

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

Morinville Adopt A Family continues to grow through community generosity

By Shelley Winger

The Morinville Adopt A Family Foundation has become one of the region's most trusted and heartfelt community initiatives, but its beginnings were far more modest.

In 2012, two members of the Morinville Marvelous Moms group set out to quietly help two local families who were struggling during the Christmas season.

What they didn't expect was the response that followed. Word spread quickly within the group, donations poured in, and by the time the

holidays arrived, 13 families had been fully supported.

That early surge of generosity set the tone for what would grow into a major annual campaign.

More than a decade later, the foundation is still entirely run by volunteers, yet it now serves between 80 and 90 families every year. Its reach has expanded well beyond Morinville, supporting households across Legal, Bon Accord, Gibbons, Redwater and the wider Sturgeon County area. Despite the growth, the heart of the program has stayed the same: community



Morinville Adopt A Family photo

members helping their neighbours with dignity, compassion and respect.

The mission of Adopt A Family is to

ensure no local family is left without the essentials and comforts that make the holiday season special.

Volunteers work

closely with each family to understand their circumstances and tailor the support to their needs.

Hampers typically

include a turkey or ham, non-perishable food to last one or two weeks, and grocery

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The U18 Karch team capped off a strong season with a tight-knit group of athletes who showed steady development from start to finish. The boys worked hard, supported each other, and demonstrated real growth on and off the ice. - Morinville Youth Basketball photo

Sturgeon Public Schools becomes first division in Western Canada to partner with Unplugged Canada

Sturgeon Public Schools press release

Sturgeon Public Schools is proud to be the first school division in Western Canada to partner with Unplugged Canada, a parent-driven movement encouraging families to delay giving children personal smartphones until at least age 14.

This partnership

supports the Division's ongoing commitment to student well-being and balanced technology use.

While digital learning tools play an important role in classrooms, research shows that early smartphone and social media access can negatively affect children's mental health and relationships.

"By connecting

our families to the Unplugged Canada Pledge, we are helping parents start important conversations about when and how their children engage with smartphones," said Shawna Warren, Superintendent of Sturgeon Public Schools.

"The four foundational harms of social

Continued on **page 2**

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Morinville to end annual pet licensing in 2026

Visible ID tags and clear ownership rules to guide updated bylaw

By Haylee Winger

Morinville will discontinue annual cat and dog licensing beginning January 1, 2026, as part of a series of amendments to the Responsible Pet Ownership Bylaw approved by Council on August 26, 2025. Under the new rules, pet owners will no longer be required to purchase municipal

licences or licence tags. Instead, all cats and dogs must wear a visible identification tag displaying the owner's current phone number and/or address. Town officials say the shift is designed to simplify requirements for residents while ensuring lost animals can be quickly reunited with their families. The Town continues

to strongly recommend microchipping as a permanent and secure means of identification.

The updated bylaw also reinforces expectations for responsible pet ownership.

Dog owners must ensure their pets:

- Are leashed while on public property, unless inside a designated off-leash area.
- Stay out of

playgrounds, splash parks and any areas marked with "no dog" signage.

- Do not excessively bark, howl or make noise that disturbs others.

- Are cleaned up after at all times. Owners must carry a bag or other suitable means for waste removal, and Peace Officers may request to see it. Waste-disposal

bags are also available along community trails.

Cat owners must keep their pets leashed while on public property. Cats found roaming at large may be impounded by residents or Peace Officers, and fines or fees may apply.

"Clear and accurate identification is one of the most effective tools for returning lost

pets to their owners," said Sergeant William Norton, Supervisor of Enforcement Services. "These changes allow us to focus more on education and community safety while continuing to support responsible pet ownership."

Municipal pet licences and licence tags will remain available only until December 31, 2025.

RCMP

ROYAL CANADIAN MOUNTED POLICE



Morinville RCMP Weekly Round-Up

Morinville RCMP members responded to several calls for service throughout the week (November 17 to November 23, 2025):

- Morinville RCMP members responded to 148 calls for service this past week.
- Morinville RCMP recovered a stolen truck that was reported missing from Morinville, vehicle recovered, and two parties arrested and charged within two hours.
- Morinville RCMP members conducted traffic stops resulting in five impaired drivers arrested and charged, two drivers with warrants, 1 charged with mischief and causing a disturbance, and a cocaine seizure.
- Morinville RCMP investigated the theft of a Trailer. A Black 2006 Trail Tech Dump trailer.

Alberta licence plate 4GN569, that was stolen from the area of Sturgeon County, AB. The identity of the suspects remains unknown, and the trailer has not been recovered as of yet.

Morinville RCMP remains committed to ensuring the safety of our communities through proactive patrols and enforcement.

Do not attempt to interrupt a crime in progress or approach any suspicious person(s) or vehicle(s).

Call 911 for any activity in progress and mention the call is in response to a RAVE alert. For events that are not in progress, call 1-833-547-RAVE. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com.

Morinville RCMP respond to fatal motor vehicle collision

On November 26, at 6:50 a.m. Morinville RCMP responded to a serious motor vehicle collision at the intersection of Highway 28 and Highway 642. Upon arrival, the driver and sole occupant of one of the vehicles, a 54-year-old male resident of Sturgeon County, was deceased.

The driver of the other vehicle, a semi, was taken to hospital with serious non-life-threatening injuries.

Police remained on scene for several hours investigating.

The Highway is now open and normal traffic flow has returned.

Initial reports indicate that fog was heavy at the time of the collision and may have been a contributing factor.

The Alberta RCMP would like to extend our sincerest condolences to the family, friends and loved ones of the deceased.

SPS

Continued from page 1

media, including social deprivation, sleep deprivation, attention fragmentation and addiction are real and growing. Our goal is to support our families in setting healthy limits and safeguarding the wellbeing of our students."

Participation in the initiative is entirely voluntary. When five or more families in the same school and grade sign the pledge,

it "activates," creating a small network of parents who can connect and support one another.

Children's names are never shared - only parent names are used for community building.

About Unplugged Canada

Unplugged Canada is a grassroots non-profit founded by Jeny Perez that encourages families to delay smartphones until at least age 14.

The movement draws on research, including work by social psychologist Jonathan Haidt (The Anxious Generation, 2024), linking early smartphone use with increased rates of anxiety, depression, and loneliness among youth.

Learn More and Join the Movement

Families can explore resources and sign the pledge at <https://www.sturgeon.ab.ca/division/unplugged>.

Senior girls volleyball season wrap-up

The Morinville Community High School senior girls volleyball team wrapped up a wonderful season, finishing strong at Zones, where they fell in the bronze-medal match in three hard-fought sets.

Special recognition went to the Grade 12 players - Gracie Staver, Ryder Trembecky, Alyssa Rivard, and Ashley Kitzen - who had been part of the Senior team since Grade 10.

Coaches and supporters said it had

been a pleasure watching the athletes grow not only in their volleyball skills but also as leaders on and off the court. They expressed their gratitude for the many special memories the players created over the past three years.



Morinville Community High School photo

Your career ad at www.morinvillepress.com

Canada's hedge: The LNG story

By Carol Kamel
ATB ECONOMICS

In Economics 101, you learn the difference between being a price setter and a price taker. For decades, the Canadian natural gas sector has been the textbook definition of the latter.

Despite being the world's fourth-largest producer of natural gas, we lacked meaningful access to global markets.

Without this access, our customer base was essentially limited to domestic users and the United States.

This dynamic has often led to a steep discount on prices relative to international benchmarks and U.S. prices over and above differences due to transportation costs.

Compounding the problem, Canadian producers have

added both material gas production and reserves in advance of the LNG Canada start-up, which has led to a material local gas storage inventory build.

However, with liquified natural gas (LNG) exports growing, with one project operational and four other export facilities in the works (in addition to LNG Canada Phase 2), this dynamic may be shifting.

How did we get here?

The Canadian natural gas sector has some structural weaknesses. As mentioned, without access to global markets, the only external customer was the U.S.

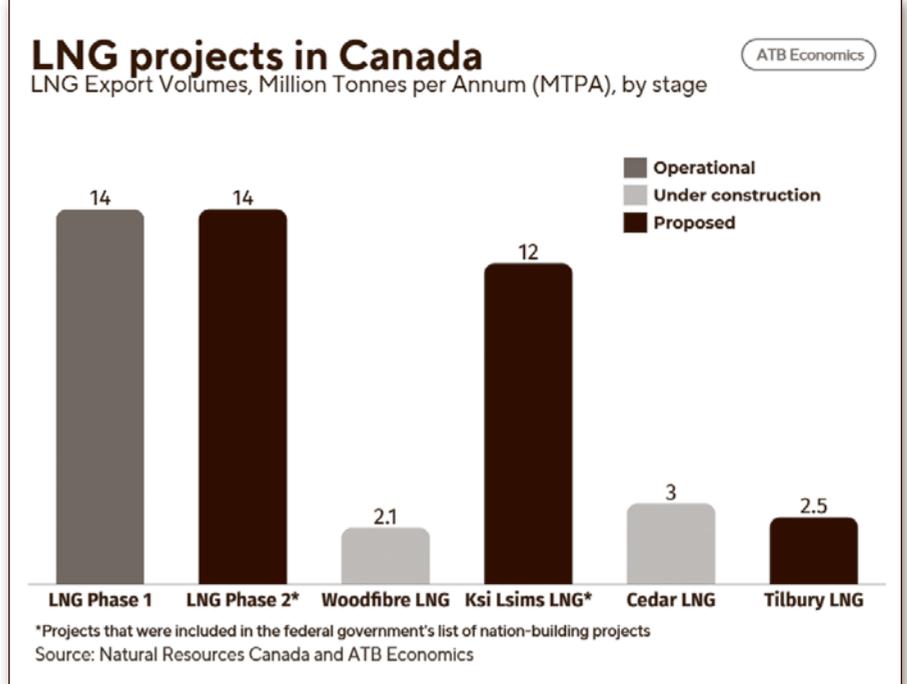
When U.S. shale production surged at the end of August, it displaced a large amount of Canadian gas and pushed down the realized price of

our exports.

Domestic constraints have made the discount larger. Alberta and British Columbia account for 60% and 39% of the nation's natural gas output, respectively. Despite this lion's share, Western Canada's pipeline system has experienced recurring congestion, especially during maintenance periods and shoulder seasons.

When gas can't move out of the region, oversupply builds, and local prices fall (sometimes into negative territory!).

For reference, we are entering this winter season with 558 billion cubic feet (Bcf) stored. That said, the Canadian benchmark price for natural gas, AECO, has rebounded from the several days of negative pricing in September to



seasonal highs (still about a ~\$1 discount to Henry Hub, the American natural gas pricing benchmark).

Is Canada too late to the game?

Currently the U.S., Qatar, and Australia dominate the LNG landscape, with an expected 10,594 Bcf per year of LNG export capacity (a record) set to be added by 2030, largely driven by capacity additions in the U.S. and Qatar.

Given this reality,

the natural question that follows is how can Canada gain market share in an industry with established market participants and expected increased supply?

Rather than be discouraged, the presence of established players underscores the need for diversification in an increasingly protectionist global economy.

Canada's distinct advantages position it to capture market share despite

rising supply and competition.

What is Canada's value proposition?

Canada's colder climate, which makes LNG liquefaction less energy-intensive (to liquefy natural gas it needs to be cooled to -162°C), Kitimat's (location of LNG Canada Phase 1) average temperature of ~7°C compares favourably to the U.S. Gulf Coast (~22°C).

LNG Canada's Kitimat facility is

Continued on page 7

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Golden Gems celebrate 50 years of community and friendship

By Haylee Winger

The Bon Accord Golden Gems marked their 50th anniversary on Saturday, November 22, with a packed celebration at the Jewel Box seniors' facility.

The event featured speeches from **Dale Nally, MLA for Morinville-St. Albert**, who presented a Commemorative

Scroll; **Mayor Brian Holden**; and **Golden Gems President Tom Strawson**.

Strawson shared a congratulatory message and displayed a certificate on behalf of **Michael Cooper, MP for St. Albert-Sturgeon River**, who was unable to attend.

He recognized long-standing members **Roseann Lewis,**

Jean Storey, Phyllis Jensen, Eldon Samis, and Pat Sauriol.

Reflecting on the club's achievements over the decades, Strawson spoke of the construction and upgrades of the Jewel Box and the wide variety of activities offered, including busing, card games, pool, shuffleboard, exercise, crafts, and social events such as suppers and entertainment.

He also shared memorable moments from outings, games, and community collaborations during Harvest Days, parades, and other festive gatherings.

He extended special thanks to past executives and organizers, including Jean Storey, Roy and Mary Woodburn, Eldon Samis, Pam Zemalak, Claude and Sharron Blais, Rob and Mary

Lane, Roseann Lewis, Phyllis, Ann, Shannon Loeh, Anna, and Brenda.

Mayor Holden, also a member of the Golden Gems, said, "It is a tremendous honour today as we celebrate this significant milestone- Golden Jubilee of Golden Gems." He spoke about the dedication of members past and present, noting that the club has built a strong and vibrant community over the past fifty years.

He added, "From sharing activities and trips to quiet conversations and mutual support during tough times, the bonds forged here are a true testament to the power of community. You have demonstrated resilience, mutual growth and a genuine commitment to supporting one another through

Continued on **page 7**



Speaking at the event, Dale Nally, MLA Morinville-St Albert, Brian Holden Mayor Bon Accord, Golden Gems President Tom Strawson. - **Photo by Lucie Roy**



Dale Nally MLA Morinville-St. Albert, Brian Holden, Mayor Bon Accord and President of the Golden Gems and emcee Tom Strawson look on as senior member Roseann Lewis cuts the cake. Lewis also celebrated her 98th birthday that same day. - **Photo by Lucie Roy**



Three of the five senior members of the Golden Gems; Phyllis Jensen, Jean Storey and Roseann Lewis. Absent Eldon Samis and Pat Sauriol. - **Photo by Lucie Roy**



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Adopt A Family Foundation

Continued from page 1

gift cards that allow families to choose the fresh items they prefer.

Gifts are selected and wrapped for children and teens, but the program also makes sure parents receive something of their own.

Toiletries, household basics and cleaning products are included, and even family pets are considered when possible.

Organizers say the goal is to remove as much stress as they can for people who are already carrying more than their share.

For families needing assistance, the

process has become more streamlined through a partnership with Morinville FCSS.

Residents can now apply for holiday relief through FCSS, who will then work with Adopt A Family and the Midstream Santa Store to determine which program is the best match.

Once the assessment is complete, families receive details about the pick-up of their hampers or gifts.

Applications for this year's program are now open and can be downloaded from the FCSS "Contact Us" page.

Completed forms can be submitted by email to FCSS@morinville.ca.

Organizers say the

campaign has supported more than 2,000 individuals over the past decade, and its continued success relies entirely on the strength of the community behind it.

Residents can get involved in many ways, whether by hosting a donation collection box, contributing gifts or gift cards, offering monetary support, running a fundraiser or volunteering to help with hamper delivery.

One of the most meaningful ways to get involved remains adopting a family, where donors are matched directly with a household and given guidance on how to meet their needs.

Volunteers describe the program as "love

color



Morinville Adopt A Family photo

in action," a simple phrase that has come to represent the spirit of the community.

Each year, the generosity shown by residents reminds

struggling families that they are not alone, that their neighbours care, and that the holidays can still hold warmth even during difficult

times. For those wishing to support or learn more, inquiries about adopting a family can be sent to morinvilleAFF@gmail.com.

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Meeting schedule is subject to change. Members of the public are welcome to observe or listen in. For teleconference details and links to the livestream, click on the meetings notice in the following locations:

- Council Meetings:** SturgeonCounty.ca/CouncilMeetings
- Board and Committee Meetings:** SturgeonCounty.ca/Boards
- Public Hearings:** SturgeonCounty.ca/Notices

| | | |
|--|---------------|---------------|
| Subdivision and Development Appeal Board | Dec 2 | 2:00 PM |
| Youth Advisory Meeting | Dec 3 | 6:00 PM |
| Regular Council/Committee of the Whole | Dec 9 | 9:00 AM |
| Sand and Gravel Advisory Committee | Dec 15 | 9:00 AM |
| Subdivision and Development Appeal Board Hearing | Dec 16 | 2:00 PM |
| <i>Holiday Closure</i> | <i>Dec 24</i> | <i>Closed</i> |
| <i>Holiday Closure</i> | <i>Dec 25</i> | <i>Closed</i> |
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Kids Christmas Shop coming to Morinville Christmas Market on December 7

By Haylee Winger

Children in the community will have a special opportunity to experience the joy of holiday giving at the **Kids Christmas**

Shop, set for December 7 at the Morinville Community Cultural Centre.

The event runs from **11 a.m. to 4 p.m.** and pairs each child with a volunteer to help

choose and wrap a gift for a family member.

Each gift costs **\$5**, and payment is **cash only**, keeping the experience both affordable and meaningful.

Families are asked

to register in advance to ensure there are enough gifts for every participant. Registration is available through the Morinville & District Chamber of Commerce at

www.morinville-chamber.com.

The Kids Christmas Shop will take place during the Christmas Market, which runs from 10 a.m. to 4 p.m. on December 7.

Organizers hope the event will give young shoppers a memorable way to take part in the holiday season while creating lasting family memories.



Vendors' tables were set up and filled with holiday goods at the Christmas Market on November 23. - **Morinville Farmers' Market photo**

What to ask before renewing your mortgage this year

(NC) Roughly 1.2 million Canadian mortgages are up for renewal in 2025, according to the Canada Mortgage and Housing Corporation (CMHC).

85 per cent of these mortgages were opened when the Bank of Canada's key lending rate was at or below one per cent.

As many Canadians prepare to renew in a higher-rate environment, a recent survey found that more than a quarter of respondents don't have a strong understanding of how to make their mortgage more affordable.

Here are some questions to think about if your mortgage is up for renewal this year:

Should I choose fixed or variable?

A closer look at your financial situation and any changes to your income can

help you determine which type of interest rate is best for you ahead of renewal.

If you're carrying a lot of debt or your income is inconsistent, a fixed rate mortgage could be a good fit. A fixed interest rate won't change throughout the term of the mortgage, and neither will the payments.

"It really comes down to the amount of flexibility in your debt service ability," says Gino Caputo, a senior real estate lending VP at TD. "But if a homeowner has increased their income, they might be open to choosing a variable rate mortgage and managing higher monthly payments or a longer amortization period if interest rates go up in the future."

Am I interested in a mortgage renewal or refinance?

Renewing a mortgage isn't the only option. If you're looking to access more funds

from the equity in your home, or thinking about consolidating debts, you might choose to refinance your mortgage instead of renewing it.

If you're planning to sell the home soon, it could mean choosing a shorter term and an open mortgage. Having flexibility with your mortgage products can be important when considering a sale.

When should I ask for advice on my mortgage renewal?

To access trusted advice about mortgage costs, be proactive, start early and don't leave the process until the last minute.

It's a good idea to reach out to your bank or other lenders six months in advance to start the discussion, take stock of your personal circumstances and help inform your decision-making.



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LNG
Continued from page 3
expected to produce LNG with the least CO2 per tonne of LNG produced in the world.

Shipping logistics offer another advantage. Global demand for LNG is forecast to rise around 60% by 2040, largely driven by economic growth in Asia as countries seek to reduce their reliance on coal by switching to natural gas, the cleanest burning fossil fuel.

Canada's West

Coast can deliver LNG to Asia in about 11 days, roughly half the time needed for the U.S. Gulf Coast shipments.

This shorter route avoids major chokepoints such as the Panama Canal, Cape of Good Hope, Strait of Hormuz, and the Suez Canal that other LNG exporters can't avoid.

LNG provides the opportunity for Canada to not be shackled to a single export market and slowly chip away at the

structural issues in the Canadian natural gas sector.

It may take time to realize the full scope of benefits that come with LNG Canada Phase 1 and the other potential projects in the country and a venture like this does not come without its own set of challenges. That said, LNG is part of the essential next step of not constraining our own potential and becoming more resilient in the face of changing times.

Shoppers support local at Morinville Christmas Market

On November 23, the Morinville Farmers Market held its second annual Christmas market, which ran from 10 a.m. to 4 p.m.

Numerous vendors

were on hand to help visitors find ideal gifts for their loved ones.

The market underscored the importance of supporting local businesses,

reminding shoppers that every purchase helps strengthen the community, sustain small vendors, and keep local craftsmanship thriving during the holiday season.



Golden Gems

Continued from page 4
every season of life. Your collective journeys are an inspiration showcasing that life at any age is about continuing to learn and share and value life."

Holden emphasized

the club's wider impact: "May the next 50 years be filled with even more laughter, good health and new adventures. On behalf of Town Council and all employees of Bon Accord we want to congratulate you on your outstanding

achievement of 50 years."

The event celebrated not only the history of the Golden Gems but also the ongoing role the club plays in fostering friendship, community, and engagement among seniors in Bon Accord.

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Three AI-powered scams to watch out for

(NC) One of the biggest transformations artificial intelligence (AI) is driving is in the area of fraud. AI lets fraudsters impersonate more easily, personalize their scams and move faster than ever before. According to Mastercard, here are three scams where it's playing a major role, and ways to keep yourself safe.

The grandparent scam: This is a good example of how fraudsters can use AI to personalize their scams like never before. Fraudsters will target seniors with a phone call when they're off-guard or vulnerable. Using AI they will alter their voice to sound like a family member in distress who needs money right away.

Calls like this are meant to play on your emotions, so listen to your instincts. Ask yourself: Why would money be what they need, instead of help in some other way? If you are unsure, call them back using the number you have for them. Also, consider having a "secret word" that only family members know, to help verify identity.

The fake order: This is a type of phishing scam, where fraudsters send a message designed to look like it's coming from a legitimate source, in order to get sensitive information or login credentials from you. A common version is sending a fake invoice or confirmation for an online order.

Treat any unexpected

messages like this with suspicion. Fraudsters often pose as businesses you trust. Never click on links or use any contact information from this type of message. Reach out to the business yourself through the phone number or contact form on the company's website. They're victims of the scam, too, and can work with you to get to the truth.

Authorized push payment (APP) fraud: AI tools can let fraudsters ask you for legitimate-seeming fast payments that often go through before your financial institution can react. They usually focus on impersonating quick but necessary payments, such as Canada Revenue Agency back taxes, bank overdraft fees or credit card bills.

Thanks to the speed of AI, all it takes is a moment's lapse in attention for someone to send what could be an irreversible payment. But, AI is also being used to strengthen fraud prevention. Payment providers, like Mastercard, have developed tools that work in the

background while you complete a purchase. These systems are designed to detect this type of fraud automatically, in real-time and stop the fraudulent transaction in its tracks.

It's up to all of us to be more cyber safe – better cybersecurity makes for a safer community.

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