

REGIONAL PRESS NEWS

FOX CREEK • SWAN HILLS • VALLEYVIEW

www.regionalpressnews.ca

Phone: 780-706-1858
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Town of Fox Creek photo

Fox Creek firefighters assist with wildfire response

By Valerie Winger

Four members of the Fox Creek Fire Department provided support to neighbouring areas during a recent wildfire response.

The Town of Fox Creek expressed gratitude to the firefighters for stepping up to help those in need. Their efforts highlight the vital role that local firefighters play

in emergency situations and community safety. The department members assisted during the wildfire operations as part of broader response efforts.

Valleyview seeks public input for 2027 budget

By Valerie Winger

The Town of Valleyview has begun planning its 2027 budget and is inviting residents to share their thoughts. The Town will review 34 municipal programs across Community Services, Corporate Services, Public Works, and Utility Services. A public participation plan offers several ways for

residents to provide feedback on how important specific services are to them and how satisfied they are with current delivery. Resident participation is important to help shape a budget that reflects community priorities. Feedback will directly inform council discussions on service levels and priorities. On June 1, a digital brainstorm board will open for residents to post ideas and

suggestions. The person whose idea receives the most likes will win a prize valued at \$100 or more. A public open house is scheduled for June 24. Residents will have the chance to review the Town's financial position, learn about cost drivers, and ask questions of council and senior staff. Snacks will be provided and a prize draw will take place.

Hillside students hit the track in Valleyview



By Valerie Winger

Students from Hillside Jr/Sr High School in Valleyview took part in the school's annual track meet on May 13, with strong participation and plenty of school spirit throughout the day. According to the school, students and staff enjoyed the event, with many students showing enthusiasm both on and off the field. The meet also welcomed incoming Grade 6 students from HGE, who took part in their first track meet as future Cougars.

Students who finished in the top three in their events earned the chance to compete at the divisional level in High Prairie on May 25. The school thanked several staff members and volunteers for helping organize the day. "We extend our sincere gratitude to Mr. Cooney, Mrs. Maxwell, and Mrs. Newman for their tireless efforts, which significantly contributed to the event's success," the school stated in a social media post. The school also recognized Hillside staff and student volunteers who assisted during the event.



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Welcome to the Regional Press News

By Valerie Winger

My name is Valerie Winger, and since 2011, I have had the privilege of owning and operating the Whitecourt Press, a family-owned community newspaper built on the belief that local news matters. Over the years, I have seen how important it is for communities to have a trusted place to share stories, recognize local achievements, support businesses, and stay connected. Over time, I recognized that Fox Creek, Swan Hills, and Valleyview had very little consistent local news coverage. I felt

those communities deserved a stronger local voice and a publication that reflected the people who live and work there. That decision led to the creation of the Regional Press News. You are now reading our third edition of the Regional Press News, created to help keep residents informed while strengthening community connections throughout the region. As a family-owned and independently operated business, we are proud to focus on local stories, community events, sports, businesses, and the everyday moments

that matter to rural Alberta communities. Local newspapers are only possible because of the support of readers, advertisers, contributors, and community members who continue to believe in the importance of keeping communities informed and connected. Thank you for welcoming us into your communities and allowing us to continue growing alongside you. For story ideas, community submissions, advertising inquiries, or local news tips, contact Valerie Winger at admin@regionalpressnews.ca or 780-706-1858.



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From hobby to growing business:

Taryn’s Cricut Company brings creative ideas to life



Taryn Robbins photos

By Valerie Winger

From a simple idea sparked by a Cricut machine to creating products for large companies, Taryn’s Cricut Company continues to grow while bringing creativity and personalized products to customers in the community.

Owner Taryn said the business began after purchasing a Cricut machine and realizing

it was the perfect opportunity to start something of her own.

“The reason I started my business is because one day I got a Cricut machine and thought it was a perfect time to start a business,” she shared.

Located in Fox Creek, Taryn’s Cricut Company operates from home and offers customers the convenience of ordering through Etsy and

Facebook. Customers can also follow the business on social media at Taryns_cricut_company.

What started as creating products for a few close friends and family members has grown significantly over time.

“It went from just selling to a few close friends and family members to selling to big companies,” Taryn said.

Among the most

popular items are custom decals and hand-made crochet stuffed animals, with customers often looking for personalized creations designed specifically for them.

One of the things Taryn enjoys most is seeing customers happy with their purchases and bringing their ideas to life.

“Getting to meet new people and see the joy

when they purchase a product,” she said. “I love just seeing how I can turn their imagination into reality.”

Like many small business owners, Taryn has faced challenges while building her business, including finding places to showcase and sell her products while currently operating from home.

Looking ahead, Taryn hopes to continue

growing the business even further. Her future goals include opening a storefront, running the business full time, and creating more time to spend with family and friends.

“My future goals are to open a storefront and be able to quit my current job and run things full time and be able to have more time for my family and friends,” she said. 🐾

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Municipal District of Greenview emphasizes rural address sign clarity and maintenance

Press Release

Residents are being reminded that rural address signs must be clearly visible, as they

play an important role in helping emergency services locate properties quickly.

The MD of Greenview notes that over time,

signs can become damaged due to harsh weather and other factors. Residents are encouraged to check their signs and arrange for a

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Swan Hills FCSS planning Seniors Week field trip

Press Release

Seniors in Swan Hills will have a chance to spend a day out of town next month as part of Seniors Week activities organized by Swan Hills Family and Community Support Services

(FCSS). FCSS is hosting a Seniors Day Field Trip on June 4 for residents aged 65 and older. The trip will include transportation to St. Albert's Everett Gardens for an afternoon of music, food and community

activities before making a stop at the Enjoy Centre and returning to Swan Hills later in the day. According to the event information shared by FCSS, lunch will be provided and participants are asked

to dress for both indoor and outdoor activities. Registration is required and space is limited. Seniors interested in attending were asked to register with FCSS by May 28 by calling 780-333-4119.



The Friends of Fox Creek Hospital Society acknowledges the generous donation and continued support provided by CANFOR Fox Creek and Woodlands.

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Emergency Health Services–Alberta transitions to ALTA Paramedic Health

Modernization of services strengthens and expands care provided by paramedics

Acute Care Alberta release

Emergency Health Services–Alberta (EHS–Alberta) is now ALTA Paramedic Health (APH), Alberta’s publicly funded provider of Emergency Health Services (EHS) across Alberta.

“The transformation of EHS–Alberta into ALTA Paramedic Health signals a renewed commitment to modernization, stronger accountability to Albertans, and delivering high-quality, timely emergency care,” says Matt Jones, Minister of Hospital and Surgical Health Services.

As ALTA Paramedic Health, the organization will continue to manage all aspects of Alberta’s EHS sector, including air and ground ambulance services, interfacility patient transfers, and province-wide dispatch operations. This includes services previously delivered by EHS–Alberta and contracted and system partners across the province, while also expanding and evolving the type of care delivered such as using alternative transportation methods.

“This is our opportunity to not only continue to deliver reliable, high-quality emergency health services to Albertans where they are, but also to expand and enhance those services, bringing more care options to patients and matching the care delivered to what the patient actually needs,” says Les Fisher, Managing Director and Chief, ALTA Paramedic

Health.

The transition to ALTA Paramedic Health supports a broader modernization effort aimed at ensuring the right level of care is delivered at the right time and in the right setting. Key areas of focus include:

- Modernizing dispatch processes by adding Advanced Care Paramedic clinicians in dispatch to conduct clinical evaluations over the phone to improve responsiveness and system coordination
- Smarter resource utilization such as adding six non-transport Health Evaluation and Linkage Paramedic Units (HELP-U), matching patient needs with the appropriate level of practitioner
- Piloting alternative transport and destination models, such as using taxis to take low acuity patients to appropriate care settings, freeing ambulances for emergencies and improving patient pathways

These initiatives are designed to improve efficiency, enhance patient and provider safety, and ensure emergency health resources are deployed where they make the greatest difference for communities across Alberta.

Ambulance response and emergency services remain unchanged for the public during the transition. Modernization of services aims to improve and enhance how we

respond to low acuity patients by adding more options for delivery of care.

A key focus of this transition is also workforce sustainability, including prioritizing the health, safety, and mental well-being of both staff and patients.

“Caring for Albertans starts with caring for the people who serve them,” said Anne MacDonald, Chief, Operations, ALTA Paramedic Health. “Supporting practitioner wellness, professional development, and pride in public service are essential to delivering reliable, high-quality emergency care across the province and they are things that we, as ALTA Paramedic Health, will focus on.”

The ALTA Paramedic Health name and identity were developed through a structured process that included consultation with front-line staff, support teams, and leaders from across the province. Feedback gathered through virtual engagement and in-person focus groups helped shape and refine name options. The name and identity position the organization for the future, reflecting the evolution of a modern paramedic health service for all Albertans.

Through purposeful modernization, strong public service values, and shared accountability, ALTA Paramedic Health is strengthening Alberta’s emergency health sector and continuing its commitment to serve Albertans now and into the future.

ALTA Paramedic Health is the operating name of the Provincial

Health Corporation that oversees and delivers timely, safe, and compassionate paramedic health services throughout the province. As Alberta’s

publicly funded emergency and urgent care responder, ALTA Paramedic Health, along with its contracted partners, delivers air and ground ambulance

services, interfacility transfers and dispatch operations, and focuses on system improvement, workforce sustainability and staff well-being. 🌱



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How do your health risks change after 50?

News Canada

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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Valleyview Duo Knixxen Out building audience through independent music

By Haylee Dianne

Valleyview music duo Knixxen Out continues to grow its audience with a mix of melodic songs, personal storytelling, and independently produced music. The husband-and-wife pair, made up of K.O and Vixxen, recently released their newest single, Girl Like You.

The song focuses on themes of confidence, identity, and the pressure many women face when comparing themselves to others.

“‘Girl Like You’ explores how women perceive themselves, the pressure of comparison, and the struggle to feel confident in their own skin,” the duo said.

Knixxen Out first connected through music after a tattoo artist introduced K.O to a Tech N9ne cover Vixxen had posted on YouTube. What started as a studio collaboration eventually turned into both a musical partnership and a personal relationship.

“K.O invited her to come by the studio to make music, and what started as a collaboration quickly revealed both creative chemistry and a personal connection,” they explained. “Eventually it evolved into a partnership in both music and life.”

Growing up around Valleyview also shaped the way the pair approached music. Without a large local music scene nearby, they said they learned early on to create opportunities for themselves.

“There isn’t a huge music scene around here, so it taught us to be independent and build things ourselves,” they said. “A lot of our music reflects real-life experiences and emotions instead of trying to follow trends.”

The duo released their first collaborative album, Down This Road, in 2019. Since then, they have continued developing their sound while balancing the realities of working together creatively and

personally.

“We both bring different perspectives creatively, and that helps the music feel more genuine,” they said. “Of course, there are moments where we disagree on ideas, but that usually pushes the songs to end up better.”

According to the pair, Girl Like You represents growth in both production and confidence compared to some of their earlier work.

“It feels more polished and confident than some of our earlier work,” they said. “We’ve gotten a lot more comfortable with our sound and the direction we take it in.”

As independent artists, Knixxen Out handles nearly every part of the process themselves, including recording, videos, promotion, and release planning. Find them at <http://www.knixxenout.com/> and can also be found on YouTube, Spotify, iTunes, Apple Music, and social media @knixxenout.





Fox Creek School gets new basketballs, soccer balls and benches



Fox Creek School photos

By Valerie Winger

Fox Creek School students in grades K to 6 received new basketballs and soccer balls from a donation made last November.

Canadian Natural Resources Limited and Alberta Safety Control provided the support. The donation also covered the purchase of

sleds used by students over the winter and new tables and benches at the front of the school for junior and senior students.

The donation arrived in recent weeks for the younger grades. School staff said the new tables and benches give older students a place to sit outside the building.



Valleyview large item pick-up program underway

By Valerie Winger

The Town of Valleyview annual Residential Large Item Pick-Up Program is taking place this week from Monday, May 25 to Friday, May 29.

Public Works crews are collecting qualifying items curbside at residential addresses only. Acceptable items

include large appliances, household furniture, mattresses, small equipment, barbecues, bicycles, dismantled exercise equipment, tires, metal, and bundled wood.

Residents still wishing to schedule a pick-up can call Public Works at 780-524-5155. Calls are accepted Mondays

to Fridays from 7:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m. Residents should have their name, phone number, civic address, and a description of the items ready. Calls will be taken until 4:00 p.m. on Thursday, May 28.

Items must be placed at the front of the property and must not block

the sidewalk or roadway. Pick-ups occur throughout the week, though not necessarily on the same day as the call.

The Valleyview Landfill pit has been permanently closed since 2022 and no longer accepts items such as furniture and mattresses.

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Canada House of Commons News

By Arnold Viersen, MP
Peace River—Westlock

On Tuesday April 28, with their new majority, the Liberal Government passed a motion redrawing the Standing Orders, giving them a significant majority in Committees from 4 Conservatives, 1 Bloc Quebecois, 4 Liberals to 4 Conservatives, 1 Bloc Quebecois, 7 Liberals.

Prior to this, during a Veterans Affairs Committee meeting on April 27, Conservative vice-chair MP Blake

Richards moved a motion to study the effects of the budget cuts proposed in budget 2025 as it relates to veteran services. The Liberals filibustered the motion until April 29 when they shut down debate and abruptly adjourned the meeting without the consent of the Committee.

"I think that's something that deserves to be looked at on behalf of veterans, and what happened is the Liberals shut down the meeting without even letting us vote on

whether we would have the ability to study that on behalf of veterans," said Conservative vice-chair MP Blake Richards.

"The Standing Committees of Parliament are a critical tool in holding Governments accountable," said Peace River-Westlock MP Arnold Viersen, a member of the Standing Committee on Veterans Affairs. "The Liberals shut down the Veterans Affairs Committee to avoid being accountable to veterans for the \$4 Billion they are

cutting from services for veterans. We had veterans who had travelled across the country to testify."

"The following week, on May 4, Conservatives showed up to work for veterans at the Standing Committee on Veterans Affairs, but the Liberals canceled the meeting," added MP Viersen. "Then later in the week the Liberals ensured the May 6 meeting was closed to the public without cameras to hide what they plan to do with their new

majority.

"Conservatives will always stand with veterans and I am calling on the Liberals to end

the in-camera Veterans Committee meetings and open them back up to veterans and the public."



Three people were charged following a trespassing complaint in Swan Hills

By Haylee Dianne

Swan Hills RCMP officers responded to a 911 call from a homeowner on Centennial Crescent during the early morning hours on May 10, after three unknown individuals entered a backyard without permission after opening a gate.

Police attended the area, but the individuals

left before officers arrived.

RCMP said a video of the incident later circulated on social media and raised concern within the community. Through the investigation, police identified and located all three individuals involved.

A 23-year-old man from Barrhead, a 22-year-old man from

Swan Hills and a 21-year-old woman from Swan Hills were charged under the Trespass to Premises Act.

RCMP reminded residents to secure valuables and ensure homes, vehicles, garages, sheds and other buildings remain locked. Police also encouraged the use of exterior lighting and security cameras where possible.

Swan Hills Food Bank expands access with new website

By Haylee Dianne

The Swan Hills Food Bank now has a website where residents can fill out applications online for food assistance.

To help make the process easier, completed applications can also be securely dropped off at the Swan Hills ATB branch or Swan Hills FCSS. Paper copies are available at both locations for anyone without access to a printer.

Food bank volunteers

say all applications are reviewed confidentially to help ensure the most urgent needs are being met.

The food bank also thanked community members for their continued support and recent donations. The organization relies largely on donations from local residents to continue helping families in need.

The Swan Hills Food Bank is also holding a community food drive throughout the month

of June. In partnership with Swan Hills Super A, shoppers can purchase pre-packaged donation bags filled with the food bank's most-needed items.

The bags can be added to regular grocery purchases and placed in the donation bin near the tills after checkout.

More information, online applications, and a list of needed items can be found on the food bank website at swan-hillsfoodbank.carrrd.co.



Jody Liske Davidson and the Hockey Hearts group have continued to support the Fox Creek Chiefs over the past few years by helping run the team's hockey tournament and lending a hand whenever needed. Their ongoing support and involvement have meant a great deal to the organization, and the Chiefs are proud to support them in return.

Renewing your mortgage? Shop around

News Canada

Is the term on your mortgage ending? If you still have a balance to pay, it is time to renew. Your bank will remind you by sending a mortgage renewal statement. They are required to do so at least 21 days before your term ends. This statement includes all the important details about your mortgage, including its new interest rate. The rate will probably be higher than it used to be. Here are some tips to minimize the impact of this hike in your costs:

Explore your options

You don't have to stick with the same lender. Do your research and compare rates with different ones. There may be better deals out there, but keep in mind that there

could be charges or you may need to pay off other debts when switching lenders if, for instance, you have a home equity line of credit tied to the mortgage. Also be aware of potential new insurance premiums when switching lenders.

Use your knowledge to your advantage

Use the insights you gained by shopping around to negotiate with your current lender for a potentially lower interest rate. By talking to your lender, you may learn that you qualify for a lower rate. In any case, you will want to take some action because doing nothing leads to an automatic renewal as outlined in the renewal statement.

Take stock of where you are

The time before a mortgage renewal is a good occasion to assess your financial situation and mortgage requirements. Does your budget allow for increased payments? Can you increase the payment frequency? This will allow you to pay your mortgage off sooner.

If you find yourself in a difficult situation, know that you are not alone and that there are some mortgage relief options available to you. Talk to your bank and consider these options before you turn to an alternative lender who may not be federally regulated and may charge higher interest rates.

Learn more about mortgage renewal at canada.ca/housing.



Residents urged to compare energy rates before renewing

By Valerie Winger

Every year, thousands of local homeowners receive energy renewal notices in the mail and automatically sign them without shopping around. Many are unknowingly locking themselves into higher rates for years.

But Alberta residents have more power than they realize.

A free, easy-to-use online tool is helping homeowners in Alberta find significantly better electricity and natural gas deals — often saving hundreds of dollars per year.

One local resident recently received a 5-year renewal offer with electricity priced at 10.25 cents per kilowatt-hour. Using the free comparison tool, they discovered multiple better options, including 2-year plans with electricity rates around 7.47 ¢/kWh and competitive natural gas rates.

Free tool empowers residents

The Utilities Consumer Advocate Cost Comparison Tool, available at ucahelps.alberta.ca/cost-comparison-tool, allows anyone to compare real-time offers from dozens of licensed energy retailers.

Users simply enter their postal code, choose their usage level, and the tool instantly shows personalized estimated monthly bills, rates, and contract terms.

“Many people think the renewal offer from

their current provider is their only or best option,” said a local energy advocate. “In reality, the competitive market often has much better rates available — especially when your contract is up for renewal and there are no cancellation fees.”

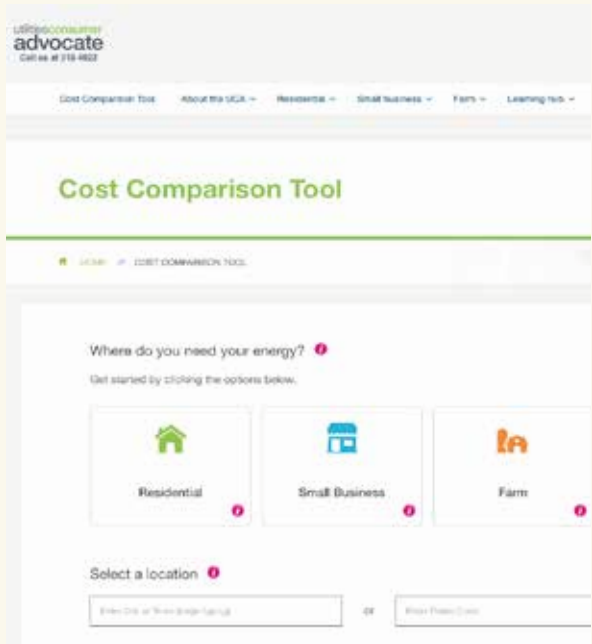
Simple Advice for Homeowners

- Always compare plans using the UCA tool before signing any renewal.
- Pay attention to the total estimated monthly bill, not just the advertised rate.
- Consider shorter contract terms (1 or 2 years) for more flexibility.
- Watch for admin fees and daily charges that can add up.
- Take advantage of the standard 10-day cooling-off period after signing.

Alberta’s energy market is designed to give consumers choice, yet many households continue to overpay by simply accepting the first renewal letter they receive.

With energy costs being a major monthly expense, taking just a few minutes to compare plans can lead to meaningful savings for families across Alberta.

Bottom line: Don’t automatically renew. Check the Utilities Consumer Advocate’s free comparison tool first — it could save you hundreds of dollars this year. 🍁



CANADA DAY

INTERESTED IN PUTTING IN A FLOAT FOR THE PARADE?

We are looking for local businesses to be a part of the Canada Day Parade
Please contact Liam Boyle to enter in a float for the Parade
fieldhouseprograms@foxcreek.ca

STARTING AT 10:30AM

The route will start at the Silver Birch Golf Course and end at the Multiplex parking lot.

Municipal District of Greenview Council highlights

Press Release

Council Approves Replacement of DeBolt Fire Rescue Truck

Council has approved a \$1.3 million amendment to the 2026 Capital Budget to replace DeBolt fire truck apparatus F75, which was previously declared a total loss.

The project will be funded primarily through \$1.17 million in insurance proceeds, with the remaining \$130,000 coming from the New Capital Reserve.

F75 played an important role in frontline emergency response across the region, supporting fire, rescue, medical, and highway incident response services. Administration has identified a replacement unit with an anticipated delivery date of November 2026, helping restore critical response capacity

while reducing reliance on mutual aid and the need for resource reallocation.

Greenview Supports 2026 Grande Prairie Regional Airshow

Greenview will provide \$2,000 in sponsorship funding to the Rotary Club of Grande Prairie in support of the 2026 Grande Prairie Regional Airshow, taking place August 1 and 2 at the Grande Prairie Regional Airport. The Rotary Club is a non-profit organization that supports communities through local programs, youth mentorship, and charitable initiatives that enhance the quality of life across the region and beyond.

The airshow will feature aerial demonstrations, historic and modern aircraft displays, and educational opportunities connected to aviation, military service, and STEM-related

careers. Expected to attract thousands of attendees from across the region and province, the event provides family-friendly entertainment while supporting tourism, community engagement, and opportunities for residents to experience a large regional event close to home.

Council Appoints Steering Committee for New Municipal Development Plan

Council has appointed five Councillors, Nicholas Hansen, Paul Bailey, Darren Soderquist, Chad Taylor and Reeve Ryan Ratzlaff, to serve on the Municipal Development Plan (MDP) Steering Committee. Councillors will work alongside appointed public representatives Matt Brown, Brian Olfert, Shauna Head, and Donna Duda from Areas 1, 3,

4 & 5 as Members-at-Large, to help guide the work of Administration and the Project Team from O2 Planning and Design as they engage with Greenview’s residents during the Development of a modernized Municipal Development Plan for Greenview. Council further directed Administration to re-advertise for a Member-at-Large from Area 2 (Wards 3 & 5) to ensure appropriate local community representation.

The Municipal Development Plan establishes Greenview’s long-term vision for land use, growth, and development across the municipality. The current plan was initiated in 2014 and adopted in 2016; the updated MDP will reflect changes over the past decade in areas such as governance, infrastructure, service delivery, industry and community priorities.

Fox Creek family coping with sudden loss

By Valerie Winger

A Fox Creek family is facing a sudden and heartbreaking loss after the death of a spouse and father.

Randi Logan and her two young boys, ages 2

and 4, have seen their lives change in an instant. Randi has gone from a stay-at-home parent to the sole provider for her family while dealing with grief and managing

full-time daycare, work, and other daily adjustments.

A GoFundMe fundraiser titled “Help Randi Logan’s Family After Tragic Loss” has been set up by Jessica

Oko. Funds raised will go toward everyday living expenses, child-care costs, groceries, bills, and other needs as the family works to rebuild. Donations of any amount are welcome. Those unable to give financially are encouraged to share the GoFundMe page so it reaches others who may be able to help.



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New management settling in at Red Fox Restaurant & Lounge in Fox Creek



By Haylee Dianne

There are some new faces at Red Fox Restaurant & Lounge in Fox Creek as Sam Jamal recently stepped into the manager role at the restaurant located inside the Super 8 by Wyndham.

Jamal said he is looking forward to getting to know the community and continuing to build the restaurant as a place for both local residents and visitors to stop in for a meal.

"I've really enjoyed meeting people since coming to Fox Creek," he said. "It's a hardworking town and people here have been welcoming."

Red Fox serves breakfast, lunch and supper, along with lounge service, and also offers catering for local crews,

businesses and events.

Jamal said one of his goals is to focus on consistency and customer service while keeping the restaurant comfortable and welcoming for customers.

"We want people to know they can come in, have a good meal and good service, whether they're local or just passing through town," he said.

Popular menu items include burgers, steak dinners and other comfort food favourites.



The restaurant sees a mix of hotel guests, workers and local residents throughout the

week. Jamal said being connected to the hotel brings in travellers from different areas while still maintaining a local customer base.

"There's always different people coming through, which keeps things interesting," he said.

Along with dine-in service, the restaurant continues to offer takeout and catering options.

For residents who have not stopped by recently, Jamal encourages them to come in and see the changes for themselves.

"We're trying to create a friendly atmosphere where people feel comfortable coming in for coffee, supper or to meet up with friends after work," he said.

Red Fox Restaurant & Lounge is located inside the Super 8 by Wyndham in Fox Creek.

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) co-operating. 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".

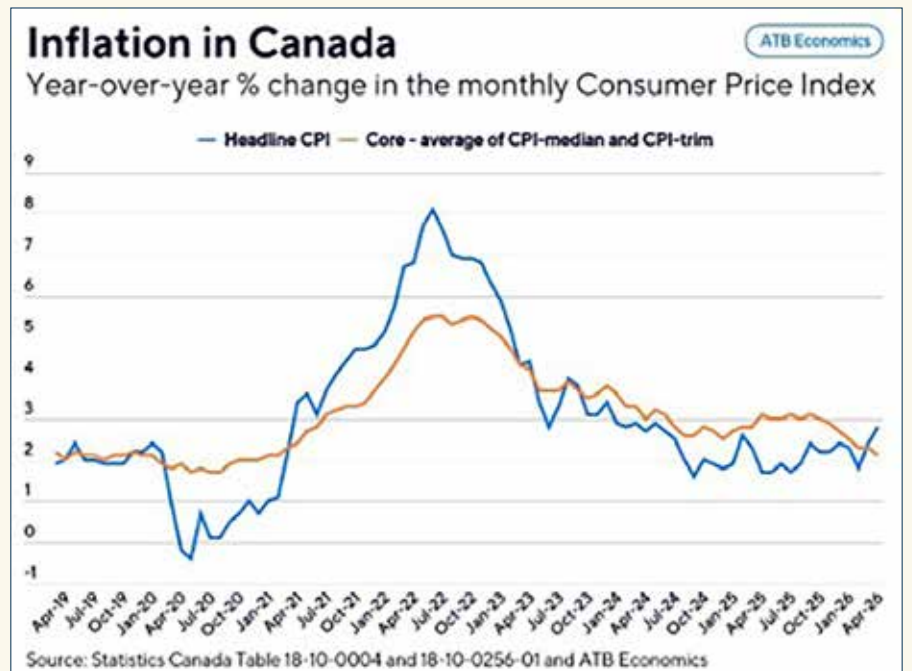
In other words, it's all about duration. If oil prices fall back, as expected in the futures market, the Bank of Canada will likely stay on hold as it balances a weak economy with the new inflation pressures. But if oil prices remain high, and more importantly spill into the broader inflation basket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

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. 🇨🇦





Municipal District of Greenview emphasizes rural address sign clarity and maintenance. Residents are being reminded that rural address signs must be clearly visible, as they play an important role in helping emergency services locate properties quickly.

The MD of Greenview notes that over time, signs can become damaged due to harsh weather and other factors. Residents are encouraged to check their signs and arrange for a replacement if needed.

Replacement requests can be made by calling 780-524-7639 or by email at planning@mdgreenview.ab.ca.



Fox Creek School photos



By Haylee Dianne

Fox Creek School senior track and field athletes made their community proud with several earning strong results and qualification spots for the Provincial Championships.

A standout performance came from Ernesto, who placed second overall in the discus and qualified

for the Provincial Championships in Calgary.

The boys' 4x400m relay team also delivered a strong showing, finishing second and earning their qualification for Provincials. The team consisted of Emmett, Mason, Carter, Everett (who competed despite an injury), and Ernesto.

Congratulations to all senior track and field athletes. They represented Fox Creek proudly.

Fox Creek athletes shine at track & field meet



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Emergency Preparedness BBQ and colouring contest held



Town of Fox Creek photos

By Valerie Winger

Recently, the Town of Fox Creek held an Emergency Preparedness BBQ that featured a colouring contest and giveaway. Organizers thanked everyone who

came out for the event and took part in the activities. A number of people submitted colouring sheets and entered the giveaway. Congratulations went to the colouring contest

winners and the giveaway winner. The event gave people a chance to get together for the day. Organizers said they appreciated all those who attended and participated.





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Greenview updates road ban on all gravel roads



By Haylee Dianne

Motorists are advised that an updated road ban took effect Monday, May 25, at 10:00 a.m. across the Municipal District of Greenview. According to a public notice issued by the municipality, all Greenview

gravel roads — including the Forestry Trunk Road — will be restricted to 100% axle weight, 24 hours per day, until further notice. The restrictions are intended to protect local roads during the spring season. Residents and commercial drivers seeking more information on the current road ban updates are asked

to call the 24-hour Road Ban Hotline at 780-524-6084. For details regarding road bonds and exemptions, contact Greenview's Operations Department at 780-524-7611. Motorists are encouraged to plan their travel accordingly and use caution while the restrictions remain in place.

Valleyview Corn Hole tournament series ready to roll



By Haylee Dianne

Get ready to toss some bags this summer! The Town of Valleyview is launching its first-ever Corn Hole Tournament Series, and it's shaping up to be a whole lot of fun for locals. The action takes place in the Polar Palace Parking Lot on four Thursday evenings this summer. Whether you're a seasoned pro or just in it for a good time with friends, everyone is

welcome. **Tournament Dates:** • Thursday, May 29 • Thursday, June 26 • Thursday, July 31 • Thursday, August 28 All events run from 6:00 p.m. to 8:00 p.m. Each team pays \$40, with prizes awarded to both 1st and 2nd place finishers every night. Important: Pre-registration is required! **Three easy ways to register:** • By Phone: Call 780-524-5158 • In Person: Drop by

4429 52 Ave • Online: Visit Town of Valleyview Facebook page "Grab your teammate and come toss some bags with us at the Polar Palace Arena Parking Lot," the Town invites. "Bring your A-game!" This is a great chance for families, friends, and coworkers to get outside, enjoy the summer evenings, and enjoy some friendly competition right here in Valleyview. So, dust off your throwing arm and get registered — it's going to be a fun summer series!

Swan Hills FCSS planning Seniors Week field trip

Press Release

Seniors in Swan Hills will have a chance to spend a day out of town next month as part of Seniors Week activities organized by Swan Hills Family and Community Support Services (FCSS). FCSS is hosting a Seniors Day Field Trip on June 4 for residents

aged 65 and older. The trip will include transportation to St. Albert's Everett Gardens for an afternoon of music, food and community activities before making a stop at the Enjoy Centre and returning to Swan Hills later in the day. According to the event information shared by

FCSS, lunch will be provided and participants are asked to dress for both indoor and outdoor activities. Registration is required and space is limited. Seniors interested in attending were asked to register with FCSS by May 28 by calling 780-333-4119.



Alberta RCMP News

Alberta RCMP Release

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

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.

Alberta RCMP cautions Albertans on rise of outlaw motorcycle gang activity

Motorcycle season has arrived, and the Alberta RCMP is cautioning the public on the rise of Outlaw Motorcycle Gang (OMG) activity within Alberta. Albertans should expect to see an increase in motorcyclists from these gangs on provincial roads, highways, and at gas stations, as well as a larger police presence, on weekends, when planned rides and events often occur.

Satan’s Choice Motorcycle Club is expanding across Canada and throughout Alberta. This expansion has the potential to cause conflict with other dominant OMGs, such as the Hells Angels. Albertans are encouraged to avoid OMG’s and areas with OMG activity.

The Alberta RCMP, along with its policing partners, is actively focusing resources on the mitigation of criminal activity from these gangs and will continue to monitor activity to help ensure public safety, and the safety of motorists on Alberta roadways.

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. To contact the RCMP non-emergency line within any Alberta RCMP jurisdiction call 310-RCMP (7267).

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.

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