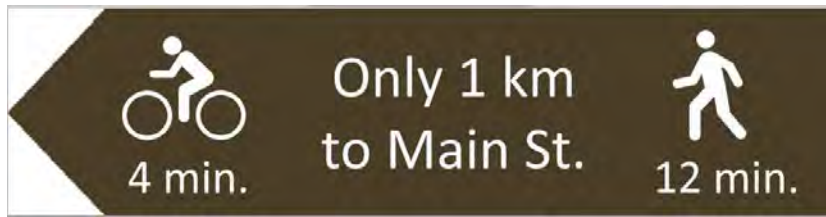


# Proposed Bike Rack Locations





## Walk 'n' Roll Initiative



For the past

**SEVEN** years, the EA

committee (and other community partners – e.g. Stettler Wellness Network, Walk 'n' Roll committee, Stettler Traffic Safety Committee) have worked to **increase biking/walking** through a series of **awareness campaigns and initiatives**, as well as **increased signage**, to encourage residents to make use of walking/biking paths and reduce vehicle use.

**Walk 'n Roll** was implemented during the summer of 2014, with signs **indicating distance to walk or bike to major facilities or landmarks** in the community installed at key junctions on the walking/biking pathways. 4 more signs were added in 2015. Walk 'n Roll month was declared first in August 2014 (repeated in 2015) and Walk 'n Roll continues to be promoted at a number of events. Residents, businesses, organizations and other groups were able to register themselves during Walk 'n Roll month. Over 50 groups registered with at least 1 participant in August 2014. Participants could put a **"We are Walk 'n Roll Participants"** sign in their business window. A discount was offered to attendees of other events if they arrived on foot or bicycle. Additionally, people that walk or bike to events such as the Trade Show and Summer Concerts in the Park (Wednesdays), are



entered in special draws for prizes. Committee members randomly walk/bike around town giving out **prizes** to those that are walk/bike commuting and **"bike helmet coupon tickets"** (for local hardware store) to those without helmets. In 2016, an **Arrive by Bicycle** campaign was organized, where

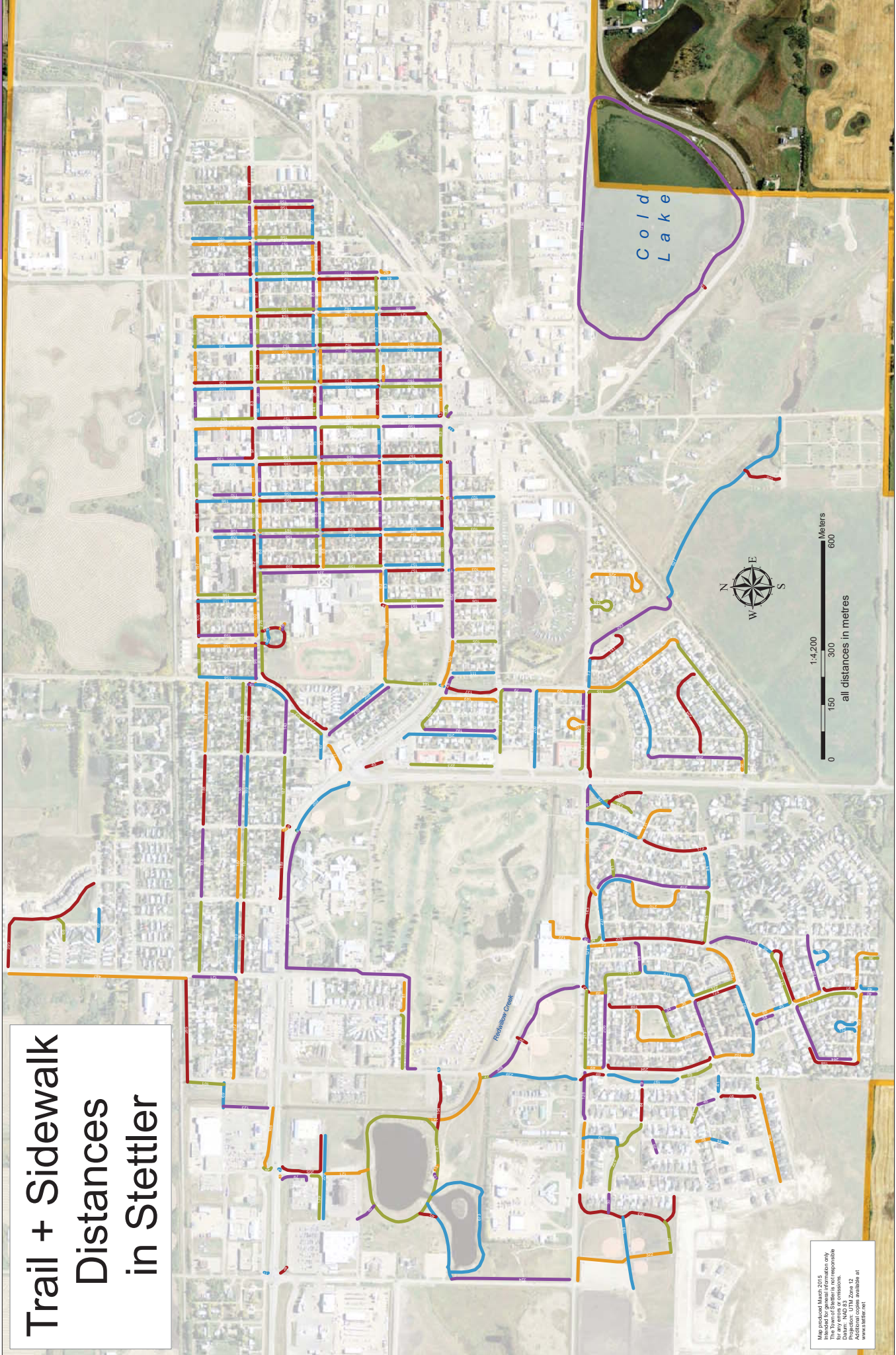
residents that biked to one of 9 participating businesses in the month of June can make purchases for a discount. A **Sidewalk/Walking Distance Map** has been created and uses are being expanded (accessible online)



NEW in  
2014/2015



# Trail + Sidewalk Distances in Stettler



Map created May 2015  
 Intended for general information only  
 The Town of Stettler is not responsible  
 for any errors or omissions.  
 Contact: 403.251.1111 ext. 21  
 Additional copies available at  
 www.stettler.net



# Bikers to be entitled to discounts



MOUSH SARA JOHN  
INDEPENDENT REPORTER

With spring almost coming to an end, Stettler's Walk 'n Roll program kicks off its summer promotion on Wednesday, June 1 with a new approach dubbed 'Arrive by bicycle'.

Headed by Grace Fix, the environmental action sub-committee, an off-shoot of the Heartland Beautification Committee started the Walk 'n Roll program last year in Stettler.

And this year to give it a new dimension, the 'Arrive by bicycle, get a discount' scheme is being launched.

Commuters can ride their bikes to nine participating businesses in Stettler and get discounts varying from 10 per cent off store-wide to 30 per cent off on selected items, for the entire month of June.

The participating businesses are Apple Drugs, Coffee Tree, Guns 'n Games, Party Maxx, Pharmasave, Performance Physio, Pfeiffer House of Music, Savage Value Drug Mart and The Elm Tree.

"These local businesses have enthusiastically jumped on board," said Fix. "We have started with a small group of businesses this year just to see how this plays out and the response from

the business community has been tremendous."

According to Fix, this promotion could definitely expand in future years.

Some businesses are offering the same discount for all of June while others are changing their discount rates each week.

"It's visible in Stettler that more and more people are starting to consider walking or biking to their destinations rather than just automatically jumping into the car," added Fix. "Stettler is a very bikeable community since distances are short, the terrain is flat and we have a great trail system."

In July and August, those who walk or bike to the regular Wednesday evening 'Concerts in the Park' will be entered into a draw for a weekly prize.

Throughout the summer, committee members will be on the trails, handing out flashing reflector lights to those who "get caught" walking or biking to their destinations. Stettler's Walk 'n Roll is a collaborative effort of the Heartland Beautification Committee, Stettler Wellness Network and the Stettler Traffic Safety Committee with the common goal to encourage active transportation.

Stettler Walk 'n Roll kicks off its summer promotion on Wednesday, June 1 with a new twist "Arrive by Bicycle, Get a Discount". There are nine participating businesses for this promotion.

In 2017, **Walk n' Roll** was taken to a new level (**repeated and expanded in 2018 & 2019**), with a **challenge** issued (and accepted) to the Town of Ponoka, AB (2018 & 2019 included Ponoka & Wainwright). From May to August, residents in participating communities are invited/encouraged to register all of their walk and roll trips weekly (or daily or monthly) via a Google document. An active social media campaign reports weekly and monthly totals. Businesses with counterparts in the other community were encouraged to issue challenges, and town councils have a challenge set out. The monthly winning community received a Walk n' Roll trophy and the winning community at the end of the summer wins bragging rights. Thousands of trips have been recorded by each community each year. **Stettler won both the 2017 & 2018 challenges.**



During 2017, a new parallel slogan was created. T-shirts with the slogan "**I'm just less driven**" are given out as prizes and volunteers wear the shirts at various events.

In 2018, to encourage walking and biking to locations (e.g. sports fields, etc.), **new signage** was created and installed where bikes are parked/locked.

NEW in  
2018



Walking/Biking Thank you signage

## Anti-Idling / Idling Reduction Awareness Campaign

In late 2013 and early 2014, the EA subcommittee undertook an anti-idling or idling reduction awareness campaign. The initial attempt in 2012 to get buy-in from the school divisions (public and Catholic) was unsuccessful, but a second round of discussions resulted in positive results. Clearview School Division (public) reviewed its bus idling policies to see if there were ways that it could safely reduce idling (in the cold climate). Student members in Eco Clubs at the Stettler Middle School and Christ King School undertook a survey of vehicle idling in front of the Middle School and the Catholic Schools over three dates in December (during the pre-afternoon dismissal hours). They counted vehicles, measured idling time for each and determined if a person was present in the vehicle. The campaign produced & installed 1 each of 4 Idle-Free signs at the 4 schools (SES, SMS, Wm E Hay, Christ King Catholic).

NEW in  
2014/2015

Slogans for the Idle-Free signs were:

Stettler Elementary School - "Kids Breathe Here, Please Turn off the Key"

Stettler Middle School - "Be Idle-Free, Please Turn off the Key"

Wm. E. Hay "Idling is Fuelish, Please Turn it off"

Christ King School - "Spare our Air, Please Turn it off"

After installation of the signs, committee members created and handed out 250 "Trying to Be Idle Free" stickers, talking to idling drivers and handed out info sheets. They also put up posters at the schools and provided information to school newsletters to go out to parents.

In the fall of 2014, the owners of Sean's No Frills, Sobey's, Stettler Mall, and Canadian Tire gave enthusiastic permission for large "Trying to Be Idle-Free" signs to be posted in their parking lots. In 2016, additional signs were printed and are posted in Town Public Works Yard, as well as at several local businesses with large fleets. Atco Electric created an idling decision making process for all of their vehicles and drivers (see example document below).



Did  
you  
know...?

Idling more than 10 seconds takes more fuel than re-starting your engine?

Idling is unnecessary with today's fuel-injected engines and can actually decrease engine life?

Vehicles warm more quickly when being driven since idling does not warm moving parts?

Idling pollution is like second-hand smoke and those inside the vehicle are just as exposed as those outside?

Information Source: National Resources Canada  
<http://ec.gc.ca/nrcan.gc.ca/transportation/idling/914>

How can you try to be  
idle-free?

Avoid idling when:

waiting for passengers  
running errands  
stopping to chat  
waiting in drive-thru line-ups

Minimize the use of remote-car starters.

Use a block heater on a timer to warm your engine in cold weather.

Warm up your engine for a maximum of 60 seconds, assuming your vehicle windows are clear.

**TRY TO BE IDLE-FREE...it saves money and fuel, improves our quality of life and helps the planet!**

Sponsored by the Heartland Beautification Committee, Stettler

Sponsored by the Heartland Beautification Committee of Stettler



Several hundred shopping cart tokens (on key chains) are produced and distributed to visitors to the Trade Show each year. Stickers have been put up in windows of many businesses around town.

NEW in  
2014/2015/2016



# Driver Checklist

## Idle-Free Guidelines

### Ignition Off:

If you are:

- ☒ Leaving the Vehicle
- ☒ Near a building air intake
- ☒ Near a school, hospital
- ☒ Near a group of people

### Ignition On:

- ☒ When necessary at the scene of emergency
- ☒ Power equipment
- ☒ Diesel (3-5 minutes) when warmer than -23°C
- ☒ Diesel if colder than -23°C

\* Don't run your engine for more than 5 minutes unless:

- You're at an emergency
- It's needed to do the job at hand
- Contents are sensitive to extreme heat & cold
- It needs to run during service or repair
- The windshield needs defrosting to drive safely
- Diesel (3-5 minutes) when warmer than -23°C
- Diesel if colder than -23°C

### Lower fuel consumption by:

- ☒ Driving less aggressively
- ☒ Following the speed limit
- ☒ Using cruise control

**ATCO Electric**



## Stettler challenges Ponoka to a friendly competition of 'Walk 'n' Roll'

Monika Sara John  
Independent staff

With summer here, the Environmental Action sub-committee of the Heartland Beautification Committee (HBC) has organized the "Walk 'n' Roll" challenge for Stettler again this year, from May 1 to the end of August, but this year Stettler will be challenging Ponoka residents in a friendly competition.

"Our Stettler vs. Ponoka 'Walk 'n' Roll' challenge has been running for two weeks now, and we are absolutely amazed at the participation in both towns," said Grace Fix, chair of the Environmental Action sub-committee. According to Fix, there have been 831 trips registered so far between both towns, where residents walked or biked to a destination rather than using a vehicle.

Stettler is a bit ahead with 488 trips to Ponoka's 333 trips. "The participation in Ponoka is increasing very quickly and we have no doubt that their community will soon catch up to where we are, so now we all register our walking/biking trips," Fix added. "We know that people in Stettler walk and bike a lot to their destinations, so just need people to register those trips at [www.stettler.net](http://www.stettler.net)."

At the end of May the official winner of

the first month of the challenge will be announced.

"The winning town for the month will receive the 'Walk 'n' Roll' trophy and bragging rights in all media and there will be a winning town declared each month until the program finishes at the end of August," Fix commented.

Residents can register as often as they wish, either each time or save up a few and register a total.

"However, since we offer weekly prizes, if residents enter at least weekly they will be eligible for those prizes," Fix explained.

Stettler participants will be eligible for a draw each week for a fun "Walk 'n' Roll" T-shirt, just Less Driven! T-shirt.

Heartland Beautification Committee members will also be in contact with businesses in Stettler who may wish to challenge an equivalent business (or a business in the same chain of stores) in Ponoka to see if they can out "Walk 'n' Roll" their Ponoka counterpart.

These businesses can then display "We are Stettler vs. Ponoka 'Walk 'n' Roll' participants" door signs. This event is organized by the Heartland Beautification Committee and is funded in part by the Stettler Wellness Network, while the Ponoka part is organized and funded by the Ponoka Parks and Recreation Department.

Independent

Thursday, May 18, 2017 AS

## Jewel Theatre raises mental health awareness

Carly van Wierden  
Independent staff

The Jewel Theatre hosted a free dinner screening of "Inside Out" for Stettler Elementary School (SES) students on Friday, May 5. The event was put on in partnership with Children and Adolescents Being Resilient and i-Regulating (CARS) as part of the Mental Health Week, a national initiative that runs from May 1 to 7.

The free screening took place a PD day at the school, which is a day that plenty of students were in for school. Although "Inside Out" is presented as an animated children's film, it raises some important questions about mental health.

The leading characters in this film are the emotions Joy, Fear, Anger, and Disgust, which demonstrate the struggle within a young girl's brain, throughout the film, these characters vie for attention in the brain.

The film has been praised by psychologists for presenting important emotional truths in a way that is relatable to both adults and children.

Representatives from the Stettler Early Childhood Development (ECD) Committee and the Stettler



Lavisha Parmar, 5, draws on the sidewalk outside the Jewel Theatre before the free matinee screening of "Inside Out" on Friday, May 5.

Public Library were also invited to take part in the event.

Jewel Theatre Manager Rose Chapman noted that this event was meant to be educational as well as entertaining.

"CARS wanted to come and bring their information to share with people, but also make it a fun day for the kids," she said.

Before the screening, children could be found enjoying the matinee outside the theatre with sidewalk chalk drawing pictures or writing messages about mental health.

Library Program Director Elaine Hookstra brought the library's photo booth with her which could have their pictures taken, and also provided guitar lessons for anyone who wanted one.

Representatives from the Stettler Regional ECD Committee were also available to provide information to parents about the committee's resources, which include their lending library and a number of online child development resources.

www.stettlerindependent.com

Stettler Independent

Thursday, June 8, 2017 AS

## Stettler beats Ponoka in the first month of 'I'm Just Less Driven' challenge

Monika Sara John  
Independent staff

Stettler registered 1,717 trips and Ponoka registered 1,067 in the month of May, which is truly amazing for both communities, according to Grace Fix, one of the main organizers of the.

"This is fantastic involvement," said Fix. "Each month until the end of August, a winning community will be declared. That community gets the 'Walk 'n' Roll' trophy for the month and bragging rights in all media."

Ponoka is steadily increasing their participation, and given that more awareness is being created there about this event, it could be close.

Residents simply walk or bike to a destination and then register their trips at [www.stettler.net](http://www.stettler.net).

"This is not about walking or biking purely for exercise. It's about reaching a destination via walking/biking. It's great for us, great for the air we breathe and great for the planet."

Residents can register each trip or can save up a few and register a total. There are weekly draw prizes so



Completed photo 'The Walk 'n' Roll' trophy.

If a person registers at least once per week, he/she is eligible to win our fun "Walk 'n' Roll" T-shirt. Winners so far are Wendy Westland, Dwayne Walton, Sara Weingryn,

Kristin Suggittow and Keren Falkenberg.

The Walk 'n' Roll Challenge is organized by the Heartland Beautification Committee and funded in part by the Stettler Wellness Network.

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Turn on your mind.

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**Independent**

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**with HYPNOSIS**  
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"I started hypnosis because I was tired of being tired, and tired of being disappointed with myself. I was lacking confidence and energy and I was concerned about my long-term health. There is a ton of information available on how to eat healthy, but not enough on how to get past the mental obstacles we set up for ourselves. The combination of hypnosis and healthy eating and activity was what worked for me. I lost 48 pounds to reach my goal weight and feel fantastic!"  
I can see this being a long-term change! Hypnosis is highly helpful in preventing weight relapse!"

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Professional Hypnotist with 10+ years experience in hypnosis practice. Individual sessions for various programs in my office.

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(403-334-9700)  
[HypnosisForHealthAndHappiness.ca](http://HypnosisForHealthAndHappiness.ca)

**Before**

**After**

NEW in  
2015/2016

NEW in  
2018/2019

### *Other Environmental Initiatives*

Besides encouraging residents to recycle and reduce pollution, EA subcommittee initiatives have also branched out into reducing energy use through simple ways. Building on several Green Tips, the **“Wear A Sweater”** campaign was instituted in 2018/2019, with posters put up in a number of local clothing stores.

Residents were also encouraged to **Line Dry Clothes**, as part of another Green Tip.



Wear a Sweater campaign poster in-store

A large poster with a dark blue background. At the top, the text 'Wear a SWEATER' is written in white, bold, sans-serif font. Below the text is a white rectangular box containing a cartoon illustration of a person wearing a white sweater and blue pants, with their arms raised. Below the illustration, the text 'Chilly?' is written in white, followed by 'Reach for a sweater, not the thermostat.' and 'Warm yourself, not your entire house.' in a larger white font. At the bottom, in a smaller white font, it says 'Wearing a sweater allows you to keep your house 3 degrees cooler.' and 'Sponsored by the Heartland Beautification Committee.'



## Town Environmental Initiatives

Stettler Parks and Leisure, alongside Government of Alberta Environment and Sustainable Resource Development, has hosted an **Annual Recreational Fishing Day** (now called “Kids Can Fish”) at West Stettler Park, on the second weekend in July annually (2019 = 11<sup>th</sup> year). People can fish without a license and learn catch and release practices as well as safe fish handling. Draw prizes are given out as an incentive for people to come out! Loaner rods are provided.



Catch & Release Sign in West Stettler Park



Recreational Fishing Day

## Conservation

Some businesses have taken the initiative to conserve and reduce consumption of resources. The local **Walmart** store has implemented a reduced lighting program during summer months, to save energy. The local **ATCO Electric Regional Service Centre** was built (2013) to reduce building energy requirements through high efficiency HVAC systems and motion lighting systems. The parking lots and roof captures all rain water, which is reused in the primary wash bays of the centre. A green roof was planted over the conference rooms, which captures moisture and conserves energy. The large gravel and paved areas are off-set by the planting of hundreds of trees and shrubs.

In 2014, **Burmac Mechanical** installed solar panels onto their office building. This has resulted in a 15% reduction in their grid electrical consumption. The present panels alone run the air conditioning and the rest of the time their electricity goes into Burmac's general system. They are so pleased with the results that they are hoping to install more and have the entire front covered in panels. Burmac is proving that alternative energy sources are viable and are showing leadership in our community. They were the 2015 business recipient of the Recycling Excellence Award.

In 2016, Atco Electric worked with the Environmental Action sub-committee to develop a **Driver Checklist to reduce idling**. The checklist has been added to all of their fleet of vehicles (see *example in Idling Awareness section – above*)

The newly renovated **Stettler Hotel** features an **LED Neon sign**, which would represent lower energy costs over regular neon, as well as an attractive look.



NEW in  
2014/2015/2016



ATCO Electric Service Centre – greened landscape & green roof



ATCO Electric Service Centre – greened landscape & green roof

NEW in  
2014/2015



Burmac Mechanical – solar panels  
on renovated store front

### Stettler Recreation Centre



Rec Centre Zamboni





A number of years ago, the Ice Arenas used a **brine cooler** (original technology was developed in Stettler), bringing in outside air when the temperature cools to below -10 to cool the brine. The compressors don't run during late December, January, and February, a **huge energy saving**. The ice plant computer raises the temperature of the ice at night and during low use times to save energy and money. Ice is normally at -8°C (18°F) for a hockey game or skating event, and the computer allows the ice to be raised to -4°C (25°F) during low use times. Lights are turned on 15 minutes before practices and games, and are shut off

**Exterior arena fan for natural cooling**



immediately after cleaning has been finished. In 2011/2012, much of the pump system was renovated. The compressor and cooling plant were replaced and updated. **Staff are looking to collect water off the condenser to use for watering plants.**

During the summer when the arena surfaces are not in use **lights are off** and doors are kept shut to lessen the amount of heat coming in or escaping.

When the staff put new ice in, the white ice paint used is environmentally friendly.

**Cub Scouts learn about SRC's brine cooler and how it saves energy**



The Stettler Recreation Centre is **minimally lit during slow or off times** (e.g. evenings), adjusted according to need.

In 2016/2017, the Town of Stettler was working on a community Investment Grant application to provide a **350,000 kWh solar array/Microgen on the Stettler Recreation Centre**. The Town would contribute half of the \$300,000.00 to invest in this project. This would allow the Town to sell back to the grid when power is not necessary for the Recreation Centre. At this time, building structural limitations prevent carrying out this project, but a **modernization of the Recreation Centre** is in the works, which we hope will include upgrades that will allow this project to be done.

### *Public Works / Town*

The new Town of Stettler offices are shared with Clearview Public School Division (completed in 2009). The building represents energy efficient technology (such as sunset windows, dual flush toilets, etc.) The green space around the base of the building **demonstrates the preferred standard for main street commercial buildings**. As a result, the Registry office building was constructed in a similar fashion.

**Coming soon!!**



0m

# Future Concept Design for the SRC

WATER  
PONDS

WETLANDS

RELOCATED RED WILLOW CREEK

NEW SRC LAND

FUTURE  
FIELDHOUSE  
WALKING TRACK

TWIN ARENAS

LIBRARY

POOL

HUB

EXISTING STETTLER  
RECREATION CENTRE

Stettler Swimming Pool

Soccer Field

44 Ave

44 Ave

44 Ave

44 Ave

44 Ave

44 Ave





**Panoramic view of north end of Main Street, featuring Town of Stettler Building and Registry Office**

The **Public Works department** always carools, and use radios to find out if other crews need things from various locations around town. The buddy system has worked very well in the past and will continue to be used in the future.

The **no smoking bylaw** is enforced.

All **traffic lights** have been converted to **LED lights** to save energy. New **crosswalks** are **solar powered LED**. Streetlights are not LED, but are on timers to save energy.

Town Council identified the need to increase pedestrian safety and visibility in the community and in the capital budget of 2015 allowed \$42,000 for the following improvements:

1. Two sets of solar powered crosswalk lights were installed at crosswalks that cross roads without traffic control. The town currently owns three sets of solar powered lights, however new technology has modified the cross walks to an LED rapid flash light, compared to the traditional flashing amber light. The change improves visibility for drivers and increases driver yield rates by 73% above the traditional beacon style. The sets installed in September 2015 on 44 Avenue. An additional set was installed in 2017 by the Recreation Centre.
2. Install speed detection signs that can be relocated to roads that have high pedestrian use to make drivers aware of their speeds. The test location chosen for 2015 was Recreation Road adjacent to the ball diamonds, skateboard park and water park. They work very well and are still in place.

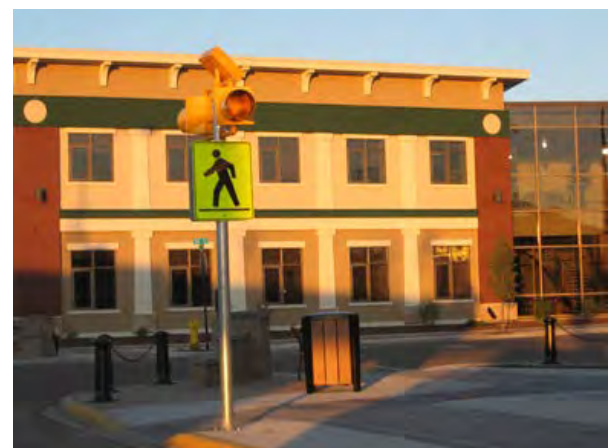


**Speed detectors**



**NEW in  
2014/2015**

**Flashing  
crosswalk  
design**



**Solar Crosswalk lights**

Approximately 9 years ago, a **solar light** was installed in West Stettler Park as a trial. It was not satisfactory. In 2012/2013, further investigation was carried out to determine if further solar lighting (e.g. in the parks) is feasible and a good option. Parks staff **made connections with other communities** in Central Alberta to find out their experiences and what models they would recommend. Committee members and town staff continue to consider and watch for better solar lighting options (with this item remaining on annual plans for the EA subcommittee until completion).

**Solar lights** similar to the Skateboard Park lighting were being investigated for the West Stettler Park path system. \$50,000.00 had been set aside for these solar lights. Instead of solar lights, very attractive light standards were installed around the entire park, utilizing **LED lights**.

NEW in  
2016/2017



NEW in  
2014/2015

### You said it – We are **WORKING ON it!**

*“Endeavour to have all local events completely ‘green events’, with actions such as all vendor plates and utensils being completely recyclable, all food waste recycled and bottled water sales substituted with personal water bottle refill stations”*

We are attempting to encourage this sort of thing at meetings and events, using real plates and utensils at committee meetings, using pitchers of water and glasses, etc. **We started a Zero Waste initiative (2018).**

At the Canada Day Celebration in 2015, cupcakes were served on their own, rather than the traditional slices of cake on plates, with plastic forks and serviettes. The amount of waste and labour to clean up was **SIGNIFICANTLY** reduced.