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Vol. 35 No. 31

Canada

Wednesday August 20, 2025

A sister publication to The Review, Redwater, Alberta

Morinville resident loses over 100 pounds, named Alberta TOPS Queen

By Haylee Winger

Losing weight can seem intimidating, especially when you consider that 1 in 4 Canadian adults are obese.

Alberta's obesity rate sits at 28.8%, and obesity is linked to numerous health issues, including heart disease, stroke, type 2 diabetes, and certain types of cancer. But for Joyce Preeper of Morinville, those statistics became personal – and she decided to take control.

Through the support of TOPS (Take Off Pounds Sensibly), a non-profit, non-commercial weight loss, education, and support organization, Joyce lost 109.5 pounds and was named the 2024 TOPS Alberta Queen, a title awarded to the female TOPS member in the province who lost the most weight and reached her goal weight.

In total, Alberta TOPS members lost 7,427 pounds in 2024.

Joyce attributes her success to portion control, regular

exercise, and the encouragement she received from fellow TOPS members.

“Each member accomplished what they had pledged,” she said. “I learned that hunger and fullness are controlled by my mind. If I keep my mind busy, hunger fades.”

Joyce's journey began after she and her husband moved from Nova Scotia to Edmonton as young newlyweds.

“I am 4'11” and got married at 18. I

Continued on page 6



Joyce Preeper before & after achieving significant weight loss, showcasing the results of her dedication and hard work toward a healthier lifestyle.

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Seasonal labour crew members pause for a photo while watering the vibrant community planters at the Morinville entrance sign. Their work helps keep public spaces healthy, colourful, and welcoming throughout the summer, ensuring residents and visitors alike are greeted with a bright burst of blooms. –Town of Morinville photo

Morinville RCMP respond to series of crimes and community events throughout July

By Haylee Winger

July was a busy month for the Morinville RCMP, who responded to a variety of criminal incidents and also took part in several community events across the region.

On July 1, Cpl. Ryan LeMay and Cst. Jason Klipich attended Canada Day celebrations in Morinville, proudly wearing the traditional red serge uniforms.

Just days later, on July 4, officers responded to three residential break-ins in Sandy Beach. A 31-year-old woman from Edmonton was arrested and charged with break and enter, theft, and property damage.

On July 8, police were called to the Alexander First Nation after reports of an intoxicated man throwing rocks at security vehicles. A 38-year-old man was taken into custody and charged with property damage, resisting arrest, and possession of methamphetamine.

Later that day, RCMP responded to suspicious activity on Township Road 572 in Sturgeon County, where two stolen pickup trucks – a 2021 GMC Sierra reported from Grande Prairie and a 2022 GMC Sierra reported from Leduc – were recovered. A 32-year-old man from Barriere, B.C., and a 28-year-old woman from

Sturgeon County were arrested and charged with possession of stolen property, possession of break-in tools, and breaching release conditions.

On July 9, officers investigated suspicious activity near a railyard west of Morinville, where two individuals were caught stealing materials. A 41-year-old man and a 44-year-old woman, both from Edmonton, were arrested. The man faces charges of theft, resisting arrest, break and enter, possession of break-in tools, and breaching release conditions, while the woman was charged with theft, resisting arrest, break and

Continued on page 7

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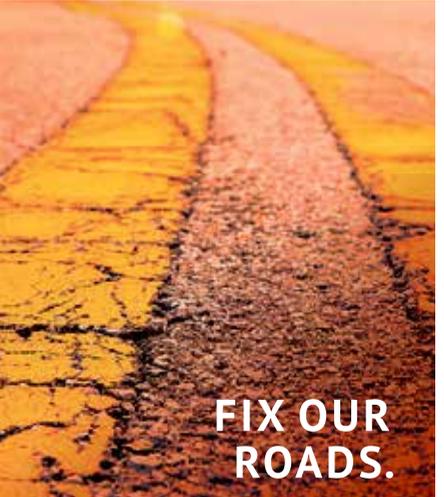
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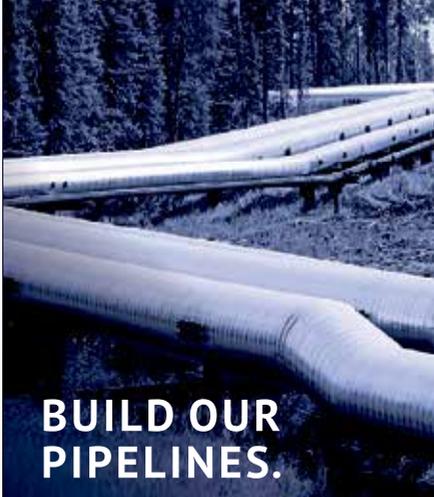


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-Caregiver in Sturgeon County

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In launching a trade war with Canada, Donald Trump has done two things which will outlast the immediate pain of tariffs that make our products more expensive to American businesses and consumers. First, he has destroyed Canadians' confidence and trust in the United States government to honor the deals they negotiate. Once burned, twice shy. Second, he has set in motion a profound reshaping of Canada's economy which can create new opportunities but will surely require sacrifice by all Canadians. This is a challenge we can and must rise up to meet. What he cannot do is destroy the promise of Canada's future. While today the USA is by far the richest country in the world, 95.8% of global population live elsewhere and these consumers also need Canadian resources. We have abundant deposits of oil and gas, minerals, fertilizers, metals, and we sustainably grow food and forests. We must now act to create possibilities for trade with other countries. Warnings about Canada's lagging productivity and need for investments in our transportation system have gone unheeded by governments for too long. Our infrastructure deficit is in full view. There is no question whether we need more pipelines to coastal ports. And with the right policies and regulations, pipeline construction and energy development will attract private investment.

However, roads are owned 100% by governments and taxpayers are on the hook for reconstruction costs as timely repairs continue to be put off. Bridges and roads have a lifespan. Their deterioration is predictable. Good fiscal planning allocates appropriate annual upkeep to extend their useful lifespan and minimize costly replacements. Alberta needs to invest in our road network now to improve the productivity of our resource-based economy. It's not just provincial highways that are falling into poor condition. Alberta's rural municipalities require \$2.29 billion for bridges and \$12 billion to restore local roads*. Highway twinning and interchange construction makes roads safer and improves our economy. It's one of the few things governments can do that provide a return on their ratepayer's investment. For the most part, road materials and labour are found right here in Alberta. Given the crisis we now find ourselves in, we need to be open to all solutions that improve efficiency in the construction and financing of roads. Alberta can and must lead by example. Now is the time to fix our roads, build our pipelines and secure Alberta's future.

Ron Glen
CEO
Alberta Roadbuilders and Heavy Construction Association

* <https://rmaalberta.com/wp-content/uploads/2024/08/08-16-24-RMA-Bridge-Asset-Deficit-Report-At-a-Glance.pdf>

Municipal Election October 20, 2025

Morinville.ca/Election



Interested in being an Election Worker?

We're hiring positions for supervisors, voting station workers and ballot counters.

Apply by September 7 at morinville.ca/careers

Are you registered to vote?

Confirm you're registered to vote to ensure your voting experience is as smooth as possible.

Confirm or register by September 15 at voterlink.ab.ca

Thinking about running for Morinville Council?

Schedule your appointment to submit your Mayor or Councillor nomination papers today!

Email elections@morinville.ca

Nomination deadline is noon on September 22



NOTICE OF PUBLIC HEARINGS

Proposed Land Use Bylaw Amendment-Bylaw Nos. 10/2025 and 11/2025

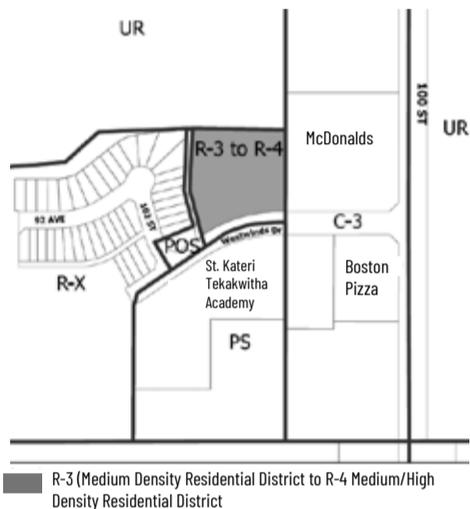
Tuesday, August 26, 2025 at 4 p.m.

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., August 25, 2025 to ensure your submission is added to the agenda package and that you receive instructions to access the video conference; to do so, email legislativeofficer@morinville.ca. Learn more at morinville.ca/speak-before-council & find "Public Hearings." View a copy of the report relating to the Bylaws at www.morinville.ca/councilcalendar and select July 08, 2025, Regular Meeting of Council.

Bylaw 10/2025

Land Use Bylaw Amendment 10/2025 redistricts ~0.957 ha of lands legally described as Plan 2520687; Block 1; Lot 10, located in Westwinds neighborhood, from Medium Density Residential (R-3) to Medium/High Density Residential (R-4) District, to allow higher density residential development creating the opportunity to introduce a variety of housing forms. This proposal aligns with higher-level plans.



Bylaw 11/2025

Land Use Bylaw Amendment 11/2025 reduces the number of direct control districts and redistricts a total of nine (9) properties to standard districts. Text amendments clarify Council's role as the approval authority and include changes regarding provincial election signage regulations.



DC-1 Direct Control General to C5 Neighborhood Commercial DC-3-4 (Site-Specific Direct Control Small Lot Residential to R-X Residential Mixed Form DC-3-6 (Site-Specific Direct Control Duplex and Multi-Unit Residential to R-X Residential Mixed Form DC-2 Direct Control-Special to PS Public and Private Service DC-2 Direct Control-Special to C-2 General Commercial



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NOTICE TO CREDITORS AND CLAIMANTS

Estate of **DANIEL LEONARD DETONNANCOUR**, who died on **May 19, 2025**.

If you have a claim against this Estate, you must file your claim by **September 19**.

with **MARK W. KROCHAK**
at Peterson Krochak
Barristers & Solicitors
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Edmonton, Alberta T5M 3Z7
File #102,652mwk
and provide details of your claim.

If you do not file by the date above, the Estate property can lawfully be distributed without regard to any claim you may have.

Alberta TOPS Queen

Continued from page 1

weighed 98 pounds with a wedding dress size 5. My husband and I were born in Nova Scotia, but the jobs were scarce. His cousin talked him into moving to Edmonton where there was work. We moved into an apartment, and I didn't know the city or anyone. So, I was stuck in the apartment all day until he came home."

Isolated and alone, Joyce turned to food for comfort.

"I found a store below the apartment. Well, I also found something called a Fudgicle.

The ice cream bar was calming as I watched Dr. Kildare.

Each day I could not only have one, but sometimes three or four at one seating."

During a return trip to Nova Scotia after her husband's mother passed away, her friends were shocked at how much her body had changed.

"This little skinny girl had gained large legs. I was always active - biking, walking everywhere."

Years passed, and Joyce's weight continued to fluctuate.

She went through four pregnancies, one ending in miscarriage and one baby dying in utero. She admits that food became her way of dealing with emotional pain.

Later, when her knees needed replacement, a compassionate nurse began seeing her regularly to help her lose weight. At that time, she weighed 261.5 pounds.

She started

exercising at the YMCA with water aqua classes, walking more often, and eventually joined her local TOPS chapter in Morinville.

"Our TOPS group had 60 members. We are eight now - which is better than none."

TOPS helped her stay focused, and her dedication paid off.

Now at her goal weight, Joyce says she's proud of what she accomplished and hopes her story inspires others to take the first step toward a healthier lifestyle.



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2025 MUNICIPAL ELECTION



Sturgeon County is recruiting Municipal Election workers. Hiring is now underway for advance voting days and Election Day.

Apply now at
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 LOCATION 3- 110- 6TH AVE IN BACK ALLEY

DATE: SEPTEMBER 4 THURSDAY EVENING 5 PM

LOCATION NO 1 AT 5 PM

PARKED VEHICLES/TRAILERS/EQUIPMENT *1995 Mountain Aire 40 ft Motor Home w Slide* Chevy Van 30 Vandura Motor Home* Tyler Challenger Skid Steer w forks (All 3 Parked for Some Time)*(Balance of Units require work or used for parts or storage)* 32 ft Pace Arrow M/Home* 22 ft Triple E/M Home* 24 ft Alum Storage Van* Gmc Vanduro 3500 w 14 ft Van* Chevy Van 30 School Bus for Storage* 24' Old Storage Van on 2 Axle Trailer* 28 Ft holiday Trailer* 27 Ft Trailer Frame w 2 axles* 20' GN Trailer w 2 axles* 2005 Ford E450 Super Duty Truck w Sleeper, 20' Deck* 1999 Ram 250 Truck* Good Body Cars But Require Mechanical Work (2004 VW 4 Dr Sedan) (2003 BMW 4Dr w No Keys) (2002 Mercedes Benz 4 Dr)

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LOCATION NO 2 AT 6 PM

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LOCATION NO 3 AT 6:30 PM

53 FT HI WAY DRY VAN *Plus More Misc* Some Building Material * And more

PLEASE NOTE* Georg was a unique and interesting person. He accumulated a lot of items, tools, building materials, and equip that will be interesting to see and maybe buy. The Motorhome and vehicles were vandalized while parked for years but the bodies look good. This will be a very fast paced auction. Buyers will have all of September to remove their purchases.



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PUBLIC HEARING – Variable Speed Limit

Lily Lake Road at Prairie Gardens

Resolution as per the Regulation of Traffic Bylaw 1419/18

Sturgeon County Council requests public input on a Variable Speed Limit proposal.

Sturgeon County is considering a proposal to implement a variable speed limit on Range Road 235 (Lily Lake Road) to address seasonal traffic increases associated with Prairie Gardens. The proposal would authorize a reduced speed limit from 100 km/hr to 80 km/hr on high-traffic days annually between September 1 and October 31. **View the proposal at sturgeoncounty.ca/hearing-1419/**

Public Hearing details

The Public Hearing will be held in person and via videoconference on:

Tuesday, August 26, 2025, at 1 p.m. (or as soon as practical thereafter)

Sturgeon County Council Chambers (9613 100 St. Morinville)

sturgeoncounty.ca/CouncilMeetings

Questions? Contact us!

Tyler McNab
 Planning and Development
 780-939-8342
tmcnab@sturgeoncounty.ca

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 **August 25 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. 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. To view the livestream, click on the meeting date on the calendar, then click on the video link.

Protection of Privacy Act (POPA): By submitting comments on this bylaw, either orally or in writing, the personal information you provide may be recorded in the minutes of the public hearing, or otherwise made public. This information is collected in line with section 4(c) of the Protection of Privacy Act (POPA). If you have questions, contact the Sturgeon County Access and Privacy Advisor at accessandprivacy@sturgeoncounty.ca or 780-939-1306

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Auctions

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Mother-Spanador. Very good guard dogs. Located Radway/Redwater. Call 780-736-2390.

Rentals

DO YOU HAVE LAND RENTAL EXPIRING? Are you looking for a new renter in 2025? We are a mixed hay and grain family farm looking to expand our hay and grain production in the Thorhild/Egermorton areas. Call/text 780-689-6755.

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.

PRIVATE MORTGAGE LENDER. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228; www.firststandsecondmortgages.ca.

Morinville RCMP

Continued from page 2

enter, possession of stolen property, and possession of break-in tools.

Between July 21 and 23, RCMP members took part in the first Youth Emergency Services Academy in Riviere Qui Barre, hosted by Sturgeon County. Officers presented to youth aged 14 to 17 on RCMP specialties, drills, team-building exercises, and physical training.

On July 24, multiple reports of parcel theft and attempted home break-ins were received in Sturgeon Valley. Two suspects - a 28-year-old man from Maskwacis and a 38-year-old man from

Edmonton - were arrested and charged with theft and possession of stolen property.

The next day, July 25, police responded to suspicious activity near a storage facility in Legal. A 37-year-old man from Westlock was arrested and charged with possession of break-in tools.

On July 26, Morinville RCMP participated in the Fête au Village parade in Legal, alongside the RCMP 'K' Division Pipe and Drum Band.

A serious incident occurred on July 29, when an officer conducted a traffic stop at a service station in Gibbons.

The vehicle, later

confirmed stolen from Woodlands County, fled the scene, briefly dragging the officer before crashing.

A sawed-off shotgun, methamphetamine, and fentanyl were recovered. The officer sustained minor injuries. All four occupants were arrested:

- The driver, a 42-year-old man from Onoway, was charged with possession of stolen property, assaulting a police officer, driving while prohibited, drug possession, weapons offences, and breaching release conditions.

- A 34-year-old female passenger from the Alexander First Nation was charged with possession of

stolen property, drug possession, possession of a forged document, and weapons offences.

- A 38-year-old male passenger from Red Deer was charged with possession of stolen property, weapons offences, and breaching release conditions.

- A 42-year-old female passenger from Minburn was charged with possession of stolen property, three counts of breaching release conditions, and weapons offences.

The RCMP continue to encourage the public to report suspicious activity, which plays a critical role in helping prevent and solve crime.

CONTACT FOR:

- SUBMISSIONS
- ADVERTISING
- NEWS
- FLYER INSERTS
- NEWS TIPS

Contact us at 780-222-2016 or email morinvillepress@gmail.com

Train Whistle Cessation

Sturgeon County Council intends to pass a bylaw to provide legislative framework for administering train whistle cessation within the County.

Location Impacted: Range Road 223, the crossing located near Fort Augustus Park Subdivision, Mile 111.8 Vegreville Subdivision.



The process to cease whistling at an-grade crossing is governed by Transport Canada under Grade Crossing Regulations, <https://tc.canada.ca/en/rail-transportation/grade-crossings/apply-stop-train-whistling-public-grade-crossing>



In addition to the federal requirements, Sturgeon County's Whistle Cessation Policy guides the process within the County. The full policy is available on the website: <https://www.sturgeoncounty.ca/file/policy-train-whistle-cessation/>

This notice of intent is one step in the overall process. For the full process refer to the Transport Canada under Grade Crossing Regulations.



Live in or near Bon Accord, Calahoo, Legal, Namao or Redwater?

BECOME A PAID ON-CALL FIREFIGHTER



REQUIREMENTS

- Live within 10 kilometres of the Bon Accord, Calahoo, Legal, Namao or Redwater fire stations.
- Be at least 18 years old.
- Have a valid Class 5 driver's license.

WHAT YOU'LL GET

- Hourly pay starting at \$21.99.
- Benefits, including holiday pay and life insurance.
- Ongoing professional training.
- Uniform and personal protective gear.

Apply by September 1, 2025, at SturgeonCounty.ca/Careers



SOLD

AFFORDABLE FOUR BEDROOM MOBILE!

This mobile home is two single-wides attached to each other, offering over 1200 sq ft of space! The large entry offers a boot closet as well as additional storage and flex space for a dining room, family room, or office. The open concept kitchen has a new island and opens onto the living room and flex room. Down the hall are the bedrooms – a primary bedroom with a TWO PIECE ENSUITE as well as three additional bedrooms sharing a four piece bathroom with new flooring. Outside is a front deck, two storage sheds, and room to park for three vehicles! Lot fees of ONLY \$595/mo and taxes of \$780 for 2025. Easy access to main street Morinville. This mobile home is waiting for you to make it your own! **Only \$60,000. Call Glenn to view.**



THORHILD BUNGALOW

This well built 2+2 bedroom bungalow has all its original vintage decor from 1967 when it was built. It features original mahogany cabinets, doors and trim along with built in decorative shelving. There is a small pantry in the kitchen and a clothes chute from main floor to basement. Basement has a large family room, two bedrooms, cold room and laundry/furnace area. There is roughed in plumbing for a future bathroom in basement as well. Shingles around 10 years old and hot water tank is only a few years old. Newer vinyl plank flooring in kitchen. Large 50'x130' lot with lots of mature trees and perennial flowers, storage shed, and concrete block patio. Move in and upgrade the home to your own personal preferences when you choose to. Located in Thorhild, just under an hour to Edmonton. Thorhild has everything you need including a grocery store, hardware store, dental office, K-9 school, restaurants and even an outdoor swimming pool. **\$169,900. Call Heather to view.**



NEW

3.09 ACRES IN STURGEON COUNTY

Great building site in pinewood estates less than a half hour from Edmonton. **Only \$89,900.** Adjoining lot may also be available **Call Janine at 7803490361 for more info.**



5 BEDROOM 3 BATH BUNGALOW NEAR WESTLOCK

Beautiful 3 acres with 1770 sq ft 2+3 bdrm, 3 bath bungalow with fully finished bsmt and 30'x28' attached heated garage just a few minutes NW of Westlock, about a half hour to St Albert. Home has had substantial upgrades over the past 20 years including siding, soffits, paint, HOT WATER ON DEMAND, high efficiency furnace, wood stove, and back deck. In 2018 CENTRAL AIR CONDITIONING was added along with a GENSET SYSTEM which automatically turns on if the power goes out and powers the whole house and at that time new flooring and a maintenance free front deck were also added. Other features are in floor heating in basement, pantry, 3 pce ensuite with soaker tub, main floor laundry, main floor office, back up sump pump system. Heated garage built in 2016 has 2 floor drains and a handy back porch area for boots and coats. Main floor also has a large flex room and office space. Garden area and raised garden beds, storage sheds, mature trees and view from front deck of a small lake complete this great property. **\$534,900. Call Heather to view.**



COMMERCIAL LOT IN THORHILD

1.24 acres of open land ready to develop into your commercial endeavor. High level land on the outskirts of the Hamlet of Thorhild. Paved road in front, gravel road on one side. Utilities are nearby. Thorhild is a small hamlet with lots of potential for growth and new business. Located approximately an hour NE of Edmonton. **\$59,900. Call Heather for more info.**



REDUCED TO \$375,000

FAMILY HOME IN FORT SASKATCHEWAN

Welcome to over 1900 sq feet of space for your family! The main floor features an open-concept kitchen, dining, and living room with HARDWOOD FLOORS, 2-piece bath and laundry/mud room with access to the double attached garage. Upstairs are the bonus room, two bedrooms, a 4-piece bath, and the primary bedroom with a walk-in closet and 5-piece ensuite including a jacuzzi tub. The unfinished basement is ready for customization to your needs. Walk onto the 18'x14' deck from the dining room to overlook your sunny south facing back yard - with access to a walking trail perfect for dogs, a morning jog, or taking the kids to the nearby playground. **\$375,000. Call Tara to view.**



GLENN FISHER TEAM



REAL ESTATE

Each office independently owned & operated.

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