

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

Music and Memories returns to Morinville with award-winning country entertainer



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By Shelley Winger

Music and Memories is returning to Morinville for a second year, bringing an evening of traditional country music, dining, and dancing to the community on Friday, Feb. 6, at the Morinville Community Cultural Centre.

Presented by the Town of Morinville, the event builds on the success of last year's inaugural celebration and is designed to offer residents a relaxed social evening centred around live music and shared experiences.

This year's entertainment will be provided by the Ryan Snow Band, a well-known Alberta act recognized for its commitment to traditional country music.

Ryan Snow is a guitar-slinging country artist whose career began gaining traction in 2017 after he entered the Global Country Star Search at the last minute, having heard about the contest through a radio advertisement on CFCW.

Snow ultimately won the competition, earning the

opportunity to represent Alberta on an international stage at the NACMAI Showcase Competition in Pigeon Forge, Tennessee. While competing in the United States, Snow received two major honours, being named International Male Vocalist of the Year and Male Entertainer of the Year in 2018.

The awards helped solidify his reputation as a standout performer within the traditional country music scene.

Continued on **page 2**



Ryan Snow Band. - Town of Morinville photo

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RECALL PETITION — MORINVILLE-ST. ALBERT

In Bloom Wellness Studio: cultivating community, mindfulness, and movement in Morinville

By Shelley Winger

Nestled in the heart of Morinville, In Bloom Wellness Studio is more than just a place to practice yoga – it's a space where community, mindfulness, and movement come together.

Founded by Melissa Isaak, the studio embodies her passion for wellness, inclusivity, and connection.

Melissa and her family moved to Morinville in 2014, drawn by its affordability and welcoming atmosphere.

"We originally chose Morinville as a more affordable alternative to St. Albert, but over time we fell in love with the community," she says.

"I've had the pleasure of meeting, volunteering, and connecting with dozens of really great humans here. Some of my most cherished adult friendships and influential relationships have been formed in this town."

These connections highlighted for Melissa just how important having roots in your community can be. "Having a place to feel like you belong is such a foundational human experience," she explains.

"It seemed natural

to me that I wanted to create something that could offer that sense of belonging to others. An opportunity presented itself, and I reflected on whether this was the right project for this season of my life. I ultimately decided it would be a worthwhile offering for both Morinville residents and our neighbour's in Sturgeon County."

Melissa credits the inspiration of other local women-owned businesses for her leap into entrepreneurship.

"Morinville has such a strong network of women-owned small businesses. I know many of these women personally, and they inspired me to realize I might have something meaningful to offer, too. I'm incredibly grateful for the support of friends, family, and especially my partner, who gives me unconditional encouragement."

At In Bloom, Melissa emphasizes that wellness is more than just physical exercise – it's a holistic approach that acknowledges the mind-body connection.

"We all have a story, and we carry it with us," she says. "Not only in our



Melissa Isaak photos

hearts and minds, but literally in our bodies, in our muscles, tissues, and nervous systems. When you walk through the door, no matter the stories your body and mind hold, you are welcome here."

Melissa describes the studio as trauma-informed and inclusive.

"Trauma-informed doesn't mean we always say or do the perfect thing. It means we show up together and accept the full human experience. Your age, size, ability, flexibility, or strength does not define your right to be here.

Within In Bloom,

we encourage autonomy, body neutrality, and the freedom to show up exactly as you are today. It's incredibly healing to be witnessed without having to perform – to exist, even for just a few minutes, without expectations."

The classes at In Bloom blend yoga, functional movement, and mindfulness.

"For my classes, I just want people to leave feeling a little bit better than when they arrived," Melissa explains. "Maybe you've had an awful day and need to move your body and work it out. Or perhaps it's been a stressful week

and you're looking for a relaxing, restorative practice. I also like to make people laugh – sometimes with one of my signature terrible puns. Laughter is part of the healing too!"

Melissa has thoughtful advice for those nervous about trying yoga or movement classes for the first time: "It's okay to be nervous and brave at the same time. You don't have to be perfect, and it's okay to be a beginner. The joy is in the trying, in showing up over and over again for yourself. If something doesn't feel right for you, that's okay – there's a lot of variety in yoga and movement. You can always try something else."

She often shares one of her favourite teaching reminders during tree pose, or vrksasana: "The

most resilient trees don't stand still – they sway in the wind and communicate through their roots and fungal systems. Learning to sway like a tree is a metaphor for life. We must be flexible, resilient, and connected."

In Bloom Wellness Studio officially opens with a grand opening and open house on January 17.

With its trauma-informed, inclusive philosophy, focus on fostering community, and variety of classes that blend movement and mindfulness, In Bloom promises to be a nurturing space where anyone can feel supported, seen, and inspired.

For more information: Website: inbloomwellnessstudio.ca; Email: inbloomws@yahoo.com; Schedule & passes: inbloom.punchpass.com.

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Music and Memories

Continued from page 1

Later that year, Snow was invited to perform alongside the Canadian Country Music Legends at Festival Place in Sherwood Park.

During the performance, he was presented with the Bev Munro Rising Star Award, personally awarded by country music icon Bev Munro.

The award recognizes an artist who best represents traditional country music in Alberta while demonstrating professionalism, dedication, and respect for the genre's roots. In addition to his music career, Snow is known for his involvement in

charitable and volunteer work.

He has raised thousands of dollars for organizations such as the Jessica Martel Memorial Foundation and volunteers with Meals on Wheels, contributing his time to support seniors and community members in need.

Organizers say Snow's commitment to community aligns closely with the spirit of the Music and Memories event.

The evening will begin with doors and bar service opening at 4:30 p.m., followed by happy hour from 4:30 to 5:30 p.m.

Guests will be served a catered buffet dinner at 5:30 p.m., with live music taking the stage from

6:30 to 9:30 p.m.

A dance floor will be available throughout the evening, allowing attendees to enjoy the music in a social and welcoming setting.

Tickets for Music and Memories are available at a reduced advance rate of \$37 plus GST until Jan. 15 at 11:59 p.m.

After that date, tickets will be \$42 plus GST. Tickets can be purchased online, in person at the Morinville Community Cultural Centre, or by calling 780-939-7839.

Organizers encourage residents to purchase tickets early and look forward to welcoming the community for another evening of music, memories, and local connection.

Snow removal safety tips for seniors

(NC) Winter in Canada brings its share of beauty, as well as challenges.

For many Canadians, shovelling snow is part of the routine, but it can also be tough on the body.

For seniors, staying safe during snow season means working smarter, not harder. Here are some simple safety tips:

Clear snow early and often. It helps prevent buildup and icy layers, reducing strain and lowering the risk of slips or falls.

Warm up before heading out into the cold. Clearing snow is hard work – help your body prepare for it with a quick warm-up before you get

started.

Use the right tool for the job. Choosing equipment that reduces physical effort can make snow removal safer and easier, especially for older adults. Some manufacturers, like Garant, now offer cordless electric snowblowers that require less pushing and lifting than traditional models, helping make winter upkeep more manageable.

Tip: When choosing a snowblower consider what type you will need.

A single-stage model is good for easy handling where a two-stage model is self-propelled, which can reduce pushing

effort.

Stay hydrated. Did you know that cold weather can take as much water from your body as summer heat? Make sure to get plenty of fluids before starting to clear snow.

Be kind to yourself when shovelling. Remember to pace yourself, take regular breaks and don't hesitate to ask a neighbour for help. Snow removal is a workout, not a race. With a few smart strategies and the right tools, seniors can enjoy winter confidently keeping their driveways safe, accessible and injury-free.

You can learn more at garant.com.

Fire rescue equipment stolen from Calahoo Station, valued at \$60,000

By Haylee Winger

Approximately \$60,000 worth of fire rescue equipment was stolen from the Calahoo Fire Station in Sturgeon County during the early morning hours of December 22, according to local officials.

The stolen items include specialized tools used to rescue people from motor vehicle collisions, such as a hydraulic

spreader commonly known as the “jaws of life,” an industrial cutter, a cut saw, a generator, and several other pieces of rescue equipment.

Fire Chief Chad Moore described the incident as both frustrating and harmful to the community.

He said the theft affects the ability of emergency responders to provide critical assistance when it is needed most.

Moore confirmed that Sturgeon County Fire Services is working closely with the RCMP, who are actively investigating and reviewing available evidence.

To ensure emergency response has not been compromised, Sturgeon County Protective Services has temporarily redistributed equipment from other fire stations.

Officials stated that

the Calahoo Fire Station remains fully operational and that residents should not expect any disruption to emergency services.

Sturgeon County Mayor Alanna Hnatiw praised fire services staff for their quick response.

She emphasized the importance of maintaining fully equipped emergency services, particularly during the busy holiday

travel season when road incidents tend to increase.

The theft comes amid a reported rise in rural crime within the Calahoo area.

Local businesses, including the community’s general store, have experienced theft-related losses, creating additional challenges for residents who rely on these services.

County officials note that addressing

rural crime in Alberta requires coordinated efforts among multiple partners to improve safety and protect communities.

Anyone with information related to this incident or other criminal activity is encouraged to contact Crime Stoppers at 1-800-222-8477.

Tips can also be submitted anonymously online through the Alberta Crime Stoppers website.

Sturgeon County introduces dedicated online hub for investors

By Haylee Winger

Sturgeon County has unveiled a new digital platform aimed at supporting investment attraction and business growth with the launch of **InvestSturgeon.ca**.

The website serves as a centralized resource for both international and Canadian investors, as well as local businesses, offering direct access to economic and investment-related information.

It is specifically designed for users who may not be familiar with municipal governance, allowing them to bypass resident-oriented content and access material tailored to business development.

Mayor Alanna Hnatiw said the platform provides a clear entry point for potential investors.

She noted that users can quickly learn about Sturgeon County’s competitive advantages in sectors including aerospace, defence and security, data centres, energy, and value-added agriculture, while also connecting directly with County staff.

According to Hnatiw, the website supports Council’s objective of expanding and diversifying the non-residential tax base by streamlining the investment process.

The site includes industry-focused pages outlining available infrastructure, workforce capacity,

and development opportunities.

It also offers practical tools for investors, such as interactive site-selection maps, options to book site tours, access to detailed data, and direct contact with the County’s Economic Innovation and Growth team. Local businesses can also find information related to support programs, incentives, events, and advisory services.

Alongside the website launch, the County has released a complementary video initiative titled **Investing in Sturgeon: Sector Stories**. The series highlights key industries operating in the region, featuring local companies and showcasing the infrastructure,

innovation, and opportunities available within the County.

Hnatiw said the videos provide prospective investors with first-hand perspectives from businesses already established

in Sturgeon County, reinforcing that the region is actively supporting growth, innovation, and employment.

Investors, business owners, and community partners are

encouraged to explore **InvestSturgeon.ca**, view the *Sector Stories* video series, and connect with the County’s Economic Innovation and Growth team for more information.



Jandel Homes proudly donated \$34,825 to the Morinville Adopt a Family Foundation on December 15 as part of the Fill A House campaign, with strong support from sponsors, volunteers, and the community. - Jandel Homes photo

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Notice of applications Cogeneration Power Plant and Substation

Wolf Carbon Solutions Inc. has filed applications for a cogeneration power plant and associated substation in the Gibbons area



Proceeding 30442 Applications 30442-A001 and 30442-A002

The Alberta Utilities Commission (AUC), the independent utilities regulator, will be considering the cogeneration power plant and substation development applications in Proceeding 30442. If you feel you may be affected by these applications, you can request to participate and provide input to the AUC before it makes its decision.

You can request to participate by registering and filing a statement of intent to participate by January 23, 2026.

Wolf Carbon Solutions Inc. has applied to construct and operate a 41.6-megawatt cogeneration power plant and associated substation on an existing industrial site, approximately 13 kilometres east of Gibbons. The project would be located in the west half of Section 7, Township 56, Range 21, west of the Fourth Meridian, as depicted in the map included with this notice. The purpose of the proposed project is to produce electricity and heat for use by the adjacent facilities and provide the excess power to the Alberta Interconnected Electric System. The applications have been filed under the *Hydro and Electric Energy Act*.

Additional information about the applications

The applications and any associated documents are publicly available and can be accessed from the eFiling System on the AUC website www.auc.ab.ca. Alternatively, for more information about what is being applied for, or for a copy of the applications, please contact:

Wolf Carbon Solutions Inc.
Shelby Hamilton
Manager, Regulatory Affairs & Stakeholder Relations
Phone: 403-213-5461
Email: shamilton@wolfmidstream.com

Participant information

For more information about how you may become involved in this proceeding, please contact us or visit our website and review the information under "Get involved."

Register to participate by filing a statement of intent to participate

If you wish to participate in this proceeding, please visit our website and log in to the eFiling System, go to Proceeding 30442, and register to participate under the "registered parties" tab. You will be prompted to fill out a statement of intent to participate. For guidance on how to use the eFiling System, please visit www.auc.ab.ca/how-to-use-e-filing. Alternatively, please contact us at 310-4AUC (310-4282) in Alberta or info@auc.ab.ca for more information or assistance with filing your statement of intent to participate. The lead application officer, Victor Choy, can also be contacted at victor.choy@auc.ab.ca or 403-592-4439.

The AUC may make its decision without further notice or process if no statements of intent to participate are received.

Privacy

To support an open and transparent process, information you send to the AUC will be publicly available through the AUC's eFiling System. If there is confidential information you would like to file, a request must be made in advance of registering to participate.

Issued on December 18, 2025.

Alberta Utilities Commission

www.auc.ab.ca

Thinking of planting a shelterbelt?

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Location: Morinville Rendez-vous Centre

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NOTICE OF PUBLIC HEARING

Proposed Municipal Reserve Disposal —
Bylaw No. 16/2025

Tuesday, January 13, 2025, at 4 p.m.
Council Chambers, Morinville Civic Hall:
2nd floor, 10125 100 Avenue, Morinville

Advance registration to speak in-person is encouraged but not required. Written submissions and registration to speak by video conference must be submitted by 4 p.m., January 12, 2026 to ensure you receive instructions to access the video conference; to do so, email legislativeofficer@morinville.ca.

A copy of the report relating to the Bylaw can be found by visiting www.morinville.ca/councilcalendar and selecting the link to the December 9, 2025, Regular Meeting of Council.



What is the Bylaw Amendment About?

The purpose of the proposed Bylaw 16/2025 is to legally dispose of a portion of municipally owned land designated as Municipal Reserve (MR), having an area of ~967m² (0.1 ha), legally described as Plan 172 1007; Block 1; Lot 4MR. This will not impact the surface use of the land.

Need More Information?

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



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What online dangers are teens facing?

(NC) A lot of our lives are spent online. While there are many benefits to being connected, it also carries serious risks, especially for teens. Parents, guardians and trusted adults all have a role to play in knowing how to recognize the signs, and how to intervene safely when teens and youth might be in dangerous or violent situations.

Can violence happen online?

Unfortunately, yes. Violence isn't always physical. It can also be emotional, sexual or financial, and violence that begins online can also spill out into the real world.

Another important factor to consider is the prevalence of gender-based violence (GBV). It's when someone is harmed or treated unfairly because of their gender, how they express

it or how others see it. Much of the GBV that youth face today happens through the technology they use to communicate.

Understanding tech-facilitated violence

For many young people, tech-facilitated violence is part of their reality. This might look like being forced to share their location, having intimate photos spread, being threatened with sextortion (which is when someone threatens to send sexual content to others unless they are paid or sent more), harassing comments or memes, digital stalking or being outed online.

These acts can cause deep and lasting harm that can affect life at home, at school and at work.

Young people are more vulnerable because their lives are deeply connected

online, thanks to smartphones, social media, and an increased digital presence. Many find community through the web – it's also a way for them to socialize, forge their identities, improve their mental health and seek safety and support. But this online life comes with risks and vulnerability. Young people often have less power to push back, and abuse can escalate quickly behind a screen.

Making a positive impact

Trusted adults can step in by modelling empathy and respect and keeping communication open with the young people in their lives. It's important to check in with youth regularly to gauge how they're doing online and if they feel unsafe.

Adults can help educate them by showing them safe online

activities and explain security and privacy settings they can update on their devices.

Demonstrating how to stay safe while also ensuring they can participate in their social circles is

critical.

If a young person tells you they've experienced GBV, the most important thing you can do is to listen, believe them and remind them they're not at fault.

Young people need adults who will stand with them.

Learn more about what you can do to make a difference and help end the cycle of violence at canada.ca/itsnotjust.

Community Invited to RCMP Policing Priorities Town Hall

Residents are invited to take part in an upcoming community town hall focused on RCMP policing priorities. The event will provide an opportunity for community members to learn more about local policing issues and to submit questions directly to RCMP representatives.

The town hall will take place on Monday, January 19, from 7:00 to 8:30 p.m. Participants can choose to attend either virtually from home or in person at designated

watch stations.

Those attending online will receive a livestream link by email on Friday, January 16. Registration is required by 4:30 p.m. on January 15 to receive the link.

For residents who prefer to gather in person, several watch stations will livestream the event. While RCMP representatives will participate virtually, they will not be physically present at these locations. Watch stations include:

• Cardiff Room at

County Centre, 9613 100 St, Morinville

• Pinnacle Ridge Community Centre, 79 Pinnacle Ln, Sturgeon County

• Rivière Qui Barre Community Centre, 26500 AB-44 #145A, Rivière Qui Barre

• Redwater Legion, 4708 50 Ave, Redwater

Residents are encouraged to register in advance at www.sturgeoncounty.ca and take advantage of this opportunity to engage in an important discussion about policing priorities in their community.

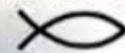


On December 24, SU-202 wrapped up their final practice of 2025, followed by a pancake breakfast shared with their families, a perfect way to celebrate the season and the people who make it all possible. - Sturgeon Hockey Club photos



Morinville Youth Basketball U9 team competed at the Stingers Holiday Hoops tournament, playing six games over two days and creating unforgettable memories while showing off their skills and growth. - Morinville Youth Basketball photo

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Four Winds students show big hearts during holiday food drive

Students at Four Winds Public School proudly pose with food donations collected during their "12 Days of Giving" campaign in support of the Morinville Food Bank. Over

the course of several weeks, the school raised an impressive 930 pounds of food, demonstrating outstanding generosity and community spirit.

The drive was run

as a friendly class-versus-class challenge, with Miss Shulha's Grade 6 class leading the way by collecting an incredible 168 pounds.

Every class contributed to the effort,

making the initiative a true school-wide success and a powerful example of students coming together to help local families during the holiday season.



Four Winds Public School photo

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

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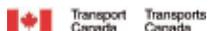
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PUBLIC NOTICE INVITATION TO COMMENT ON Sturgeon River Pedestrian Bridge

Transport Canada's Navigation Protection Program administers the *Canadian Navigable Waters Act*.

In accordance with requirements of the Canadian Navigable Waters Act, Stephen Hinton hereby gives notice that an application has been submitted to the Minister of Transport for the following works.

Common Project Registry Number	Navigation Protection Program File Number	Project Description <i>(Please describe the type of work, activity and status of work, for example: wharf, dam, etc.)</i>	Worksite location <i>(Please include the name of the waterway, geographic coordinates, lot # if applicable, etc.)</i>
13654	2025-615640	Bridge	Sturgeon River, 53° 41' 4.34" N, 113° 34' 15.78" W

How to send comments:

Comments about the potential effect of this work must be received within 30 days of this posting.

We invite you to submit comments online through the Common Project Search site at: Common Project Search (<https://common-project-search.canada.ca/>). To do so, enter the registry number indicated above in the search box, and follow the instructions. Alternatively, comments can be mailed or emailed to:

Navigation Protection Program – Transport Canada
344 Edmonton Street Winnipeg MB R3C 0P6
NPP File number: 2025-615640
TC.NPPNR-PPNRPN.TC@tc.gc.ca

Note:

- Comments will only be considered if they are in writing (electronic or mail) and received by the deadline. Transport Canada's Navigation Protection Program may communicate with you to obtain additional information on your comments.
- Transport Canada does not publish comments submitted through the Common Project Search site or mailed to the Navigation Protection Program (see Common Project Search - Navigation Protection Program Registry). However, comments submitted online or by mail are considered public record. As such, they are subject to the Privacy Act and the Access to Information Act and are accessible through access to information and privacy (ATIP) requests. This means the information you provide should not contain confidential or sensitive information since it could be disclosed (see Make an access to information or personal information request).

Posted at Morinville/Redwater, Alberta on January 7, 2026.



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HAPPY NEW YEAR

2026

We'd like to thank all of our friends and clients for helping to make 2025 a great year in real estate. We look forward to helping many more people with their real estate needs this year. We love helping make dreams come true.

Glenn, Heather, Tara and Jannine

AFFORDABLE FAMILY HOME IN REDWATER

Great opportunity to own this 3 bedroom 2 bathroom home with a double attached garage and just under 1500 sq ft of living space. The entire upper floor can be a spacious primary suite with 4 pce bath or fantastic play area for the kids-flexible to suit your lifestyle. The main floor features an open kitchen/living room, 2 bedrooms, 4 pce bath plus a handy space for home office right off the the living area. Step outside to enjoy the private, treed backyard with a deck and hottub-perfect for relaxing or entertaining. Upgrades include some windows, high efficient furnace and 2 jetted tubs. This home offers comfort, great value, and room for your family to grow, all in a quiet Redwater neighborhood, close to schools and parks. **\$249,900. Call Janine to view.**

74 ACRES OF LAND

74 Acres of land bordered by the Hamlet of Radway and Highway 28, less than an hour to Edmonton. Approx 25 acres of this land is high while the rest is wetland. May be able to have it rezoned to agricultural or country residential and use as pasture land or get a few acres of grain land with the possibility of building a house on the high land at south end. Creek runs through the property. Was pasture land at one time but old fence is in poor condition. Possibly use as a weekend getaway and go fishing at the Radway Fish Pond next door. Seller had trees cleared on some of it a few years ago but some have started to grow back. **\$120,000. Call Heather to view.**

80 ACRES OF GRAIN/BUSH LAND IN THORHILD

Perfect for farmers, hunters or build your dream home. Ideal location just a few minutes from Abee, about an hour north of Edmonton. 80.61 acres of partially treed land at the end of a dead end road just a couple miles off Highway 63. Great place for hunting with lots of moose and deer. Use it as a weekend getaway, build your future hobby farm or add to your current farming operations. About 25 or 30 acres are cultivated and has good crop land. Much of the rest of the land could be cleared for more crop land if wanted. Power runs on the road right past the property. Another 10 acres could likely be subdivided out of this parcel. **\$225,000. Call Heather for more information.**

YOUR DREAM BUILD AWAITS!

1.52 Acres of sloped land in the Hillsborough subdivision! Great opportunity to build a beautiful walk out home, with mature trees at the back of the property offering privacy from the neighbors. ON PAVEMENT all the way to Hwy 28, 10 mins from Gibbons and 30 mins from Edmonton. **\$180,000. Call Glenn for more info.**

VACANT LOT IN STURGEON COUNTY

This 3.09 acre lot in Pinewood Subdivision is just a few minutes north of Gibbons, less than a half hour to north Edmonton. This lot is mostly open grass land with 3 rows of trees planted all along the north and west sides. The trees have a great start and in a few years will give you lots of privacy on this lot. This is a quiet subdivision with many newer homes. There is a small community area with a playground, ball diamond, outdoor skating rink, fire pit and small clubhouse with gas bbq right in this subdivision. The adjoining 3 acre lot may also be available for sale. **\$89,900. Call Heather to view.**

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GLENN FISHER: 780-913-2493

HEATHER MOELLER: 780-699-7914

TARA FISHER: 780-932-0196

JANINE PEQUIN: 780-349-0361