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Luck of the Irish

The team of Christine McKinnon, Arla Pirtle, Nadia Hutchings and Michele Redford, one of two Irish teams competing in the Morinville Curling Club's Olympic themed Ladies' Bonspiel pose for a shot before their game.

- Lucie Roy photo



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Right: Irene Brenneis works on some quilt units for a project the group is doing for the Alzheimer's wing of Aspen House. Opposite page from left: A loose threads member cuts fabric for the line. Kathrin Roethlisberger and Pearl Lavallée have a chat. Part of the appeal for club members is the social aspect of the pastime.

- Stephen Dafoe photo



Loose Threads group still sewing strong after four years together

Morinville - It's a Monday night and the program room of the Morinville Community Library is filled with the sounds of sewing machine motors whirring and women laughing. The mixture of mechanical and mirthful sounds is the result of a group of eight local women, all members of the Loose Threads Quilting Club, who have been enjoying the social and creative aspects of quilting for the past four years. "We're a little loopy and a little crazy about fabric," said Loose Threads spokesperson Shelley Faganello, adding the club meets at the library on the first and third Monday of the month from 6 p.m. to 9 p.m. "It's a group of ladies from all different ages and all different experiences, even some different cultures that are here, just enjoying the mutual enjoyment of fabric, putting things together and shar-

ing patterns and experience."

Faganello said the group consists of approximately 16 members with roughly eight coming out to participate on any given night.

Those members work on individual or group projects. Currently the Loose Threads are using donated and their own fabric stashes to make quilts for the Aspen House Alzheimer's Unit in Morinville. Faganello said though there is no set amount of quilts targeted for the project, they are hoping to make as many as they can. Ideally they would like to make 24 for the project. "We're trying to use fabrics with different textures because that seems to be something that stimulates and calms them as well," Faganello said, adding every year the group has done a charitable project. Past Loose Threads donations

have included place mats for Heritage Lodge residents last Christmas and quilts for both Sturgeon Victim Services and local foster parents. Additionally, the group makes a larger quilt each year to be used as a raffle at the library's Summer Reading Program. The quilt is a thank you for use of the facility's program room.

Social aspect important

Beyond using their creative quilting talents for local causes, members derive considerable pleasure from the social and creative side of quilting together.

Member Irene Brenneis has been with the group for some time and said she enjoys participating in the twice-monthly event. "I just like the creativity about it," she said. "Even though you are following



a pattern, you still have to do your fabric selection. it's an addiction." Additionally, Brenneis enjoys the social side of the group. "It's nice to have the camaraderie, and to find a group of people you share a passion with," she said. "It's fun."

Another long term member is Kathrin Roethlisberger, a woman who has been quilting for 17 years and has been involved with Loose Threads since its inception. Like Brenneis, she too enjoys the multifaceted aspects of the club. "It's the social aspect, but also to exchange ideas with the group," she said. "It's not only cutting up perfectly good fabric and sewing it together again."

Newcomers welcome

Although members like Roethlisberger have nearly two decades of quilting under their needle, there is always a welcome to new quilters and those interested in learning.

"It's a great place for a new quilter to come," Brenneis said. "Even if they don't have a project or equipment. We've got lots of people who know how to help. Lots of times you don't know if you want to get into it. The stuff's here. Come give it a try."

Group spokesperson Faganello said the group has some supplies and equip-

ment that has been donated. It is recommended that interested parties bring their own sewing machine. "If people can bring a machine with them - that's probably the big key thing," she said. "sewing machine, threads, scissors, pins. Just your basic stuff."

For those interested in joining or learning more about the Loose Threads Quilting Group, please contact the Morinville Community Library at 780-939-3292 or drop by one of their meetings on the first and third Monday of the month between 6 p.m. and 9 p.m.

Visit MorinvilleLibrary.ca for more info about this and other library groups.

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THE MORINVILLE NEWS

ISSN 2291-2738

The Morinville News is published each Wednesday
by The Art of Conversation Morinville Ltd.



**Our Print Edition
Is Available At
More Than 100
Locations In
Morinville And
Legal and mailed
to 1,000 homes in
Sturgeon County**

Published Online
Monday to Friday At
morinvillenews.com

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Columns and Opinion

COLUMN Progressive Views **Trudeau Pains** by Tristan Turner



In an interview on the Feb. 23rd edition of the hit Quebec TV show 'Tout le monde en parle', Justin Trudeau made a controversial comment that led to a somber apology. On the program, Trudeau made his comments while he was speaking about the ongoing political crisis in the Ukraine, where former President Viktor Yanukovich was recently disposed by parliamentary order and clashes between Pro-Russian and Pro-Euro groups - as well as police - has led to the deaths of many demonstrators and officers alike over the past few weeks. Speaking in French about these events, Trudeau said that he was concerned about Russia getting involved militarily in the situation, especially now that they're "mad" about losing out on an Olympic Medal in Men's Hockey.

Shortly after making the flippant comment, the show's host Guy Lepage asked him if Russia would respond "Just because of hockey?", to which Trudeau immediately corrected by saying "No. That's trying to bring a light view in a situation that's extremely serious".

After news of the comments spread, other Liberal MPs were quick to come to Trudeau's defence, saying that it was unnecessary for him to make an apology for a comment that was not malicious. While the severity of the comments can be debated, it is true that the Ukrainian Ambassador to Canada, Vadym Prystaiko, said that he was insulted by the comments, saying on CBC's Power and Politics that "jokes are inappropriate these days when we have hundreds [of] people [dead]." Mr. Prystaiko went on to say that he would request an apology from Trudeau for his insensitivity.

Trudeau apologized for his comments by personally visiting the Ukrainian Embassy in Ottawa to speak with Vadym Prystaiko. The ambassador was "pleased" with Trudeau's apology, and appreciated that he became the first MP to sign the book of condolences for those who have lost their lives in the chaos.

Trudeau's response was poignant, and it is clear that he meant no ill-will with his comments, though they may have been inappropriate. However, this recent incident will remain as yet another reminder to Canadians that he is incompetent in his duties, and exposes his knack for making ludicrously ignorant comments. This is yet another in a long line of 'bozo eruptions' from the Liberal leader, who has said in the past said that he had admiration for China and their "basic Dictatorship", and who didn't know that Yukon had political parties.

With this, and his comments in the past, Trudeau has done little to convince Canadians that he has any sort of substance as a candidate for Prime Minister in 2015. With attacks coming from New Democrats and Conservatives alike, Liberals will have to work hard to keep Trudeau talking as little as possible if they want a chance of bringing their embattled party back into government.

Letters and Columns

Letter: Photo radar program concerns

Publisher's Note:

The following Letter to the Editor was submitted at 1,700 words. As this exceeded our maximum size of 700 words, we have reduced the letter considerably with the writer's permission, keeping Mr. Weddick's introduction and suggestions for the photo radar program. We believe the published sections are his key points.

I would like to comment on the recent article posted in the Tuesday, February 25th edition of the Free Press titled "Photo radar increases safety in Morinville according to operator of the system." Having worked in enforcement in Alberta for 27 years, I am a supporter of any enforcement initiatives that make our communities safer. I feel the public has been kept in the dark by our provincially elected officials relating to why we only see photo radar in municipalities versus rural Alberta. Alberta municipalities saw reductions in provincial funding in the late nineties. The province developed the Automated Traffic Enforcement Guidelines to allow municipalities to generate additional revenue within the boundaries of the municipalities. Is this a concession on the part of our provincial government to allow the municipalities this enforcement initiative but not to allow this for the balance of Alberta? We have all been told time and time again that this is about safety not about revenue. If this is the case then why is the province of Alberta not implementing this enforcement initiative provincially? If you look at British Columbia where the province brought in a provincial program operated by RCMP, it failed due to public pressure. The RCMP provincial photo radar programs had trained RCMP staff operating photo radar units in publicly identified problem areas. The revenue generated by these officers went to the municipalities and the province. There was no monetary benefit to the RCMP or officers for generating more revenue. Sherwood Park council opted out of their municipal photo radar program as they felt person to person contact with its officers was more beneficial than a ticket four weeks after the infraction by mail.

My concerns over the photo radar enforcement program in Morinville include the lack of accountability on the part of the shareholders, the lack of enforcement in the areas identified by the traffic study (Public Safety), and the unethical manner in which our contractor is compensated. As I mentioned from the onset I have no problem with photo radar if those involved follow the provincial guidelines. There was a substantial cost associated with the devel-

opment of the Alberta Automated Photo Radar Guidelines and as a taxpayer it is frustrating when the guidelines are being ignored. The enforcement statistics in Morinville have shown that ITS only operates where they generate revenue but do not target the other problem areas which have been identified. I would recommend the following changes:

- ◇ Have an accountable process in place for legitimate complaints for area residents to voice their concerns whether at the town office or RCMP, but not rely on the ITS contractor. Keep statistics on the types and number of complaints so council will have the tools to make changes as needed.
- ◇ Ensure enforcement is conducted as per the guidelines as it relates to transition zones. Work inside the zones not the first and last 50 feet of the zones. Check with the City of St. Albert, City of Edmonton and other managers who oversee the programs in their communities as I have done and follow their model of enforcement. (They ensure that their operations fall within the provincial guidelines and that their operators are located well inside the speed zones not targeting vehicles at the start or end of the zones.)
- ◇ Pay ITS or any other contractor an hourly negotiated rate for services provided. This would allow control over the areas of enforcement based on public complaints and traffic collision statistics. This would eliminate the perception of a cash cow as it would be a paid service which will still generate revenue. There would be a guaranteed income for the contractors and not the present percentage we now have in place.

We will have a public vote on the photo radar issue in April. Our current mayor has alluded that if the photo radar contractor is terminated then the town will lose \$375,000.00 in revenue. The way I see it the town is losing the 40 percent it is paying our contractor. \$375,000.00 would pay for the town to have its own equipment and lease vehicles on a rotating basis. The town could hire Commissionaires who are trained to operate these vehicles and systems. St Albert subcontracts the Commissionaires to operate the equipment they use. The Commissionaires get paid for the service they provide based on an hourly rate. In closing I have always been of the opinion that if you abuse what you have then you lose it.

Kevin Wedick, Morinville resident



As you can see right here on Page 5, the lunthead of a publisher give away my spot again so he could publish a big, long letter about photo radar. Well there sure are a lot of folks talking about photo radar and whether we ought to vote to get rid of it. Here's two things I'm all for getting rid of.

1 Editors and publishers what take a perfectly good column what was delivered before the deadline and cut it for a letter.

2 People what write such long letters.

MORINVILLE TOWN COUNCIL

NEWS

Council Applies New Math to 2014 Budget

by Calli Stromner

Morinville - After adding and subtracting many items, Council unanimously passed Second Reading of the 2014 Capital and Operating Budget, decreasing the proposed budget by \$45,500, the difference between \$98,000 in cuts and \$52,500 in additions.

Administration provided an overview of the feedback from the two public open houses held Feb. 18 and 19 at the Morinville Community Cultural Centre. The four most popular projects as voted on by 76 residents attending the open houses were: arena/recreation complex (264); affordable housing (65); land purchase (51); organization and operational review (44). An online survey was also quickly built at no cost by Town staff and is currently being used to solicit input from residents who could not attend the forums. No residents attended the Public Forum that was scheduled during the Feb. 25 Council Meeting.

Councillor Dafoe made the motion to approve Second Reading of the budget, which triggered a number of amendments to the proposed budget. "Council can still make additional changes based on feedback prior to passage of Third Reading," said CAO Deb Oyarzun. She also advised that the current budget proposal includes only \$35,000 for the Morinville Festival Society, rather than the \$50,000 that was requested by Chair Paul Smith to cover 2014 St. Jean Baptiste Festival costs and a deficit from the 2013 edition of the festival. Council will review that item prior to final budget approval.

In a subsequent motion, Council directed Administration to prepare a report outlining the impacts of holding the expenditures of Community Services, the Community Cultural Centre and other Programming areas at 2013 levels, saving approximately \$93,000. That report will be on the Mar. 11 agenda, along with Third and Final Reading of the budget.

Amendments By the Numbers

Fitzgerald - moved to increase the budget for the organizational review from 50k to 100k so that the work is completed in one year rather than two. Councillors will define the project scope and desired outcomes during the closed Council Conversation session taking place on March 11, however Councillor Dafoe clarified that the review "is not a head hunt", but rather about finding efficiencies within the Town organization, including how Council functions and operates with an eye to overall savings. Mayor Holmes concluded that "it's not at all about the money, it's about showing commitment to the project." The amendment was carried unanimously.

Boutestein - moved to delete the \$7,500 Building Community Capacity project that is designed to enhance community leadership and involvement.

Turner - moved to increase the Council Engagement with Community budget by \$2,500 to a total of \$10,000. Carried 4-3 with Dafoe, Ladouceur, Fitzgerald opposed.

Holmes - moved to subtract \$10,000 from the Building Replacement project, which was to be used to replace the windows at Perras Place. The motion was carried unanimously.

Dafoe - made a motion to amend the amount of the Traffic Engineering Study from \$45,000 to \$22,500 after Administration reported that new quotes provided by consultants saw a decrease from the original price. The Study will identify inconsistencies around town with respect to traffic signage, which may be corrected in the future. Council voted unanimously in favour of the motion.

Ladouceur - moved to axe Council's three per cent pay increase for the 2014 budget year, however subsequently withdrew it

as it was unclear as to whether or not the increase had been included in the proposed budget in the first place.

Ladouceur - made a motion to reduce the Tree Planting and Open Spaces Enhancement budget to \$50,000 from \$63,000, stating that the tree prices were too high and that it was reasonable to extend the program over multiple years. The enhancements include park benches, solar-powered trail lights and garbage cans in the Town's open spaces. The motion was carried with Councillor Dafoe casting the only opposing vote.

Boutestein - moved to delete the purchase of a floor cleaning machine from the budget at a savings of \$15,500. Administration advised that the current piece of equipment is consistently in the shop being serviced and likely won't last another year. Council opposed the motion unanimously.

Dafoe - moved to take the \$25,000 MCCC sign out of the budget since the banner that has recently been erected provides appropriate information for this year. The motion was carried with Fitzgerald and Turner opposed.

Ladouceur - moved to reduce the Off Leash Dog Park project by \$20,000 to \$50,000. Councillors mused about obtaining corporate sponsorships to fund any project overages and supported capping the tax-supported portion of the project. Council approved the motion with Dafoe opposed.

Boutestein - made a motion to remove the Fire Emergency Warning Lights from the budget at a cost savings of \$38,856. While Boutestein suggested that this light installation could be delayed, Administration advised that it is actually a WCB issue that needs to be mitigated. The motion did not pass with Councillors Dafoe, Putnam, Ladouceur, and Fitzgerald opposed.

Council Briefs

by Calli Stromner

Land Use Bylaw and ASP Approved

Council unanimously passed Second and Third Readings of the Champagne District Area Structure Plan Bylaw and the corresponding Land Use Bylaw amendment for Phase II of the Village Champlain. This followed a Public Hearing convened earlier in the meeting which highlighted the proposed changes to the Phase Two development. Planning & Development Manager Greg Hofmann advised that the developer would need to revisit the width of the roadway for the development taking into consideration higher densities and parking on both sides of the roadway. The project proponent said that construction on the second phase will likely commence this spring.

Community Grant Funding

Council deferred a decision on the first intake of 2014 Community Grant funding until after approval of the 2014 budget. Councillor Boutestein asked why Council was being asked to approve grant funding when the approved interim budget only applies to every day expenses and made the motion to defer the decision. The tabling motion was narrowly passed in a vote of 4-3 with Putnam, Ladouceur and Fitzgerald opposed.

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c/o Julie Wearmouth — Office Manager
9703A - 100 Street, Morinville, AB T8R 1R3
or email resume to juliew@putnamlawson.ca

Water and Sewer Bylaws

Council approved Second and Third Readings of the Water Bylaw and the Sewer Bylaw, which sets the annual rates for municipal water distribution and wastewater disposal. Council had previously heard that the rates for 2014 would remain essentially the same for water customers as they were in 2013.

Waste Management Bylaw

Council approved Second Reading of the Waste Management Bylaw, which establishes the rates and pick-up schedules for solid waste and organics collection. Councillor Dafoe pressed Administration for options for the high-volume solid waste producers that can't wait two weeks for garbage pick-up. Public Works Manager Claude Valcourt indicated that those residents have two options: pay an additional \$6 per week for an extra bin or residents can haul their garbage to the Roseridge Landfill for a cost of \$32 per tonne.

Councillor Boutestein made a subsequent motion requesting Administration to provide additional information about moving to a weekly garbage pick-up prior to Third Reading.



Notice of Advance Vote and Requirements For Voter Identification

Local Authorities Election Act
(Section 74)

LOCAL JURISDICTION: **Sturgeon School Division No. 24, Province of Alberta**

Notice is hereby given that an election will be held for the filling of the following offices:

<u>Office(s)</u>	<u>Number of Vacancies</u>	<u>Ward or Electoral Division Number</u>
Alcomdale/Villeneuve	1	3

Advance voting will take place on:

The 10th day of March, 2014 between the hours of 3:00 p.m. and 7:00 p.m.

The voting station will be located at: Riviere Qui Barre Arena
145A, 26500 Hwy 44, Riviere Qui Barre, Alberta.

In order to vote, you must produce identification for inspection. The identification must be one or more of:

one piece of identification issued by a Canadian government, whether federal, provincial or local, or an agency of that government, that contains a photograph of the elector and his or her name and current address (i.e. Operator/Driver's License or Government Photo Identification Card), or

one piece of identification authorized by the Chief Electoral Officer under the Election Act for the purposes of Section 95(1)(a)(ii) of that Act that establishes the elector's name and current address.

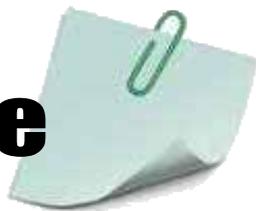
The listing of acceptable documentation is available on the following website:

http://www.municipalaffairs.alberta.ca/documents/ms/Voter_Eligibility_Identification_Requirements_1.pdf
as required by section 53 of the *Local Authorities Election Act*.

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Local schools join



by Lucie Roy
with Morinville News files

Morinville - Nearly two weeks after Morinville students shaved their pink hair for the annual Hair Massacre cancer fundraiser, students were once again sporting the pink for the Annual Pink Shirt Day, an anti-bullying awareness initiative that began in Nova Scotia in 2007 and has since spread across the country with some provinces taking part the last Wednesday in February, others on the second Thursday in September.

Local schools participated in the annual event in varying degrees.

Morinville Public Elementary School participated by having everyone wear pink and by having Sturgeon School Division Community Resources Coordinator Rebecca Balanko speak to some of the students about the various types of bullying, the reason behind the Pink Shirt Day movement and how to prevent and stop bullying.

At Georges H. Primeau School, teachers, students and staff participated by wearing pink shirts for their Anti-Bullying Day. Staff members and students each gathered for a Pink Picture. The anti-bullying awareness campaign was well received at Primeau with pink ribbons, cupcakes and active participation.

Morinville Community High School halls were also populated with students and staff in pink; however, the focus of the day was on the school's positive character building program. More than 100 MCHS students who were nominated for the HOWLS Program (Honour, Ownership, Welcoming, Leadership and Safety) were recognized and treated to a pasta lunch cooked by the teachers and staff on Wednesday. The large group were those nominated for December, January and February. The student names are also entered in a draw for a \$25 gift card. This is usually a monthly event but due to the Christmas break they got a little behind. The most students they have had nominated was in November with 248.

Wednesday evening saw roughly two dozen parents gather at Morinville Public Elementary School for a special presenta-



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in Pink Shirt Day movement

tion from Amanda Nixon of Saffron Centre Ltd., an organization “working to support the healing and empowerment of those who have been affected by trauma, abuse and sexual violence; and to promote change in attitudes, beliefs and social norms.”

Nixon’s two-hour presentation looked at a wide variety of social media platforms and the potential dangers they pose to youth and children. The informative and occasionally-amusing presentation generated many questions among the parents who attended.

See Story Page 17



Opposite Page: A hand-drawn poster on the door of Morinville Public Elementary School takes a stand against bullying.

This page clockwise from top:

Primeau teachers and staff gathered together Wednesday morning for a Pink Picture. They were all wearing pink for Anti-Bullying Day. The students also gathered for a group photo and sold cupcakes and handed out pink ribbons to support anti-bullying.

Morinville Public School Grade 1 teacher Monique Webb, students Mckayla Smith and Alanna Feltham were all dressed up in pink for Anti-Bullying Day awareness on Wednesday.

Morinville Community High School Associate Principal Wade Michael was wearing a pink shirt in support of Anti-Bullying Day. Along with other teachers, he was busy cooking up a pasta dinner for the more than 100 students nominated for the HOWLS Program.



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RECIPE

Smoked Pulled Pork

by NewsCanada

Ingredients:

6-8 pound pork shoulder
3 tbsp. yellow mustard
2-3 handfuls of wood chips -
soaked

Rub

1 cup brown sugar
1/2 cup chili powder
1/3 cup paprika
1/4 cup celery salt
1/4 cup garlic powder
1/4 cup onion salt
1/4 cup black pepper
1/4 cup white pepper
1 tbsp. dry mustard
1 tbsp. 5-spice powder
1 tbsp. dry ginger

Mop

2 cups apple juice
1 cup apple cider vinegar
1 cup water
4 tbsp. barbecue rub (from
above)

Boil for 3 - 5 minutes, stir-
ring constantly, cool over-
night

Finishing Touches

2 cups barbecue sauce

Directions

Prepare rub, mop and
barbecue sauce the night
before. Rub pork shoulder
with yellow mustard, cover
with rub, and let rest for
half an hour before placing
on your barbecue. Set your
barbecue for indirect grilling
at 225°F. In a gas barbecue,
use a smoker box for your
wood chips; for charcoal
barbecues, place a hand-
ful of soaked wood chips on
the surface of the charcoal.
Place the pork shoulder on
the barbecue, close the lid.
Begin coating with apple
juice mop an hour into the
cooking process and contin-
ue to baste every half hour.
Leave pork on grill until the
internal temperature of the
pork reaches 185°-190° F.
This could take from 6 to 10
hours, depending on weather

conditions. Monitor the inter-
nal temperature of the pork
using a meat thermometer.
Once it has reached a tem-
perature remove it from the
barbecue, wrap it tightly in
foil and allow it to rest for at
least an hour before pulling.
Do not skip this step, as it is
the final step in allowing the
connective tissue to com-
pletely break down, result-
ing in tender, moist pork.
Shred using pork claws or a
meat fork. Mix with barbecue
sauce and enjoy.

Important Preparation Tips:

- ◇ Purchase a pork
shoulder with a nice fat
cap. There is a lot of fla-
vour and moisture there,
so leave it on.
- ◇ Keep the cooking
temperature inside the
barbecue constant at ap-
proximately 225°F.
- ◇ Take the guess work
out of grilling by using
a meat thermometer to
monitor the internal tem-
perature of the meat.

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Oatmeal Bran Fruit Cookies

2 1/2 cups / 625 mL Compliments Quick Oats
1 cup / 250 mL all-purpose flour
1/2 cup / 125 mL wheat bran
1 1/2 cups / 375 mL Compliments Five Fruit
Medley
1 1/2 tsp / 7 mL baking powder
1 tsp / 5 mL cinnamon
1/2 tsp / 2 mL salt
1 cup / 250 mL butter, at room temperature
1 cup / 250 mL packed golden brown sugar
2 eggs
1/2 tsp / 2 mL vanilla

Add All Ingredients

1/ Preheat oven to 350°F (180°C). In a medium bowl, mix oats, flour,
wheat bran, dried mixed fruit, baking powder, cinnamon and salt. In a
large bowl, beat butter and brown sugar until well blended. Beat in eggs
and vanilla. Stir oat mixture into butter mixture until well combined.

2/ Use hands to roll dough into 2-inch (5 cm) round balls; place about 3
inches (8 cm) apart on a parchment paper-lined baking sheet. Press balls
into thick discs. Bake for 15 minutes, or until edges are golden brown.

RECIPE
of the week

OPEN DAILY: 8 a.m. - 10 p.m.

HEALTHY

Routes

Health Through Digestion

by Gladys Kublic, co-owner Neighbors vitamin Shop

"Let food be thy medicine and medicine be thy food" is an often quoted line accredited to Hippocrates, the father of modern medicine, the author of the Hippocratic oath which still binds doctors to ". . . never do harm to anyone." Famous for establishing medicine as an independent profession with governing principles, he acknowledged one of the fundamental precepts of good health - what we take into our body affects the health of our body.

Next in importance for our health to the quality of what we are ingesting - the purity, nutrient value and the freshness of our food. Likewise, a compromised digestive system cannot provide the fuel to grow and sustain a healthy mind or body. A much publicized example of this is celiac disease and gluten intolerance or sensitivity, where the body is unable to digest the gluten found in cereal grains, primarily wheat. This food then becomes a poison to that person, damaging the small intestine and causing a wide range of illnesses. Even when the gluten is removed from the diet, many celiac patients never really recover their health and many contract major illnesses such as diabetes and cancer.

Looking for answers as to why so many people do not become totally healthy even though they follow the gluten free diet faithfully opened up the proverbial 'can of worms' - a can so large it can't be sorted out in one quick article and so entangled that I don't think research has explored all the connections between the state of our total health and the state of our digestion.

The basic principal of good health (what goes in must come out) has been tested and experienced in one way or another by all of us. Explanations of the chemistry and mechanics behind this physiology fill several heavy textbooks. However the results of this process are as individual and varied as each and every one of us, influenced by our own particular set of enzymes, bioflora, diet, and even parasites.

The shine of our hair and the glow of our skin reflects the state of our digestion. The creak in our joints reflects the results of our digestion past and present. The state of our nerves, the restfulness of our sleep and the resilience of our immune system reflect the state of our digestion. Allergies, arthritis, asthma, bowel diseases, some cancers, celiac disease, diabetes, eczema, gastroesophageal reflux, heartburn, and a whole alphabet of diseases and disorders trace all or part of the problem back to the digestive system.

Beginning in the mouth where a complex chemical, mechanical process breaks our food down so that individual nutrients can be extracted and absorbed by the blood and circulated to nourish all the cells of our body. This process also relies on organs such as the gall bladder, pancreas, liver, and different glands and their secretions such as saliva, gastrin, cholecystokinin, and secretin. A healthy system secretes the proper amounts of enzymes, hydrochloric acid, bile, more enzymes, insulin and biocarbinates to neutralize the acid in the small intestine during the process of digestion along a permeable tract which has the ability to keep out wastes while allowing nutrients to pass through.

It is an amazing process which miraculously survives an enormous amount of abuse. But not everyone is blessed with a perfectly healthy, robust system. Problems which stem from compromised digestion can range from poor growth, poor concentration, low vitality, weak immunity, susceptibility to disease and anxiety. Even the most robust system deteriorates over time, so as we age we need to be more supportive of a system we tend to take for granted.

In a series of articles, I'd like to share with you some of the information I have learned about the digestive process. How we can improve and maintain good health through digestion; how we can prevent serious illness through digestion and how we can heal and protect our digestive system. In order to remain strong and healthy into a very old age we need the nourishment that can only be provided through good diet and good nutrient absorption. Let that gut feeling be a good one.

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*Grade 8 will be offered in September 2014 if registrations permit. Otherwise, Grade 8 will be offered in 2015.

i

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Morinville
Morinville Public School



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www.sturgeon.ab.ca

Our Morinville & Legal

Our Morinville is an opportunity to view life through our community members' lenses. Photos can be of this and surrounding communities, cool photos from places our readers have visited. The pages are wide open on possibility. Each month we will select one photo as the choice of the month. That reader will receive a \$100 Shop in Morinville gift certificate. They pick the Morinville News advertiser — we lay down the cash in the form of a gift certificate. Send your high-resolution photos to editor@morinvillenews.com.



Oh, frosty morning

Our Morinville regular Frank Koenig sent us this pair of photos showing the hoarfrost or pruina accumulated on some trees in Morinville. Hoarfrost forms when water is below both the freezing and frost levels.



More frost

Trina Roberts sent us this shot of hoarfrost covering a hockey net sitting outside of her home.

Here's Our Jan /Feb Our Morinville winner



Stacey Buga was the photographer selected by our panel for the monthly \$100 Shop in Morinville prize for Jan/Feb. Our holiday closure, year in review and Valentine's Day specials reduced Our Morinville in January and February to four editions over the two months. March will be back to every week.

Big skies

Trina Roberts also sent us these three great shots where the sky plays a major role in the photo's composition.



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Mar. 13

-Mar. 16

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Flags to rise for Rendez-vous de la Francophonie



by Lucie Roy
with Morinville News files

Blue, white and pink flags will soon be flying over municipalities in Alberta as communities raise the Franco-Albertan flag in honour of Rendez-vous de la Francophonie (RVF), running Mar. 7 to 23. Although many communities will hold their flag raising Mar. 7, Morinville is set to hoist their flag Mar. 14 at 11 a.m.

Jean-Pierre Grenier created the Franco-Albertan flag as an entry in a Francophone Youth of Alberta

contest. In March of 1982, French-Canadian Association of Alberta adopted the design.

The flag has a fleur-de-lys in the upper left corner and a wild rose, the provincial flower of Alberta, in the lower right. The field of blue represents the province, while the white represents the Francophone. The blue and white stripes represent the waters and roads travelled throughout the province by Francophone explorers, settlers and colonists.

The provincial flag raising is part of the launch of the Rendez-vous de la Francophonie, an initiative of

Lifelong Morinville resident Raymonde Riopel poses with the Franco-Albertan flag at Aspen House on Thursday. The blue, white and pink flag will fly over Alberta municipalities beginning Mar. 7.

- Lucie Roy photo

the Canadian Foundation for Cross-Cultural Dialogue, a group who promotes and supports dialogue between the Francophone and Acadian, and all other communities in Canada.

This year's theme is Joie de vivre d'hier à demain or Joy of living from yesterday to tomorrow. Again this year RVF is teaming up with Just for Laughs and taking the comedy show across the nation. A show took place in Edmonton in mid February.

Similar flag raising ceremonies will be held across Alberta and throughout the country a number of events will take place to better appreciate the French language and its culture. The RVF is part of the Journee Internationale de la Francophonie, which is held around the world Mar. 20 to promote the French language.

More than 9.5 million Canadians speak French, including 538,000 in Alberta. French is the first language of 67,000 Albertans.

For more info on Rendezvous la Francophonie, visit RVF.ca.

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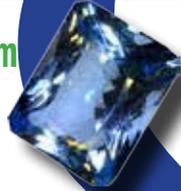
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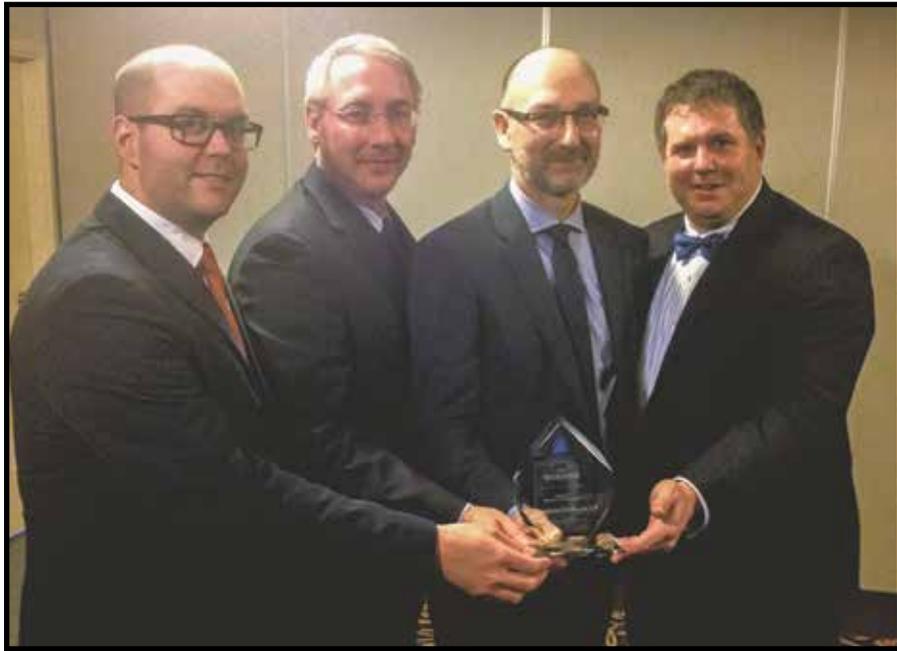
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Champion Petfoods wins provincial award



by Morinville News Staff

Edmonton – Champion Petfoods is the recipient of an Alberta Chambers of Commerce Award of Distinction in the Export Category. The local manufacturer of premium pet foods was presented with the award at a gala dinner Friday night at the Radisson Hotel Edmonton South.

The Alberta Chambers of Commerce announced Jan. 30 that Champion was selected as a finalist for their Alberta Business Awards of Distinction for the second consecutive year. Champion shared finalist status in the Export Category with Medicine Hat companies Solutions Thru Software, Corelube Equipment and SHAC Environmental Products Inc.

In accepting the award, Champion President and CEO, Frank Burdzy said the recognition was a big honour for himself and the 225 employees he represented. "I can tell you Alberta is a great place to do business," Burdzy said, adding he was pleased to have the business based in Morinville. "Whether it's Moscow or Moosejaw, Thunderbay or Thailand, it's made in Morinville, Alberta."

Burdzy was not alone in being pleased with the nomination. Morinville and District Chamber of Commerce President Simon Boersma said Champion's finalist status for a second year in a row was something the community and region should be proud of. "I'm very proud of Champion," Boersma said. "I'm elated with the fact a business within our community got an Award of Distinction. It's amazing."

Barrhead-Morinville-Westlock MLA Maureen Kubinec was also pleased with the provincial recognition for the local company and posted her enthusiasm on Twitter Friday night. "Yeah. So Proud," Kubinec wrote.

Although Champion has been an Alberta Business Awards of Distinction finalist two years running and took the award this time around, it is not the first award nomination they have received. The company won Pet Food of the Year in 2011-2012 from the Glycemic Research Institute of Washington, DC, Ernst & Young's Manufacturer of the Year, Western Canada Entrepreneur of the Year in 2008-2009, as well as a pair of provincial awards in 2007.

Other Alberta Chambers Award Winners

- ◆ **Aboriginal Women Entrepreneur Award of Distinction** was presented to Plan4ward of Edmonton.
- ◆ **The Diversity Leadership Award of Distinction** was presented to Enbridge Pipelines.
- ◆ **Employer of Persons with Disabilities Award of Distinction** was presented to Enbridge Pipelines.
- ◆ **Employer of Youth Award of Distinction** went to Syncrude Canada Ltd.
- ◆ **Small Business Award of Distinction** was presented to SUND0G Tour Co. Of Jasper.
- ◆ **Aboriginal Relations – Best Practices Award of Distinction** was presented to Bigstone-Tansi Camp and Catering Ltd. of Edmonton.
- ◆ **Eagle Feather Business Award of Distinction** was awarded to Canadian North of Calgary.
- ◆ **The Marketing Award of Distinction** was awarded to Friday's Image of Medicine Hat.
- ◆ **Youth Entrepreneur Award of Distinction** was presented to Partek IT Solutions and Imperial Gardens Sports, the first time two winners were elected for the category.

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Tues - Fri 8 a.m. - 4 p.m.

Around The Schools
Photos by Lucie Roy



Inspirational visitors

MPESI Principal Wayne Rufiange poses with student Zoey Scrimshaw and Olympian Kerri Buchberger-Kendziora at the school's Olympic Games Opening Ceremony Thursday. Kendziora, a retired volleyball player, competed in the 1996 Summer Olympics in Atlanta, Georgia. After playing for Team Canada for seven years she played in Europe for five years as a professional volleyball player. Also speaking at the event was Olympian Adam Trupish, a Welterweight Boxer who represented Canada at the 2004 Olympics in Athens, Greece and the 2008 Summer Olympics in Beijing, China. Both spoke of passion, perseverance, inspiration, and goal setting as well as the power to be what one wants to be.

- Lucie Roy photo

Award-Winning School

Greater St. Albert Catholic Schools presented the Board's Education Leadership Recognition Award (BELRA) Certificate of Recognition to Ecole Notre Dame Elementary School Thursday. MCHS was presented with the award Wednesday and Primeau received it on Friday. Trustee Noreen Radford and Assistant Superintendent David Quick made the presentation to Notre Dame Principal Marlene Pelletier. The Certificates were for the 2012/2013 school year and Notre Dame received very high achievement in citizenship, education quality, parental involvement program of studies, safe and caring and PAT acceptable standard. MCHS received two Certificates of Recognition, one for very high achievement in drop out rate, diploma exam acceptable standard, education quality, parental involvement, program of studies and safe and caring.

- Lucie Roy photo



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The Green Team

École Notre Dame Elementary School Green Team member Finnegan O’Gorman takes to the podium to make a presentation as Trinity Morrison and teacher Nadine Trenchard stand by. Five members of the Green Team made a presentation at the school’s Open House Thursday night. O’Gorman said he learned more about nature, the environment and where food comes from by participating in Green Team. In the Fall the group harvested the school’s garden and cooked up some delicious soup that was gobbled up in one lunch hour. They also learned about weird looking carrots and how corn on the cob actually grows on the stalk. The team is led by three teachers who encourage the 40 Green Team members to recycle paper and cardboard each week. The Grade 4 classes take turns collecting cans, juice containers and water bottles every week. They recycled enough last year to pay for woolly pockets that grow plants vertically on the wall.

- Lucie Roy photo



MCHS offering university classes

by Morinville News Staff

MCHS students will now benefit from a five-year agreement signed last year between the Greater St. Albert Catholic School District and MacEwan University School of Business that allows students to earn university level credits while attending high school, a program that is the first of its kind in the region.

The first class of MCHS students began in February under the leadership of their MacEwan University instructor.

“Our students are ready to begin preparing for post-secondary when they enter our high schools and the opportunity for them to earn university credits in advance of formal entrance is tremendous,” said GSACS Superintendent David Keohane in a release Thursday. “We are always looking at ways to assist with the transition to post-secondary studies and this partnership supports this and is aligned fully with Inspiring Education.”

All concerned believe courses will be attractive to students interested in accelerating their diploma course requirements. Those wishing to learn more can contact Morinville Community High School or explore this opportunity further at the school’s Open House Mar. 13.

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Town Talk

NOTICE OF PROPOSED SUBDIVISION

The Town of Morinville has received an application to subdivide and consolidate the following lands:

Location: 9106 – 100 Avenue
Legal Address: Part of Area A, Plan 132 2725 & Lot 2, Block 2, Plan 902 3167



The purpose of the proposed subdivision is to consolidate a portion of closed Laval Avenue with an existing, adjacent undeveloped commercial lot. You may make a written submission regarding this application for the consideration of the Municipal Planning Commission, the Town's Subdivision Authority. If you have any comments please submit them in writing by **March 18, 2014** to:

Town of Morinville
 Planning and Development Department
 10125 – 100 Avenue
 Morinville, Alberta T8R 1L6

The proposed subdivision may be examined between the hours of 8:30 a.m. and 4:30 p.m., Monday to Friday, on the Second Floor of St. Germain Place located at the address above. Should you require further information, please feel free to contact the Town at 780-939-4361.

Appointment of Residents to Boards / Committees

The Town of Morinville invites applications from residents who are interested in serving on the following Committees for the Town of Morinville:

Economic Development Working Group Member At Large: Community as a Whole (1 vacancy) 1 year term.

Purpose: The Morinville Economic Development Working Group is formed to act as a strategic advisor through the Planning & Development Department to Council providing relevant industry, sector and community expertise to meet the economic goals identified within the Municipal Sustainability Plan (2011) (see attached Appendix 1.0), Strategic and Business Plans, Municipal Development Plan, Coeur de Morinville Area Structure Plan, Highway 642 Functional Planning Study and other related economic development documents.

Application deadline: March 14, 2014

Application packages and information are available at:

Morinville Town Office
 2nd Floor, 10125-100 Avenue
 or on our website at
www.morinville.ca.

Please submit your applications to Jennifer Maskoske, Legislative Officer.



The Musée Morinville Museum

Each year around the world, International Women's Day is celebrated on March 8th.

The Musée Morinville Museum invites you to visit the **ISKWEWAK (Women) of Alexander First Nation Display** and our

"Pioneer Women's Exhibit" and the "Prominent Women of Morinville Display"

Join us in celebrating the achievements of women.

Everyone is welcome!

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 (next to St. Jean Baptiste Church)

Wednesday - Saturday • 12 - 5 p.m.

Phone 780-572-5585 for more information
 or visit our website

museemorinvillemuseum.com





Town Talk

Please Join Mayor & Council
as we *celebrate* the retirement of
Ron Cust
who has been Morinville's Fire Chief for the past 12 years.
Ron will transition into a role with Fire Investigations.

Ron will be recognized at the regular meeting of Council on
TUESDAY, MARCH 11 at 7:30 p.m.
Please join us as we thank him for his many years of dedicated
service as Fire Chief in the Town of Morinville.

Employment Opportunities:

The Town of Morinville has openings for the following positions:

- » Communications Coordinator
- » Casual Administrative Support
- » Seasonal Employment Opportunities

For more information on these positions please go to Careers at www.morinville.ca

MON - SAT
17 - 22
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Brent Melville's Remax SPORTS REPORT



Weatherly off to Nationals once again



Jessica Weatherly of Morinville will once again be one of the youth dart players to represent Alberta at Nationals after placing first in Senior Darts at the 2014 Dart Alberta Youth Provincial Championships held Saturday and Sunday Feb. 22 and 23 at the Moose Lodge in Edmonton. She will be a member of the Alberta Youth Team at the 2014 Youth National Championships to be held in Halifax in May.

- Lucie Roy photo



Morinville Kings recognized

Morinville Kings goalie Jordan Panasiuk was presented the North Central Hockey League's Top Goalie in the NCHL award, and Wayne Gatza was presented the NCHL Coach of the year award ahead of an exhibition game in Morinville Saturday night. The Kings took to the ice against the Bonnyville Pontiacs and defeated the visiting team 6-5. Provincials will take place in Morinville Mar. 28-30.

- Submitted photos

A little athletic recognition

Council had some praise to pass around to the Orijen Bantam Sabretooths (top) and Morinville Senior AA Kings (bottom) Feb. 25. The Sabretooths were praised for their 15-0 season in the Edmonton youth Basketball Association and upcoming provincials. The Kings were applauded for their second-place finish in their inaugural year in the North Central Hockey League. The Kings will host provincials in Morinville later this month.

- Calli Stromner photos



Sturgeon Atom 4 Mustangs

Jackie Green, manager of the Sturgeon Atom 4 Mustangs offers her thanks to the coaches who helped the team this season. Here is what each team member said about the year:

- #2 Alex - "It's been fun."
- #10 Riley - "My coach is awesome; she taught me how to shoot."
- #6 Myles - "Awesome."
- #7 Lucas - "I like playing defence and hockey has been fun."
- #9 Josiah - "Awesome."
- #11 Kayleigh - "Hockey has been fun and I have met new friends."
- #3 Breadin - "I like playing scrimmage with my team."
- #5 Landon - "I learnt how to skate backwards, and be a team player."
- #4 Evan - "I like playing forward and I have become a better skater."
- #12 Anson - "Fantastic."
- #14 Jase - "I like playing centre and getting goals."
- #34 Caleb (missing) - "Our team has tried hard and stayed positive. Awesome team."

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Community Calendar

Non-profit groups can send
their event info to
editor@morinvillenews.com

upcoming events

Morinville Farmers' Market

The Morinville Festival Society's Farmers' Market runs every Friday from 4 p.m. to 7 p.m. at the Ray McDonald Sports Arena (9908 - 104 Street).

Community Garden Meeting

The Morinville Centennial Community Gardens Society wish to thank all of their sponsors, volunteers and community members that have helped to make their 2013 year so successful.

They are looking forward to an exciting 2014 as they continue to grow both at the gardens and within the community.

They invite residents and interested parties to attend their **Annual General Meeting on Tuesday, March 11th at 7 pm at the Morinville Public Library community room.**

For more information about our society check our website at morinvillecommunity-gardens.com.

6th Annual Ron Falls Memorial Cribbage Tournament

Friday, March 14, 2014 at the Alcomdale Hall, Alcomdale. Doors open at 7 p.m., games begin at 7:30 p.m. Seven-game format. Cash prizes, booby prize, free refreshments. Bring a partner or they will match you up with another player. For more information including a map, visit their blog at AlcomdaleEvents.BlogSpot.com.

Museum to recognize International Women's Day

The museum is proud to host an exhibit from the Women of Alexander First Nation celebrating International Women's day on Saturday, Mar. 8. There will be a smudge ceremony at noon followed by a tour of this very special exhibit. All invited to attend.



YOUR NEWS
YOUR WAY

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Been Morinville's

Community News Choice

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Library Corner

Happenings at the Library this week...

Click on **EVENTS** on our website for all the new programs at the Library!
www.morinvillelibrary.ca

Lego Block Party

Wednesday, March 5th 6:00 pm - 7:00 pm

Scrap that Card!

Thursday, March 6th 6:30 pm - 7:30 pm

Kidz Flicks Movies

Cloudy with a Chance of Meatballs 2

Friday, March 7th & March 14th 1 pm

Movie Time!

THOR The Dark World

Wednesday, March 12th 6:00 pm

Conversation Cafe

Tuesday, March 11th 6:30 pm - 7:30 pm

Cozy Corner Stories

Thursday mornings 10:30 am - 11:00 am

Library Board Meeting

Thursday, March 13th 7:00 pm



10125 - 100 Ave.
Morinville, AB T8R 1P8
Phone: 780-939-3292
Fax: 780-939-2757
info@morinvillelibrary.ca

Hours of Operation

Monday - Thursday 10 a.m. - 8 p.m.

Friday 10 a.m. - 6 p.m.

Saturday 10 a.m. - 4 p.m.

Sunday 12 p.m. - 4 p.m.

www.morinvillelibrary.ca

ZUMBA
FITNESS
Moving The World To A New Beat

**Zumba Classes
Year Round**
~ With Ralayne and Kayla ~

Morinville Schedule
Notre Dame Elementary
Tues and Thurs 7:45 - 8:45 pm
Saturdays 10:30-11:30 am

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780-919-5537

Morinville
Curling Club
Rocking Morinville since 1952

Ray McDonald Sports Centre
9908 - 104 Street

Please call 780.939.4393 for information

Maureen Kubinec, MLA
Barrhead Morinville Westlock

Legislature Office:
610 Legislature Annex
9718 - 107 Street, Edmonton, AB T5K 1E4
Tel: (780) 427-7932 Fax: (780) 415-0951

Barrhead Constituency Office:
Tel: (780) 674-3225 Fax: (780) 674-6183

Westlock Constituency Office:
Tel: (780) 349-4936 TF: (780) 310-0000

Barrhead.Morinville.Westlock@assembly.ab.ca
www.assembly.ab.ca

Carrie's
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780.939.3300

10220 - 100 AVE. (Beside Servus Credit Union)

Sun & Mon	Closed
Tues & Thurs	10 a.m. - 7:30 p.m. (after hours appointments available)
Wed & Fri	10 a.m. - 6 p.m.
Sat	10 a.m. - 3 p.m.

Let's see your happy reflection

Linda Getzlaf

GETZ YOU THINKING! This Weekly Puzzle Page Sponsored by Linda Getzlaf

WORD SEARCH - LINDA GETZLAF

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y p j t r u s t e d m q y k b l p t w d
 c r p v p c o m m u n i t y r z a x f z
 n h r s p v v r s q j n r i w l x h y d
 k v o z i a g e n t n n v y r g y p d g
 x f v e v p q v r t o p p r o d u c e r
 k w e r d a r q l o a j w j r o b q t h
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 h y g y m d y r e f e r r a l w f l i a
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9823 103 Avenue Morinville

Warm and Inviting

This open concept 1625 sq. ft. 2-Storey, home features an ELEGANT living room with gas fireplace and TV niche. The spacious kitchen with stainless steel appliances and big corner pantry opens to a large dining nook. Patio doors off dining nook lead to the south facing, fully landscaped and fenced backyard. Upper level boasts a SPACIOUS master bedroom with his/her walk in closets and beautiful ensuite with double sinks. Two additional generous sized bedrooms and laundry complete the second floor. The modern FULLY FINISHED lower level features a 4th bedroom, 3pc bath and a theatre style family room with projector screen, built in speakers (wired for surround sound) and a cozy corner GAS FIREPLACE. Located on a quiet street with no through traffic, just minutes away from schools, parks and walking trails. Don't miss out!

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POST SECONDARY EVENT

JOB FAIR

THE FOLLOWING INSTITUTIONS WILL BE AT MCHS DURING OPEN HOUSE. STOP BY THEIR BOOTHS AND TALK TO A SCHOOL REPRESENTATIVE

MACEWAN UNIVERSITY
PIXEL BLUE ACADEMY
NAIT
MARVEL COLLEGE
KINGS UNIVERSITY
CONCORDIA UNIVERSITY
ATHABASCA UNIVERSITY
NORQUEST
CDI COLLEGE

VARIOUS GROUPS FROM WITHIN THE COMMUNITY AND SURROUNDING AREA WILL BE PROVIDING INFORMATION ON SUMMER JOB AND CAREER OPPORTUNITIES FOR EVERYONE

EMERGENCY SERVICES
CHAMBER OF COMMERCE
CANADIAN ARMED FORCES
MILITARY FAMILY RESOURCE CENTER
CAREERS: THE NEXT GENERATION
LEARNING CLICKS
RCMP
MORINVILLE FIRE DEPARTMENT
STURGEON COUNTY
PCL BUILDERS INC



We're all about people

A large part of community news is celebrating the people and organizations that make our community what it is. If you know of an outstanding resident or group of residents that should be profiled on our people pages, please let us know by contacting us at 780-800-3619 or by email at editor@morinvillenews.com

THE MORINVILLE NEWS

**Your News
Your Way**