



# The Morinville News

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## Hallelujah!

Dr. Joy Berg conducts Edmonton's Concordia Symphony Orchestra, Concordia Chorus and soloists from ProCoro Canada during the Hallelujah Chorus, the most recognized part of George Friedrich Händel's Messiah. The Sunday afternoon concert drew an audience of approximately 300 to the Morinville Community Cultural Centre. The performance was followed by the audience joining performers for Christmas carols in the foyer. — Stephen Dafoe Photo

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# Morinville has a new face at FCSS desk

By Stephen Dafoe

Morinville — There is a new face in the Town's Family and Community Support Services (FCSS) Department. Karin Debenham took on the role of FCSS Coordinator Dec. 3, filling a position that had been vacant for a few months. Debenham comes to Morinville with 15 years experience, having previously worked in the field in Spruce Grove.

Beyond that, Debenham has been involved in community development work for 35 years. The FCSS coordinator said her community development work involved working with the community to determine what the community's needs were and then determine how to deliver those needs through change. "Family and Community Support Services is not just about family; it is about community," Debenham explained. "The support piece is supporting through change. If you were sitting here asking me how to deal with a family problem, my role is not as a counsellor. My role is to identify what resources there are inside or outside of the community to assist you progressing through your situation."

It is work she loves and she is pleased to be back at it. Debenham spent the last two-and-a-half years working with the United Way in Edmonton as project manager for their Early Years Continuum Project, an ongoing initiative dealing with early education and care.

An avid gardener, dog lover, and mother of two teenage children, Debenham felt a quality of life

decision had to be made. "My position took me out to rural areas of the province and I do not want to travel," she said. "I'm at a point in my life where I want to slow down but I still want to be involved. Apart from a quality of life decision, I have returned to the FCSS fold. It is a good place to be. It is good work."

### VARIED ROLE

FCSS is a program governed by the FCSS Act. Funding is covered in an 80:20 ratio — 80 per cent from the province and 20 per cent through municipal taxes. Debenham explained although the funding model is the same community to community, how each municipality directs its programming can vary. "As long as the funds are spent within the FCSS Act and Regulation, which is provincial legislation, each municipality can look at its own dynamics, decide where the priorities are and address those priorities," she said, noting many of those priorities are determined by the FCSS Advisory Board. "In my experience, the Advisory Board is a very important part of FCSS planning and implementation."

Although FCSS deals with intervention by helping people deal with the situations they find themselves in, much of the work deals with preventative approaches. While the intervention work deals with setting people up with the resource referrals they need, the preventative side deals with ensuring people have the skills and programs needed: parenting courses, youth programs, and creating partnerships with diverse social service groups to provide information.



Karin Debenham, Morinville's new Family and Community Support Services Coordinator, poses at her desk. Debenham, an avid gardener and dog lover with 15 years FCSS experience, began her role Dec. 3. — Stephen Dafoe Photo

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**MORINVILLE NEWS EDITORIAL**

**Time to crack down on snow removal**

The snowflakes hardly finish falling before someone calls us or sends us a tweet asking when their neighbourhood is finally going to get plowed. We seldom remind the caller or tweeter that the Town does not employ us. We just provide them the well-memorized information that main roads, sidewalks and trails are done first, followed by arterial roads and bus routes, followed by residential streets and lanes in a rotating zone pattern. If you were done first last snowfall, you will be last this snowfall.

We have little beef with how snow removal is handled on our roads and side streets. Yes, it sucks to drive a four-cylinder vehicle along compacted ridges for several days, but we know people in Edmonton who get stuck on their street for considerably longer.

The real beef is with residents who cannot be bothered shovelling their walks. Oh, lots do. Shovels, snowblowers and quads turned to snowplows have all been seen and heard last week. We tip our toques to them all for keeping the sidewalks clear for walkers.

But do-gooders aside, one can walk almost anywhere in this community and see residential and commercial property that remains snow packed well beyond the first snowfall. Too many properties will remain covered in snow until the stuff melts in spring.

The Town is very clear on snow removal for residents.

"1.1 All persons within the Town owning, controlling, or occupying property that adjoins any sidewalks shall remove or cause to be removed and cleared away all snow, ice, dirt, debris or other materials from that part of any sidewalk adapted for the use of pedestrians. Such removal shall be com-

pleted to bare pavement standard within 24 hours of the time when the snow, ice, dirt, debris, or other material was formed or deposited thereon.

"In default of any person complying with this subsection, and in addition to any other remedy available to the Town for non-compliance with this by-law, the Town may arrange to have the sidewalk cleared. In such cases, the cost of performing the required work and the pertinent fines outlined in this bylaw will be charged to the property owner in default. Upon demand, and failing payment, such cost shall be charged against the property as a special assessment."

Of course, the two paragraphs above may as well have been the soliloquy from Hamlet because without enforcement they are just words — might as well be the words of Shakespeare as any other.

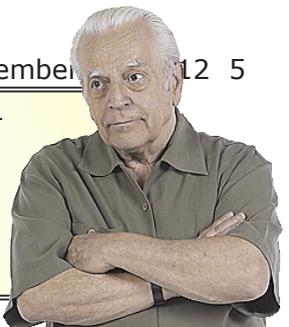
But we cannot be too harsh on our Peace Officers for failing to enforce the bylaw. Bylaw in Morinville is complaint driven. No complaint generally means no visit, and no visit certainly means no enforcement.

Although we understand there was some proactive work to visit homes last year to remind people to chip ice off their walks, we believe it is time Council looked at rethinking the complaint-driven system of bylaw enforcement. If RCMP see someone breaking a law they do not wait for someone to lodge a complaint before springing to action. Knee-deep snow on residential sidewalks is certainly no crime, but it is in contravention of Town bylaws.

Perhaps it is time Council and Administration gave our peace officers the direction and the teeth to get out of their trucks, wade through the snow, and hand out a ticket or two to those who refuse to buy or use a shovel.

THAT'S MY MORINVILLE

with Joe Morinville



The Christmas season is a time to stop and remember the important traditions, including fruitcake. Sit again with your children or friends regardless of their age and watch a Christmas cartoon! Here are the ones I like.

**1** *Rudolph the Red Nosed Reindeer* (1964). Do you think Burl Ives lost weight to play the part of the snowman in this classic? Rudolph's nose was so red. Are you sure maybe his parents didn't give him too much gripe water when he was a Bambi? Maybe he took up drinking when he was rejected? He is lucky he could gain friendship in the land of the misfit toys.

**2** *Grinch who Stole Christmas* (1966). Boris Karloff is the perfect voice for the Grinch to scare the crap out of Max and Cindy. Do you wonder if the Grinch's son lives in Morinville near the cultural centre and instead of stealing just Christmas, he wants to stop all laughter and sounds through all festivals in Morinville. This is not Whooville? Merry Christmas to you from all the rockers at the cultural centre.

**3** *Frosty the Snowman* (1969). Makes you wonder. If you had only one day to do all the fun things things you could, what would you do? Jimmy Durante is the perfect narrator and singer for this

classic as he had a nose for what was required in this cartoon. Gene Autry's 1950s hit made it big again 19 years later.

**4** *Christmas in South Park* should never have happened. Do not get me started on this cartoon because I still do not get the Mr. Hankey the Christmas Poo. I want to send Charlie Brown and his crew into South Park to kick their Christmas butts.

**5** *A Charlie Brown Christmas* (1965). How smart is that Charlie Brown guy, everyone underestimates his ability and in the end he is controlling all of them. If you do not want a Charlie Brown Christmas tree then you better buy one from the Scouts over at Home Hardware.

**6** It is not a cartoon but *National Lampoon Christmas Vacation* is a must the day you put up Christmas Lights.

The column is shorter this week as it is the metric column .6 of the regular 10 because the editor complains. Regardless, grab your favourite beverage and sweetie and watch some Christmas classics and ignore the *War of the World*, *Storage Wars*, *Cake Wars*, *Cooking Fights* and all that other reality bull. I am also saying "No" to the dress because I have a perfectly good polyester leisure suit with a nice wide tie. The dress would just make my muffin top show.

From the desk of  
**Ron Cust Fire Chief**



'Twas the night before Christmas when all through the house, not a creature was stirring, not even a mouse, when down through the chimney all covered with soot, came the SPIRIT OR FIRE, an ugly galoot.

His eyes glowed like embers, his features were stern, as he looked all around for something to burn. What he saw made him grumble, his anger grew higher, for there wasn't a thing that would start a good fire.

No door had been blocked by the big Christmas tree, it stood in the corner leaving passage-way free, the lights that glowed brightly for Betty and Jim, had been hung with precaution so none touched a limb.

All the wiring was new, not a break could be seen, and water at its base kept the tree nice and green. The tree had been trimmed by a mother insistent, that the ornaments used, must be fire-resistant.

And would you believe it, right next to the tree, was a suitable box for holding debris; a place to throw wrappings of paper and string, from all of the gifts that Santa might bring.

The ugly galoot was so mad he near bust, as he climbed up the chimney in utter disgust, for the folks in this home had paid close attention, to all the rules of good FIRE PREVENTION.

Alberta Fire News is often asked about the origin of the "The Night Before Christmas for Firefighters" poem. We're pleased to offer the following explanation from Joan Armstrong, Manager, Policy and Strategic Services at Alberta Municipal Affairs: "When I was a little girl in the 1950s, my dad brought home the poem, which had been published in the Maritime Telegraph and Telephone Company Ltd. newsletter, "The Bulletin."

Technology being what it was, to share the poem it was necessary to type it. (No photocopiers, word processing or e-mail). I still have this yellowed, typewritten copy at home. I pulled it out and dusted it off a few years ago to share with the Fire Commissioner's Office. It had to be tuned up a bit for currency so that people could relate to it today, but those of us who have been around for a while can still relate to the original version and I enjoy the memories it evokes."



# The Morinville News

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**PROGRESSIVE VIEWS  
COLUMN**  
By Tristan Turner

# The Inequality Problem

Canada is not an equal society. Today, the top 1% of income earners receive 14% of all income in Canada, and the trend is increasing rapidly. Over the past 20 years, for every \$1 increase in national earnings, 30¢ have gone to the top 1% of income earners and the remaining 70¢ was shared between the bottom 99% of income earners in Canada. In fact, from 1982 to 2004 there was no increase (when factoring in inflation) in the incomes of the bottom 60% of Canadian income earners. This shows that economic growth actually has not directly benefited the majority of Canadians over the past few decades. What ever happened to our children having it better than we had?

Canada is among the most economically unequal democracies in the world, and this reality is increasing at a startling rate. So, why is this a problem?

Well, inequality undermines the success and well being of a society in nearly every way imaginable. The more unequal a society is, the worse it performs in health outcomes and life expectancy for the whole of society, the success of children in the education system decreases, crime levels increase and the amount of economic and social mobility decreases. In almost all realms of society, inequality creates severe problems, and not just for those at the bottom of the social ladder. We cannot create better society for our children if poverty and mass inequality remains a major issue going forward.

Inequality can be addressed in myriad ways, and there is no one-step solution to this enormous issue. However, there is one necessary change that would directly address much of the broad issue of economic inequality; Increasing tax revenue from the greatest income earners and large corporations to improve our investment in our equalizing social programs. It is vital that the wealthiest among us contribute more to mass social benefit. Not only will it improve the lives of those directly benefiting from access to essential social programs, but it

will also create a more inclusive and healthier society for all places on the social ladder.

By and large, current government policies are to blame for a large portion of the economic inequalities in Canada today. Since the Harper government gained power and for many years since, corporate and top-tier income taxes have been lowered significantly, and as a result, middle class families and the poorest members of our national economy have been bearing a greater tax burden. Many say that cutting high income taxes and decreasing taxes on corporate profit incites private sector job creators to invest in the Canadian economy and remain integrated into the Canadian economy, rather than setting up shop somewhere else.

However, the reality is that there is no connection between an increase in high income taxation and a fleeing of high income earning Canadians, or a decrease in levels of investment. As well, our corporate taxes are far lower than necessary to be competitive to corporate investment, as we hold some of the lowest corporate tax rates in the western world, resulting in billions of tax revenue potential being lost.

The trickle down economic strategy of this government does not benefit the vast majority of Canadians. Going forward, Canada needs federal policy that will make Canada's prosperity work for everyday Canadian families by ensuring the wealthiest among us pay their fair share in income tax.

Nations that have utilized decisive policies to deal with economic disparity have delivered some of the greatest improvements in quality of life and economic stability, as seen in much of Scandinavia. As Canadians, we deserve far better than the harmful economic strategies of the Harper government.



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# Around the home

## Local builder brings personal touch to custom home building

By Stephen Dafoe

Morinville — Sitting behind the desk at his new Morinville office, home builder Larren Monti looks at a complete 3D rendering of what a client's home will look like before a shovel is ever put in the ground. Monti is the owner of Atlas Premium Home Development Ltd. The company specializes in custom homes and recently opened a new office at 113 - 9918 100 Street in the Morinville Centre.

Monti, who has been in the business for 10 years, almost two of those focused on custom home building, said his 3D system is superior to conventional blueprinting because it lets his custom home customers see exactly what their new home will look



Larren Monti of Atlas Premium Home Development stands by some of the custom design work in his new 100 Street office. The company's focus is custom built homes. — Stephen Dafoe Photo

like. Using the software to create a three-dimensional, video game-like walk through, Monti is able to plot a queen-size bed in the master bedroom to let his clients see how much room will be left. The same system allows him to put different textures, including stone and wood on walls and surfaces to give a visual representation of how the new living spaces will look.

"I can show them exactly what the stone will look like on that wall," he said. "I can give them a price on it based on square footage. It is complete customization and it lets the client know because a lot of people have a very hard time looking at a set of blueprints of pictures and trying to imagine that. It's a huge investment, the biggest most people will make in their life. So it gives them an opportunity to see exactly what they're getting before they give me any money whatsoever."

.....> continued on page 17



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# Town Talk

## Snow Storage Site Closed to the Public

Due to lack of space, the Town of Morinville snow storage site, located approximately 2 km east of Morinville, is no longer open to private business for snow dumping; effective immediately. Other concerns that influenced the decision to close our snow storage site to the public were the amount of garbage and environmental contamination, as well as rising costs incurred by the Town for labour and equipment to maintain the site.

Unfortunately businesses and contractors must find alternate solutions to their snow storage requirements effective winter 2012-2013.

For additional information call Public Works at 780-939-2590 between 8am – 4pm

## Garbage Collection Notice

Due to Christmas and New Year's Day both falling on a Tuesday, garbage and recycle collection will occur on:  
Wednesday December 26  
and January 2nd.

Normal Tuesday collection will resume on January 8th.



## Christmas Trees Recycling

They will be collected during the week of January 7th – 11th. The trees must be left on the side of the road with no plastic or wrappings attached. As these trees are being recycled they need to be free of all adornments.”



## The Town of Morinville invites applications from residents who are interested in serving on the Assessment Review Board

**Application deadline:** December 15, 2012  
There is a training requirement to sit on the Board.

Please visit Morinville's website for more information on the Board and the responsibilities.

Application packages and information are available at Civic Place (2nd Floor); 10125 – 100 Avenue, Morinville or on our website at [www.morinville.ca](http://www.morinville.ca).

Please submit your applications to Jennifer Maskoske, Legislative Officer



# Town Talk



## Season 2012-13

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**Suzie Vinnick Valentine's Dinner & Show Feb. 14 - 5:30**



Suzie Vinnick's gorgeous, powerful voice never merely attracts your attention. It captures it – and holds it prisoner. Treat the one you love to a special Valentine's Day dinner and show!

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**Will Stroet Jan. 26 - 2 pm**

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**Calvin Vollrath - Spring Fling May 24 - 26**



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**Ted Outerbridge Mar. 15 - 7:30 pm**



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Tix: Adult \$25  
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**Blues Berries Apr. 13 - 2 pm**



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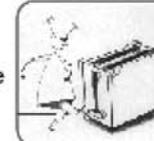
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Month of April  
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**Jake's Gift Jan. 24 - 7 pm**



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Tix: Adult \$25, Senior \$20, Student \$10

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**servus credit union** Servus Credit Union Morinville Branch 10226 – 100 Ave Morinville. Hours: M-Th 9:30 am - 5 pm, F 9:30 am - 6:pm

# Battle of the Boxes looking for creative side of recycling

By Stephen Dafoe

Morinville — A local woman is hoping boxes, cartons and other by-products of Christmas gift giving will be given a second life as works of creative art before ending up in the recycling box. Stacey Buga is organizing The Battle of the

Boxes, the first of what she hopes will be a recurring recycling event.

"The Battle of the Boxes is hopefully going to be an annual event to encourage community involvement and getting into recycling, playing, toys and what a gift needs to be," Buga explained, adding the competition is looking to have people take their left over Christmas and Boxing Day packaging and convert it into creative works. "After Christmas there's some very cool packaging and stuff that can be used in amazing ways if people just look at it a little bit differently."

Buga explained the concept is simple. Take left over packaging materials and turn it into whatever can be imagined. Using scissors, glue, tape and special Makedo fasteners, the packaging can be converted to a work of art ready to enter the competition. "I'm going to be supplying Makedo kits, which are a set of fasteners and hinges that's made for cardboard, plastic, fabric — basically anything recycled materials," she said. "It can be used along with tape or nails or whatever people can think of. They just basically use whatever they've got. The idea is to not have to go out and purchase things."

The Battle of the Boxes is open to individuals and businesses. Registration deadline for the contest is Dec. 22, giving participants a couple weeks over the holidays to assemble their creations for display at the Morinville Community Library Jan. 8 to 12. Entries are to be dropped off at the library Jan. 4 and 5 so library staff can set up

the displays for judging the following week.

"It will be judged by the community and library patrons," Buga said, adding there are a limited number of entry spots. "At this point we are hoping for about 30 entries total. I'm hoping for a 50/50 split between businesses and individuals. If we get a lot of interest, we will see what we can do about adding more spots."

Entries will be assembled into four categories: Children's Choice, Patron's Pick, The Most Useable, and TKO [Technical Knock Out]. Buga said the Most Useable category is not necessarily for the most useful creation but the most useable. The TKO is reserved for those entries that are particularly intricate or technical in their design. Prizes will be awarded for each of the four contest categories.

Buga is hoping people will take a little time over the holidays to get creative with their Christmas packaging. She sees it as something suitable for both children and adults to get involved with. "Adults need to play because they don't," she said. "All of a sudden you hit this age where you are supposed to be grown up and you're supposed to be cool and you're not supposed to play. Why not? Cardboard boxes are really fun."

There is a \$50 entry fee for businesses interested in entering — \$30 if they donate a prize to the competition. Entry fee for non-profit groups is \$30. Entry fees are to cover the cost of the larger Makedo kits. There is no fee for individuals or families to enter. Additional kits are available at This & That in Morinville.

Entry forms are available at the Morinville Community Library. For more information contact Stacey Buga at 780-940-5276.



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# Arts & Culture

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## Community Christmas Celebration marks its 34th year

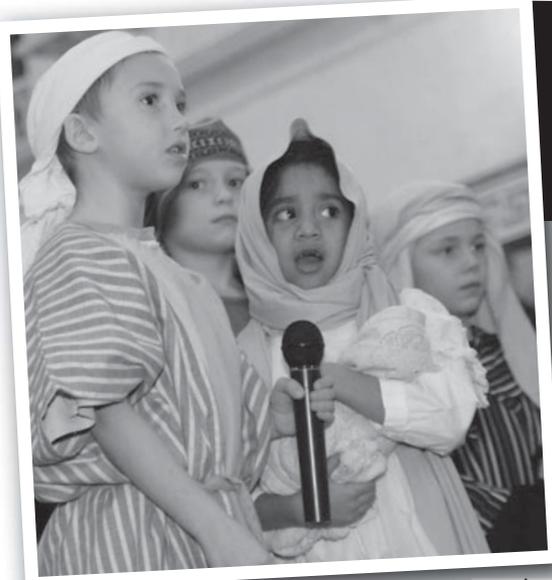
By Stephen Dafoe

Morinville — The sounds of the season will once again be ringing from St. Jean Baptiste Church Dec. 20 as the community comes together for the 34th Annual Community Christmas Celebration, an interdenominational Christmas gathering organizers are hoping will once again bring residents and visitors together.

"It is essentially a carol service and it involves many of the local churches, school groups and others such as the Morinville Minstrels," said committee chair Leanne LaRocque. "There's an opportunity for the whole community to come together to celebrate the peace, love and joy of the Christmas season. It's a real tradition here in Morinville."

LaRocque said the event provides a good opportunity for friends and neighbours to step away from the commercial aspects of Christmas and come together for an evening of holiday song.

The event organizer believes the event continues to be popular in Morinville because it hits all members of the community and has a real com-



Students from Morinville Christian Fellowship School sing Welcome to Our World during the 2011 Community Christmas Celebration. This year's event takes place at St. Jean Baptiste Church Dec. 20. — The Morinville News File Photo

munity feel to it. Part of that community feel is due to the committee's long-standing tradition of maintaining the event's original intent of not being merely a Christmas concert where people come to watch people perform. Rather, the magic of the event is its participatory nature. Carol singing, scriptural readings, and the gathering together as one group regardless of denomination has filled the pews year after year.

But while the event draws a diverse group of participants, it also draws a diverse group of musical talent. LaRocque said the committee's only ground rule is that the music must be religious based. Beyond that, anything goes in terms of musical style.

This year's celebration will once again bring together performers from the Morinville Minstrels Seniors Choir with students from local schools and musicians and singers from local churches, each taking

a role in the programming for the evening. "It's a unifying opportunity," LaRocque said. "It gives each church who participates an opportunity to be seen in the community. Some of the smaller parishes have limited visibility. In terms of fine arts in the community, it gives us the opportunity to see some of the groups we wouldn't see. The Morinville Minstrels for example. They are a very active group and some of the churches that have excellent choirs. Only their own congregation sees them. It lets them share their gifts with the rest of the community."

### LONG HISTORY

Former Morinville teacher, school board trustee, and Citizen of the Year John Unsworth started the annual celebration in the late 1970s. In its inaugural year, staff and students of École Georges P. Vanier School invited parents and the general public to a traditional Christmas concert in the school's gymnasium. The response was so positive Unger organized the first full Community Christmas Celebration the following year at St. Jean Baptiste Church, inviting other Morinville churches to participate in the event. Over the next eight years the event evolved into what organizers say was the community's most anticipated annual event. Unsworth moved to British Columbia in 1988, at which time the annual celebration was taken over by a small group of dedicated volunteers who wanted to see the event continue. It has done so for more than three decades.

LaRocque is hoping the community will once again come out and fill St. Jean Baptiste Church for an evening of song. "It's the opportunity to get together with your fellow people in the community and share that special feeling of Christmas — the peace, love and joy of Christmas season," LaRocque said. "That's what people take away from it, that feeling of unity, the good tidings. Someone said one year they don't feel Christmas has begun until they have attended the Community Christmas Celebration."

That celebration takes place Dec. 20 at 7:30 p.m. at St. Jean Baptiste Church. Admission is free; however, donations to the Knights of Columbus Christmas Hamper program are welcomed and encouraged.



**Maureen Kubinec, MLA**  
Barrhead Morinville Westlock

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Happenings at the Library this week...

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### Story Time with Rory

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### Holiday Hours

Monday, December 24 10 am—12 noon  
Tuesday, December 25 **CLOSED**  
Wednesday, December 26 **CLOSED**  
Thursday, December 27 10 am—8 pm  
Friday, December 28 10 am—6 pm  
Saturday, December 29 10 am—2 pm  
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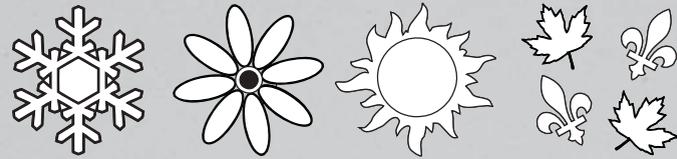
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**Local home builder**

.....> continued from page 9

Although the 3D technology is common today and can even be acquired as a basic program for home use, Monti said there are not a lot of builders using the technology for their clients. "The first two houses I built were made strictly off of plans I made with this program," he said, adding the program works well when one has the knowledge to know where load bearing walls and plumbing lines need to go. "I do all of it with this program. It is an effective tool for that as well."

But there is more to the system than offering visual aids to client. Monti said it allows him to more accurately quote a project, a situation that the builder says allows him to build a completely custom home for what people would pay for a spec home.

The builder encourages his clients to work with him, sending pictures and ideas to get the custom home they want. "Ask me as many questions as you want so that in the end you are 100 per cent happy with your investment," he said. "There is no stupid question. Ask me, ask me, ask me."

For Atlas, the focus is on a more personal way of home building. "You always hear real estate agents say if you find a house that has 90 per cent of what you want, buy it because you are never going to find a house with everything you want," he said. "That's what I'm offering. For the same price as buying a spec house, I can build you a custom house - 100 per cent the way you want it, start to finish."

**MANY YEARS IN THE TRADE**

Building a custom home is more than the latest in visual software or listening to what a client wants. It takes knowledge and experience, attributes Atlas has in considerable supply. Monti entered the carpenter's profession at the age of 17, pausing briefly to work the rigs for a couple years at the age of 20. The change made him appreciate how much he enjoyed carpentry and he returned to it to make it his career. Five years later he started his own company, which will celebrate its tenth anniversary next year. "I've never slowed down since," he said. "I've been very fortunate."

Monti and his family moved to Morinville after he built some houses here and began to fall in love with the community. "We love it here," he said. "After we built that house, we decided to build another one and stay here. We had the option to go to St. Albert. We had the option to go anywhere. We chose to stay here because of the community. Now that I have a one-year-old son, it makes me appreciate it all that much more."

**CUSTOM HOMES AND MORE**

Although Atlas Premium Home Development's focus is on new custom home construction, the company also does large scale renovation projects.

Monti said the company looks to do five to 10 custom homes each year, a number where he feels each home can be given the attention it needs.

For more information on Atlas Premium Home Development visit their website at [atlaspremiumhomes.ca](http://atlaspremiumhomes.ca).



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**HEALTHY ROUTES**

## Enjoy the Christmas Feast!

By Gladys Kublik, owner Neighbors Vitamin Shop

December and the Christmas Season seems to revolve around food. Everywhere we go there is a burgeoning table of goodies from appetizers to desserts, the selection is overwhelming. With this great variety of high quality food it is strange that so many people are sick at this time of year. You would think that this abundance of nutrition would boost our immune system for the next three months.

Nutritionists have long held the view that good health begins in the stomach, you know, "you are what you eat". More recent studies have confirmed this theory but expanded from "you are what you digest" to "you are what you absorb". How true, if your digestive tract is incapable of breaking down food to extract nutrients or absorbing the nutrients in the small intestine, then the immune boosting vitamins and minerals will simply pass through your system, leaving your body undernourished and challenged to fight off viral or bacterial infections.

The most obvious symptoms of an impaired digestive system are the ones we have all experienced occasionally — indigestion, heartburn, bloating, constipation or diarrhea. When these symptoms occur frequently it is a sign of a severely imbalanced digestive system. There are other symptoms however which are more subtle and not always recognised as the effects of poor digestion and absorption. They include nutrient deficiencies, low iron, weight loss or weight gain, weakness, fatigue, depression, ADHD, migraines, inflammation, joint pain, osteoporosis, skin issues (itching or rashes) and general poor health and low immune function.

## What's Cookin' Morinville?

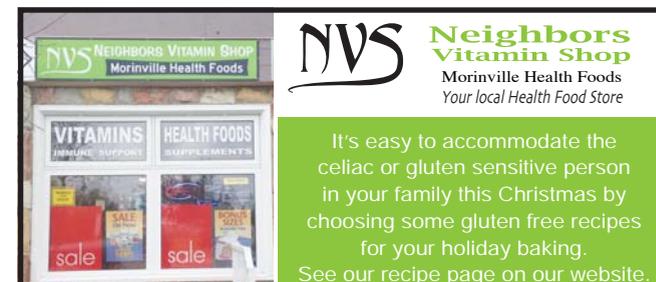
The symptoms resulting from inflammation such as arthritis, eczema, psoriasis, ADHA, migraines, gout and weight gain are often the result of undigested proteins. Symptoms such as nutrient deficiencies, weight loss, weakness, fatigue and susceptibility to colds and flu are often associated with nutrients passing through instead of being absorbed and utilized by the body.

The Mayo clinic states the time for total digestion process from beginning to end averages 53 hours. For this entire time the food you eat is center of numerous chemical reactions with multiple enzymes, hydrochloric acid, and hundreds of strains of good bacteria. No wonder there are times your stomach rumbles and your intestines churn. Those noises, the discomfort and occasional embarrassing instance of gas are signs the chemistry lab in your guts is missing a few chemicals.

As we age or experience times of stress, our system doesn't create enough of the hydrochloric acid or the enzymes needed to function properly. This results in heartburn, acid reflux and low immune response. Some people lack the ability to produce certain key enzymes which results in improperly digested material wreaking havoc in our bodies, which is the case for those who have celiac disease or those who are gluten or dairy sensitive. Certain medications can interfere with enzyme production and antibiotics kill off the good bacteria in our bodies as well as the bad. When this occurs in the large intestine the result is often irritable bowel syndrome, or chronic diarrhea or chronic constipation.

We need to maintain the proper balance of acid, enzymes and gut flora to ensure our food is properly and totally broken down into the molecules our body can use to grow new cells, repair tissues, provide energy, nourish our brain and nervous system, eliminate toxins and fight infections and disease.

So next time your stomach is talking to you, it may be saying "I need a little help here, I'm short of some key ingredients." Supplementing with digestive enzymes, betaine, and probiotics will let you enjoy all your favorite Christmas treats and keep everything moving smoothly and quietly.



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Stuart Trenchard - Owner



**Candy Cane Brownies**

sugar and butter until light and fluffy, about 5 min. Beat in eggs, one at a time, until well combined, about 2 min.

In another bowl, whisk together flour, cocoa and salt. With mixer on low, add flour mixture to butter mixture and mix just until combined. Stir in chocolate chips. Spread batter in prepared baking dish and bake until a toothpick comes out with a few crumbs attached, about 20 min. Let cool completely then evenly spread frosting over brownies, sprinkle with candy canes.

Preheat oven to 350°F (180°C). Grease an 8-in. square baking dish. Using an electric mixer (stand or hand-held) on medium, cream

- 1 cup granulated sugar
- 1/3 cup unsalted butter, softened
- 2 eggs
- 3/4 cup all-purpose flour
- 1/2 cup Compliments Cocoa
- 1/4 tsp salt
- 1 cup Compliments Semi-Sweet Chocolate Chips
- 1/2 tub Compliments White Frosting
- 1/2 cup Crushed Compliments Candy Canes

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# BRENT MELVILLE'S REMAX SPORTS REPORT



Wayne Gatza pockets the Jets' first goal during the second period Sunday night. Gatza went on to score his and the Jets' second with 32 seconds left in the period. – Stephen Dafoe Photo

## Warriors defeat Jets in home game

By Stephen Dafoe

Beverly Warriors Sunday night in a 3-2 decision. After defeating the Spruce Grove Regals, the top-ranked team in the league, a week earlier, the Jets were just not able to recreate the magic on home ice a week later.

The Jets spent much of the first period Sunday night short handed, a situation that allowed them but nine scoring chances to the Warriors 20. Despite being down a man or two for much of the first 20 minutes, the Jets gave up only one goal during the period.

The Jets managed to bring the game to a 2-2 tie by the end of the second period. Wayne Gatza picked up the Jets' first at 13:34 to tie

Morinville — The Jets fell to the



Penalties, fights and injuries took up a lot of time in Sunday's home game. – Stephen Dafoe Photos

the game 1-1, and although Beverly shifted the balance to 2-1, Gatza brought the game back to a tie with 32 seconds left in the frame.

Penalties and glove droppers plagued the second period, which was halted for nearly 20 minutes when Ethan Kuhar of the Warriors was sent him to hospital with what was believed to be a head injury.

The Jets carried a pair of penalties into the final period, a situation that allowed the Warriors to score their third 42 seconds after the puck drop.

The Jets were unable to push the contest to overtime, and the loss brings the Jets to a 12-9-0 record this season.

The club takes on the Edmonton Mustangs at home Friday night, then travel to Wetaskiwin for a Sunday afternoon game against the Icemen. Game time for the Dec. 14 home game is 8:30 p.m. at the Ray McDonald Sports Centre.

## Voters elect two new councillors in Legal

By Stephen Dafoe

Legal — Monday's by-election has resulted in Carol Tremblay and Ron Sharma being elected from a ballot of eight candidates. Tremblay took the majority of votes with 115 cast in her favour. Close behind was Sharma with 109.

Also running in Monday's by-election were Kurtis Haupman, who received a very close third with 107 votes, Yvonne Bilodeau (Cyr) with 80 votes, Shealene Page with 56 votes, Florence Lamb with 25 votes, Joey Seitz with 23 votes, and Curtis J. Epp with 22 votes. A total of 537 votes were cast.

Monday's by-election fills seats left vacant by Phil Hughes and Albert St. Jean. Hughes was forced to resign due to Municipal Government Act regulations regarding attendance at council meetings; St. Jean resigned Oct. 16 due to residency requirements under the same act. St. Jean subsequently moved into his new home in Sturgeon County.

St. Jean had previously stepped down as mayor to allow his successor an opportunity to learn the mayoral ropes while he was still on Council. That successor, Mayor Lisa Magera, was reappointed mayor during Legal Council's organizational meeting Oct. 15.

At the time, Mayor Magera said because Legal Council is a five-member council it was necessary under the Municipal Government Act to hold a by-election.

The two new councilors were sworn in Monday night.



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