



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

## BLOOM: Growing confidence and creativity in girls at The Flower Stop and Gift Shop

By Shelley Winger



This month's BLOOM session at The Flower Stop and Gift Shop in Morinville was all about vision boards, and it was nothing short of inspiring.

Each January, the program sets the stage for goal-setting and dreaming big, giving girls a creative way to visualize their aspirations for the

year ahead. BLOOM was created five years ago by Jodi Dancause, who initially hosted sessions in community centres and yoga studios in Barrhead and Morinville.

"When I made the decision to purchase The Flower Stop and Gift Shop, it felt like a natural progression to bring BLOOM with me," Jodi says.

The program is designed for girls aged 8 to 12 and focuses on building confidence, communication skills, and a sense of self-worth.

As a certified Life

Coach, Jodi noticed that empowering women starts young. "I created an in-depth program to arm children in their most impressionable ages," she explains.

"Through connection and community, I teach the tools to live a full life with confidence, boundaries, communication, and relationship skills, while honouring who they are at their core."

Each session includes a focused topic and a creative activity designed to reinforce the lesson.

BLOOM has grown

remarkably over the years - from just five girls in the beginning to 22 today - and continues to grow.

Sessions fill almost immediately, and Jodi says, "We are so grateful for the support and enthusiasm from the girls and

their families!"

In addition to vision boards, sessions feature a variety of creative activities tailored to the monthly topic.

These hands-on projects help girls express themselves, set personal goals, and

learn practical life skills in a supportive environment.

The combination of creativity and discussion helps participants strengthen their confidence while connecting

Continued on **page 3**



Girls proudly show off the plants they created and cared for during BLOOM activities. - Jodi Dancause photo



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# MCHS Achievement Awards recognize student excellence and community service

By Haylee Winger



The Morinville Community High School (MCHS) 2024/25 Achievement Awards Night was held on January 8, 2026, at the Morinville Community Cultural Centre (MCCC). During the event, Lions Club of Morinville President Sheldon Fitzgerald presented the Peter Gibeault Lion Quest Award and the Morinville Lions Bursary to two outstanding students, Shayne Demchuk and Chase Senko.

This year marked a



Shayne Demchuk, Lions Club of Morinville President Sheldon Fitzgerald, and Chase Senko at the MCHS Achievement Awards Night on January 8, 2026, after receiving the Peter Gibeault Lion Quest Award and the Morinville Lions Bursary. – Lucie Roy photos

milestone, as it was the first time both awards were presented to the same students, with each of them receiving both the Peter Gibeault Lion Quest Award and the Morinville Lions

Bursary. This is also the first time that two recipients were chosen for each of the awards.

Demchuk and Senko were recognized for their exceptional commitment to community service, leadership, and academic excellence.

The Peter Gibeault Lion Quest Award is given to a Grade 10 or 11 student who demonstrates strong leadership and actively participates in community volunteer efforts.

The award highlights the importance of volunteerism and is intended for students who not only contribute to their communities but also develop valuable life skills through their service.

The Morinville Lions Bursary is awarded



Deborah Robillard proudly holds the Judge Brian Stevenson Diamond Fellowship Award, presented in recognition of her outstanding achievement and dedication to Lionism. This prestigious honour celebrates her significant contributions to the Lions organization.



Lions Club of Morinville President Sheldon Fitzgerald, Secretary Bev Lussier, and Zone Chair Barb Riley at the January 12 general meeting, where the club was presented with the PDG Robert J. "Bob" Gibb Club Membership Growth Award for achieving the highest membership increase during the Lions year 2024-25.

to a Grade 12 student who shows excellent academic performance, a strong work ethic, and significant involvement in both the school and local community.

The recipient must also be enrolled in a post-secondary

institution to continue their education.

In addition to the student awards, the Judge Brian Stevenson Diamond Fellowship was presented to Deborah Robillard in recognition of her exceptional contributions to Lionism.

This esteemed fellowship is one of the highest honours in the organization, acknowledging Robillard's long-standing dedication to the principles of Lionism and her impactful work within the community.



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On January 24, the Morinville Community Library hosted a Portrait Painting workshop for adults. A full house of talented and creative participants spent the day learning new techniques and creating their own portraits. Library staff thanked everyone who attended for making the workshop such a success. – Morinville Community Library photo

# Grade two students get a lesson in local government at Morinville Council Chambers

By Shelley Winger



Morinville Council Chambers were filled with excitement, raised hands, and plenty of thoughtful questions this week as more than 80 Grade 2 students got a behind-the-scenes look at how local government works.

Four classes visited Town Hall for a special learning experience that introduced students to the role of municipal council and the people who help make decisions for the community. The visit gave students a chance to see firsthand where important discussions

take place and how local leadership helps shape everyday life in Morinville.

Mayor Boersma welcomed the students and spoke with them about what council does, how decisions are made, and why it's important for residents to be involved in their community. The session quickly turned into an energetic exchange, with students eagerly raising their hands to ask questions about everything from how laws are created to what a mayor does during a typical day.

Beyond the discussion, students were also given a chance to explore the Council Chambers themselves. Sitting in the same seats used by the mayor and councillors during official meetings was a clear



Grade two students visited Morinville Council Chambers, where they learned about local government, asked questions, and had the chance to sit in the Mayor and Councillor chairs. - Town of Morinville photos

highlight of the visit. For many, it was their first time inside Town Hall, making the experience both memorable and meaningful.

The visit served as an early introduction to civic engagement, helping young students understand that local government plays an important role in parks, roads, programs, and services they use every day. Learning about these responsibilities at a young age helps

build awareness of how communities function and encourages future participation.

Municipal governments like Morinville's are responsible for many of the services residents rely on daily. This includes maintaining roads and sidewalks, managing parks and recreation facilities, supporting local emergency services, and planning for future growth and development. Council also makes decisions

about local bylaws, community programs, and how tax dollars are spent to meet the town's needs. Seeing where these decisions happen helped make those responsibilities more real and easier for students to understand.

Bringing students into real-life civic spaces also helps make government feel more accessible and less abstract. Instead of only reading about government

in a textbook, students were able to see where decisions happen and connect those ideas directly to their own town.

School visits like this are a valuable way to bridge classroom learning with the real world. They give students the opportunity to ask questions, build confidence speaking in a public setting, and start thinking about how they can contribute to their community as they grow older.

Judging by the enthusiasm and curiosity in the room, the visit made a strong impression. Morinville may well have a few future councillors - or even a future mayor - already sitting in Grade 2 classrooms today.



## Bloom

Continued from page 1

with other girls in the community.

Vision boards are a highlight of the

January sessions.

"Vision boards are popular among adults, and something I've always loved to do, so I reframed the idea for the girls," Jodi says.

"It's valuable for them to learn about goal setting and dreaming big! This fun, interactive activity allows them to brainstorm and put their goals into a creative display as a reminder of what they're working toward."

Giving back to the community is at the heart of BLOOM. "Connection and community are at the top of our core business values," Jodi shares. "This program has allowed us to create meaningful and lasting connections with several girls in our community, as well as their families."

Families interested in getting involved can register their girls



Girls in the BLOOM program create vision boards to set goals and dream big for the year ahead.

each August for sessions that run from September to April.

Options include 4-month or 8-month programs, and more

information is available at the flowerstop.ca or in person at the shop. With creativity, confidence, and community at its core,

BLOOM continues to inspire the next generation of strong, empowered girls - one vision board at a time.



Jodi Dancause photos

Everything set up and ready for girls to dream big and bring their ideas to life during a BLOOM session.

# How protein can give your year a healthier start

(NC) For many of us, the new year is a time to set new wellness goals. Adding activity into your routine is a great way to meet those goals, but your body needs support if you're going to stick to it and enjoy the benefits. A lifestyle that includes plenty of protein helps those starting a new active routine, as well as other everyday athletes. Here's how:

## Protein gives you energy.

One key to creating a healthy

routine you can stick to is maintaining your energy level. It keeps you motivated to stay active and helps power that activity. As a fuel, protein actually isn't your body's first choice. It prioritizes carbs, including sugars, but can burn through them quickly.

Protein is a sustainable fuel, providing a backup source of energy, which can help keep you alert and active throughout the day.

## Protein supports muscle growth.

This is the most commonly known benefit of protein. A diet with plenty of protein helps your body make the most of an active, healthy routine that puts your muscles to work regularly.

Increased physical activity sends signals to your body to grow those muscles, and they use the amino acids from the protein in your diet to do so.

In turn, that makes you better able to keep up with your routine,

or push yourself to do even more.

## Protein helps keep you satisfied.

One sometimes-overlooked health benefit of protein-forward meals and snacks is that they're filling. There are two reasons for this:

- Protein lowers a hormone called ghrelin, one of your two "hunger hormones." Ghrelin is the hormone that tells your body it's time to eat – the other, leptin, tells your body it's full.

- It takes more time and energy to digest protein than it does with fats or carbs. This means that the feeling of fullness from eating protein lasts longer.

By keeping you satisfied longer while reducing your impulse to keep eating, protein can help you eat less without hunger pangs or a crash in energy.

That also allows for more flexibility around when and how protein fits into your meal and snack schedule, letting you fit it in on the go.

There are options like the new Fresh Fit menu at Subway restaurants in Canada, which has a variety of high-protein, better-for-you sandwiches that are also full of veggies.

Surveys have found that as many as 71 per cent of Canadians are actively trying to get more protein. Given how well it can support a healthy, active lifestyle, it's easy to see why.

## Family Day Skating Event

### Brought to you by FortisAlberta

Looking for a fun way to spend time with loved ones on Family Day? Lace up your skates and join us!

We're excited to support the Town of Legal's public skate on **Monday, Feb. 16 from 12 to 3 p.m.** at **SVF Sports Centre** (4720 51 Ave, Legal).

Be there for the big moment as the Town of Legal unveils its brand new electric Zamboni, proudly sponsored by FortisAlberta.



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## PUBLIC HEARING – BYLAW 1674/25 TO CLOSE A PORTION OF RANGE ROAD 230

### Sturgeon County Council requests public input on proposed Bylaw 1674/25.

This bylaw proposes to close a portion of Road Plan 1408CL that is within the SW-7-56-22-W4. The Sturgeon River has migrated into the road allowance, and now the existing road as constructed encroaches across private land.

This portion of the road effectively serves as a private driveway to the residential parcel on the SE-12-56-23-W4.

Learn more: [sturgeoncounty.ca/public-hearing-bylaw-1674-25/](https://sturgeoncounty.ca/public-hearing-bylaw-1674-25/)

### Questions? Contact us!

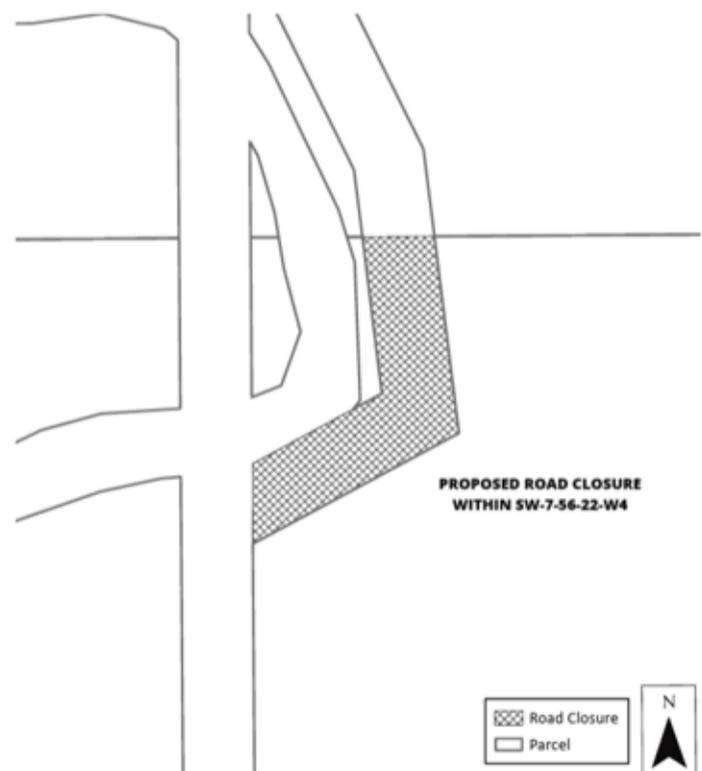
**Kyle Schole**

Senior Planner, Land Management; Development Engineering and Land Services  
780-939-1397, [kschole@sturgeoncounty.ca](mailto:kschole@sturgeoncounty.ca)

### Public Hearing details

The Public Hearing will be held in person and via videoconference on:  
**Tuesday, February 10, 2026 at 1 p.m.** (or as soon as practical thereafter)

Sturgeon County Council Chambers (9613 100 St. in Morinville)



### 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 **780-939-0620** to pre-register.

*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 under section 4(c) of the Protection of Privacy Act (POPA). If you have any questions about the collection, use or disclosure of your personal information, please contact the Sturgeon County Access and Privacy Advisor at 780-939-1306 or [accessandprivacy@sturgeoncounty.ca](mailto:accessandprivacy@sturgeoncounty.ca).*

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

To speak at the Public Hearing via videoconference, you must register by **February 9, 2026 at 1 p.m.** by contacting Legislative Services at **780-939-0620**. This ensures you receive instructions to access the videoconference.

### Written submissions

Email your written submission to Legislative Services at [legislativeservices@sturgeoncounty.ca](mailto:legislativeservices@sturgeoncounty.ca).

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

### Watching the Public Hearing

You can view the Public Hearing in person or online at [sturgeoncounty.ca/CouncilMeetings](https://sturgeoncounty.ca/CouncilMeetings).

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



# Three Canadian youth who are changing the world

(NC) Young people are an incredible source of creativity, energy and passion – and more are putting those gifts into the service of protecting the planet. A key target of their efforts is the ocean, which is crucial for life on Earth, but is under increasing threat. Together with support from communities and conservation groups, they’re putting their ideas into action. Here are just three of the youth-driven projects that initiatives like the Ocean Wise Action Grant are making possible: **Andrew Polanyi** – detecting ghost gear through sonar and artificial intelligence (AI) Andrew’s passion for technology and marine conservation led to an innovative solution to a global

Continued on page 8



**Sturgeon COUNTY**  
 February Meetings and Important Dates

9613 100 Street,  
 Morinville, AB T8R 1L9  
 County Centre Office  
 Ph: 780-939-4321  
 Toll Free: 1-866-939-9303  
 Emergency After Hours:  
 780-939-4321

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	Feb 3	2:00 PM
Youth Advisory Meeting	Feb 4	6:00 PM
Community Services Advisory Board	Feb 9	6:00 PM
Regular Council/Committee of the Whole	Feb 10	9:00 AM
ALUS Partnership Advisory Committee (PAC)	Feb 11	9:00 AM
Partial Office Closure - Staff Event - 11:45 AM to 3:15 PM	Feb 11	Closed
Holiday Closure - Family Day	Feb 16	Closed
Subdivision and Development Appeal Board	Feb 17	2:00 PM
Regular Council/Committee of the Whole	Feb 24	9:00 AM
Agricultural Service Board	Feb 25	9:00 AM

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## PUBLIC HEARING – BYLAW 1693/25 CLOSURE OF UNUSED PORTIONS OF BOYSDALE RD. LAMOUREUX DR.

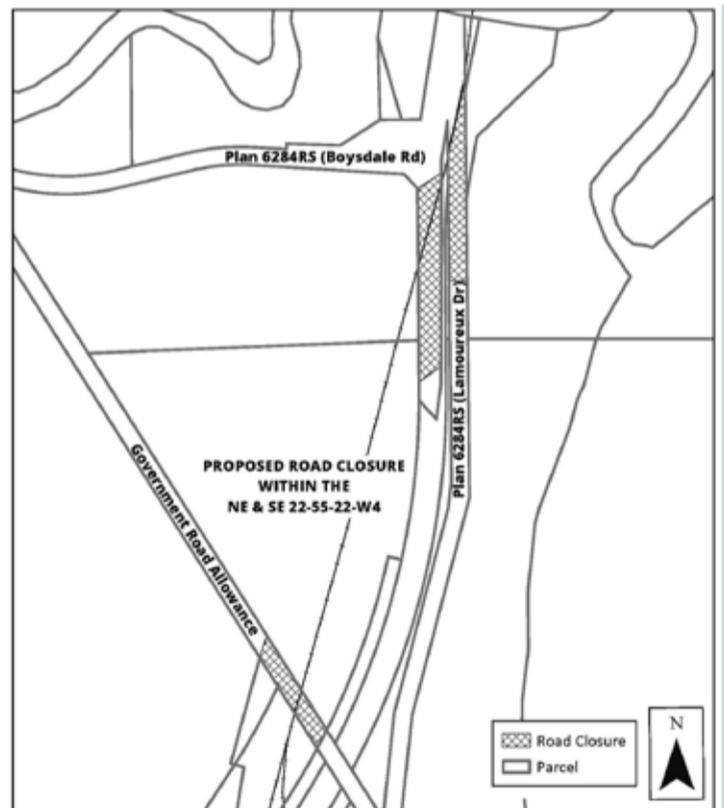
### Sturgeon County Council requests public input on proposed Bylaw 1693/25.

This bylaw would close and legally align three separate portions of Township Road 553A (known as Boysdale Road) and Range Road 222 (known as Lamoureux Drive) within the NE & SE 22-55-22-W4. **The roads as constructed encroach across private lands, and the road right-of-way area to be closed are not used for public travel.** A proposed land swap would resolve the encroachments.

Learn more: [sturgeoncounty.ca/public-hearing-bylaw-1693-25/](http://sturgeoncounty.ca/public-hearing-bylaw-1693-25/)

### Questions? Contact us!

**Kyle Schole**  
 Senior Planner, Land Management; Development Engineering and Land Services  
 780-939-1397, [kschole@sturgeoncounty.ca](mailto:kschole@sturgeoncounty.ca)



### Public Hearing details

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# Population powerhouse: Alberta projected to lead all provinces in population growth

By Rob Roach,  
ATB ECONOMICS

New population projections released by Statistics Canada show that Alberta's population will grow by between 1.4 and 3.1 million people over the next 25 years and will eventually surpass British Columbia as the third largest province in Canada.\*

Alberta's population growth in all

10 growth scenarios considered by Statistics Canada is at least double the national average.

Zeroing in on Statistics Canada's "M2" medium-growth scenario, Alberta's population grows from about 5 million residents today to over 7.3 million in 2050.

At 46%, Alberta's population growth over the projection period is the highest

of any province with the national population growing by a more modest 17%.

Annual growth in Alberta will average 1.5% over the projection period compared to 0.6% nationally. As such, the M2 scenario assumes a return to a more typical growth pattern in Alberta rather than the spikes seen in 2023 (+3.9%) and 2024 (+4.7%) when the number of

non-permanent residents spiked and the net gains from interprovincial migration were particularly strong.

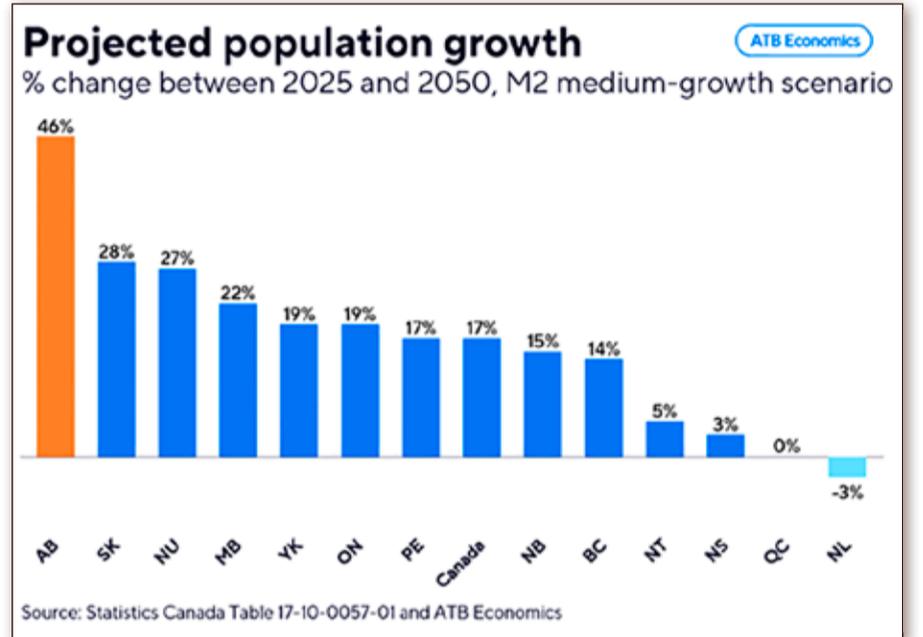
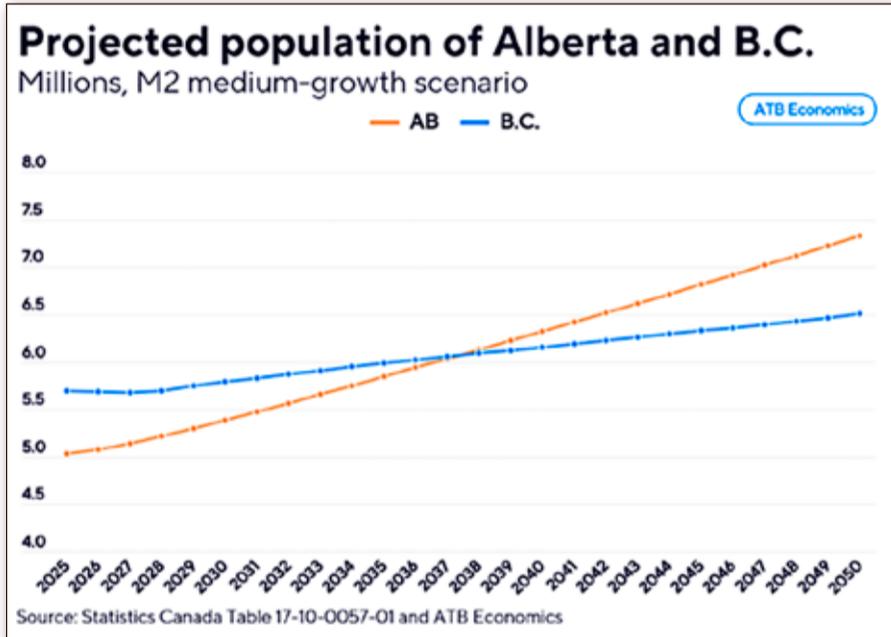
The net gain from international migration is projected to account for half (52.1%) of Alberta's population growth out to 2050 with net interprovincial migration accounting for 29.4% and natural increase (birth

less deaths) accounting for the remaining 18.5%.

Alberta's stronger growth between now and 2050 is due to ongoing gains from natural increase (the only other provinces that see positive natural increase over the projection period are Saskatchewan and Manitoba) and net interprovincial migration (B.C. and Alberta are the only two

provinces that see a gain from interprovincial migration).

\*In 9 out of the 10 growth scenarios considered by Statistics Canada, Alberta's population surpasses B.C.'s by 2044 or earlier. In the M2 medium-growth scenario, it happens in 2038. In the M5 medium-growth scenario, the gap gets smaller, but Alberta does not catch up to B.C.





# RCMP

## ROYAL CANADIAN MOUNTED POLICE

### Morinville RCMP Weekly Round-Up

Morinville RCMP members responded to several calls for service throughout the past few days (January 20th to January 23rd, 2026):

During this 3-day reporting period, the Morinville RCMP handled 42 new occurrences, including calls for service and traffic-related interactions with the public.

**January 21, 2026:** Morinville RCMP responded to a call for service regarding suspicious persons. Upon arrival, members located a vehicle that had been previously reported stolen to the Edmonton Police Service. Two suspects were located nearby. No charges have been laid yet and the investigation remains ongoing.

As temperatures drop, it's a good time to remember a simple vehicle safety tip. Cars left running and unattended can be an easy target for theft. If you're warming up your vehicle, consider using a remote starter or staying with it while it runs. A small precaution can help keep your morning on track and your vehicle where it belongs.

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), or online at [www.P3Tips.com](http://www.P3Tips.com).



On January 23, Grade 3 and 4 students from Morinville Public School represented the school at the Running Room Games held at the Butterdome, University of Alberta. Members of the school's Running Club showed determination and team spirit as they competed against other schools in the region. - Morinville Public School photo

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### For Rent

**1 BEDROOM APARTMENT** in quiet adult building for rent. Smoke free and pet free. Utilities, wifi and winter plug ins included. Power not included. \$1150/month. Located in Redwater. Call or text 780-983-2733.

### For Sale

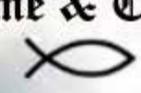
**SMALL HOME FOR SALE IN THORHILD,** large yard, carport, quality renovation, main floor bedroom, quartz

### Grazing Lease for Sale

**SW 28-63-19-W4.** Approx 3

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**Canadian youth**

*Continued from page 5*

problem: ghost fishing gear. Lost or abandoned fishing nets and traps, known as "ghost gear," continue to catch and harm marine animals long after they've been discarded.

Through their ghost gear retrieval program, Ocean AID, Andrew is using sonar and AI to detect

underwater debris around Victoria, British Columbia. Andrew and their team locate and recover ghost fishing gear - keeping it out of the ocean and preventing further harm to marine life.

**Kit Tymoshuk** - restoring Nova Scotia's underwater kelp gardens. Kelp forests are disappearing at an alarming rate. These

vital underwater ecosystems support marine life, protect shorelines and help store carbon. To help restore Nova Scotia's kelp, Kit is crafting ceramic vessels from wild clay to serve as kelp-growing substrates, which will be planted in degraded reef systems.

Kelp restoration is a relatively new field in conservation and sometimes

overlooked. Kit's underwater garden project provides a medium for new kelp growth, while its nature as an art project is helping to further awareness around protecting these essential but vulnerable undersea forests.

**Stephanie Quon** - promoting mental health through ocean conservation. Stephanie's project brings together

calming, restorative experiences in natural spaces, and tangible action to protect them.

Through community cleanups, educational workshops and ocean-based mindfulness activities, Stephanie is creating safe and supportive spaces where participants can connect with and care for the environment as well as themselves. They

leave a session with the benefit to their mental well-being bolstered by knowing that they also helped make a real impact.

Across Canada, youth are leading the charge for a better planet. Their creativity and determination are making waves of positive change. You can learn more about putting ideas into action at [ocean.org/youth](http://ocean.org/youth).

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**REDUCED TO \$365,000**

**MORINVILLE BUNGALOW WITH DOUBLE DETACHED GARAGE**

ORIGINAL OWNER three bedroom two bathroom BUNGALOW showing true pride of ownership! On the main floor is an open living and dining room adjoining a large kitchen with an additional breakfast nook space. The primary bedroom has a two piece ensuite as well as a WALK IN CLOSET. Completing the main floor is a four piece bathroom and two additional bedrooms. Downstairs you have a party area with a built in bar and a gaming room great for pool or an entertainment set up. A large workshop with adjoining storage room offers plenty of space to work on projects, with a small bedroom down the hall and a laundry room. Outside is an OVERSIZED DOUBLE DETACHED GARAGE, large yard, and an additional parking pad on the east side of the house. Numerous updates throughout the years include flooring throughout the main floor, furnace, hot water tank and garage opener. You don't see one like this every day - move in ready and full of charm! **\$365,000. Call Glenn to view.**

**REDUCED TO \$210,000**

**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. **\$210,000. Call Heather for more information.**

**REDUCED TO \$244,900**

**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. **\$244,900. 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.**

**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.**

**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.**

**GLENN FISHER TEAM**

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