

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

Namoo Flower and Bench Show celebrates gardening, creativity and community



By Haylee
Winger

The Namoo Community Hall was filled with flowers, baking, preserves and creative projects on Saturday, August 15, as the Namoo Flower and Bench Show welcomed more than 90 entries from both adults and juniors.

A wide variety of categories were represented throughout the show, including the Free Flower Class, Preserve Class, Baking Classes and Craft

Classes.

Stacy Bergheim earned Best in Show in the Preserves Class with her Rhubarb Vanilla Jelly. She also took first place in the Open Baking Class for her popcorn cake.

Mike Arnold was awarded a ribbon for his Mushroom table and gold pieces. The gold pieces were created using crushed and painted bottle caps.

In the Craft Classes, Marolyn Beck was named Best in Show. She earned first place for her watercolour painting, acrylic painting,

drawing, handmade card, scrapbooking and novelty coloured pencil.

The Junior Class was open to children ages 4 to 15 and was separated into four age groups. Young participants competed in 15 categories, with entries ranging from flower and vegetable creations to Lego, recycled artwork, painted rocks, wood creations, yarn craft, sewing and poetry, among other projects. First-, second- and third-place prizes were presented,

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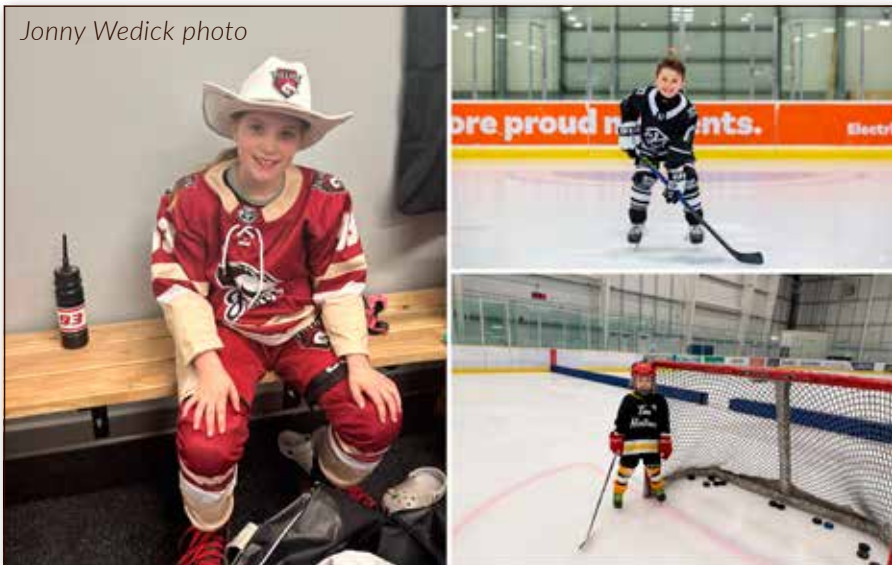


Lucie Roy photo

Stacy Bergheim and Marolyn Beck display some of their first-place entries. Both received Best of Show in their respective categories: Preserves and Craft.

New hockey gear exchange keeps equipment – and community spirit – moving

Jonny Wedick photo



Jonny Wedick's three children are pictured in their hockey gear. Wedick created the Morinville & Sturgeon Hockey Gear Exchange to help local families buy, sell, trade and give away outgrown hockey equipment.



By Shelley
Winger

For families with children in hockey, outgrown equipment can quickly pile up.

Skates, pants, shoulder pads, socks and other gear that once saw plenty of use can eventually find its way into a garage or basement, even though it may still have plenty of life left.

With hockey season just around the

corner, now is a good time for families to take a look at what equipment they have sitting in their garages and basements – and what their young players may have already outgrown.

That was one of the reasons Jonny Wedick decided to create the Morinville & Sturgeon Hockey Gear Exchange, a local Facebook group designed to help hockey families buy, sell, trade or give away equipment.

With three children

who play hockey, Wedick knows first-hand how quickly players can outgrow their gear.

“Our family has accumulated a lot of hockey equipment over the years,” Wedick said. “Much of it still has plenty of life left, but eventually ends up sitting in the garage as the kids outgrow it.”

Wedick said his family has also been fortunate to receive equipment from

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Morinville residents to see expanded recycling options October 1



By Shelley Winger

Morinville residents will soon be able to recycle more materials at the curb, with an expanded list of accepted items taking effect October 1.

The Town of Morinville recently announced that glass containers, foam packaging, flexible plastic packaging and aerosol containers will be among the additional materials accepted through the community's curbside recycling program.

The change means residents will be able to recycle items that currently cannot go into their blue recycling bags.

Glass containers accepted under the



new list include food containers, jars and bottles, as well as cosmetic containers, spice bottles and oil and vinegar bottles.

Glass containers should be empty, with lids and caps removed.

Flexible plastic packaging will include

bags used for bread, newspapers and flyers, as well as over-wrap from paper towels and toilet paper, coffee bags, chip bags, bubble wrap, snack wrappers, cereal liner bags and plastic gift bags.

The new list also includes foam packaging

such as meat trays, takeout containers, foam cups, plates and bowls.

Residents will also be able to recycle empty aerosol containers, including food spray, hairspray, air fresheners, shaving cream and deodorant containers.

Lids and caps should remain on aerosol

containers.

The expanded list includes additional paper and plastic packaging as well as the materials residents already recycle, such as cardboard boxes, cereal boxes, tissue boxes, egg cartons, newspapers, flyers, magazines, plastic containers, food trays, yogurt containers, food cans and aluminum foil.

There are some preparation requirements. Cardboard boxes must be flattened and cannot be larger than 60 by 60 centimetres.

Aluminum foil should be balled up, while metal containers should be rinsed and dried.

Meat trays must have film wrap and absorbent pads removed before being placed in recycling.

While the expanded

list takes effect October 1, residents are being reminded to continue recycling as they have been until then.

The Town is asking residents not to put the newly accepted materials into their curbside recycling before the change takes effect.

Morinville's recycling program is managed by Circular Materials, with GFL providing recycling collection services.

Recycling inquiries can be directed to GFL at 780-444-8805.

The expanded recycling program will give Morinville residents more options for diverting household packaging and other recyclable materials from the garbage, while making it easier to recycle a wider variety of everyday items.

What senior Canadians should know about downsizing

(NC) Have you had the talk? More seniors are at the stage where they're discussing with family and friends how they might want to update their lifestyles. Downsizing – moving to a smaller living space with fewer possessions – is one option that can take different forms. For some, it may mean transitioning to a condo unit; for others, it may mean joining a retirement community.

Downsizing isn't a step down. We live in a culture that conditions us to think of bigger as better. But quality of life is measured by how it's lived, not how much we have. Downsizing simply means taking the opportunity to adjust the scale of your life to better meet your needs. It helps you focus on what's most important and let that take centre stage, with fewer distractions.

It's normal to feel overwhelmed. The

logistics of a move, along with a change in lifestyle can feel like a lot for many seniors.

"Many people think downsizing means giving something up, but we often see the opposite," explains Christine Mackenzie, a senior director at Aspira Retirement Living who helps seniors navigate the transition to retirement living. "Change can open the door to new friendships, improved health and a renewed sense of independence."

It's alright – and important – to lean on your support structures when you're making a major change. Family members can help by organizing some of the logistics, as well as helping you sort through belongings and make decisions about them. If you start thinking about decluttering now, it can lighten the load when you have to make important life

decisions. When and if your situation changes, you'll feel like you have more control.

How to deal with giving up possessions. Letting go of treasured belongings can feel like surrendering a part of yourself. We naturally form emotional connections with certain items, many of which may be associated with important memories. In some cases, an object may feel like all you have left of someone or somewhere important.

• You can let go of something without throwing it away. Giving an item to someone close to you can be a way to share its memories, stories and emotional value with them. It also means that object is being cared for by someone and you can still be near it when you visit them.

• You can try looking at your possessions

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- Upcoming events and fundraisers

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Your submission could be featured in an upcoming edition and help keep our local newspaper full of hometown news!

Local farms open their gates for Alberta open farm days



By Haylee Winger

The 14th Annual Alberta Open Farm Days took place August 15 and 16, with farms, ranches, vineyards, local food producers and other agricultural businesses across the province opening their doors to the public. The free event offered visitors an opportunity to experience Alberta agriculture first-hand and meet the people who grow, produce and create products in their own communities.

Several locations in the local area were among those participating, including Aurora Alpacas in Sturgeon County, Lakeside Farmstead near Legal, Pottery by Heather in

Bon Accord, Prairie Gardens & Adventure Farm near Bon Accord, Reveresque near Bon Accord and Rosy Farms Organic Haskap Farm near Alcomdale.

Reveresque Orchard Winery and Taproom, a small-batch fruit winery nestled just outside Bon Accord, welcomed visitors to explore its orchard and winery. Activities included berry picking, orchard and winery tours, wine tasting, food trucks, a create-your-own painting activity, old-fashioned berry stomping and a visit to the gift shop.

Rosy Farms Organic Haskap Farm near Alcomdale offered visitors an opportunity to learn more about Alberta's haskap industry. Rosy Farms is Alberta's first haskap



Heather Edwards of Pottery by Heather displays one of the teapots she created.

grower and a certified organic haskap farm. Visitors could take part in U-Pick activities and enjoy haskap products, including haskap tea, pie and ice cream. A gourmet local cheese box and scavenger hunts for all ages were also part of the experience.

Near Bon Accord, Prairie Gardens & Adventure Farm provided another family-oriented stop during Open Farm Days. Visitors could enjoy lunch, U-Pick garlic and farm vegetables, and purchase fruit trees and berry plants to take home. Train rides, face painting, treats and ice cream added to the day's activities. The farm is also home to a fruit tree nursery, corn maze and pumpkin patch.

At Pottery by Heather, master potter Heather Edwards opened her working production studio and demonstrated how functional, dishwasher-safe porcelain pottery is created. Visitors could tour the studio and learn about the process from clay through to the finished product. During the weekend, Edwards was busy creating pieces featuring a Celtic design for the Highland Games,

an event she has attended for more than 25 years. She had also recently taken part in the Highland Games in Sherwood Park with her booth.

Aurora Alpacas, a family-owned alpaca ranch in Sturgeon County, welcomed visitors to see the animals and learn more about alpaca fibre and its journey into finished products. Visitors could take photographs with the alpacas; handle fibre shorn in the spring and see different stages of the

yarn-processing process. Spinning and weaving demonstrations were also available, along with a gift shop and other vendors on site.

Lakeside Farmstead near Legal also opened its facilities to visitors. Guests could take free tours of the calf barn and learn more about the care of the animals and the farm's dairy and beef operations. The farm also offered tours of its cheese facility, where visitors could learn about the cheese-making and aging process.

Alberta Open Farm Days provides an opportunity for Albertans to step beyond the farm gate, learn where their food and agricultural products come from, and connect with the people who produce them. For visitors in the local area, the participating farms and businesses offered a variety of experiences, from alpacas and haskap berries to pottery, orchards, cheese and locally grown produce.



Heather Edwards of Pottery by Heather creates a porcelain clay bowl during Alberta Open Farm Days.



Alpacas at Aurora Alpacas in Sturgeon County during Alberta Open Farm Days.



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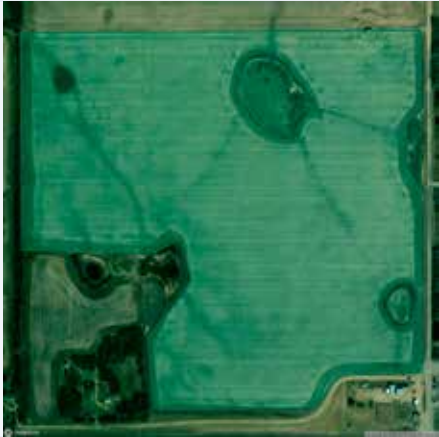
Young entrepreneurs Natalie and Tenley sell freshly baked cookies and refreshments during an afternoon pop-up at the Morinville Leisure Centre on August 9. The girls created Sunshine Sweets as part of their young entrepreneurs venture. - Alison Stadnyk photo

Gil Grand performs some of George Strait's best-known country hits during "A Tribute to George Strait" at the Morinville Community Cultural Centre on August 14. - Photo by Lucie Roy





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Brandy Yanchyk visits with her friends Nicole and Mateo of 1904-Farm Family Faves while they showcase some of their homemade canned goods at the Morinville Farmers' Market on August 16. The local business offers a variety of preserves and other homemade products for market shoppers. – Brandy Yanchyk photo

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Back to school: A reminder to put safety first



By Haylee Winger

As summer winds down and another school year approaches, families across Alberta are getting ready for the return to busy mornings, school buses, classrooms and after-school activities.

While backpacks are being packed and school supplies are being checked off the list, safety is another important part of preparing for the first day.

The roads around schools can become especially busy

during drop-off and pick-up times.

Drivers should slow down, put away distractions and pay close attention to children who may be walking, biking or crossing the road.

Children can sometimes move unexpectedly, so drivers should be prepared to stop and give pedestrians plenty of room.

School bus safety is also an important reminder for students and motorists.

Children should wait for their bus in a safe location away from traffic and should never

run into the road to catch it. They should wait until the bus has stopped completely before getting on or off and should follow the driver's instructions while travelling.

Motorists need to be especially careful when approaching a stopped school bus.

When a bus is displaying flashing red lights, drivers must stop and remain stopped until the lights have stopped flashing and the bus has resumed movement.

Passing a school bus while its red lights are flashing

can put children in serious danger.

For students walking or riding their bikes to school, parents can help by going over the route with them before classes begin.

Walking the route together gives children an opportunity to learn where they should cross the road and where they need to be particularly cautious.

Students should use crosswalks when available, pay attention to traffic and avoid distractions such as looking at a phone while crossing.

Children riding

bicycles or other wheeled equipment should wear a properly fitted helmet and make sure their equipment is in good condition.

A quick check before school starts can help identify loose parts, worn tires or other problems before they become an issue.

Back-to-school preparation also involves looking after a child's overall health.

Getting back into a regular sleep schedule, eating healthy meals and staying active can help children adjust to their school routine.

Parents should also make sure the school has current emergency contact information and is aware of important health information, allergies or medications their child may need during the day.

A backpack is another simple thing families can check before school begins. It should fit comfortably and should not be filled with unnecessary heavy items.

Taking a few minutes to organize school supplies and remove things that are not needed can

make carrying the backpack easier throughout the day.

Safety doesn't stop once students arrive at school.

Children should be reminded to pay attention to their surroundings, follow school rules and speak up when they notice something that could be unsafe.

Parents, teachers and students all have a role in creating a safer environment.

The first few weeks of school can be hectic as everyone adjusts to new schedules and routines.

Giving yourself a little extra time in the morning, slowing down around school zones and paying attention to children and other pedestrians can help prevent accidents.

Back-to-school safety is a community effort. Drivers, parents, teachers and students all play a part in keeping children safe.

A few simple precautions and reminders can go a long way toward making the return to school a safe and successful one for Alberta families.

Hockey gear

Continued from page 1

family and friends over the years, and he wanted to create a way for that same cycle to continue within the community.

While there are already local buy-and-sell groups, Wedick saw an opportunity for a group dedicated specifically to hockey equipment.

"If a parent needs a pair of skates, pants, or another piece of equipment at the last minute, they can come to one place without searching through hundreds of unrelated listings," he said.

Hockey can be an expensive sport, particularly for families with multiple children playing.

Wedick hopes the exchange can help make the sport a little more affordable while keeping quality equipment in use.

Some equipment may be sold at a reasonable price, while other items can be traded or simply given away to another player who needs them.

Wedick also hopes the group can become a resource for families

who are new to hockey and may not know what equipment their child needs or how much it can cost.

"Beyond exchanging equipment, this could become a place where local hockey families can connect, ask questions and help each other out," he said.

The group is still new but has already grown to more than 100 members.

Wedick hopes word of mouth will continue to bring local hockey families into the group and, in turn, help more unused equipment find a new home.

His goal is to keep the group focused on hockey families rather than businesses or retailers.

Ultimately, Wedick said, success would be simple: helping families save money, keeping good equipment in use and possibly helping a few more local children get onto the ice.

For a sport where kids can seem to outgrow their equipment almost as quickly as they learn to use it, that could be a win for everyone.

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Downsizing

Continued from page 2

from the outside in. Start by imagining you don't own any of your items.

Then, for each object, ask yourself if this is something you'd very much want to have. This can help you look at your things more

objectively and get a clearer sense of your priorities.

• Sometimes, a picture really can last longer. For some things, the memory or nostalgia of the item are truly what's important. For objects like these, you can take a photograph of it to preserve the memory.

Flipping through a photo album can take you back through the same happy memories without the clutter. Downsizing can be a way to live life more on your terms, at your scale and while maintaining greater independence. Learn more at aspiralife.ca.

Namao Flower and Bench Show

Continued from page 1

along with a Best of Show award.

Oliver F. was especially happy to discover he had earned first place for his flower creation.

According to his Mom, Oliver did the work himself, including cutting the flowers, arranging

them, choosing a vase and completing the entry submission.

Once judging was complete, members of the public were invited to view the first- and second-place entries.

Visitors could also enjoy refreshments and snacks, with door prizes included during the afternoon.

The Namao Flower and

Bench Show celebrates agriculture, gardening, preserving and crafts while providing a place for people to exhibit their work, connect with others in the community and share their knowledge.

The event also encourages mentoring and youth involvement while supporting beautification throughout the community.



Lucie Roy photos

Little Oliver F. won first place with his flower creation entry in the Youth 4-6 year age category.



Nancy Sichkaryk with her painting of two boys fishing. She had three winning entries.

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NEW

76.9 ACRES WITH 2 HOMES, BARN, TRIPLE GARAGE

Perfect horse set up or hobby farm for two families. Or rent out second house. The main house has a huge kitchen with built in appliances, pantry, and large island with granite counter top. Dining room has space for large table and sitting area, large primary bdrm with walk in closet and 4 pce ensuite, bedroom, 3 pce bath and den (could easily be 3rd bdrm by adding one wall), living room and closed in porch. Garden doors to covered deck and the house sits on a concrete grade beam. 2nd home has 2 bdrms, large open kitchen/living room, upgraded 3 pce bath, laundry, att'd single garage and storage room. Newer windows, drywall, vinyl plank flooring, metal roof, furnaces, and bathrooms in both houses. 40x30 garage is heated with wood stove and has new shingles. 40x24 Barn, corrals, round pen, 2 auto waterers, fenced pasture land, garden area, storage sheds, chicken coop, fruit trees. SW of Thorhild with less than 2 miles of gravel. **\$674,900. Call Heather to view.**

YEAR ROUND LAKE LIVING

Step into your own piece of Paradise at Bonnie Lake Resorts. This all season 900 sq foot bungalow and double garage are nestled amongst the trees in this 0.75 acre lot. Featuring a wrap around deck with wheelchair ramp that goes along the side and back of the house, 3 bedrooms, galley kitchen, and spacious living room. There is a fire pit and plenty of trees and privacy to enjoy your back yard in peace. Clean beaches, docks, a boat launch, playground, tennis courts, beach volleyball, walking trails and Vilna Golf Course are all within walking distance of your new home. Upgrades over the years include interior doors, flooring, furnace, hot water tanks and more. Bonnie Lake Resort is approximately 1 1/2 hours to Edmonton, just over a half hour to St Paul. **\$269,000. Call Janine to view.**

RADWAY COMMERCIAL LOTS

3 commercial lots on main street, all adjacent to each other. Middle one has services. Prices range from \$9,900 to \$13,900. One large lot in west end of Radway (4 lots have been amalgamated into one title). This one has water & sewer at the corner of the property. **\$29,900. Call Heather for more information.**

NEW

AFFORDABLE HOME IN MORINVILLE

AFFORDABLE LIVING in Morinville! This spacious 4-level split offers four bedrooms, two bathrooms, and a large backyard. The main floor features the living room, kitchen, and dining area, while upstairs you'll find two bedrooms and a 4-piece bath. The lower level includes a third bedroom and bathroom, with a fourth bedroom in the basement. The basement also offers a generous storage room across from the utility and laundry area. Outside, enjoy a low deck, a single detached garage, and added privacy with a church as your rear neighbour. Located just down the road from Notre Dame Elementary, this home is well suited to young and growing families, with easy access to shopping at Westmor Landing and Highway 2. Recent updates include a YEAR OLD FURNACE and HOT WATER TANK, NEWER WINDOWS, plus shingles approximately three years old. Come see what a fresh start in Morinville could look like! **\$335,000. Call Glenn to view.**

THORHILD COMMERCIAL LOT

1.24 acres of commercial land in the Hamlet of Thorhild, just about an hour north of Edmonton. Great community with lots of business opportunities. Right across the road from the local Arena and community hall so lots of visible exposure. Build your own building to your needs. **\$49,900. 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.**

NEW

8.95 ACRES WITH UPDATED BUNGALOW, BARN AND SHOP

Beautifully updated 4 bedroom, 2 bathroom bungalow on 8.95 acres in Thorhild County, less than one hour from Edmonton with only 1/2 mile of gravel road. Great hobby farm or horse set up with lovely hip roof barn with metal roof, chicken coop, 24'x20' metal clad shop, dug out, and plenty of room for future pasture land. This property has been almost completely remodelled in the past 6 months including all flooring, paint, bathrooms, kitchen cabinets, vinyl siding with styrofoam, complete basement development and new septic tank and discharge. Features open concept kitchen/living room, 5 pce bath and 2 bedrooms on main. Basement has two large bedrooms, family room, laundry room and 4 pce bathroom. Large back deck, patio doors to future front deck, beautiful white cabinets with black hardware, stainless steel appliances, vinyl plank flooring make this home show like new. **\$520,000. Call Heather 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.**

GLENN FISHER TEAM

RE/MAX

REAL ESTATE

Each office independently owned & operated. **IRP Approved Agent**

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