

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

CMA Victory Ride rolls through Morinville



Lucie Roy photos



By Haylee Winger

The sound of motorcycles filled the streets of Morinville on May 16 as riders from across Alberta gathered for the Christian Motorcyclists Association's first Victory Ride in the community.

The event was hosted by the Northern Light Christian Riders chapter of CMA's Western Region and welcomed motorcyclists, classic car enthusiasts and local residents for a day focused on fellowship, community and fundraising. Among those taking part were members of Veterans

UN NATO Canada and riders from several Alberta communities. Alberta Area Representative and CMA Canada President Ken Kibblewhite said the organization has spent decades connecting with people through the motorcycle community.

Continued on page 5



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Shrek the Musical had a successful four show and three day run from May 20 to 22 at the Morinville Community Cultural Centre, assembling a large cast and crew for the musical telling of the popular story.

Stephen Dafoe Photo

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Morinville gears up for two days of family fun during Festival Days



By Shelley Winger

Morinville residents and visitors can mark their calendars for June 19 and 20 as Morinville Festival Days returns with two packed days of entertainment, activities, live music and community celebrations for all ages.

The annual event will feature everything from a kick-off dance party and pancake breakfast to a new pedestrian parade, firefighter combat challenge, live performances, food trucks and a cabaret to close out the festivities.

Festival Days begins Friday evening, June 19, with a free kickoff dance party at the Morinville Community Cultural Centre (MCCC). Running from 6:30 p.m. to 9:30 p.m., the event will include live music by The Oddibles, glowsticks, glitter tattoos, a retro arcade, caricature artists and more.

While the dance party is free, tickets are required. Morinville and Sturgeon



County residents aged 16 and older can pick up tickets from May 19 to 21 at the MCCC box office, with general public access opening May 22.

Saturday's festivities begin bright and early with the Mayor and Council Pancake Breakfast from 8 a.m. to 10:30 a.m. at the MCCC. Organizers encourage families and neighbours to gather before heading out to enjoy the day's activities.

The Festival Fun Zone, presented by Team Moore, Century 21 Masters, will run from 9 a.m. to 2 p.m. in and around the MCCC and promises more than 30 attractions and activities.

Festivalgoers can enjoy mini golf, inflatables, laser tag, train rides, face painting, balloon artists, retro arcade games, live music, food trucks, art stations and drop-in experiences

throughout the day. Local groups and sponsors will also host interactive booths and activities.

The Morinville Farmers' Market will also be part of the festivities, offering local produce, handmade goods and treats behind the MCCC.

One of the newest additions this year is the Pedestrian Parade, described as an inclusive, people-powered parade welcoming walkers,

scooters, bikes, wagons, strollers and more.

Participants are encouraged to dress up and decorate themselves or their wheels before making their way from Morinville Public School to the MCCC.

Registration for the parade is open until June 15, with all registered participants receiving a participant gift and being entered to win one of two \$100 gift cards to a Morinville retailer of their choice.

Vehicle enthusiasts can also check out the Napa Morinville Show N' Shine from 8:30 a.m. to 2 p.m. along 100 Street between 100 Avenue and 97A Avenue. Organizers say proceeds from vehicle registrations will support the Jessica Martel Memorial Foundation.

Meanwhile, the Morinville Firefighter Combat Challenge will take place from 11 a.m. to 3 p.m. at the Morinville Leisure Centre, where firefighters from Morinville and surrounding communities will compete in obstacle-course style

challenges.

For families looking to relax later in the day, The Father's House Church will host TFH Summer Cinema with free screenings of David at 3 p.m. and How to Train Your Dragon at 6 p.m.

Festival Days wraps up Saturday night with the Festival Days Cabaret at the MCCC featuring live music from The Barkells and opening performer Kaeley Jade.

The cabaret will include dancing, a licensed bar, happy hour, a photo booth and an optional gourmet burger bar. Advance tickets are currently available.

Throughout the day, a free Park & Ride community bus service will connect festival locations approximately every 20 minutes, helping residents move easily between events.

Organizers say Festival Days is designed to celebrate community spirit while bringing residents, businesses, volunteers and organizations together for a weekend of fun and connection.

How do your health risks change after 50?

(NC) It's often said that "age is just a number," though some of those numbers may matter more for our health than others. Keeping up physical activity and a positive outlook can make a real difference at any age, but the body goes through changes around the age of 50 that can affect your risk of several health issues. Here are a few to be aware of:

Bone health. They may be solid and mineralized, but bones are

still living tissue. Your body needs to replenish that tissue continually. As you age, the rate of replacement slows down. According to the Bone Health and Osteoporosis Foundation, one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. There are things you can do to lower your risk and protect your bone health, including getting enough calcium and vitamin D, eating

a well-balanced diet and engaging in regular exercise.

Heart disease. Age can bring on changes in the heart and blood vessels that may increase the risk of heart disease and stroke. For instance, arterial plaque and cholesterol may build up over time, and heart valves can also become thicker and less flexible. There are things you can do to help keep your heart healthy, such as regular movement,

maintaining a healthy weight, managing stress and choosing foods that are low in saturated fats, added sugars and salt.

Shingles. If you're one of the 90 per cent of Canadians who've had chicken pox, according to the Public Health Agency of Canada, you're at risk of shingles. It typically shows up as a painful, blistering rash caused by the reactivation of the varicella-zoster virus, which lies dormant in the

nervous system after having chicken pox. Reactivation can happen years later, when the immune system weakens as a result of age, stress or certain health conditions such as chronic obstructive pulmonary disease (COPD), diabetes or heart disease.

Age is an important risk factor for shingles, with the disease being most common in people aged 50 or older. According to the National Advisory Committee on

Immunization, up to 40 per cent of people who experience shingles report at least one complication, such as post-herpetic neuralgia, which is nerve pain that can persist for months or even years. The good news is shingles can be prevented and vaccination is broadly available.

If you're 50 or older, you can speak with your healthcare provider about reducing your risk of these and other health issues.



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Morinville RCMP Round UP

RCMP Release

On April 1, Morinville RCMP conducted a late night traffic stop in Sturgeon County near Cardiff. Police located over 25 grams of crystal meth in the vehicle, along with a loaded SKS semi-automatic rifle in the backseat. A 36-year-old man from Westlock County was arrested and charged with two counts of illegal firearms possession. A 39-year-old man from Spruce Grove was also arrested and charged with three weapons-related charges, drug possession, and failing to comply with prior release conditions.

On April 2, members

of the Morinville RCMP joined students in a Cops For Cancer fundraiser at Sturgeon Composite High School. Police officers and friends shaved their heads and raised \$11,895 for pediatric cancer research through the Canadian Cancer Society.

On April 2, Morinville RCMP responded to a serious collision in the late afternoon between a truck and a snowmobile on Highway 37 in Sturgeon County. A youth had attempted to cross the highway on a snowmobile and collided with a pickup truck on the highway. The youth was transported to hospital with serious injuries, while

the driver of the truck was not injured.

On April 29 and 30, Morinville RCMP joined Sturgeon County in hosting the P.A.R.T.Y. Program in Morinville for Grade 9 students from throughout the region. The program included presentations and activities focused on promoting safe driving habits, including a live mock-collision scene.

Throughout the month of April, Morinville RCMP responded to a total of nine injury collisions and made six arrests of individuals charged with failing to comply with court ordered conditions.

Heads up for online readers

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Canadian inflation: Spike but no (rate) hike...yet

By **Mark Parsons, ATB ECONOMICS**

The cost-of-living jumped last month, as the War in Iran and blockade of the Strait of Hormuz caused gasoline prices to spike.

The national consumer price index (CPI) rose 2.8% in April on a year-over-year (y/y) basis. That's the largest gain in nearly two years. Gasoline prices leaped 29% over April 2025, pushing headline inflation higher. *

The good news? So far, the energy price spike has not been accompanied by broader increases in the CPI basket of goods and services. Excluding gasoline prices, the CPI rose 2% y/y, a deceleration from the 2.2% pace set in March.

Further, the core inflation metrics used by the Bank of Canada to gauge underlying inflation are (so far) cooperating. Both the median (2.1% y/y) and

trim (2.0% y/y) eased to their lowest levels since 2021. * Even the old-fashioned core metric - CPI excluding food and energy - rose 1.5% y/y for its smallest annual gain since March 2021. **

So, what's been keeping inflation (excluding gasoline) at bay? Here are a few key examples:

- Food inflation, while stubbornly high, eased to 3.5% y/y from 4% in March.
- Rents for accommodation have been another inflation culprit, but its rate also came down last month to a four-year low of 3.5% y/y. We expect this downward trend to continue, as it takes time for the declines in asking rents to show up in average rents paid.
- Mortgage interest costs were a massive inflation

driver during the rate hiking cycle but fell (-0.1% y/y) for the first time since 2022.

Every province excluding B.C. (smaller rent increases) saw its inflation rate accelerate last month. Alberta's inflation rate came in at 3.2% y/y—its first reading above the national rate since March 2025.

The Bank of Canada will not be surprised by today's report, which was anticipated in the last Monetary Policy Report (indeed, they forecast that inflation "peaks at roughly 3% in April"). If anything, they will take comfort in the milder core inflation readings, which reinforces our view that inflation was cooperating pre-war.

The key line from the last rate announcement is this: "Governing Council is looking through the war's immediate impact on inflation but will not let higher energy prices

become persistent inflation".

In other words, it's all about duration. If oil prices fall back, as expected in the futures market, the Bank of Canada will likely stay on hold as it balances a weak economy with the new inflation pressures. But if oil prices remain high, and more importantly spill into the broader inflation bas-

ket (or in the words of the Bank, inflation becomes "generalized"), the Bank has been clear they will need to raise rates.

The bottom line is the Bank will stay in 'wait-and-see' mode. This report on its own should not raise any alarms and, combined with a sluggish labour market, should keep them on hold at the next meet-

ing scheduled for June 10.

*The carbon tax removal (starting April 2025) of 17.6 cents per litre is out of the base period and no longer influencing the annual inflation rate. The federal gasoline tax temporary removal of 10 cents per litre (April 20 until Labour Day) will provide a partial offset in the months ahead.



From elite BMX racing to holistic healing, Morinville acupuncturist shares passion for whole-body wellness



By Shelley Winger

Professional BMX racing may seem worlds away from acupuncture and holistic healing, but for Dr. Daina Tuchscherer, the connection between athletics, recovery and whole-body wellness has shaped the path of her career.

Dr. Daina Tuchscherer operates Sea and Sage Wellness out of Hair and Holistics in Morinville, where she provides acupuncture and holistic wellness treatments focused on whole-body healing and nervous system support.

Tuchscherer combines her experience as a former Canadian National Team BMX racer with her passion for Traditional

Chinese Medicine and acupuncture to help patients manage everything from stress and sleep concerns to chronic pain and hormonal health.

Tuchscherer spent seven years competing as a professional BMX racer on the Canadian National Team, traveling internationally for events including the Pan American Games and the Olympic Test Event in Tokyo. During those years, she experienced firsthand the physical and mental demands high-level athletes face and the importance of proper recovery and rehabilitation.

“During that time, I received treatment from an incredible sports chiropractor and physiotherapist, Dr. Jen Turner, who helped keep us healthy, recovering,

and performing at our best,” said Tuchscherer.

After retiring from professional racing, she continued coaching with both the Alberta BMX Team and the Canadian National Team. It was during that time she began seriously considering a future in healthcare.

“One day she asked me what I wanted to do with my life, and I remember thinking, ‘I want to do what you do,’” Tuchscherer said.

While completing her kinesiology degree during the pandemic, she discovered Traditional Chinese Medicine and acupuncture on a much deeper level and quickly became fascinated by the interconnected nature of the body.

“I realized acupuncture was about so much more than pain

relief; it was about helping the body return to balance as a whole,” she said.

Today, her practice focuses on a gentle and holistic approach to healing that considers stress, sleep, digestion, hormones, emotional wellbeing and lifestyle together rather than treating symptoms in isolation.

Many people still associate acupuncture primarily with pain management, but Tuchscherer says the treatment can support a wide range of conditions and concerns.

She commonly works with patients experiencing stress, anxiety, insomnia, headaches, digestion concerns, menstrual health, menopause symptoms, fertility support, TMJ dysfunction, nervous system regulation and autoimmune-related symptoms.

“In Chinese Medicine, we work with channels and meridians — pathways believed to help circulate energy, blood, and communication throughout the body,” she explained. “That’s why symptoms that may seem unrelated can often be connected beneath the surface.”

Tuchscherer says research continues to explore acupuncture’s effects on the nervous system, circulation, inflammation and stress regulation, and many patients seek treatment as part of

a broader wellness approach alongside conventional medical care.

She also incorporates Traditional Chinese Medicine herbal recommendations into patient care and says she especially enjoys facial rejuvenation acupuncture, which can support concerns beyond cosmetic wellness alone.

“While many people initially think of it cosmetically, it can also support sinus congestion, TMJ dysfunction, stress, hormones, acne, circulation, and nervous system regulation,” she said.

For those hesitant to try acupuncture for the first time, Tuchscherer says one of the biggest misconceptions is that the treatment is painful.

“The needles are incredibly tiny,” she said. “Most patients are surprised that

they barely feel them at all and often end up deeply relaxed or even falling asleep during treatment.”

She says creating a calm, supportive environment is one of the most important parts of her practice.

“I hope people feel safe, welcomed, and genuinely cared for,” said Tuchscherer. “I want the clinic to feel like a calming space where patients can slow down, take a breath, and reconnect with themselves.”

Tuchscherer says her goal is for patients to leave feeling more balanced, hopeful and supported in their health journey.

“I want people to know they don’t have to navigate their wellness journey alone,” she said.

“Sea and Sage Wellness is a place where they can feel supported every step of the way.”



Donations from Morinville Pet Valu customers and staff, including pet food, supplies and handcrafted crate mats, were recently collected in support of Little Cats Lost (Trap-Neuter-Return) Society and its rescue efforts for vulnerable cats and kittens.

Little Cats Lost Society photos



Dr. Daina Tuchscherer, owner of Sea and Sage Wellness, operates her acupuncture and holistic wellness practice out of Hair and Holistics in Morinville. Tuchscherer combines her background as a former Canadian National Team BMX racer with her passion for whole-body healing and Traditional Chinese Medicine. **Daina Tuchscherer photo**

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Firefighters from Sturgeon County, Morinville and Gibbons recently took part in a joint training exercise focused on advanced vehicle rescue techniques and electric and hybrid vehicle fire response. The collaborative training aimed to strengthen emergency preparedness and inter-agency response efforts across the region. **Sturgeon County photo**

Continued from **page 1**

“We are missionaries to the motorcycle community,” Kibblewhite said. “Bikers are not always going to come to church, so we bring the church to them.”

Founded in the United States in 1975, the Christian Motorcyclists Association now has chapters across Canada, including groups in Edmonton, Mountain House and Calgary.

Kibblewhite said Morinville was chosen for the inaugural ride because of the support and connections the organization has in the area. Organizers hope the

event will continue in future years.

Event organizer Justin Laye said the ride was designed to bring people together while also supporting local businesses along the route.

Participants gathered at Higher Grounds in Morinville before heading to stops in Legal and Westlock. The day concluded at the Six Pak Saloon.

Funds raised from the ride support Run for the Son, CMA’s annual fundraising campaign that helps finance evangelism and outreach projects around the world.

According to CMA Canada, the program supports several

partner organizations, including Open Doors Canada, Missionary Ventures International and the Jesus Film Project. Funding helps provide Bibles to Christians living in restricted-access countries, transportation for pastors and missionaries in remote regions, and resources used to share Christian teachings internationally.

A portion of the fundraising campaign also supports CMA outreach efforts in Canada by providing training materials and ministry tools for members working within the motorcycle community.



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Alberta RCMP gives tips to curb auto-related theft

In 2025, there were 7,214 motor vehicles stolen in Alberta RCMP jurisdiction, and 5,134 thefts from vehicles. Half-ton trucks were the most stolen type of vehicle. Help avoid becoming a victim of this type of crime by following these basic habits and routines:

- Never leave your vehicle unattended if the keys are in it.
- Always lock your vehicle, even if you are just stepping out for a moment.
- Never leave keys, garage door openers, or important documents with personal identifying

information in your vehicle. Garage door openers or keys can be stolen, along with personal identifying documents, to enter your home.

- When leaving your vehicle, always close the windows, even when it's hot outside.
- Park your vehicle in a locked garage. If unable to do so, try parking within sight and in a well-lit area. This may mean leaving outdoor lights on.
- Ensure personal belongings, loose change, and valuables are not stored in your vehicle.

These items can entice opportunistic thieves.

While auto-related theft continues to be prevalent, by following auto theft safety, you can help avoid becoming a victim.

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

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.

Morinville to host first State of Morinville event on June 11

Town of Morinville release

Morinville residents, businesses, community organizations and regional partners are invited to attend the first State of Morinville event on Thursday, June 11, 2026, at the Morinville Community Cultural Centre.

The event will support the launch of Morinville's new 2026-2030 Strategic Plan, highlight recent successes and introduce key capital projects planned for the year. Mayor Simon Boersma will deliver a keynote address outlining Morinville's current priorities,

progress to date and future direction.

"State of Morinville is an opportunity to bring our community together, reflect on the progress we have made and talk about where we are headed," said Mayor Simon Boersma. "As Morinville continues to grow, it's important that residents, businesses, community partners and regional leaders hear directly about the work underway, the priorities guiding our future and the capital investments that will help shape our community in the years ahead."

The evening will include

video presentations, Mayor Boersma's keynote address and a networking reception with light refreshments.

This is a ticketed event. Tickets are \$10 each, which can be purchased at morinville.ca/tickets.

Event Details

- Date: Thursday, June 11, 2026
- Location: Morinville Community Cultural Centre
- Time: Doors open at 6:30 p.m., program begins at 7 p.m. and reception follows at 7:30 p.m.

Community members are encouraged to attend, connect with each other and learn more about the work shaping Morinville's future.

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Morinville Public School Grade 3 and 4 students celebrated the results of their mock mayoral election during a special outdoor celebration held the week of May 11. The students enjoyed slushies and supervised playtime on the monkey bars after their winning proposal was approved by school administration. The hands-on activity encouraged students to explore leadership, local government and community-building in a fun and creative way. **Morinville Public School photo**

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Alberta RCMP removes 122 impaired drivers from Alberta roadways over Victoria Day long weekend

Alberta RCMP Release

From May 15-18, 2026, over the Victoria Day long weekend, the Alberta RCMP conducted enhanced traffic enforcement to target impaired drivers and unsafe driving practices.

As a result, 122 total drivers were removed from the roads for being impaired due to drugs or alcohol.

The 122 total removed drivers included the following Immediate Roadside Sanctions (IRS):

- Nine drivers

- received IRS 24-hour suspensions;
- 37 drivers received IRS WARNS;
- 71 drivers received IRS FAILS; and
- Five novice/commercial drivers

- were removed for IRS ZEROS.
- Additionally, 1,204 total tickets were issued, including 26 tickets for distracted driving, 1,142 speeding tickets, and 36 tickets for seatbelt infractions. Sadly, there were 25 injury

- collisions and six fatalities.
- "The Alberta RCMP will continue to have an enhanced presence on provincial roadways every long weekend," says Sgt. Darrin Turnbull, Alberta RCMP Traffic. "Everyone has a role

- to play—choices like driving sober, staying focused, and buckling up can save lives."
- For more traffic safety information, follow us on Facebook @RCMPinAlberta and X @RCMPAlberta.



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AUTO SHOP IN VILNA



Great opportunity to open your own automotive shop with a 45'x35' building all set up complete with all the tools you will need. Shop is heated with bathroom and laundry facilities. Several smaller storage sheds, seacan and 1 bdrm, 2 bathroom mobile home also included. Owner ran a very successful business here for many years but has now retired. **\$200,000 plus gst.** Call Heather for more info.

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.

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.


NEW

UPDATED BON ACCORD BUNGALOW WITH DOUBLE GARAGE





Pride of ownership shines in this FULLY UPDATED bungalow! This 5br3ba home offers 3 bedrooms upstairs, including a primary bedroom with a 2-piece ensuite, plus a 4-piece main bath featuring an AIR JET JACUZZI tub. The dine-in kitchen includes CEILING HEIGHT CABINETS, while the east-facing living room welcomes bright morning light. The finished basement has a large family room, laundry and storage, 2 additional bedrooms, and an updated 3-piece bathroom. Enjoy HEATED FLOORS in both bathrooms, AIR CONDITIONING, and INSTANT HOT WATER. Outside, relax or entertain on the impressive 20'x18' COVERED DECK with BUILT-IN BBQ, roll-down sun screen, sunken hot tub, and a WALL FOUNTAIN! A detached double garage, large parking pad, and back lane access add extra space for vehicles and toys. Located across the street from a playground, this home is ideal for families and entertaining alike. Too many upgrades to list - come see what this home has to offer! **\$450,000.** Call Glenn 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.

INVESTMENT OPPORTUNITY



This 119.23 acres is only minutes from Edmonton, SE of Spruce Grove. Great possibility of future acreage development. There is already an acreage subdivision on the north border of this property. Located on pavement. Currently being used as farmland with some treed areas and two dugouts. Build your dream home and develop the rest. Great holding property that you can rent out while you watch your investment grow. Currently zoned agricultural with low taxes. **Asking \$2,800,000.** Call Glenn for more information.

157 ACRES MINUTES FROM PAVEMENT



This SUBDIVIDABLE, nearly full quarter, sits just outside of Riviere Qui Barre with quick access to Highway 44 and Highway 642. Good cultivated grain land. Features include a city water line running in front of the property as well as a dugout. **Asking \$942,000.** Call Glenn for more information.

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