

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

## Historic church bells blessed at new St Jean Baptiste Church in Morinville

By Haylee Winger

More than one hundred people gathered on Tuesday, June 24, St Jean Baptiste Day, to witness the Blessing of the Bells and tour the soon to be completed St Jean Baptiste Catholic Church in Morinville. The ceremony marked a deeply significant moment for the parish, as four historic bells, newly arrived from Quebec City, were formally dedicated for sacred use. The blessing ceremony was led by Bishop Paul Terrio,

Bishop Emeritus of the Diocese of Saint Paul, alongside St Jean Baptiste Pastor Trini Pinca. Together, they spoke of the importance of church bells in Catholic tradition, as instruments that call the community to prayer and give voice to the Church itself.

The blessing of bells is a solemn rite in Catholic practice, often conducted by a bishop. During the ritual, each bell is gently struck with a hammer – a symbolic act representing the dedication of the bell

to divine service and an appeal for God's blessing on its sound. The bells, which originated from the Saint-Charles Church in the Vieux-Limoilou district of Quebec City, are being given a new life in Morinville, where they will soon ring from the newly built bell tower of St Jean Baptiste Church. The community's "Bells Will Ring Again" fundraiser helped make this dream a reality, with installation expected to be

Continued on **page 5**



Bishop Paul Terrio gently strikes one of the historic bells with a hammer during the Blessing of the Bells ceremony on June 24. The ritual symbolizes the dedication of the bell to sacred use and invokes God's blessing on its future sound. – Lucie Roy Photo

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## Morinville marks Canada Day with fun-filled community celebration

By Haylee Winger

Morinville residents came together in high spirits on Monday, July 1, for the town's annual Canada Day celebration.

The event, held from noon to 3 p.m.

at the Ray McDonald Sports Grounds, drew families, friends, and neighbours of all ages for an afternoon of music, laughter, and community pride.

The free celebration featured a packed schedule of activities,

with something for everyone to enjoy.

Local band Jam Bandy took to the stage with lively music that had the crowd dancing and clapping along.

Continued on **page 2**



Town of Morinville Council members hand out cookies to residents during the Canada Day celebrations on July 1, spreading smiles and community spirit. – Lucie Roy Photo

**Canada Day celebration**  
*Continued from page 1*

A formal program took place at 1 p.m., bringing the community together to mark the nation's birthday with words of gratitude and celebration.

Children enjoyed face painting, glitter tattoos, and a high-energy foam party complete with beach balls.

Giant inflatables provided endless fun, while the supersized colouring wall encouraged artistic expression for participants of all ages.

Canada-themed crafts, a photo booth, and a visit from the Morinville Fire Department added to the excitement.

One of the biggest highlights of the day was a meet and greet with Hunter, the beloved mascot of the Edmonton Oilers.

Children and adults alike lined up for high-fives, hugs, and photos with the spirited lynx, who



Edmonton Oilers mascot Hunter poses for a photo with excited Canada Day event-goers, adding NHL energy and fun to the community celebration. - **Lucie Roy Photo**

brought an extra dose of energy and excitement to the event.

Adding a sweet touch to the day, Mayor and Council handed out cookies to attendees - a popular treat that disappeared quickly.

The event served as a joyful reminder of the strong sense of community and pride that defines Morinville - a town where Canada Day is always celebrated in true neighbourly fashion.

## Historic moment for Canadian energy: First LNG Canada shipment departs to Asia

**By Mark Parsons,**  
**ATB ECONOMICS**

On June 30, a tanker named GasLog Glasgow left Kitimat, B.C. for Asia carrying the first cargo of liquefied natural gas (LNG) from Canada's West Coast.

This is a major milestone for the energy sector and the Canadian economy. Canada is the fifth largest natural gas producer in the world, but has not been exporting to markets outside the

U.S. and Canada.

The shipment comes 15 years after the application to export LNG from B.C. was submitted to the federal government.

LNG Canada made a final investment decision to build Canada's first large-scale LNG export facility in October 2018.

Fed by the new Coastal GasLink pipeline, the facility has a 40-year export license and a total capacity of 14 million tonnes per year.

A second phase of the project that would double its capacity is under consideration.

The Haisla Nation was a key joint venture participant in the project, highlighting the importance of strong Indigenous partnerships to energy sector development in Canada.

The U.S. quickly emerged as the world's largest exporter of LNG, followed by Australia

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## Make a splash in Morinville!

Looking for a fun and refreshing way to beat the summer heat?

The Morinville Splash Park is officially open and ready to welcome families for another season of outdoor excitement!

Located at **9908 104 Street**, on the Ray

**McDonald Sports Centre grounds**, the Splash Park offers the perfect spot for kids and families to cool off and enjoy the sunshine.

With water features and space to play, it's a great way to spend a summer day.

The park is open

daily from 10 a.m. to 8 p.m., and washrooms are available from 8 a.m. to 10 p.m. for your convenience.

Don't miss out on the fun - bring your towels, sunscreen, and your sense of adventure! Learn more: <https://ow.ly/OYF75oW2F2W>.

## Residents encouraged to report road concerns in Sturgeon County

Sturgeon County crews are continually working to maintain, repair, and improve roads throughout the area. While regular inspections and maintenance are ongoing, the County relies on residents to help identify new or emerging issues.

To make reporting

easy, Sturgeon County offers an online portal where residents can submit road concerns quickly and without the need for an account. The portal can be accessed at: <https://transfeedback.sturgeoncounty.ca>.

It's important to note that all **numbered highways** are

managed by the **Government of Alberta**. For information or to report issues on those roads, residents should visit: <https://511.alberta.ca/#:Alerts>.

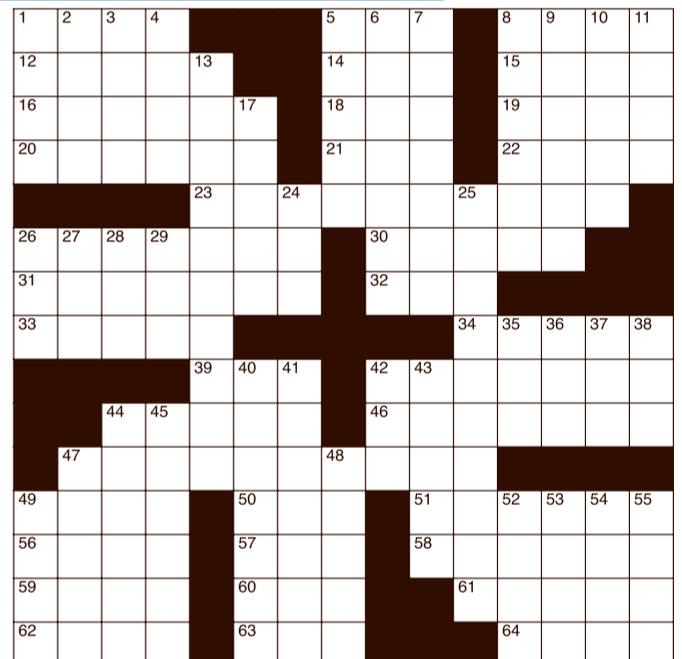
By working together, the community and County can help keep roads safe and in good condition.

### CROSSWORDS

SEE SOLUTIONS  
PAGE 6

**CLUES ACROSS**

1. 50 percent
5. Records electric currents
8. Charlize Theron flick "\_\_\_ Flux"
12. More frosty
14. Disfigure
15. Sky color
16. A thoroughfare in a town or city
18. Actress de Armas
19. Spend time in a relaxed way
20. California peak
21. Lodging option
22. Small amount of a thing
23. Expresses sorrow
26. Keeps an ear warm
30. Babies (Spanish)
31. A conceited and self-centered person
32. No seats available
33. Pouches
34. Hip joints
39. A place to bathe
42. Evading
44. Minute, one-celled unit
46. Losing one's hair
47. A country in W Africa
49. One point north of northeast
50. Pointed end of a pen
51. Extreme
56. Norse personification of old age
57. Doctors' group
58. Member of U.S.



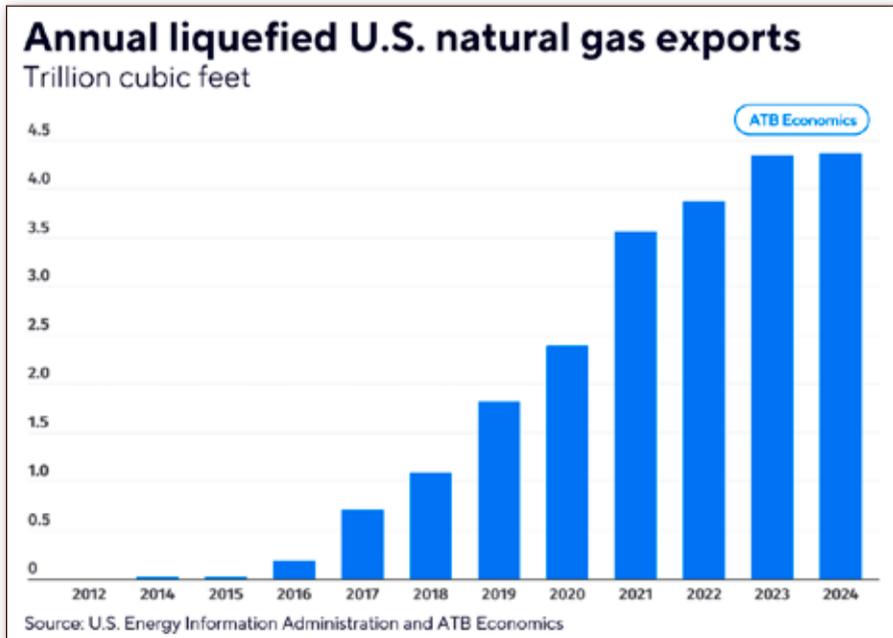
- Navy
59. Mens' fashion accessories
  60. A way to allow
  61. Gloomy
  62. Grads wear one
  63. Between south and southeast
  64. Jaguarundi cat

**CLUES DOWN**

1. Snakes do it
2. Hormone
3. The standard monetary unit of Turkey
4. Fixed charges
5. Electronic communication
6. Artilleries
7. "Strangers on a Train" actor Farley
8. Burning

9. Makes ecstatically happy
10. Greek liqueurs
11. Tropical Old World tree
13. Someone who takes vengeance
17. Style of cuisine
24. Select
25. Immunized against disease
26. Old world, new
27. Honorable title (Turkish)
28. Court case: \_\_\_ v. Wade
29. Supervises interstate commerce
35. Not divisible by two
36. Twelve
37. Commentator Coulter

38. Encourage
40. Plumbing fixtures
41. Early
42. One point north of due east
43. King of Thebes
44. Short-tailed martens
45. Impose a penalty on
47. Consort of Poseidon
48. A way to lessen
49. Brooklyn hoops team
52. Female of a horse
53. Do as one is told
54. A way to prepare meat
55. Unit of measurement



# Making memories: Morinville summer camps offer adventure, creativity, and connection

By Shelley Winger

When the final school bell rings and backpacks are tucked away for the summer, kids often find themselves with more freedom than structure, and parents are left looking for ways to keep that time meaningful. For families in and around Morinville, the town's summer camps offer more than just a way to pass the time – they provide a safe, enriching, and joyful space where kids can be kids, all while learning, exploring, and making new friends.

Hosted at the Morinville Community Cultural Centre, these week-long day camps are open to children ages 6 to 12.

The program is split into two age groups – junior (ages 6 to 8) and senior (ages 9 to 12) – with activities tailored to suit different levels of interest, skill, and independence.

What sets these camps apart isn't just

the variety of themes. It's the intentional blend of learning and laughter, movement and mindfulness, creativity and community. Each themed week is packed with hands-on projects, outdoor games, imaginative play, and plenty of time for socializing and teamwork.

The 2025 lineup includes:

- Imagination Station – July 7 to 11
- Camp Wild & Free – July 14 to 18
- Mad Scientists in Motion – July 21 to 25
- Ultimate Games Showdown – July 28 to August 1
- Jungle Explorers – August 5 to 8
- Camp Mystery – August 11 to 15
- Splish Splash Bash – August 18 to 22

While each camp has its own theme, the common thread is engagement.

Children aren't just entertained – they're challenged, supported, and encouraged to try new things.

Whether it's



experimenting with simple science projects, participating in group challenges, solving puzzles, or building crafts from scratch, the focus is always on interaction, confidence-building, and fun.

The cost is \$175 per child for five-day

weeks and \$140 for the shorter four-day week in August.

Camps run weekdays at the Morinville Community Cultural Centre, a space that has become a hub for local learning, arts, and recreation.

Parents often find that summer camp

fills a unique space in their children's lives.

During the school year, much of a child's time is scheduled around academics, with limited flexibility for play or exploration.

During the summer, the risk is the opposite – too much unstructured time, too much screen time, and fewer opportunities for peer connection.

Camp bridges that gap. It provides a healthy rhythm to the summer months, offering children the chance to stay active both physically and mentally.

The social aspect is equally important. Kids learn how to collaborate, share, and build friendships with peers they may not know from school or sports.

There's also something deeply valuable about giving children the space to be curious and creative outside of a classroom.

For a child who struggles with reading or math, camp might

be the place they shine.

For a quiet child, it might be the first time they feel heard. And for every child, it's a chance to discover who they are without pressure or judgment.

The Town of Morinville has designed these programs not only as a service for parents, but as a celebration of childhood – of play, of discovery, and of the magic that happens when kids feel seen, included, and inspired.

Families are encouraged to register early, as spaces tend to fill quickly. Registration for each camp is available through the town's website, and spots are open until full.

For families looking to create a summer full of positive memories and meaningful growth, Morinville's summer camps offer just the right mix of structure, adventure, and fun – right in the heart of the community.

## BEACH TIME WORD SEARCH

SEE SOLUTIONS PAGE 6

T	T	T	I	U	S	M	I	W	S	A	M	R	F	A	S	H	V	F	D
N	O	R	B	G	R	F	K	S	P	R	A	S	N	B	H	U	B	T	B
S	B	W	U	V	D	E	F	E	N	G	A	T	A	L	A	R	V	E	K
S	W	E	E	F	R	T	U	C	R	N	D	R	S	F	R	C	A	U	S
H	W	R	W	L	E	A	I	I	D	W	R	M	F	E	K	C	T	U	A
K	O	O	S	O	T	N	V	B	O	I	V	R	S	R	H	B	R	S	D
C	H	H	F	T	A	I	A	M	E	H	T	W	F	C	E	F	R	I	T
U	O	S	O	S	W	R	H	R	F	I	A	S	O	R	B	E	R	L	T
T	O	A	L	C	K	D	N	U	D	T	S	M	M	O	L	P	C	K	V
V	B	W	S	F	A	T	P	E	V	E	B	D	A	O	V	N	I	L	T
N	I	B	V	T	E	A	S	I	A	E	O	R	O	T	U	A	D	A	T
I	O	I	L	D	R	A	R	S	R	G	D	C	T	M	M	S	V	W	B
H	U	W	I	N	B	B	I	I	A	D	D	I	D	R	B	F	U	D	I
P	R	A	F	A	V	D	N	I	P	P	W	T	N	H	R	H	H	R	H
L	N	V	E	S	E	F	B	K	I	T	M	B	M	W	E	A	R	A	V
O	N	E	G	N	D	U	D	T	K	G	I	I	D	R	L	S	H	O	P
D	S	S	U	K	V	V	B	P	A	S	F	D	E	B	L	L	U	B	G
F	B	M	A	D	D	M	B	U	C	K	E	T	E	V	A	D	O	C	E
E	K	R	R	V	T	L	K	K	A	K	N	E	E	R	C	S	N	U	S
R	V	V	D	F	B	A	K	M	H	U	L	H	O	F	L	F	C	V	S

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

WORDS	BARRIER	COAST	SANDBAR	SWIMSUIT
	BEACHCOMBER	COOLER	SEASIDE	TAN
	BERM	DOLPHIN	SHARK	TIDES
	BOARDWALK	LIFEGUARD	SHORE	TOWEL
	BREAKWATER	RIPTIDE	SUNSCREEN	UMBRELLA
	BUCKET	SAND	SURFBOARD	WAVES

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Please be advised that  
*The Free Press*  
will not be publishing on  
*August 6 and 13.*  
We apologize for any  
inconvenience this may  
cause and appreciate your  
understanding.  
*Thank you*  
for your  
continued support.

# Peace Officers in Morinville promote safety with positive ticketing

This summer, Peace Officers in the Town of Morinville are out in the community not only enforcing the rules but also recognizing good behaviour. Officer Bancarz was recently seen issuing a positive ticket and a gift card to a local youth who was wearing a helmet and riding their bicycle safely.

The initiative aimed to encourage safe habits and promote positive interactions between youth and local enforcement.

Residents are encouraged to keep an eye out for Peace Officers throughout the summer as they continue to reward responsible actions in the community.



Town of Morinville Photo



Eligible voters must register to vote in the Sturgeon County 2025 Municipal Election. Deadline is August 15, 2025

Online at [VoterLink.ab.ca](http://VoterLink.ab.ca)  
By calling VoterLink at 780-427-7191

Scan the QR code with your mobile device to register at VoterLink



## Debenture Bylaw 1691/25 Vista Road and Range Road 230 to Casa Vista Subdivision

### Section 251 – The Municipal Government Act

Take notice that the Council of Sturgeon County, in the Province of Alberta, has given first reading to Borrowing Bylaw 1691/25 which will, upon final passage and approval, authorize the proper officers of the said County to borrow monies from Province of Alberta, or another authorized Financial Institution, to pay for the cost of the rehabilitation of Vista Road and Range Road 230 to Casa Vista Subdivision.

The total cost of the aforesaid project amounts to \$5,400,000. A total of \$4,860,000 is to be borrowed on the credit and security of the municipality at large by a fixed term debenture. The debenture is to be repayable to the Province of Alberta, or another authorized financial institution, in installment payments with an annual interest not to exceed ten per cent (10%), or the interest rate as fixed from time to time by the Province of Alberta or other authorized financial institution.

NOW THEREFORE NOTICE is hereby given by the Council of Sturgeon County that, unless a petition of the electors for a vote on Bylaw 1691/25 is demanded, as provided for by the terms of Section 231 of the Municipal Government Act, the said Council may pass the said borrowing bylaw.

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

Questions?  
Financial Services 780-939-4321  
[taxation@sturgeoncounty.ca](mailto:taxation@sturgeoncounty.ca)  
[www.sturgeoncounty.ca](http://www.sturgeoncounty.ca)



## 2026 MORINVILLE BUDGET SURVEY



### YOUR OPINION MATTERS IN MORINVILLE

Your feedback on priorities, service levels and programs in Morinville help shape our operating and capital budget planning.

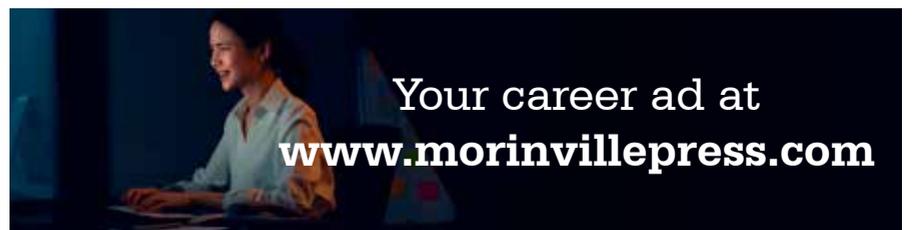
Survey open until July 20, 2025.



To take the survey, please scan QR code, or visit: [www.engagemorinville.ca](http://www.engagemorinville.ca)



Your career ad at [www.morinvillepress.com](http://www.morinvillepress.com)



**Historic church bells**  
Continued from page 1

completed in July or August.

As is traditional in the Church, each bell has been named.

The largest is called Marie, with a diameter of four feet two inches (1.27 m) and weighing 2,815 lbs (1,277 kg). She resonates in the musical note of Mi bemol (E<sup>b</sup>).

The second bell, Joseph, is three feet nine inches (1.14 m) in diameter and weighs 1,996 lbs (905 kg), with the note of Fa (F). Jeanne d'Arc, the third bell, is three feet four inches (1.01

m) in diameter and weighs 1,378 lbs (625 kg), tuned to Sol (G).

The smallest bell, Antoine, measures two feet ten inches (86 cm) in diameter and weighs 831 lbs (377 kg), sounding the note Si bemol (B<sup>b</sup>).

Each bell has its own tone, together creating a harmonious voice that will soon echo across the Morinville community.

The arrival of the bells also brought with it a special connection to the late Rev. Mgr Robert Poulin, who served in Morinville and passed away in 2018.

Mgr Poulin was a

student at the Collège de Lévis, located just 5.9 kilometers from Saint-Charles Church, and likely heard these very bells during his youth.

Now, decades later, they will ring once more – not far from Morinville's Centennial Clock Tower, where his name is engraved on a commemorative plaque celebrating 100 years of blessings in 2005.

Father Pinca and Bishop Terrio reminded the crowd that church bells are more than historical relics – they are spiritual instruments.

Parishioner Karen Cust recalled the tradition of ringing a specific number of times to announce the birth of a boy or girl. "Church bells are an ancient part of the Catholic tradition. They have been used in various events, prayer, Mass and big events such as to celebrate weddings, mourn at funerals and used to ring for the birth of a child."

As the Morinville community prepares for the bells to ring once again, this blessing marks not just the revival of a tradition, but the continuation of a sacred sound that will echo through the



The Centennial Clock Tower and the new bell tower of St Jean Baptiste Church rise in the background as the four historic bells – Marie, Joseph, Jeanne d'Arc, and Antoine – await their blessing during the St Jean Baptiste Day ceremony in Morinville. – Lucie Roy Photo



Bishop Paul Terrio and Fr. Trini Pinca. – Lucie Roy Photo

lives of parishioners come – a living symbol of God's presence in both sight and sound.

## 5-DAY CLUBS

### at Morinville Baptist Church

431 Grandin Drive, Morinville, AB

**July 21-25 2025**

9:30 am – Noon

Ages 5-13

No Cost

call: 780-939-2538 for info

## PUBLIC HEARING – Bylaw 1665/24

### Amendment to Land Use Bylaw 1385/17

**Sturgeon County Council is asking for public feedback on proposed Bylaw 1665/24.** A property owner would like to continue to operate an existing natural resource extraction operation (Pit 45) on their land at 54309 Hwy 44 (legal land description: NE, NW, SE, SW-20-54-26-W4, NE-19-54-26-W4, SW-21-54-26-W4, and NE-17-54-26-W4).

This application does not propose expanding existing boundaries for aggregate extraction. To issue a new development permit in line with updated Land Use Bylaw regulations, subject lands must be rezoned. The applicant is requesting the land be rezoned to RE-DC2 – Resource Extraction Direct Control 2 District - which allows Sturgeon County Council to establish site-specific criteria and regulations that the operator must follow.

Each time land is rezoned, a bylaw is needed to amend the Land Use Bylaw, and a public hearing must be held. Learn more about the proposed bylaw and how to get involved at [SturgeonCounty.ca/hearing-1665/](http://SturgeonCounty.ca/hearing-1665/)

**Public Hearing details**

The Public Hearing will be held in person and via videoconference on: July 15, 2025, at 1 p.m. (or as soon as practical thereafter)

Sturgeon County Council Chambers (9613 100 St. in Morinville); [sturgeoncounty.ca/CouncilMeetings](http://sturgeoncounty.ca/CouncilMeetings)

**Important information about Public Hearings**

**Requirements for speakers**

All speakers have five minutes to speak and are encouraged to provide a written copy of their submission before the Public Hearing.

**Speaking in person**

To speak at the Public Hearing in person, contact Legislative Services at 780-939-8277 or 780-939-1377 to pre-register.

**Speak via video conference (phone or video call-in)**

To speak at the Public Hearing via videoconference, you must register by July 14 at 1 p.m. by contacting Legislative Services at 780-939-8277 or 780-939-1377. This ensures you receive instructions to access the videoconference.

**Written submissions**

Email your written submission to Legislative Services at [legislativeservices@sturgeoncounty.ca](mailto:legislativeservices@sturgeoncounty.ca). Written submissions are accepted up to the close of the Public Hearing.

If making a written submission, you must include your name, state your interest in the matter (such as a County resident directly impacted by the proposed bylaw), and indicate if you are in favour of or opposed to the proposed bylaw.

**Watching the Public Hearing**

You can view the Public Hearing in person or online at [sturgeoncounty.ca/CouncilMeetings](http://sturgeoncounty.ca/CouncilMeetings). To view the livestream, click on the meeting date on the calendar, then click on the video link.

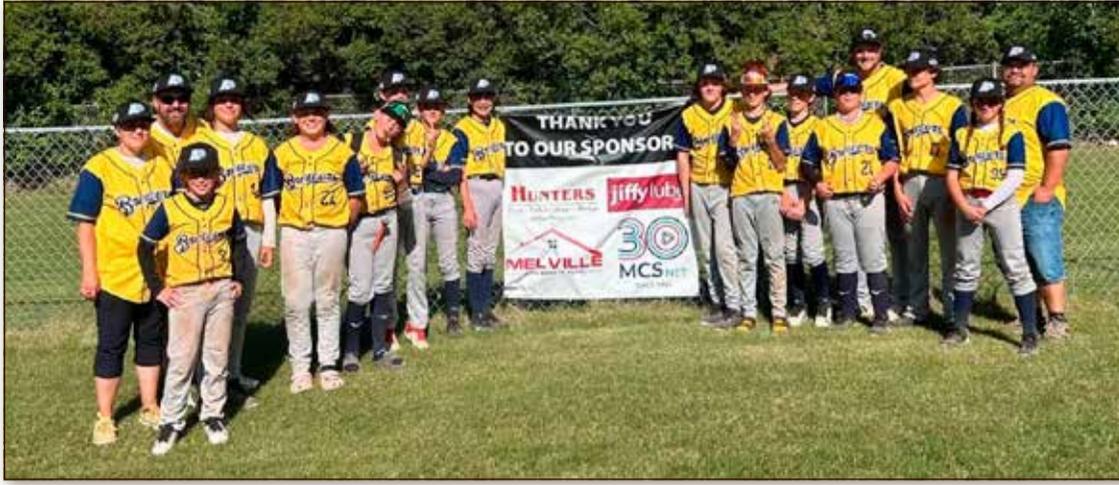
**SCHEDULE "A"**  Sturgeon COUNTY

**Subject Legal Land Descriptions:**  
NE-19-54-26-W4  
NW & SE-20-54-26-W4  
Portion of NE & SW-20-54-26-W4  
Portion of SW-21-54-26-W4  
Portion of NE-17-54-26-W4

**REDISTRICT FROM "RE - RESOURCE EXTRACTION" DISTRICT TO "RE-DC2 - RESOURCE EXTRACTION - DIRECT CONTROL 2" DISTRICT**

**Questions? Contact:**

Tyler McNab, Development and Safety Codes  
780-939-8342, [tmcnab@sturgeoncounty.ca](mailto:tmcnab@sturgeoncounty.ca)



The Morinville Brewers pose for a team photo after a strong weekend performance, finishing 2-1 in the opening round of provincials. The team offered a big thank you to their sponsors for their continued support as they prepare to head to Cold Lake next weekend to continue their pursuit of a provincial championship. - **Morinville Minor Baseball Photo**

**LNG Canada shipment**

Continued from page 2

and Qatar. The importance of Canadian gas making its way to Asia is three-fold: 1) It diversifies Canada's natural gas industry's customer base away from what was once essentially just the United States.

2) It will help balance the over-supplied North American natural gas market. This,

combined with growing demand for gas-powered electricity generation, will support stronger prices for Alberta natural gas and bodes well for the sector going forward. 3) It will increase Canadian exports and help Asia reduce its dependency on higher-emitting coal.

In addition to LNG Canada, Cedar LNG is constructing a US\$3.4 billion floating LNG

facility with operations to begin as early as 2028; Woodfibre LNG is constructing a natural gas liquefaction and export facility near Squamish; and Rockies LNG Partners is collaborating with the Nisga'a Nation and Western LNG to develop the KsiLisims LNG floating liquefaction project north of Prince Rupert.

While the Canadian energy sector remains heavily

dependent on the U.S. market, the latest news on LNG is part of a recent shift towards Asia that we have been tracking closely.

Oil exports to Asia have jumped following the completion of the Trans Mountain Expansion project.

Since 2019, propane shipments to Japan and South Korea have surged following the completion of export infrastructure at Ridley Island.

# Study shows Virtual MD service effective for patient care

A Primary Care Alberta (PCA) service effectively triages patients, routes patients to appropriate forms of care and keeps Albertans out of emergency departments, according to a new research study.

The study - published in the Canadian Journal of Emergency Medicine - reviewed Virtual MD, a service that refers callers to Health Link 811 to physicians for virtual assessment. The study concludes the Virtual MD service enables patients to access more appropriate levels of care for their healthcare needs.

Since the service launched in 2022, more than half of patients who were assessed by Virtual MD physicians followed through on recommendations to seek primary care, visit an emergency department (ED) or manage their care at home, according to

the study. Patients who were referred to primary care but chose to visit an ED were more likely to present with conditions best addressed by a family physician, demonstrating the appropriateness of the initial primary care advice.

"This research illustrates what our Health Link nurses and physicians see every day: Virtual MD is effectively meeting its primary goal of giving patients an alternative to visiting an emergency department," says Patricia Chambers, Executive Lead of Patient Navigation and System Integration with PCA. "Ensuring Albertans access the right care is good for patients and reduces strain on the healthcare system."

Virtual MD is designed to reduce unnecessary emergency department visits. When Albertans contact Health Link 811, a registered nurse or clinical staff

member provides an assessment to determine whether they're in need of further assessment from a physician. On average,

125 Health Link callers are referred to a physician daily through the Virtual MD program.

Of the first 100,000 patients assessed by a program physician, about half were able to manage their condition at home with self-care. Other patients were referred to other forms of in-person care or follow up that best suited their needs, such as urgent care centres, family medicine practitioners, other community-based programs and emergency departments.

The service - available seven days a week from 6 a.m. to 2 a.m. - involves 90 physicians.

"The virtual option to meet with patients enables us to connect with pockets of Albertans who

may struggle to access these services: those with mobility or transportation issues, individuals in rural areas or those who have limited access to care," says Dr. Genelle Dingeldein, a Virtual MD physician. "We can provide immediate advice in real-time and help patients navigate how to self-manage their symptoms or when to seek higher levels of care when appropriate."

Primary Care Alberta is a made-in-Alberta solution to improve access to the primary care services Albertans rely on. By delivering coordinated services, Primary Care Alberta allows for valued healthcare professionals to do what they do best - care for you. Together, we are creating a future where compassionate, timely and effective healthcare is available to every Albertan at every stage of life.

# HOROSCOPE

**ARIES**

(March 21 - April 20)



Fill your mind with positive and motivational thoughts and you'll be much happier in the long run, Aries. It's easy to focus on negatives, but a change of perspective is liberating.

**TAURUS**

(April 21 - May 21)



It is possible that a lack of energy is affecting your ability to do the things that you normally enjoy, Taurus. Figure out ways to get more rest so you will not lack energy.

**GEMINI**

(May 22 - June 21)



It seems your social skills have been less consistent than in the past, Gemini. Do you have a reason why you have been pulling away from others lately? Get back on track.

**CANCER**

(June 22 - July 22)



Cancer, someone might recommend you for a leadership position and you could be inclined to take it. This is something that is out of your wheelhouse, but you'll make the most of it.

**LEO**

(July 23 - August 23)



Leo, trusting someone else right now is something you might find challenging. It could be because you don't trust your instincts. You'll have to find a way around these feelings.

**VIRGO**

(August 24 - September 22)



Virgo, you haven't been available for some key people, and you'll find they've pulled away. You may miss their presence, but you can mend fences if you hope to.

**LIBRA**

(September 23 - October 23)



Libra, you have been making excuses for someone in your life in the hopes that the relationship could be salvaged. But the other person must make an effort as well.

**SCORPIO**

(October 24 - November 22)



Scorpio, you have been putting your goals aside due to overwhelming circumstances and general procrastination. Now is the time to get things back on schedule.

**SAGITTARIUS**

(Nov. 23 - Dec. 21)



It's time to engage with the activities that you are passionate about, Sagittarius. There is never a "right" opportunity to get things started; you just need to take that first step.

**CAPRICORN**

(Dec. 22 - Jan. 20)



Someone who understands you may enter your life, Capricorn. It may feel like you already know and understand this person, even though you have just met.

**AQUARIUS**

(January 21 - February 18)



It's possible that you might feel stuck with someone in a situation that is not to your liking, Aquarius. You can be a catalyst for change if you start taking action.

**PISCES**

(February 19 - March 20)



You are about to have a eureka moment, Pisces. Everything you have been fretting about will then fall into place. It will be some smooth sailing afterwards.

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