

# Shop in Morinville

published by The Morinville News

## Light Up the Night Schedule

*page 12 & 13*



*Christmas  
Shopping Guide*

**win \$500**  
to spend on  
**Christmas**  
*details inside*

two year anniversary

# December Deals



**Bud Light**  
**\$25.99\***

15 cans



**Bud Cheladas**  
**\$9.99\***

6 cans



**Kokanee**  
**\$39.99\***

24 cans



**Kahlua**  
**\$22.99\***

750 ml



**Gallo White Zinfandel**  
**\$6.99\***

750 ml



**Deadbolt Red Wine**  
**\$10.99\***

750 ml



**Absolut Vodka**  
**\$21.99\***

750 ml



**Wiser's Deluxe Whiskey**  
**\$21.49\***

750 ml

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for all your  
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Needs

• BIRTHDAYS • CORPORATE • EVENT ORDER DISCOUNTS • CHRISTMAS • NEW YEARS • WEDDINGS

**Merry Christmas**  
from  
Guy and Cheri Meunier

## Liquor on Main

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\*Limit of 2 per customer  
Quantities limited

\*GST and Deposit are not  
included in sale prices

# Knights of Columbus hamper program underway

by Morinville News Staff

Morinville – St. Anne Council of the Knights of Columbus (KOC) will be once again be coordinating the annual Christmas Hamper Project on behalf of the St. Jean Baptiste Catholic Church and the Morinville Food Bank Society.

Last year, 103 hampers of food and gifts for children were distributed to Morinville families in need as well as the Mearns and Rivière Qui Barre areas. The KOC are once again looking for the public's help to make the program possible.

"The success of this project relies on the generosity and cooperation of the churches, service groups, businesses and countless individuals in our communities," wrote Henry Lamoreux, the Council's project coordinator, in a media release.

Those wishing to make a donation of food or children's toys may do so at several drop off sites: The Helping Hand Store on 100 Avenue, Home Hardware/Bumper-to-Bumper, the FCSS department at the cultural centre, Sobeys, Scotiabank, Royal Bank, Servus Credit Union and No Frills. The Knights are requesting food donations that are nutritious and children's gifts that are new or in excellent condition. Those wishing to donate by cheque should make the cheque payable to the Knights of Columbus. Tax receipts will be issued.

Anyone requiring assistance by way of a hamper is asked to call the Town of Morinville at 780-939-4361 or the Drop In Centre at 780-939-3953. Residents who are aware of those in need should not hesitate to call on their neighbour's behalf.

The deadline for hamper requests is Dec. 16. Hampers will be distributed at the Rendez-Vous Centre Dec. 20 between 4 p.m. and 7 p.m.



## Happy Holidays

The festive season is upon us and our thoughts traditionally turn to finding the perfect gifts and the best deals. Why? Because the holiday season is special and it's a time to think of our family, friends and ourselves.

While we think about getting just the right gift for Grandma, Mom, Dad or the kids, we often overlook the fantastic shopping opportunities we have right in our back yard. From the store front businesses and home based businesses to the local crafters and Christmas markets, the perfect gift is right in front of you.

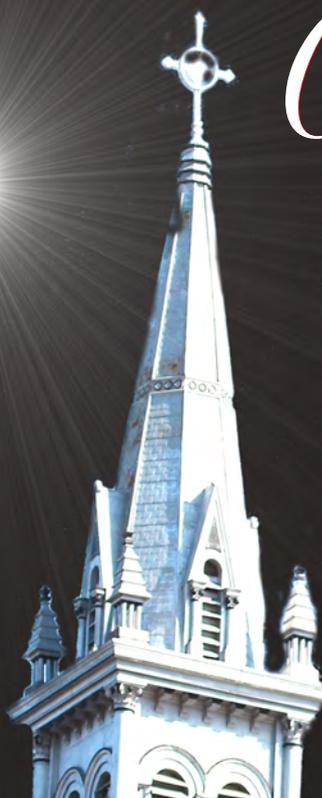
You will find everything you need for your holiday feasts at our local grocery stores, which provide a great selection, competitive prices and helpful friendly faces. And we can't forget to mention the superior service you can get at our local cafes and restaurants, the perfect place to relax after a busy day of shopping or catch up with friends and family.

Morinville has a vibrant business community that is such an important part of what makes our town so great. They support local groups and sports teams and provide employment for a number of residents. They are also ambassadors for just how great Morinville is. In shopping locally, we show our business community just how much we appreciate their hard work and support.

Please enjoy the holiday season on behalf of the  
**Morinville and District Chamber of Commerce**



# 35th Annual Community Christmas Celebration



A Festive, Interdenominational Jubilee  
**Dec. 19 - 7:30 p.m.**  
**St. Jean Baptiste Church**  
**EVERYONE WELCOME**

Donations For The  
 Knights of Columbus  
 Food Hamper Program  
 Will Be Gladly Accepted

From Decoration to Jewelry  
 We Are Your Local Christmas Wish Provider

Open 10 - 5:30  
 Thursdays 10 - 7  
 Saturdays 10 - 2\*  
 Closed Sundays

\*closed Nov. 30

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 Christmas

 *J. M. Turner*   
**GOLDSMITH** INC.



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9602 - 100 St. Morinville Phone: 780-939-3920 Fax: 780-939-3917 Email: jmtinc@shaw.ca

# COMMUNITY CHRISTMAS CALENDAR



## Nov. 29 - Dec. 29 - An Old Fashioned Christmas

The Musee Morinville Museum invites you to visit an Old Fashioned Christmas Nov. 29 to Dec. 29. We are located at 10010 - 101 St. (next to St. Jean Baptiste Church). Displays will include antique furniture, toys and artefacts. Everyone is welcome. Open Wednesday through Saturday from noon to 5 p.m.

## Nov. 30 - Jessica Martel Memorial Foundation fundraiser

Rednex will be hosting a fundraising dinner and concert for the Jessica Martel Memorial Foundation Nov. 30, beginning at 6 p.m. Tickets are \$30 and includes dinner and concert. Concert only - \$10 if bought in advance. Bands for the evening are Canyon Rose Outfit and The Frolics.

## Dec. 6 - Feliz-Navi Dogma

Higher Grounds Espresso Bar on 100 Avenue turns their regular open mic night to a Christmas flare Dec. 6 with their annual Christmas-themed program. The show begins at 7:30 p.m. and is open to performers 10 years and older.

## Dec. 7 - Sobeys Baking Contest

Sobeys Morinville is having a holiday baking contest Dec. 7 from 10 a.m. until noon. Details at Customer Service in the store. Prizes for best baking are \$300 for first place, \$200 for second place, and \$100 for third place. Winners will receive store gift cards for that value. See our story on the event on page 22 of this guide.

## Dec. 9 - Dec. 15 - Morinville Community Silent Auction

The library will hold its annual Christmas Silent Auction, a fundraiser for the Morinville Community Library. Come in and view the wide variety of unique items we have on display and do some of your Christmas shopping in a fun way.

## Dec. 10 - 13 - MCHS Christmas Play

MCHS will perform their production of *Into The Woods*, a show shaping up to be an amazing production, highlighting the schools many talented students and faculty. Tickets are \$8 and will be available at MCHS and Sobey's as well as at the door.

## Dec. 13 - Shop in Morinville Morinville News Prize Draw

We will be drawing the winning entry for the \$500 Shop in Morinville prize. We may be calling you.

## Dec. 19 - Community Christmas Celebration

St. Jean Baptiste Church will be filled with the songs of the season Dec. 19 at 7:30 p.m. The multi-faith Christmas celebration is in its 35<sup>th</sup> year this year. Donations accepted for the Knights of Columbus Food Hamper Program.

# Fill-A-Bus looking for fuller bus this year

by Stephen Dafoe

**Morinville** – The Morinville Community Bus makes many trips throughout the year, but even when it is parked it can be used for good purpose. The Town of Morinville Community Bus will be parked at two local grocery stores this Friday, giving residents an opportunity to give to those who are or will be in need this season. Once again this year, the annual Fill-A-Bus program kicks off the Town's annual Christmas Festival in a giving way.

Last year the charitable community initiative collected 7,032 pounds of non-perishable food items and roughly \$2,610 in cash donations. Although last year was shy of the record set in 2012, organizers are looking to make the tally a great one for the food bank.

"As in every year, hunger never ends," said Town of Morinville employee and event organizer Melodie Steele. "There's always a need in Morinville and surrounding region that the food bank serves. This is their big time of year with the highest need. With the weather getting worse, it is harder to make ends meet, so people do rely on the food bank regularly."

Residents, schools and businesses will have two days to help out the cause. On Thursday, Nov. 28 the Fill-A-Bus will travel from school to school and business to business picking up donations from those who let the program know they have items and cash to give. Friday, Nov. 29 will be the day the bus parks at Sobeys and Chris and Tracy's No Frills, there to receive donations directly from the community. The bus will start out parked at No Frills from 9:30 a.m. until 1 p.m. and finish the day parked at Sobeys from 1:30 to 5:30 p.m. People shopping at either store that day can pick up items or bring items to the bus for donation to the Morinville Food Bank and the Knights of Columbus Christmas hampers.

Steele is confident that Morinville, being a caring community, will once again step forward during the annual Christmas festival to help overflow the Town bus. "This event helps stock their shelves for a fairly significant period of time," she said, adding 2013 is her fourth year organizing the event. "This is my heart and soul. This is my one event every year that tugs at my heartstrings. It's amazing to watch the community come together and support the Food Bank in such a major way each year. Honestly, it is the most fun two work days of my entire work year."

Organizers are currently looking for volunteers to assist with offloading the food donations at the Morinville Food Bank Thursday and Friday evening. For more information on volunteering with the Fill-A-Bus program contact Melodie Steele at 780-939-7840.



Santa Claus thanks a Morinville Public School student for the school's generosity. Local schools gather food for the Fill-A-Bus each year.



Students take donations from Morinville Community High School to the Town bus during the 2012 Fill-A-Bus event.

# Celebrate 10 Years of Fitness

Purchase or renew your one-year membership and be entered into our draw for

**one week condo stay in Las Vegas**

**&**

**\$500 spending money**



Contest co-sponsored by Morinville Business Centre (MBC) and Alberta Treasury Branch (ATB).

## Spin Win 2

15 - 30% off  
3, 6, or 12-month  
memberships

**The BodyShop**  
Fitness Facility

Downtown Morinville  
**780-939-0220**

It's the most  
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This Christmas Season

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SEE US FOR GIFT CERTIFICATES

9917

100 Street Morinville

smithmusic.ca



lessons  
instruments  
equipment  
recordings

## STOREWIDE CHRISTMAS SPECIALS



10% off all dog food

Military and Seniors Discounts

Late night shopping  
Thursdays  
9am - 8pm



30-50% off selected store items



Enter to win an iPad with every \$100 purchase



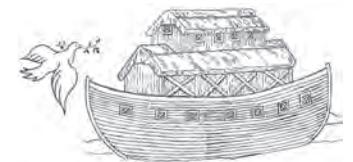
Full Grooming Services

Book ahead for your pet to look its best at Christmas

Walk-in nail clipping

Promotions cannot be combined

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www.noahsarkpets.ca

ACANA



NUTRIENCE

# Morinville to Light Up The Night this weekend

by Morinville News Staff

**Morinville** – The Christmas season in Morinville officially kicks off this weekend with the annual Light up the Night Christmas Festival, an event funded by the Town of Morinville and organized by a committee of dedicated volunteers and community partners.

“This is yet again another wonderful community event that is open to all residents of the Town and area, and is a great celebration for the community,” said Allen Jacobson, Morinville’s Community Development Coordinator/Event and Volunteer Specialist. “It has to do with Christmas, of course, and I like the theme of Light up the Night. The whole town is decorated in lights. It’s an inclusive event for kids. The seniors are involved. All the businesses are involved. It’s a light up of St. Jean Baptiste Park, which is this iconic and beautiful park we have here.”

Jacobson said the event is made possible by the Town of Morinville and the Light up the Night Festival committee joining forces with local businesses and organizations to make a three-day event for the community. “The Town of Morinville is a sponsor of this, of course, but it is a volunteer-run committee,” Jacobson said. “It’s the same committee as last year. It’s a wonderful committee. We’ve met a couple times and the nice thing is they are all prepared. They’ve been doing this for a while.”

This year’s festival includes 17 events spread over the three days, which bring families together in the heart of Morinville for a community celebration.

## Lots of events

The festival weekend kicks off Friday with the annual Fill-A-Bus initiative for the Morinville Food Bank Society. The bus will spend the morning at No Frills and the afternoon at Sobeys. The goal this year is to surpass the nearly 7,000 pounds of non-perishable food items and the roughly \$2,600 in cash donations that were raised last year.

Friday evening brings David James and Big River, a Johnny Cash tribute show to the Morinville Community Cultural Centre for a concert. Showtime is 8 p.m. and tickets are \$25 per person, \$20 for seniors and \$10 with student ID.

Saturday will see the festival kick into high gear. Activities include the Lion’s pancake breakfast with Santa at the Legion from 8 a.m. until 11 a.m., children’s activities and entertainment at the cultural centre from 10 a.m. until 3 p.m.,



and the Morinville Festival Society’s Festival Farmers’ Market and Craft Sale at the high school from 10 a.m. until 4 p.m. The non-profit society took over the farmers market and annual craft sale from the Friends of the Morinville Public Library earlier this year.

A highlight for families on Saturday is the addition of Flyin’ Bob’s one-man circus on the cultural centre stage. Two free performances will take place – one at 10 a.m. and one at 2 p.m.

## Parade and fireworks a tradition

The annual Christmas Festival parade will take place from 5:30 p.m. until 6:30 p.m. and will be followed by the lighting of St. Jean Baptiste Park by Mr. and Mrs. Claus. Fireworks will take place immediately after the park is lit up.

Jacobson said this year’s parade floats would receive colour commentary from Councillor Stephen Dafoe and former Town Councillor Joe Gosselin. “The parade is a tradition with Mr. and Mrs. Claus lighting up the park,” Jacobson said, adding the parade route will start at the Morinville Community Cultural Centre, run west on 100 Avenue past the post office. Mr. and Mrs. Claus will turn around at the end of the route to return to St. Jean Baptiste Park where the jolly couple will throw a big switch to light the park.

But parades and fireworks are not the end of the entertainment lined up for Saturday. The Ray McDonald Sports Centre will be home to the annual Morinville Jets Alumni Game at 6 p.m. and a Morinville Kings Senior AA regular season game at 8:30 p.m.

Sunday’s activities include a free family skate with Santa Claus from 1:30 p.m. until 3 p.m. at the arena, and a family movie at the Morinville Community Cultural Centre at 6 p.m. This year’s movie is Tim Allen’s *The Santa Clause*. Doors open at 5:45 p.m. and this year’s family movie night will offer free popcorn and pop in addition to the movie.

## Best lights contest

Sunday evening will see area seniors travelling around town to judge Morinville’s best decorated and lit homes. Judging of this year’s best lights contest will take place at 6 p.m. Jacobson said residents could nominate neighbours or themselves for best outdoor Christmas display. To enter the completion or for more information on the weekend’s activities, contact Allen Jacobson at 780-939-7832 or [ajacobson@morinville.ca](mailto:ajacobson@morinville.ca).

Give the Gift of a Great Lunch

**DECEMBER SPECIAL**

Buy one Pasta Bar Special and get the second for free with this ad.

Pasta Bar Special only valid on Friday nights.



Come see us for special coffees and drinks during the **LIGHT UP THE NIGHT PARADE**



9915 - 100 Street, Morinville  
780.939.6564

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**HIGHER GROUNDS**  
ESPRESSO BAR

Purchase an extra-large drink of your choice and only pay for a large.  
**NOVEMBER 30 ONLY**



10019 - 100 Avenue Morinville 780.939.5154  
Tues - Fri 8 a.m. - 4 p.m.



HGEspresso.ca

**Morinville**

**CHRISTMAS**

**Farmers' Market**

**&**

**Craft Fair**



**Saturday, Nov. 30**

**10 a.m. - 4 p.m.**

**MCHS Gym**

**9506 - 100 Ave.**

**proceeds going to the Friends of the Morinville Library Society**



**Hosted by**

**MORINVILLE Festival Society**



**a festival for all seasons**



**Morinville**

**Light Up the Night Festival**

# Shop **in** Morinville

## CONTEST ENTRY FORM



To enter the contest, simply visit one of business from each of the four groups below. At that business you will find a Shop in Morinville sign with a number. Simply write down the number in the box below. Add the four numbers and enter the total in answer box. Return your entry form to any of the businesses listed below as well as the Morinville and District Chamber of Commerce and the Morinville Community Library.

On Dec. 13 we will draw one lucky winner of a \$500 prize to be spent at any business or combination of businesses listed below.

### Group A

Home Hardware  
Smith Music  
Green Bean  
Morinville CCC

### Group C

Sobeys  
Body Shop  
Noah's Ark  
Flower Stop

### Group B

Liquor on Main  
Higher Grounds  
High Street Interiors  
J.M. Turner Goldsmith

### Group D

Morinville Chamber  
Morinville Library  
Neighbors Vitamin Shop  
Town of Morinville

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

E-Mail \_\_\_\_\_

Best Time To Call If You Win \_\_\_\_\_

**Total of A=B+C+D**



# LIGHT UP THE NIGHT CHRISTMAS FESTIVAL



## FRIDAY, NOVEMBER 29th

- **4:00 pm Deadline for forms for Best Lights Competition**
- **8:00 pm Big River – Johnny Cash Tribute**  
Morinville Community Cultural Centre (9502 – 100 ave.)
- **8:30 pm Morinville Jets vs St. Albert Merchants**  
Ray McDonald Sports Centre (9908 – 104 street) (free admission w/food bank donation)

**Fill-A-Bus**      **9:30 am – 1:00 pm**      **No Frills (8901 – 100 street)**  
    **1:30 – 5:30 pm**                              **Sobey's (10003 – 100 street)**

In support of the Morinville Food Bank

## SUNDAY, DECEMBER 1ST

- **1:30 pm – 3:00 pm Free Family Skate with Santa**  
Ray McDonald Sports Arena (9908 -104 street)
- Family Movie – FREE POPCORN AND POP!!**  
**FEATURING: THE SANTA CLAUSE - starring Tim Allen**  
Morinville Community Cultural Centre (9502 – 100 ave.)
- **5:45 pm Doors open for movie**
- **6:00 pm Movie begins**
- **6:00 pm Best Lights Competition judging begins**



# NOVEMBER 29TH - DECEMBER 1ST, 2013



## SATURDAY, NOVEMBER 30th

- 8:00 am – 11:00 am Lions Pancake Breakfast with Santa  
Royal Canadian Legion – 10120-101 ave (handicap & stroller access at rear of building)  
Proceeds to the Knights of Columbus Christmas Hampers

### CHILDREN'S FESTIVAL – FREE ACTIVITIES

Morinville Community Cultural Centre - MCCC (9502 – 100 ave.)

- 10:00 am – 2:30 pm Crafts, Games & Bouncy Castle
- 10:30 am & 2:00 pm Flyin' BOB – One Man Circus
- 12:00 – 1:00 pm Hot Dog Lunch Sponsored by Re/Max Real Estate
- 11:00 am – 2:30 pm Photos with Santa
- 10:30 am – 2:30 pm Face Painting
  
- 10:00 am – 4:00 pm ANNUAL CHRISTMAS FARMER'S MARKET  
Morinville Community High School (9506 – 100 ave.)
- 5:30 – 6:30 pm CHRISTMAS PARADE Starting point - MCCC (9502 - 100 ave.)  
Check Town website for Parade details
- After the Parade:
  - Light up the Park at St. Jean Baptiste Park
  - Fireworks at the open field next to Morinville Public Elementary School
- 6:00 pm - 8:00 pm Morinville Jets Alumni Hockey Game  
Ray McDonald Sports Centre (9908-104 street)
- 8:00 pm – 11:00 pm Morinville Kings Sr. "AA" Hockey Game  
Ray McDonald Sports Centre (9908-104 street) (free admission w/food bank donation)



For more information contact  
Community Services at 780-939 -7839  
or visit [www.morinville.ca](http://www.morinville.ca)



Morinville Community Library

# Christmas Colouring Contest

Colour this page and bring it to the Morinville Community Library before 6 p.m. Dec. 6 for your chance to win some great prizes. Prizes will be awarded for 1st, 2nd and 3rd place for each category.



**8-12  
years  
old**



Morinville Community Library

# Christmas Colouring Contest

Colour this page and bring it to the Morinville Community Library before 6 p.m. Dec. 6 for your chance to win some great prizes. Prizes will be awarded for 1st, 2nd and 3rd place for each category.



**4 - 7  
years  
old**



# Feliz Navi-Dogma offers variety show with Christmas theme

by Stephen Dafoe

**Morinville** – It will be a festive Friday at Higher Grounds Espresso Bar Dec. 6. That’s the night the coffee house’s Hot Dogma talent night gets in tune with the season for a Christmas-themed evening of community entertainment called Feliz Navi-Dogma.

Organizers are looking forward to showcasing a variety of local talent in the annual show. As always, all are welcome, but this time around the coffee shop is asking performers to make sure their songs and acts have a Christmas flare to them.

“It’s because it’s Christmas and to celebrate the spirit of Christmas that’s in the community,” said Higher Grounds Volunteer Manager Crystal Terhorst, adding the show is just like any other Hot Dogma night, except performers are asked to put in a Christmas twist. “We ask every person involved to do something Christmasy. They can dress up Christmasy or part of their presentation needs to be Christmasy.”

Last year’s event included a Christmas-themed game interspersed between local singers and performers. Terhorst said a game is likely to form part of this year’s event, adding to the sense of community and seasonal spirit in the room.

“It’s just an evening of fun, music, laughter,” Terhorst said, noting the event is particularly special to those who volunteer to run the coffee house. “We are a faith community and it is very important to us because the celebration has to do with the arrival of our Lord,



Continued on next page...

You Pick the Shows...  
...We'll Wrap Them Up

[morinvillecommunityculturalcentre.ca](http://morinvillecommunityculturalcentre.ca)

## Morinville

### COMMUNITY CULTURAL CENTRE

9502 - 100 Avenue  
780-939-7888

DEC 15

Jublioso!

Bells of Concordia & the Concordia Community Chorus

Adult \$25  
Senior \$20  
Student \$10

Live at the CCC

# Johnny Cash tribute band to Walk the Line in Morinville

by Ashley Janes

The Morinville Community Cultural Centre will host David James and Big River Nov. 29. Starting at 8 p.m. the band will provide town residents with what has been described as one of the most authentic Johnny Cash tribute performances in the world. According to their website reviews, when James comes around, Johnny Cash fans follow in droves. With a show that incorporates both a high quality reproduction of Cash's music and a front man that sounds, looks, and moves like the Man in Black, show-goers are sure to be transported back in time to a real Cash performance.

James formed his first Johnny Cash tribute band about six years ago but most of the current Big River band has been together four years, including Todd Sacerty and Colin Stevenson. Duncan Symonds was the last to join the group two years ago. They got their start playing bar shows across Vancouver Island, but James quickly realized they had the potential to do more. Eventually, they lined up gigs at casinos show rooms, theatres, and community halls. He hopes one day to make it all the way to Vegas, but for now he's happy with the cities and little towns in Canada.

The following is an interview with James regarding his upcoming performance:

**Q: Describe the show. What can residents expect from you and the band?**

**A:** Well, we're going to start in the 50s and make it all the way till 2002, pretty much just prior to his death and in no particular order. We're going to bounce around a little bit getting into the 60s and 70s. We are going to do all his really big, well-known hits. Maybe one or two unknowns will sneak through the cracks.

**Q: Will you give an example?**

**A:** I like to do the odd obscure song just because I thought it was a well written song that should have been a hit. Johnny Yuma would be one. I would say maybe you haven't heard of that song. If you're not a Cash fan, there's no reason why you should have but you've probably heard Ring of Fire.

**Q: What can you say about the performance itself?**

**A:** It's gonna be an exciting, high-energy show. I'm gonna tell a bunch of stories about Johnny in between songs. In-character as Johnny but not saying: "When I was..." It will be like: "When Johnny was..." I do it from the Almost Johnny Cash acting persona. I talk like him and all that, but I never claim to be him.

Tickets are available at the Morinville Community Cultural Centre box office at 9502 - 100 Avenue.



**...continued from page 16**

God becoming man and one of us. That's reason to celebrate. We want to celebrate the Lord, Jesus Christ. This is our focus and our whole reason to be here is to serve the community and promote the message of Christ in our community. A message of love and acceptance and fellowship."

But Terhorst is quick to point out Feliz Navi-Dogma is not a religious event. You are as likely to hear *Jingle Bell Rock* as you are *O Come All Ye Faithful*. "We're not doing a religious evening; we're doing a community evening," she said. "We're inviting people to come and do something Christmasy. Everyone is welcome here.

**Variety of talent welcome**

Terhorst said local musician Paul Smith would host the evening, serving as emcee for the event and performing a number or two of his own. The Christmas show is looking for a variety of acts: singers, musicians, dancers, poets, magicians, and any other act that is suitable for a family performance.

Feliz Navi-Dogma takes place Dec. 6 at 7 p.m. at Higher Grounds Espresso Bar, located on 100 Avenue next door to Bistro de Madre Piccola. Performers aged 10 and above are welcome. For more information or to book a slot call 780-939-5154 or drop into Higher Grounds Tuesday to Friday from 8 a.m. until 4 p.m.

# Gifts for the Ungiftable

(NC) As the days become shorter and the weather gets colder, we're reminded of two things: winter is fast approaching and so is the holiday season. While many happy memories are made during this time of year, we are tasked with the challenge of gift-giving, or rather, buying for the ungiftables – the co-worker, relative or friend who seems impossible to find the right present for.

After spending hours searching online and in stores, frustration can begin to take over. Don't fret, there is a solution: personalized gifts. Creating a calendar or photo book are great ideas that are customized to your ungiftable. Retailers like Staples have the services available to help you create that perfect gift.

"We've all experienced the hardships associated with attempting to buy a gift for someone, only to find it's an impossible task," said Joann Peet, category manager at Staples. "A personalized gift always satisfies. All of our stores have copy and print services, and our associates can easily help you choose the perfect gift for that someone special."



One of the best options for the ungiftable person is a custom calendar. Choose photos that are meaningful or funny and create a memory-filled calendar that will be enjoyed for 365 days.

Another alternative is a customized photo book. They are affordable and can be adjusted based on budget. They also make great coffee table books and truly spark conversation with guests.

For those who have the holiday plan and gift guide figured out, a nice personal touch over the winter season is to create customized greeting cards or labels. It's as simple as choosing a template and entering your image and text. Just be sure to tag a few days on to your order to ensure your items are printed and ready in time.

## Light Up the Night Special

**20%** off  
storewide

\*excludes Country Affair Candles and fresh flowers

Saturday, Nov. 30  
10 a.m. - 6 p.m.



9918 - 104 St. Morinville  
780-939-3440



# Christmas Sale

SATURDAY, NOVEMBER 30

10 A.M. - 4 P.M.

MORINVILLE RENDEZ VOUS CENTRE

9913 - 104 STREET, MORINVILLE

GREAT SELECTION  
OF THE BEST  
HOME BASED BUSINESSES

BUY RAFFLE TICKETS FOR  
AMAZING DOOR PRIZES!

PROCEEDS OF RAFFLE  
SALES GO TO  
SANTAS ANONYMOUS

Free Entry

# Indulge without the added calories

(NC)—Delight your guests this holiday season with this delicious yet surprisingly guilt-free tiramisu. Ideal to take along to either work or family parties, this Italian delicacy is a great, time-saving dessert that can be prepared up to eight hours in advance and served as needed. Lightly sweetened with naturally-sourced stevia, it's the perfect way to sensibly indulge in the season.

## Easy Tiramisu

Makes 2 servings

### Ingredients:

- 1/2 cup (125 mL) warm, strong coffee
- 9 packets or 4 1/2 tsp Pure Via Turbinado Raw Cane sugar and stevia blend sweetener
- 1/2 cup (125 mL) part-skim ricotta cheese
- 1/2 cup (125 mL) prepared light whipped topping
- 1/2 tsp (2 mL) vanilla extract
- 8 crisp ladyfingers
- 1 tsp (5 mL) unsweetened cocoa

### Preparation:

1. Combine coffee and one packet of Pure Via Turbinado. Stir until the sweetener is dissolved. Let coffee cool until lukewarm.
2. Meanwhile, whisk together ricotta cheese, whipped topping, the additional Pure Via Turbinado sweetener and vanilla. Refrigerate until ready to use.
3. Place coffee in shallow bowl. Dip four of the ladyfingers into coffee and let stand about five seconds.
4. Remove and place two ladyfingers side by side on a plate for each tiramisu. Spread each tiramisu with 1/4 of the ricotta mixture. Sprinkle each with 1/4 teaspoon (1 mL) of the cocoa. Repeat dipping and layering. Discard any remaining coffee.
5. Refrigerate, covered with plastic wrap, at least two and up to eight hours before serving.

### Nutritional information per serving:

- Calories: 264
- Total fat: 8g
- Cholesterol: 49 mg
- Sodium: 124 mg
- Carbohydrates: 42 g
- Protein: 10 g

Note that stevia, the sweetener in Pure Via, is also known as steviol glycosides. Additional calorie-reduced holiday recipes are available at [www.purevia.ca](http://www.purevia.ca).



## Christmas Naturally



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[neighborsvitaminshop.com](http://neighborsvitaminshop.com)

# How to Plan a Grand Holiday Brunch

**(NC)** - Serving a family brunch on the big day is certainly growing in appeal.

Enthusiasts tell us there's nothing like a delicious morning spread to celebrate and entertain when everyone attending is the most refreshed. A breakfast brunch can also be the perfect alternative to a family dinner for large extended families with scheduling conflicts. Not only is it easier, but it can also be less expensive to plan and prepare. Here are a few ways to make your holiday brunch one of the most memorable meals of the year:

**Enforce a dress code:** Breakfast is a much more casual affair, so have some fun. Ask everyone to wear their ugliest holiday sweaters then start taking photos.

**Crank the holiday tunes:** Get everyone in an upbeat mood by cranking a few holiday classics. How can anyone resist the family favourites?

**Set up a breakfast bar:** Avoid spending the entire time in the kitchen by setting up a self-serve table. Let your guests customize their own breakfast Panini, or create their own yogurt cup with favourites like fruit, Nutella, and granola. More ideas that the kids will eat up can be found online at [nutella.ca/recipes](http://nutella.ca/recipes).



## Design a stylish festive spread with beautiful tarts

(NC)—Creating an impressive holiday dessert table doesn't have to take hours in the kitchen. You can bake with style using easy-to-make recipes that both look beautiful and taste great. These cute Superstar Eggnog Tarts are perfect for any festive function. More seasonal recipes are available at [www.tenderflake.ca](http://www.tenderflake.ca).

### Superstar Eggnog Tarts

#### Ingredients:

2 packages Tenderflake tart shells  
1/4 cup (60 mL) sugar  
1 egg  
1/3 cup (80 mL) evaporated milk  
3 tbsp (45 mL) water  
2 tsp (10 mL) amber or light rum  
1/8 tsp (.5 mL) salt  
1/8 tsp (.5 mL) nutmeg  
Pinch of cinnamon

#### Frosting:

3/4 cup (175 mL) white icing  
1/2 tsp (1 mL) nutmeg  
1 1/2 cups (375 mL) whipped topping

#### Directions:

1. Preheat oven to 350°F (180°C).

2. Arrange one package of tart shells on a baking sheet. Using an electric beater, beat together the sugar and eggs until light and fluffy. Stir in evaporated milk, water, rum, salt, nutmeg and cinnamon. Pour into the tart shells and bake for 25-30 minutes or until crust is golden and filling is set. Remove from the oven and cool.

3. Remove the remaining tart shells from the foil tins. Transfer to a lightly floured work surface and press to flatten. Using a 1 1/2 -2" (3.5-5 cm) star shaped cutter, cut a star from each piece of pastry. Place on a parchment paper lined baking sheet and bake for 8 minutes or until nicely browned. Remove from the oven and cool completely.

4. Mix icing and nutmeg together and place in a small piping bag. Pipe a thin line of icing around the edges of each star.

5. Top each tart with 2 tbsp (30 mL) of whipped topping and garnish with a star.



# Sobeys once again holding festive baking contest

by Stephen Dafoe

**Morinville** — With the holiday season approaching, many local bakers will be breaking out their favourite recipes to whip up a batch of festive baking again this year. Sobeys Morinville is hoping bakers will bring their goodies to the grocery store in a few weeks for a chance to win \$500 in gift certificate prizes to use on more baking supplies.

Sobeys franchise owner Stuart Trenchard had been toying with the idea of a baking contest for a couple of years before launching last year's inaugural event. That offering drew 42 bakers with the fruits of their labour to the store. He is hoping for a similar result this year. The event will take place at the grocery store Dec. 7 from 10 a.m. until noon.

"I think this year we can build on the 42," Trenchard said. "I think this year we can get to 50. We've narrowed down the score to squares, so I think that will help people focus on exactly what to make." Nanaimo squares, Rice Crispy squares, date squares – whatever the baker's favourite holiday square recipe is - it is welcome.

The original idea came about from all the recipe ideas Trenchard had heard up and down the aisles over the years. When customers came into the store looking for ingredients, they often tell staff about the recipe they are making. Trenchard wanted to have some way to highlight it in an event in town.

The grocer believes the food and family tradition, particularly around Christmas, is important because families get to slow down for a bit, something families usually do around food, whether it is a summer barbecue, Thanksgiving dinner or Christmas feast. "It's all about the feeling," Trenchard said. "Every time they think of some great event with their family, there is always food related to it. If the food is related back to that fantastic feeling they have, I want the Morinville Sobeys to be part of that."

Once again this year, Sobeys Morinville will offer gift certificates from the store so bakers and confectionary makers can create more masterpieces at home. This year that prize will be divided into \$300 for first place, \$200 for second place and \$100 for third place. "We want to reward the top three prize winners because of how close they always come at the end," he said, adding last year's contest was a tough decision for local judges. "We want to make sure everyone is being rewarded for their outstanding performance."



Trenchard and his staff are hoping bakers will take some time to show off their family recipes. They are also hoping people will consider them the baking headquarters for all their holiday baking needs. "We want people to think of Sobeys first," Trenchard said. "When you come in our store, you feel like you want to bake. You are going to smell our fresh bakery when you come in. We want to make sure everyone understands we're going to have all the baking ingredients you need to make your festive favourites."

There is no cost to enter the event and there are no age restrictions. More information on the Dec. 7 competition is available at the customer service department at Sobeys Morinville.

**Sobeys Morinville franchisee Stuart Trenchard poses with some of the baking products his store sells. The store is holding a baking competition Dec. 7 this year.**

– Morinville News Staff photo

# easy entertaining

by **Sobeys**  
Morinville

Stuart Trenchard  
Owner



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- Plates
- Cups and glassware
- Utensils for serving and eating
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- Napkins and toothpicks
- Ice, ice bucket, tongs
- Corkscrew and bottle opener
- Centerpiece for the table
- Garbage bags for clean up
- Cleaning supplies

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