. Optical device 40. Greek goddess of discord
 - 42. Some are "Rolling"
 - 43. Formerly (archaic)
 - 45. Thrust a knife into
 - 47. German river
 - 49. Atomic #26
 - 50. Make a grotesque face
 - 51. Primordial matter of the universe
 - 55. Chinese philosophical principle

ATTENTION BON ACCORD, GIBBONS, AND LEGAL RESIDENT

If you have sports events, community news, or anything exciting happening in your area that you'd like to see featured in the paper, send in photos, event details, or information to

Shelley at wingernewspapers@gmail.com.



We'd love to highlight your local stories, achievements, and activities!

Let us help share the vibrant happenings from your community - whether it's a sporting

> event, a school fundraiser, a local festival, or something else exciting.

Don't miss out on the chance to get your moment in print!

SEND YOUR PHOTOS, NEWS, OR EVENT DETAILS TODAY!



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English: Hobby Spanish: Hobby Italian: Hobby

HOROSCOPE

Aries, you feel loved and appreciated

this week and you would like to share

supportive of their needs. Focus your

Taurus, even if you do not have any-

thing in common with someone, you

can find a way to be friends. Open a

dialogue to get the ball rolling.

Gemini, accept that you cannot

change some things and look for a

Cancer, you are getting hungrier and

mined to get ahead. Just be sure this determination is balanced by a little

Could it be that you are in the market for some romance, Leo? If so, make a

plan for rekindling the flame with a

current partner or finding someone

Challenges may arise in your relation-

ship this week, Virgo. A serious ap-

proach to the partnership is required

by both side. Work toward resolving

the situation as a couple.

new who also is looking for love.

Jul 23/Aug 23

Aug 24/Sept 22

hungrier, which makes you deter-

silver lining. Soon enough you'll

come out on the other side.

Apr 21/May 21

May 22/Jun 21

those feelings with others by being

attention on a close friend.

ARIES

TAURUS

GEMINI

CANCER

LEO

VIRGO

reservation as well.

Mar 21/Apr 20



LIBRA Sept 23/Oct 23

Libra, although your creative juices are flowing, some type of roadblock pops up and restricts your path. Explore

ways to work around this obstacle.

HOROSCOPE

SCORPIO

Scorpio, take a deep look at yourself this week, examining all facets of your personality. Instead of being judgemental of others, you may need to make some changes yourself.

SAGITTARIUSNov 23/Dec 21

Sagittarius, emotions are running high for you and you may not be able to focus on what needs your attention most. If you can't get a hold of things, try delegating some of your tasks.

CAPRICORN Dec 22/Jan 20

Be careful when listening to what another has to say, Capricorn. Read their body language instead of just their words. The two may not match up with one another.

AQUARIUS

Opportunities you may never have expected are presenting themselves, Aquarius. Find time to process these unexpected developments and mull the best approach.

PISCES Feb 19/Mar 20

Pisces, resist hurried efforts to get to a destination without enjoying the journey. There is a lot to see along the way, so it's best if you savor all of it while you can.



French: Passe-temps German: Hobby

REDUCE • REUSE • RECYCLE

What's the Difference?

Find the four differences between these pictures.



Can you guess what the bigger picture is?

Answer: Paint palette



Hobbies can keep this part of the body stimulated.

Answer: Brain



HISTORY

1947

Newfoundland, to driving on the

The Dominion of which later becomes a province, switches right side of the road instead of the left.

right plack scrubber in back 4. There is a second in background is missing boat is larger 3. Red tool 2. Red piece on Answers: 1. Missing glue







Sewing, like other hobbies, can relax a person by focusing the mind on the task and not on other things in your life.



activity done regularly for enjoyment



• SUBMISSIONS • NEWS TIPS

 FLYER INSERTS NEWS

780-222-2016 or email morinvillepress@gmail.com





Inspiring creativity

Continued from page 2

in ways that other activities might not.

"If I could give every child one message about art, it would be this: Art is for everybody and can be anything you want it to be," she says. "In the world of art-making, you are free to create all of the magic you can imagine! The possibilities are endless."

Brittany also invites parents and students to learn about her classes through her Facebook page, Art with Miss B.

"There's lots of



info there if people want to check it out," she says.

As Brittany continues to offer her classes, she remains committed to nurturing the creative potential of young minds and building a stronger appreciation for the arts in her community. Whether it's mastering color theory, painting portraits, or simply having fun with a brush and some paint, her students are learning skills that will stay with them for a lifetime.

The risks of frequent cannabis use on mental health

(NC) According to Health Canada's 2023 Canadian Cannabis Survey, 11 per cent of 20- to 24-year-olds surveyed use cannabis on a daily or near-daily basis.

Many people who use cannabis say they do so recreationally to relax or to cope with poor mental health.

However, multiple scientific studies have shown that daily or near-daily cannabis use over time can increase your chances of developing disorders related to anxiety and depression.



Additionally, studies show that using cannabis this frequently does not improve mental health over time and actually contributes to poor mental health.

severe

daily or near-daily use can also increase your chance of experiencing psychosis or schizophrenia.

This risk is higher among people with a personal or family history of mental health disorders, particularly male teenagers and young adults.

Cutting back or stopping cannabis use can reduce or even eliminate some or all of its effects, and can help improve your long-term mental health and brain

SMALL ADS BIG REACH

Classified Word Ads require Payment with Order. Low cost - high circulation. Your ad will also run free in the Redwater Review. Up to 25 words: \$15.00 per week, GST included. Additional words: 50c/each. Deadline: Thursday 2:00 p.m. Phone 780-222-2016

E-mail: morinvillepress@gmail.com

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INTEGRITY POST FRAME BUILDINGS since 2008 BUILT WITH CONCRETE POSTS. Barns, Shops, Riding Arenas, Machine Sheds and more, sales@ integritybuilt.com 1-866-974-7678 www.integritybuilt.com.

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Coming Events

FIREARMS WANTED FOR OUR 2025 AUCTION PROGRAM: Rifles, Shotguns, Handguns, Antiques, Militaria, Collections, Estates, Single Items. For Auction, or Possible Purchase: Toll-Free 1-800-694-2609, Email Us at sales@ switzersauction.com or Visit Us @ www. switzersauction.com for Auction Dates & Details.

Employment Opportunities

START 2025 WITH AN ADVENTURE. In DESPARATE need of two Veterinarians in Yellowknife, NWT. Population 20,000 - approximately same number of small animals. Please call Pat at 867-444-7479.

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For Sale

BLANKET THE PROVINCE with a classified ad. Only \$269/wk (based on 25 words or less). Reach almost 80 weekly newspapers. Call NOW for details. 1-800-282-6903; www.awna.com; email classifieds@awna.com.

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Resources to help quit smoking and vaping

Non-Smoking Week vessels. runs January 19-25, a time to raise awareness of the benefits of quitting smoking and vaping, and to help people get started on a quit journey that works for them.

Resources are available to help those living in Alberta to quit smoking and vaping for good.

With the right support, you can double or even triple your chance of staying vape or smoke-free, and improve your health.

Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on

N a t i o n a l your heart and blood free text messages to

Alberta Health Services offers programs and services to help you stop smoking and vaping. It may take more than one try to quit for good, so it's important to never give up. Keep trying and use the resources that work for you:

- · Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) for free, confidential advice and support from a quit counsellor.
- Go AlbertaQuits.ca for guidance and tools to build a quit plan.
- Text the word "ABQuits" to the number 123456 for

keep you motivated.

- · Register for Quit-Core, a group support program that teaches quit strategies and connects people who are trying to quit smoking and vaping. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.
- Ask your doctor or healthcare provider about medications that can boost your chances of staying quit. Some costs may be covered.
- · Share your quit tips, hacks, and stories on social media with others ushashtag ing the #IamQuitting.

To learn more about support for quitting smoking or vaping, go to AlbertaQuits.ca. For more information on smoking, vaping, and your health, go to https://myhealth.alberta.ca/HealthTopics/Tobacco-Smoking-Vaping.



Whether it's an upcoming event, a past gathering, a sports match, or any news story, we want to hear from you!

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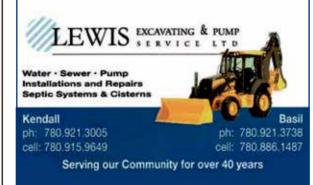
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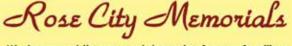
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