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Canada

Wednesday September 3, 2025

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

Young adults invited to build confidence and safety skills at upcoming self-defence seminar

By Shelley Winger

For many young adults, the years between 17 and 24 are full of change, independence, and new responsibilities. It's an exciting stage of life, but it also brings new challenges, including navigating unfamiliar environments and situations that can pose personal risks.

To help equip young people with practical tools for confidence and safety, Sturgeon County and the Edmonton Garrison are hosting the Young Adult Personal Safety

and Self-Defence Seminar this fall.

The three-hour seminar will be held on Friday, September 20, from 9:30 a.m. to 12:30 p.m.

It combines discussion and hands-on training, giving participants both the mental awareness and physical skills to protect themselves in real-world situations.

The program is tailored specifically for young adults preparing to leave home, start careers, or enter new communities.

"Self-defence is important for young adults because it

equips them with the skills and confidence needed as they transition into greater independence," said Jennifer Penner, Facilitator of Safe Communities.

"At this stage of life, many are moving away from home, navigating new environments, and taking on responsibilities that can expose them to unfamiliar or risky situations. Learning self-defence provides more than physical techniques; it builds awareness, assertiveness, and preparedness, helping prepare them to recognize and

avoid danger while giving them the tools to respond effectively if necessary. Beyond safety, it instills confidence, allowing them to feel more secure in their daily lives."

The seminar is divided into two main sections. The first portion focuses on discussion-based learning, covering topics such as recognizing danger, understanding and using intuition, managing fear, knowing one's rights and limits in

self-defence, and identifying options when confronted by high-risk individuals.

The second portion moves into physical techniques, giving participants practical skills they can apply immediately.

Attendees will learn how to protect themselves while standing, escape and evade potential attackers, maintain a safe distance using "soft" and "hard" techniques, utilize everyday objects for defence, block incoming

strikes, and deliver basic counter-strikes.

"The mix of discussion and hands-on training is intentional," Penner explained.

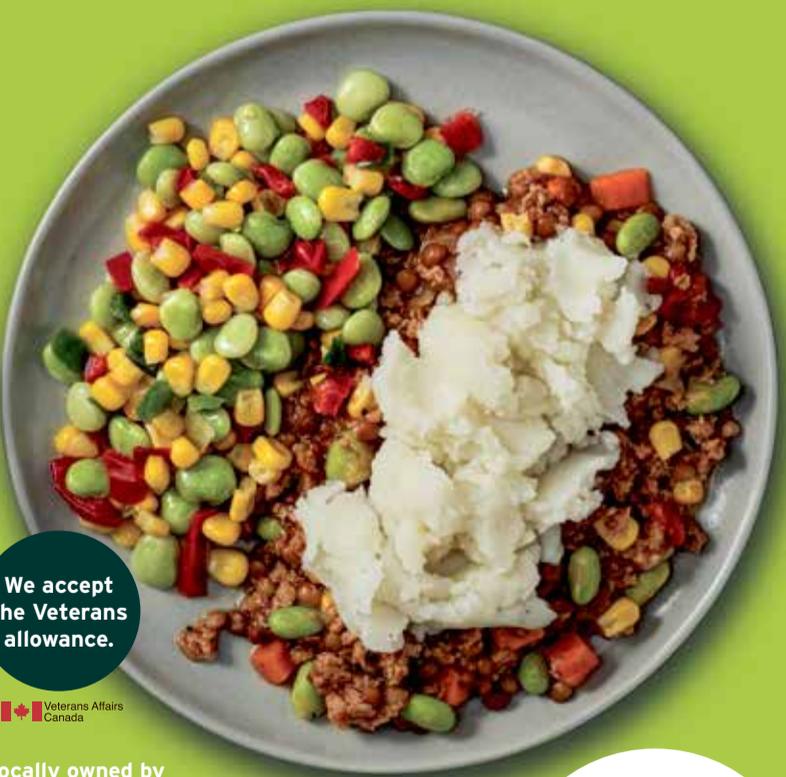
"Our goal is not just to teach physical defence but to help young adults develop awareness, confidence, and preparedness they can carry into everyday life."

To provide the training, organizers partnered with Tip of Spear, a school specializing in Krav Maga.

Continued on page 4

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Harvest Days appreciation

Press Release
 Town of Bon Accord

The Town of Bon Accord would like to acknowledge the months of coordination, creativity, planning, and dedication that made the 2025 Harvest Days event nothing short of amazing!

A heartfelt thank you to everyone who contributed to the success of this year's parade.

With 45 entries filling our streets with colour, music, and community spirit, it was truly an awesome celebration.

Many thanks to

Minister Dale Nally and team for providing complementary post-parade hamburgers.

This year's success was made possible through our collaboration with the Bon Accord & District Agricultural Society and other community groups whose partnership and support helped bring the event to life and strengthen the community celebration.

The Town would also like to recognize the contributions of staff from Public Works, Parks/Arena, Community Services, and all

supporting staff whose behind-the-scenes efforts help make the Harvest Days 2025 event a big success.

"Awesome weekend! I spent most of the weekend at Harvest Days, which was the best in many years. There were many positive comments from residents and visitors alike about the parade, fireworks, location, and activities. Thank you to the Ag Society and all involved in making this weekend a huge success!" - Mayor Brian Holden



Morinville Boston Pizza hosts second successful Open Mic Night

By Haylee Winger

Morinville Boston Pizza is quickly becoming a local hotspot for live music, thanks to the launch of its new open mic nights.

The first event, held on July 19, gave local performers a chance to step up to the mic and share their talent in front of a supportive and enthusiastic crowd.

Throughout the night, musicians took turns performing – some playing original songs, others covering well-known tunes. People brought their instruments, their voices, and plenty of energy.



It didn't take long for the room to fill with applause, laughter, and community spirit.

"We were honestly in a state of shock," said staff at Morinville Boston Pizza.

"The very first open mic was an absolute success. The amount of talent in our community has left us

speechless. Thank you to everyone who came out and supported us and our community."

After such a strong start, the restaurant followed up with its second open mic night on August 28, hosted by Son of Clark. Once again, the turnout was great, with performers and

guests filling the space with music and positive vibes.

The event is open to anyone who wants to participate, whether you're a seasoned performer or just looking to try something new in a laid-back setting. From live music to great food and a welcoming crowd, it's quickly becoming a favourite way to spend an evening in Morinville.

Morinville Boston Pizza plans to continue hosting open mic nights and invites the community to stay connected through their Facebook and Instagram pages for updates on future events.



Morinville Boston Pizza photos

Alberta RCMP gives tips to curb mail theft and encourages Albertans to subscribe to RAVE

Your Alberta RCMP is giving tips to help prevent mail theft and is encouraging Albertans to subscribe to RAVE.

In order to curb mail theft, consider the following tips:

- **Install a locking mailbox.** A locked mailbox can help perturb thieves from taking your mail.

- **Collect mail promptly.** Don't let mail accumulate in your mailbox. Pick it up as soon as possible after delivery.

- **Consider a package delivery box.** These boxes provide a secure place for packages, reducing the risk of theft from your doorstep.

- **Or sign for deliveries.** If expecting a package, choose a shipping option that requires a signature.

- **Secure your mailbox.** Ensure your

mailbox is securely attached to your property and not easily accessible to thieves.

- **Advise neighbours.** Let your neighbours know when you're going away. Have a trusted neighbour collect your mail or have your mail delivery suspended for that period.

- **Shred mail.** Shred any mail that contains personal or financial details.

Along with giving tips to help prevent mail theft, this August your Alberta RCMP is reminding community members of the benefits of RAVE Mobile Safety, the mass notification system that allows the Alberta RCMP to fanout real-time information.

Continued on page 4



NOTICE OF NOMINATION DAY

Form 3

Local Authorities Election Act (Section 26)

LOCAL JURISDICTION: TOWN OF MORINVILLE, PROVINCE OF ALBERTA

Notice is hereby given that Nomination Day is September 22, 2025 and that nominations for the election of candidates for the following offices will be received at the location of the local jurisdiction office set out below within the period beginning on January 1, 2025 and ending at 12:00 noon on Nomination Day.

Office(s)	Number of Vacancies
Mayor	1
Councillor	6

Location (Address) of Local Jurisdiction Office:
10125 - 100 Avenue, Civic Hall, 2nd Floor, Morinville, Alberta, T8R 1L6

DATED at the Town of Morinville, in the Province of Alberta, this 3rd day of September 2025.

Rachelle Gilbert
Returning Officer



For more information visit:
www.morinville.ca

Applications accepted until September 30, 2025

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2025 OPENINGS			
Board/Committee	Frequency	Term	Vacancies
Community Services Advisory Committee	Monthly	3 years	2 public members
Morinville Policing Committee	4-6 times per year	2 to 3 years	4 public members
Morinville Public Library	Monthly	3 years	4 public members
Subdivision and Development Appeal Board	As needed	2 years	3 public members

For details and to submit your application, scan QR code or visit: engagemorinville.ca

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This October, we elect 7 Trustees to lead Sturgeon Public Schools. Could one of them be you?

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Important Details

- ✔ Nominate yourself before 12:00 PM on Sept. 22/2025
- ✔ Election Day is **Oct 20, 2025**
- ✔ Trustees receive **\$22K–\$23K/year** + expenses + PD opportunities + benefits
- ✔ You *don't* need to be an educator — just someone who cares about public education

Next Steps

To access forms and learn more, head to:
<https://www.sturgeon.ab.ca/board/trustee-elections-2025>

Questions? Email: corporate.services@sturgeon.ab.ca



Self-defence seminar
Continued from page 1

Krav Maga is a self-defence system developed in Israel that emphasizes practical, real-world techniques and rapid response. Unlike traditional martial arts, it focuses on instinctive movements, adaptability, and handling high-pressure situations, making it highly effective for everyday personal safety.

Tip of Spear brings a wealth of experience to the seminar. Its instructors include professionals who have trained law

enforcement and military personnel, and they follow proven methods to develop both physical skills and mental readiness in their students.

The school emphasizes confidence, situational awareness, and the ability to respond effectively under pressure.

“Tip of Spear was selected to provide this training because it offers Krav Maga, a practical, effective, and reputable system designed for real-world situations,” Penner said.

“Their instructors ensure participants not only learn

how to defend themselves physically but also gain confidence, awareness, and mental readiness to handle unexpected situations.”

The need for such programs is clear. Many young adults report feeling vulnerable when living independently for the first time, traveling, or starting new jobs.

Programs that teach situational awareness, assertiveness, and physical defence provide peace of mind for both participants and their families.

“The broader purpose of self-defence training is confidence,” Penner emphasized.

“It allows young adults to feel more secure in their daily lives, knowing they have the tools to recognize, avoid, and, if necessary, respond to danger.”

The Young Adult Personal Safety and Self-Defence Seminar is open to anyone aged 17 to 24.

Registration is available through www.sturgeoncounty.ca/programs, and spaces are limited.

Organizers encourage early registration to ensure a spot in this empowering session.



Dale Nally, MLA for Morinville-St. Albert, gives a thumbs-up alongside a customer at the A&W Morinville drive-thru during Burgers to Beat MS Day. The annual fundraiser brings together communities across Canada to raise awareness and funds in support of people living with multiple sclerosis. Each year, A&W restaurants step up to make a difference, with proceeds from every Teen Burger sold going toward research, support programs, and hope for the thousands of Albertans affected by MS. – Dale Nally MLA photo

RAVE

Continued from page 2

Information given from RAVE includes ongoing crimes, traffic advisories, and missing people, as well as information on current crime trends and preventative measures community members can take to protect themselves and their property.

Invitations to community presentations

are also provided through the platform.

You can sign up for RAVE notifications for any RCMP jurisdiction here: <https://www.getrave.ca/smart911/ref/login.action?pa=Crime-WatchAdvisoryAB>

If you see something suspicious, report it to your local police service. If you see a crime in progress, call 911.

If you wish to remain anonymous,

you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com or by using the “P3 Tips” app available through the Apple App or Google Play Store.

For more information on RAVE and preventing mail theft, please follow us on Facebook @RCMPinAlberta, X @RCMPAlberta, and on YouTube @RCMP-GRC Alberta.

YOUNG ADULT PERSONAL SAFETY AND SELF-DEFENSE SEMINAR

September 20
9:30AM - 12:30PM

If you're between the ages of 17 and 24, don't miss out on the upcoming Young Adult Personal Safety and Self-Defence Seminar, a joint initiative by Sturgeon County and the Edmonton Garrison. Register now at www.sturgeoncounty.ca/programs

Rock the Rails Inspired Energy, Creativity, and Connection

Rock the Rails proved to be a tremendous success, with gratitude extended to all who attended and contributed their enthusiasm.

The event's Presenting Sponsor, Linda Getzlaf-RE/MAX Real Estate, received special recognition for her support.

Acknowledgement was also extended to the Community Partner, Kickstand,



for participating and sharing the important work they carried out in providing free

youth mental health services.

The organizers expressed appreciation to the event donors:

- Wolf Creek Building Supplies, for ensuring the artists had sufficient spray paint.

- Game OVR, for donating one of the many prizes awarded.

Finally, appreciation was extended to the attendees, whose participation and spirit truly defined the success of Rock the Rails.



Town of Morinville Photos

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Morinville.ca/Election



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Are you registered to vote?

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Paying the cost: Obstacles facing Alberta businesses heading into the fall

By Rob Roach, ATB ECONOMICS

Costs remain top of mind for Alberta businesses, according to a recent survey.

Conducted from July 2 to August 6, 2025, the latest results from the Canadian Survey on Business Conditions indicate that half of

the Alberta respondents think inflation will be an obstacle for their business or organization over the next three months with a fifth identifying it as the most challenging obstacle.

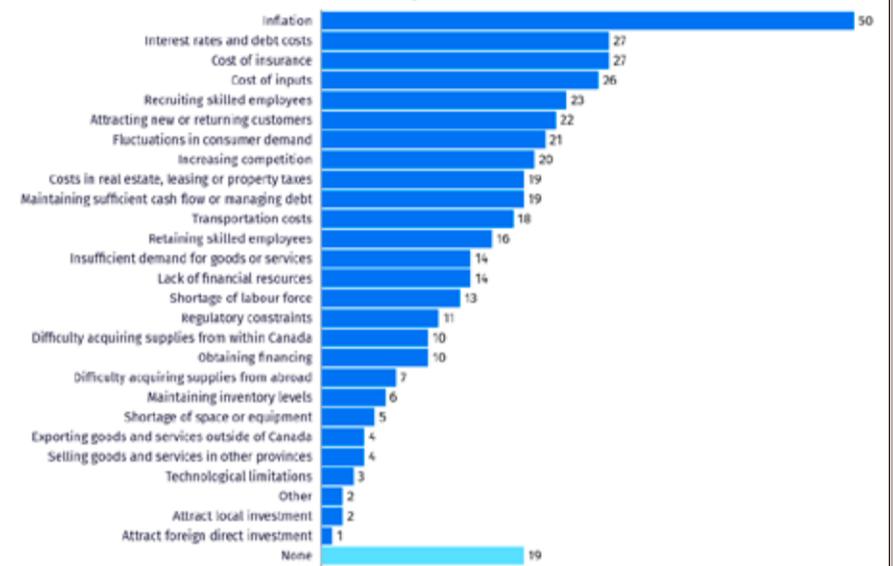
Combining the cost-related obstacles* together, about two-thirds of Alberta respondents say costs

will be an obstacle over the next three months (it was 70% the previous quarter) with a third citing a cost-related issue as the most challenging obstacle they are facing.

The concern over inflation and the cost of doing business

Continued on page 8

Obstacles expected by the business or organization over the next three months, % of Alberta respondents



The results in this chart are based on the survey that was in collection from July 2 to August 6, 2025. Source: Statistics Canada, Canadian Survey on Business Conditions, third quarter of 2025 (Table 33-10-1019-01) and ATB Economics

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Paying the cost

Continued from page 7

may, at first glance, seem odd given that the headline inflation rate in Alberta has averaged just 2% (year-over-year) since January.

It makes more sense when you consider that the inflation rate we hear about refers to a basket of specific consumer goods and services rather than the things for which businesses tend to pay such as machinery, chemicals and packaging materials. One measure of the latter is the Industrial Product Price Index which has increased by an average of 3.3% (year-over-year) since January.

And, as is the case with consumer inflation, past spikes in

operating costs (the monthly Industrial Product Price Index grew by an average of 13.4% in 2021 and 2022) mean that today's prices are much higher than a few years ago even though the rate of increase has slowed.

How much of the concern regarding costs is related to tariffs is hard to determine, but the survey did find that 4 in 10 Alberta businesses say the U.S. tariffs are having a negative impact on them and the same number say the Canadian tariffs are having a negative impact.

Also interesting is the share of businesses worried about labour availability with about a third of Alberta respondents citing this an obstacle

over the coming three months.

Recruiting/retaining skilled employees was cited by 9% of Alberta respondents as their most challenging obstacle. If we add in the "shortage of labour force" obstacle, this rises to 13%. This suggests that finding workers with the right skills, in the right place and willing to take the job on offer, remains an issue despite the upward trajectory of unemployment in Alberta and the country as a whole.

**Cost-related obstacles consist of inflation; cost of inputs; interest rates and debt costs; cost of insurance; cost of real estate, leasing or property taxes; and transportation costs.*

HOROSCOPE

ARIES

Mar 21/Apr 20



You're feeling bold this week, Aries. Use a surge of energy to speak out about something that needs to be said. Be mindful of how others may receive it.

TAURUS

Apr 21/May 21



Stability and home life are in the spotlight, Taurus. You may be called to handle something domestic or financial. Use your natural patience to avoid impulsive decisions.

GEMINI

May 22/June 21



Gemini, conversations will flow with ease this week, and you'll be a magnet for interesting ideas. If you have been waiting to pitch an idea, do it right now.

CANCER

June 22/July 22



Cancer, you may assess your value right now, both financially and emotionally. An important decision requires you to have a level head. It's a great week to update a budget.

LEO

July 23/Aug 23



This week invites you to step into the spotlight, Leo. This is just where you like to be. Don't be afraid to own your power and reveal something personal to friends and family.

VIRGO

Aug 24/Sept 22



Virgo, you are more introspective than usual. Take time to reflect and recharge this week. Old memories or unfinished business might resurface and you have to face it head on.

HOROSCOPE

LIBRA

Sept 23/Oct 23



Your social life picks up, and someone in your network may present a useful opportunity. Be open to collaboration, Libra. Just don't say yes to too many things at once.

SCORPIO

Oct 24/Nov 22



Currently your ambition is in focus and others are noticing, Scorpio. A professional opportunity may come your way, but don't rush the details. Trust your intuition when negotiating.

SAGITTARIUS

Nov 23/Dec 21



You are craving inspiration and something new, Sagittarius. This is the week to explore new ideas, travel or study something interesting. A philosophical discussion might come up.

CAPRICORN

Dec 22/Jan 20



Capricorn, change is in the air whether you invite it or it finds you. Emotional matters may require some extra attention right now.

AQUARIUS

Jan 21/Feb 18



Aquarius, all of your partnerships are going smoothly right now. You may need to readjust your expectations to reflect your productivity. A turning point comes into play midweek.

PISCES

Feb 19/Mar 20



Think about looking at your daily habits, Pisces. Figure out if anything needs to be tweaked. You need to take care of yourself and prioritize your health.



TWO 3.09 ACRES ADJOINS EACH OTHER IN STURGEON COUNTY

Great building site in pinewood estates less than a half hour from Edmonton. **Asking \$89,900 for one lot and \$94,900 for the adjoining lot. Call Janine at 7803490361 for more info.**



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.**



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.**



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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