

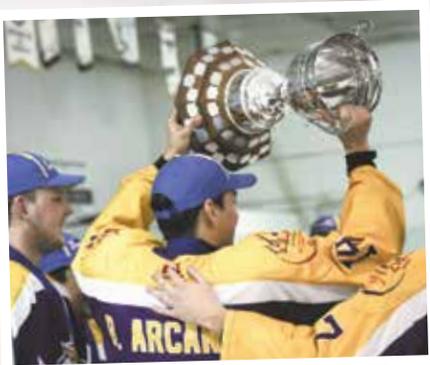
ONLY 17 Days until the Annual Easter Egg Hunt

April 11 - 13
 Leap into Spring Expo



2014 Chamber of Commerce Trade Show

09 Days Until



Gooooooooooooooooold!

Morinville Kings Captain Brayden Arcand celebrates a goal during the third period of Saturday's game against the Two Hills Longhorns. The 8-4 victory put the Kings into Sunday's Hockey Alberta Senior AA/A Provincials Championship game against the Devon Barons. **Inset:** Arcand hoists the Marsh Cup above his head after his team's 4-3 victory over Devon Sunday. See page 20 for full story and photos.

- Stephen Dafoe photo

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Morinville independent artist Darcy Hjelsvold, a founding member of Ain't No Rodeo, released his first CD - *Blue Collar Dream* - last week. *Knew You When*, the first single off the CD, was released to Canadian country radio stations Mar. 24 and has been getting considerable interest. Opposite page: CD cover for *Blue Collar Dream*

- Submitted photos



Hjelsvold living the blue collar dream

by Stephen Dafoe

Morinville - There is a spring in Darcy Hjelsvold's step as he walks in for his interview. Fresh from work and decked out in coveralls, the 35-year-old mechanic is the picture of a blue collar worker, an appropriate look for a man whose first CD is titled *Blue Collar Dream*. The co-founder and front man for the local band Ain't No Rodeo launched the CD to country radio stations across the county Mar. 24 and has already gotten some airplay with the EP's first single, *Knew You When*.

"The CD was a shot in the dark," the singer said, adding it grew out of his winning CMT's Karaoke Star in 2008, something he did at the request of his wife. "That kind of lit the spark and that's when we started the band again. That's actually what got me playing again and being on stage with the same guys I played with in high school."

Hjelsvold worked with award-winning Saskatchewan music producer Bart McKay on the CD. That project began with Hjelsvold sending McKay some of his originals, one of which was rewritten with the late Larry Wayne Clark, an award-winning Canadian song writer. "I worked with him on that via Skype which was a big learning curve because I'm a mechanic," Hjelsvold said with a chuckle, adding while he was working with Clark, McKay found a couple of other songs that ended up on the CD, one from a Nashville publishing house, the other a song by a young Alberta songwriter.

The latter song, *He's Gone*, instantly resonated with Hjelsvold and his wife Crystal. "As soon as I heard it I said 'We have to do this,'" the singer said, adding it reminded him of his three children.

Independent approach

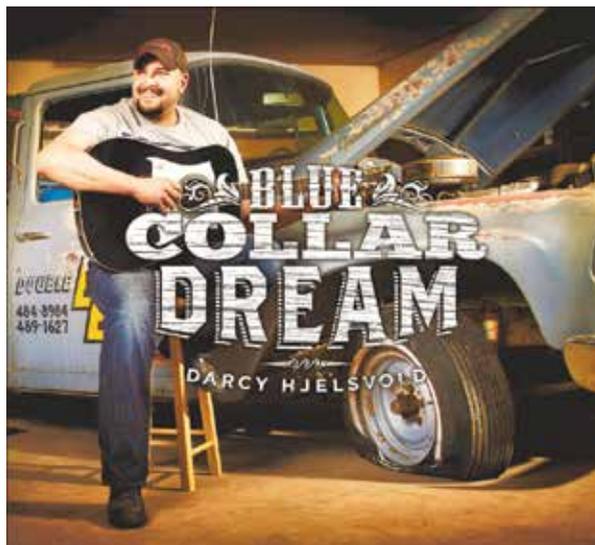
Hjelsvold cut his CD on his own dime, independent of a label. While the cost has been heavy, he is hoping the reward will be worth it. "It was a lot of money and of course we're not labeled up or anything," he said. "If you want to do it, you work some extra overtime."

The recordings happened over the past couple of years in Saskatoon, were mastered in Nashville, and have been performed live by Ain't No Rodeo in shows over the past six months. Though the recordings were done with session players, it just didn't seem the same as the guys Hjelsvold has worked alongside for so many years. He wants to stick with the guys that brought him to the dance, and stay with his Norwegian surname, despite advice to change it to something more commercial. "That doesn't seem like something I'd do," the family man said, adding he told those working with him on the project that he had no intentions of giving up his boat or fifth wheel to make his blue collar dream come true. For Hjelsvold, if it happens, it happens. "This is an addition to; it's not a sacrifice. I've worked hard for all the stuff we've got and our life. This isn't going to change me at all. If it doesn't work, it was a great time trying it,

and we'll carry on as we are."

It is that working man ethic that Hjelsvold is most proud of in his journey, a sense of being rooted in and dedicated to family, community and friends that manifested itself in the CD's title and imagery - the singer on a stool guitar in hand, an old truck in need of repair sitting behind him in the background. "It is exactly what it is - a blue collar dream," he said. "That's exactly what it is - a shot in the dark."

But that shot in the dark is hitting its target, even in the first week of the CD's official marketing release. Released on Mar. 24, Hjelsvold got word three days later just before his first coffee break that the first single was getting picked up for airplay in Saskatchewan and Ontario. "I was really shocked, amazed and happy - relieved a little," he recalled. "We put a lot of money, time and effort into this, my wife especially. She



handles a lot of the emails and I work 10-hour days. She's put a lot of energy and focus on the line to make it happen." Coming from a community like Morinville, that has proved a challenge for the couple in dealing with the broader side of the entertainment business. "Some of the people, they're really not small town people," Hjelsvold said. "They're not nice people."

For now Hjelsvold is looking forward to playing the new songs along with the five-and-a-half hours of music Ain't No Rodeo has in their repertoire of covers and originals. The band, who got back together in 2008 after Hjelsvold's Karaoke Star win, is made up of high school friends Matt Budd on lead guitar, bassist Mike Hittinger, and drummer Mitch Crush.

Hjelsvold's CD is available from iTunes, Amazon, CD Baby or CD Universe. The band will be doing some touring this summer.



Van Brabant signed to Calgary Flames

by Stephen Dafoe

Morinville native Bryce Van Brabant has been signed to the Calgary Flames as a free agent in a two-year contract.

The third Morinvillian to be signed to the NHL, 22-year-old Van Brabant has played with the Quinnipiac University Bobcats for the past three seasons. Van Brabant racked up 37 points in 40 games this season, a tally made up of 15 goals and seven assists. The hockey player also accumulated 113 minutes in penalty time with the Bobcats.

Van Brabant previously played in the AJHL with the Spruce Grove Saints from 2008 to 2011.

Father Dwight Van Brabant spoke with Morinville News Sunday morning, saying he was both pleased

with the news and proud of his son's accomplishment. "It's been lots of hard work on his part," Mr. Van Brabant said, adding his son started his hockey career with the Morinville Minor Hockey Association before heading to Fort Saskatchewan to play Triple-A.

Mr. Van Brabant said there were not many home when the family learned the news Saturday morning. "There was only a few of us home," he said. "We were happy but we kind of knew about it before that teams were talking to him. So it wasn't a big shock."

The Bobcat went to development camps in Edmonton, Calgary and was also invited to the Islanders camp last year. "It's his hard work and focus that got him there because it's a hard road. He was never drafted in the NHL draft. It just shows you if you keep after it and stuff you can get there."

The Flames were flying Van Brabant's parents to Toronto to see their son on the ice in his first NHL game Tuesday night against the Leafs. "That'll be great, especially one of the original six franchises for his first game," Mr. Van Brabant said.

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Publisher: Stephen Dafoe 780-800-3619
stephen@morinvillenews.com

Advertising Sales: Stephen Dafoe 780-800-3619
sales@morinvillenews.com
morinvillenews.com/advertising

Ad Design & Layout: Stephen / Calli
graphics@morinvillenews.com

Correspondent: Calli Stromner 780-800-3619
town council
calli@morinvillenews.com

Correspondent: Tristan Turner 780-800-3619
town / province
tristan@morinvillenews.com

Correspondent: Lucie Roy 780-800-3619
community news
lucie@morinvillenews.com

Correspondent: Ashley Janes 780-800-3619
arts and culture
ashley@morinvillenews.com

10021 100 Ave.
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Morinville T8R1S1

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Editorial and Columns

Column: The Semantics of Democracy

by Calli Stromner

While wannabe politicians were in the middle of the tri-annual popularity contest known as the municipal election last October, a slight, soft-spoken Morinville resident was pounding the pavement for a cause. His cause was not to be elected to public office, but rather to compel the Town to significantly alter the way photo enforcement is conducted.

A total of 948 signatures were collected by Mr. Haryett's efforts. Of that, 874 were deemed to be valid, according to Town administration. To put that into a comparison that politicians can understand, Mr. Haryett's efforts outpaced the final vote count for Councillor Rob Ladouceur (689 votes) and Councillor Brennan Fitzgerald (801 votes). He also came within four signatures of achieving more support than Councillor Stephen Dafoe did at 952 votes. That last number draws an interesting parallel, for it was Councillor Dafoe who put forward the motion to hold a referendum "because the petition only speaks to 10% of the population."

Over the past few weeks, the chatter about photo radar has intensified. One regional news outlet has suggested that the Town doesn't have to change a single thing about how photo enforcement operates because Mr. Haryett used the wrong wording in his petition (The Free Press, March 18, pg. 1). Mr. Haryett petitioned to ban photo radar and red light cameras. Neither tool are used by the town's private contractor, according to the Free Press. They use photo laser.

To the average citizen, it doesn't really matter what type of tool is used to detect speeders. The average citizen just cares that it's done ethically and for the right reasons - to increase traffic and pedestrian safety. Mr. Haryett is an average citizen. Not one who aspired to the grandiose trappings of public office, but one who selflessly invested hundreds of hours in the belief that his efforts could make a difference to the entire community. And that is the true spirit of democracy, not the semantics that are argued during Council meetings or open houses.

Letter: The importance of the Photo Radar and Red Light Camera vote

Further to the photo radar vs. photo laser (lidar) matter, we would like to emphasize that the upcoming photo radar enforcement bylaw vote is VERY IMPORTANT and we encourage everyone to please vote.

It is recognized that the Petition was poorly worded, however, the bylaw had to reflect the exact wording of the Petition. It has not been a secret that the Petition did not describe the actual technology currently used in Morinville, and no one was trying to pull the wool over anyone's eyes. However, it is interesting that some of the most vocal advocates of this petition claim to be "knowledgeable" regarding the operations of the Morinville photo enforcement contractor, yet they clearly are not. In any event, we do acknowledge the intent of

the Petition which was to be rid of Photo Speed Enforcement.

This matter is important because Morinville does not possess the resources (RCMP or Community Peace Officers) to supply an equal amount of speed enforcement, without impairing their ability to do their many other tasks, and this is a risk to traffic safety and/or community safety all around. An option is to hire more officers with a cost to taxpayers of approx. \$300,000.00 per year to do traffic speed enforcement already being done by the contractor at NO COST TO THE TAX PAYER. Also please consider that there is a shortage of RCMP members nationwide and Morinville is no exception and Community Peace Officers are similarly hard to acquire.

Letters and Opinion

The Petitioner stated in the St. Albert Gazette article dated December 18, 2013, that "Morinville should not hire any additional officers to cover the hours currently spent by photo radar contractors, even if police have to take time away from other duties to do traffic enforcement".

And if this was the case, would the Petitioner like noxious weeds to take priority over traffic safety? What about the DARE Program for our children, or the school liaison officer at our schools, the animal control, unsightly premises or domestic violence complaints? How shall these tasks be prioritized?

"That's their problem, not mine," he said. "Let's see these guys go out and do some work every once in awhile." The statement itself is insulting and speaks volumes. Suffice to say that it shows absolute disrespect to our law enforcement men and women.

The Petitioner stated that "council should either raise taxes by five per cent to make up for lost revenue by photo enforcement, or cut spending". We do not subscribe to the notion that taxpayers should pay for the bad acts of those individuals that choose to ignore the posted speed limits.

The following is an excerpt from the British Columbia Ministry of Justice for consideration:

"Reducing Speed Reduces the Effects of Impact-

Reducing the effects of vehicle impact is possible by maintaining a safe driving speed. By driving at a safe speed, you have more time to react and more distance for braking....

A pedestrian hit at 30 km/hr has a 90% chance of SURVIVING.

A pedestrian hit at 50 km/hr has an 80% chance of BEING KILLED."

B.C. photo enforcement failed, **because of politics**, which should never be involved in Traffic safety. In the first year of photo speed enforcement, the fatalities decreased 25%. **When it was cancelled, injuries from collisions increased 25% and fatalities 17%.**

At the end of the day, the result of the votes WILL count, no matter which technology is currently being used. In the future, Morinville may wish the option to use Red Light Cameras which are "photo radar" technology. There are other traffic safety initiatives that the bylaw, if passed, would restrict.

A Vote of **NO** means that you **do not support the bylaw** and you wish that Morinville be allowed to use Photo Radar and Red Light Camera technology as a traffic safety enhancement.

A Vote of **YES** means that you **support the petition/bylaw** and have a dramatic increase in incidents of excessive speed within the community going unchallenged. That sounds harsh, but the reality is that the void left by the elimination of photo speed enforcement cannot be filled by the existing compliment of RCMP and Community Peace Officers and if it is, it will come at a significant increase to the tax base.

Keith Norris

Charmaine Enns



INFORMATION SESSION

Highway 2 and Cardiff Road Intersection Improvements

Alberta Transportation has retained Al-Terra Engineering Ltd. to design and manage the installation of traffic signals at the intersection of Highway 2 and Cardiff Road, south of Morinville.

An information session for interested residents and road users will be held from:

6:30 to 8:30 p.m.
Thursday April 17, 2014
in the Community Cultural Centre
(9502 – 100 Avenue Morinville, AB)

Al-Terra Engineering representatives will be in attendance to outline the project and answer questions.



ON APRIL 14, 2014

Morinville C.O.P. Members will vote "NO" to the Bylaw.

We are in favor of maintaining photo
radar as a speed enforcement option

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Photo Radar Open House draws 80

by Calli Stromner

Morinville - Roughly 80 people attended a public Open House on March 26 to learn more about how photo enforcement is conducted within the Town of Morinville. Council members, town administrators, RCMP officers, and the third-party contractor, Independent Traffic Services (ITS), were all on hand to offer information.

Kari Christensen came to the open house armed with pictures of one ITS vehicle parked near her house and had questions as to how ITS employees capture speeds and why they idle their vehicles for hours at a time while taking naps or filling out crossword puzzles. She lives on Grandin Drive across from G.H. Primeau School, near the end of the school zone.

"If they're talking about traffic safety and pedestrian safety, then they should be in the school zone. There are two crosswalks not being monitored at all," said Christensen, adding the parking spot in front of her family home is a popular vantage point for photo enforcement activities. She doesn't understand why the photo enforcement vehicle parks there during off-peak hours or why it seems to always park close to the 50 kph speed limit sign located to the south of her property on Grandin Drive. "They're not catching (speeders) as they are driving through the school zone; they're catching them as they're coming up to that 50 sign."

Brochures distributed by the Town to open house attendees state that "there is no such thing as a transition zone" for the purposes of traffic enforcement even though Alberta Transportation defines a "transition zone as a short section of roadway posted with a speed limit lower than typical rural highway speeds in order to facilitate a transition between rural highway and urban roadway with a much lower speed limit." Christensen believes that ITS employees are targeting drivers where speed limits change to generate more revenue and they may not always be focused on the task at hand.

"We've had quite a bit of conversation about where they're placing the third party vehicle. Their vehicle isn't in the correct spot; they're doing crossword puzzles; they're sleeping and we know that because



Morinville resident Kari Christensen shares her photo radar concerns to residents, while Morinville's Director of Corporate Operations, David Schaeffer, offers his commentary. - Calli Stromner photo

we've approached the vehicle and seen it," said Christensen.

Morinville resident and former police officer Kevin Wedick echoed Christensen's concerns about photo enforcement vehicle placement. "I watch this guy...and he'll sit at the very end of the (school zone) and you drive and you go through the school zone at 30 (kph) the entire distance and you see the 50 (kph) sign and in that last 20-25 metres as you start to make the turn, you're going 10 (kph) over and you're getting a ticket."

Wedick says he supports photo traffic enforcement in principle, but wants to see more oversight from the RCMP and the Town and wants to see photo enforcement done more ethically. "I support (photo enforcement) 100 per cent. All I'm saying is that if you follow what St. Albert's doing, the City of Edmonton and the others, they'll tell you the same thing: they don't work the first 50 to 75 meters in lower speed zones."

ITS owner Bruce (last name intentionally not provided) insists their enforcement practices are sound, including when they park beside buildings. "There are several different tactics we use. Sometimes we're a little bit more covert," said Bruce. "We want

to get away from people thinking they can drive 65 in a 50 zone. We want to get people away from that mindset of how fast can I go before I get a ticket?"

Despite the abundance of dialogue at the open house, the one voice that was not represented was that of petitioner Cliff Haryett, although he did attend as an observer. "We don't really have anything to add at this point," said Haryett, indicating that the Town did not invite him to participate. "We'll stay quiet and let the people vote. It's in their hands now."

Morinville electors will have the opportunity to cast their vote on the issue during the second week of April. The advance vote takes place on April 9 from 4-8 p.m. at the MCCC and on April 12 from 10 a.m. to 4 p.m. at the Rendez Vous Centre. The regular vote takes place on April 14 from 10 a.m. to 8 p.m. at the MCCC.

Advance Votes

April 9 - 4-8 p.m. MCCC

April 12 - 10 a.m. to 4 p.m. Rendez-Vous

Regular Vote

April 14 - 10 a.m. to 8 p.m. MCCC.

News From Morinville
COUNCIL
 by Calli Strommer

2014 Property Tax Rate Bylaw

Council gave first reading to the 2014 Property Tax Rate Bylaw, which allows the Town to set the mill rate that is used to calculate taxes for all properties within Morinville. Based on the 3.5% tax increase approved by Council during their March 11 meeting, the average property owner in Morinville will pay an additional \$32.33 on their property tax bill in 2014, which represents a percentage increase of only 1.23%.

"There are a couple of places where people's taxes goes down," said Financial Services Director Andy Isbister, adding that the Alberta School requisition was less than anticipated and the overall assessment for the town represented an increase of 2%.

The annual property tax bill consists of three separate items: the municipal tax pays for the services and infrastructure approved in the annual municipal budget; the Alberta School Foundation Fund is a requisition by the province and pays for primary and secondary education; and the Sturgeon Foundation requisition is levied on properties located in the Sturgeon region to pay for seniors long-term care and assisted-living facilities.

2014 Municipal Census

Council unanimously approved setting April 15 as the start of Morinville's census. Legislative Officer Jennifer Maskoske explained that under provincial regulations, municipalities conducting an official census must do so in the period starting April 15 and ending on June 30.

"The report outlines what we would use is a hybrid system," said Maskoske, adding that the census would be both online and enumerators going door-to-door collecting census information from residents. Online census will take place from April 15-30 and door-to-door enumeration will take place May 1 - June 30. A computer kiosk will also be available in the Morinville Civic Centre to allow people to voluntarily input their census information.

The 2014 municipal census will cost the Town \$14,000, but as many of the grants received by the Town are directly tied to population numbers, a higher population number could result in more grant dollars flowing into town coffers.



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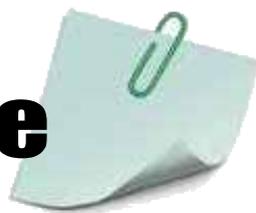
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Garbage rates to increase by 16%

by Calli Stromner

Morinville residents will be paying 16 per cent more for garbage collection than they did in 2013 after Council approved the Waste Management Bylaw during Tuesday night's regular meeting. The \$2.70 per month increase covers the cost of providing weekly garbage collection and recycling collection throughout the year. It also adds mandatory [not an opt-in] organic waste collection to the town's service offering, providing weekly pick-up from May 1 – Oct. 31 and monthly pick-up during the winter months. Organics would be placed in the current yard waste containers.



"At current rates, our landfill is good for roughly 50 years," said Councillor Rob Ladouceur when making the motion to approve the Waste Management Bylaw. Ladouceur is also the Council representative on the Roseridge Waste Management Commission. "If we could make it last longer, then the fees won't go up as much because we will be able to be more sustainable." He added that the new organic waste collection will be better for the environment, which is an important pillar for Council.

Councillors also suggested that while weekly waste pick-up will still occur this year, it may change to bi-weekly pick up in future years so that less actual garbage goes to the landfill. "I do agree that we will have to force the issue (of diversion)," said Councillor Barry Turner. "But at the same time to ensure that the long-term success of the program, I think the introduction of the organics stream first it will be more likely to succeed with that strong education component."

Residents now have a very short window of time to keep their bins out, however. Under the new Bylaw, residents who place their bins out prior to 7:00 p.m. the night before their scheduled pick-up day or leave them out past 11:00 p.m. on their collection day can be fined either \$100 for a first offense and \$200 for repeat offenses.

The Town has been divided into two specific areas to coordinate waste collection activities with other public services, such as street sweeping and snow ploughing. Those households located north of Highway 642 (100 Avenue) will see garbage trucks on Tuesdays while those located on the southern portion of Hwy 642 (including South Glens), will have to place their bins out on Wednesdays.



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News From The

PROVINCE

by Tristan Turner

Horner presents 2014 Budget to Rotary Club and regional leaders

Morinville - Alberta Finance Minister Doug Horner spoke to Rotarians, councillors and guests at the Morinville Rotary Club's regular Wednesday morning meeting. While many in attendance may have had questions regarding former Premier Alison Redford's resignation, Horner chose to focus his presentation on the provincial budget that is currently going through reviews one ministry at a time, and - according to Horner - is expected to be voted on by the Legislative Assembly in late April.

Minister Horner began his presentation by explaining the new format of the 2014 budget as compared with previous years; instead of operating under a single consolidated set of books, the new format splits the budget into separate pieces (like net assets, operational revenue and operational expenses) in a way that Horner hoped would make it clearer for Albertans to understand. "I want you to think about [this budget] in a different way" said Horner, "I want you to think about this like your business and your home. Think about your income statement - your profit and loss statement - and your balance sheet, which is your net assets and your net worth. That's the way bankers look at it... and that's the same way municipalities, businesses and you operate in your own home."

Horner also spoke to Alberta's dramatic growth rate (in excess of 100,000 people last year), and how he believes it necessi-



tates a "significant" infrastructure investment in highways and new schools. In order to finance these projects, Minister Horner told the crowd that he would be borrowing to fund infrastructure projects because "we currently have access to interest rates at near 50-year lows". While Horner presents the budget as having a surplus in excess of \$1 Billion, some critics, like Wildrose leader Danielle Smith, say that this budget "is not a balanced budget, not by any stretch", taking issue with the over \$5 Billion that the province will be

borrowing to invest in capital infrastructure projects.

After Horner's presentation, he took questions from journalists in attendance. When asked to respond to the criticism given by Danielle Smith and other opposition members about borrowing for capital projects, Horner said: "We're using public sector accounting principles and the fact of the matter is, these are assets that are on our books, so every jurisdiction does accounting the exact same way, and we're not changing anything in our consolidated financials... the reality is that the federal government is borrowing over \$95 Billion dollars this year, so is their deficit \$2.9 [Billion] or \$98 Billion dollars? I would argue that the Auditor General tells me I'm right, the public sector accounting group tells me I'm right and Standard and Poor, the credit rating agency that looks at our balance sheets, they say that we're right. If you're talking about political critics, I would say that I would take the authority of the Auditor General, the credit rating agencies, the federal government and others over their criticisms."

Before the Finance Minister left to discuss issues with local politicians, Horner responded to a question about the recent resignation of former Premier Alison Redford, saying that he was both "surprised" and "saddened" by her decision, but that now we "have to move on" as a province.

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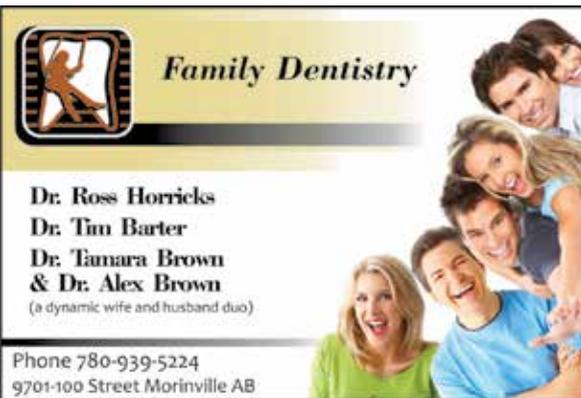
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Healthy Routes Clearing the tract

by Gladys Kublik, co-owner Neighbors Vitamin Shop

Imagine your lower bowel to be much like a conveyor belt in a mining situation. As long as the material moving along the belt is a good mixture of coarse rough rock, water, finer clays, and sand, the lugs or teeth of the conveyor remain clean and transport the maximum amount of material quickly. Remove the water and the material doesn't flow, but tends to clump together. Remove the rocks and the material sticks to the belt and fills up between the lugs to the point that the conveyor is no longer moving material efficiently.

In this first article in our series on Health through Digestion, we will look at restoring the digestive tract in a physical sense to its original state. Why should we do this? To allow our digestion system to function without the burden of unnecessary and debilitating physical impediments. How can we do this? Through retraining our system with the help of diet, natural supplements and exercise.

If you suffer from gas, bloating and are starting to look and feel as though you are about three months pregnant, there is a pretty good chance you are carrying an extra burden of encrusted debris along your lower intestinal tract. A sluggish bowel means waste is not travelling quickly enough out of your system, which changes the environment within your colon and large intestine providing the conditions where waste can ferment creating the perfect breeding ground for parasites and Candida.

Peristalsis is a distinctive pattern of smooth muscle contractions that propels foodstuffs distally through the esophagus and intestines. Peristalsis is a manifestation of two major reflexes within the [enteric nervous system](#) that are stimulated by a bolus of foodstuff in the lumen. Mechanical distension and perhaps mucosal irritation stimulate afferent enteric neurons. These sensory neurons synapse with two sets of cholinergic interneurons, which lead to two distinct effects: . . . *contraction of smooth muscle above the bolus*. . . .

Another group of interneurons activates inhibitory motor neurons that stimulate *relaxation of smooth muscle below the bolus*.

arbl.cvmbbs.colostate.edu/hbooks/pathophys/digestion/basics/peristalsis.html

This complex system of chemical signaling, muscle reflex and neuron stimulation operates constantly to move our food from our stomach through the small and then large intestines, allowing nutrients to be withdrawn and wastes contained and eliminated daily without our thought or knowledge. That is until something goes wrong. We usually tend to ignore the first signs that peristalsis is in trouble; when we do pay attention we tend to treat the effect of the problem rather than the cause. After several treatments with laxative our system's signals, reflexes and stimulation sensors are no longer attuned to the body's natural stimulants.

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for all.

10003 - 100 St. Morinville 780.939.4418

Shrimp Tacos

1 tbsp vegetable oil 15 mL
1 pkg frozen, uncooked Shrimp (51/60 ct), thawed and peeled 340 g
1/2 tsp ground cumin 2 mL
1 clove garlic, minced
1/4 tsp each salt and pepper 1 mL
2 cups Broccoli Slaw 500 mL
1/4 cup loosely packed cilantro (optional) 60 mL
1 tbsp fresh lime juice 15 mL
1/2 tsp Louisiana Hot Sauce 2 mL
8 hard taco shells

Add All Ingredients

1/ Heat a large nonstick wok or skillet over high heat. Add oil and heat until almost smoking. Add shrimp, cumin, garlic, salt and pepper; toss until shrimp turn pink, about 2 min.

2/ Add broccoli slaw, cilantro (if using), lime juice and hot sauce; cook for 2 min. or until warmed through; remove from heat. Divide shrimp and broccoli slaw among warm taco shells.

3/ You can dress these tacos up with diced tomatoes and a topping made from equal parts avocado and light sour cream, blended until smooth.

RECIPE
of the week

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

Modern cleanse formulations include herbs and supplements which activate all the organs involved in the digestive process. When fully functioning, these organs produce bile, insulin and various secretions to stimulate movement along the intestines. A modern cleanse may also include enzymes which break up encrusted debris along the intestinal walls and fibre which absorbs toxins from fermentation and sweeps the tract clear.

To retrain this very important system after we have cleansed it from stagnant accumulation of debris, we need to focus on water, diet and exercise. Water is vital to our cells; if we are dehydrated the body sucks any moisture it can from the last of our food, leaving solid compacted waste. Drink at least the eight glasses of water recommended; coffee and teas are diuretics which deprive the bowels of moisture so they count against you. Eat a diet high in raw fruits and vegetables which contain additional water and fiber. The most effective are cabbage, turnips, beets, carrots, and beans. And last but not least - move! Movement increases circulation to the body's core and stimulates peristalsis so - walk, run, dance your way to a happier, healthier digestive tract.



Send Your Recipes To

editor@morinvillenews.com

The Sturgeon ANNUAL GENERAL MEETING Hockey Club and Hockey Awards Night*

Tuesday, April 15 from 7 p.m. - 9 p.m.

Rendes-Vous Center

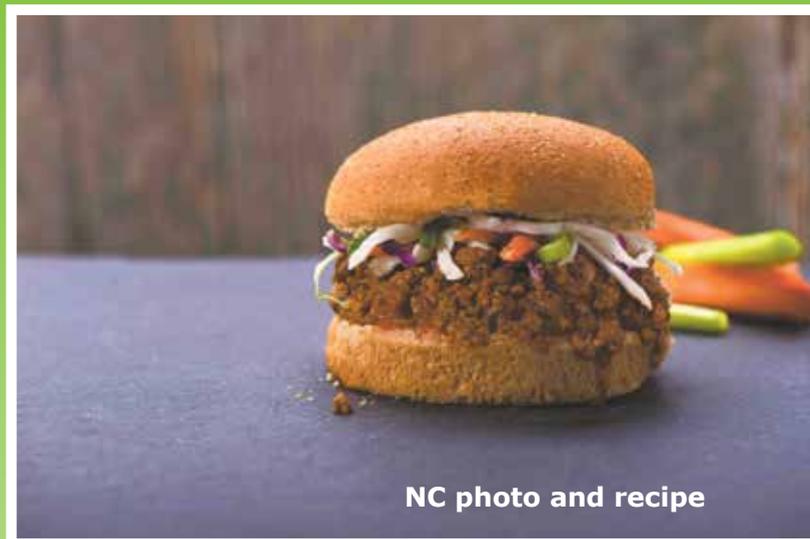
(9913 104 St. - across from the arena)

*Awards presentations will begin at 7:00 pm with AGM to follow.

- ◇ Open to everyone
- ◇ Board Positions Available
- ◇ Any member can vote

For more information on the upcoming Annual General Meeting and Hockey Awards Night, please contact us through the Sturgeon Hockey Club website at:

sturgeonhockeyclub.com



NC photo and recipe

RECIPE Sloppy Joes

Revisit your childhood with the flavours of a retro classic made more nutritious with whole foods including mushrooms.

Serves 4

Prep Time: 20 mins.

Cook Time: 15 mins.

Ingredients:

2 cups coleslaw blend – 500 mL
 ¼ cup chopped green onion – 60 mL
 ¼ cup coleslaw dressing – 60 mL
 8 oz fresh button mushrooms – 250 g
 1 onion chopped – 1
 ¾ lb lean ground beef – 375 g
 1 tbsp canola oil – 15 mL
 1 pkt Mushroom Seasoning Blend – 5 g
 ¾ tsp salt – 4 mL
 ½ tsp pepper – 2 mL
 1 cup tomato sauce – 250 mL
 3 tbsp brown sugar – 45 mL
 3 tbsp cider vinegar – 30 mL
 2 tbsp Worcestershire sauce – 30 mL
 4 whole-wheat hamburger rolls -4

Method

Toss the coleslaw with the green onion and dressing until well combined; set aside. Place the mushrooms and onion in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef and pulse until well combined.

Heat the oil in a large nonstick skillet set over medium heat. Add the mushroom mixture and seasoning blend. Cook for 10 minutes or until browned and the liquid has evaporated. Stir in the tomato sauce, brown sugar, vinegar and Worcestershire sauce. Simmer for 10 minutes or until thickened. Serve on rolls topped with coleslaw.

Nutrition facts – per serving

Calories: 408
 Sodium: 457 mg
 Protein: 26 g
 Fat: 15 g
 Carbohydrates: 44 g
 Dietary Fibre: 5.5 g

Arts & Culture

Sponsored by J.M. Turner Goldsmith

Primeau showcases its talent

by Lucie Roy

Singing, dancing, karate, comedy, and even a unicyclist provided nearly two hours of entertainment at the 20th Annual Georges H. Primeau talent show Mar. 27. Titled Going For Gold - One School, One Team, the Olympic-themed show included 126 of the school's Grades 5 to 8 students performing before a packed audience of students, staff, teachers, parents, and guests.



Clockwise from top: Mikayla Foster and Lilya Richardson perform a combination dance and gymnastic routine. Primeau School Learning Support Facilitator Sandee Blackburn holds the microphone for Grade 5 student Mitchel Kabey as he performs with the electric guitar. Primeau student Julia Allan performing Just Give Me a Reason as a one-person duet. Her half boy, half girl costume was a hit with the audience.



 J. M. Turner 
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Thur 10 a.m. - 7 p.m.
Sat 10 a.m. - 2 p.m.



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into
Spring
Expo 

We will be offering free jewellery cleaning. Goldsmith will be on site.

The shop will be closed for the Easter Break, April 18-21.

Caviar Players set to take to the stage with charitable evening of one-act plays

by Stephen Dafoe

Morinville – Pastries, plays and philanthropy will mix Apr. 11 when the Caviar Players take to the Morinville Community Cultural Centre's stage. Billed as a Dessert Theatre, the evening of one-act plays will offer a pair of productions: *Cut* by Lyle Victor Albert and *Bad Auditions* by Bad Actors by Ian McWethy. Five dollars from each \$25 ticket purchase will be donated to any non-profit group a patron chooses to support with the purchase of their ticket.

Caviar Players treasurer and producer Brady Hughes said the theatre group is excited about the opportunity to perform on the Cultural Centre's stage again, something they have not done since the opening in 2011. "We performed on the stage during the opening celebrations of the Cultural Centre, and have been itching to get back on that stage ever since," Hughes said, adding their production *Hamlette*, a gender switch on Shakespeare's great play, was performed in one of the meeting rooms. "Performing in one of the meeting rooms last year was an innovative way for our organization to continue doing some sort of theatrical production. We had lost the use of our trailer and weren't able to travel around to other small communities in the area. This created a huge cut in our operating budget with the loss of that revenue stream. The atmosphere of performing in the meeting rooms was very unique and intimate for the cast and audience. And we'll definitely be using that idea again in the future, but it doesn't compare to the electricity and energy you feel when performing on a large stage under those hot, bright lights for a potentially larger audience."

The Caviar Players start work in September when the theatrical group begins reading scripts, selecting plays and holding public auditions. By mid-December a play has been selected, a cast chosen and work begins in earnest learning the lines and bonding as a cast. Full rehearsals begin in January with the annual shows beginning at the end of March or beginning of April.

The system has worked well over the years, but is not without its setbacks. "There always seems to be a couple people that drop

out for a variety of reasons," Hughes explained, adding the situation happened again this year, prompting the group to start from scratch, switching from the single play they were rehearsing to two one-act plays. "Everyone has been working very hard at memorizing lines and get[ting] into new characters. Our rehearsals have been full of laughter and I'm very excited to see the final product. We've never had this short of a time frame for rehearsals, but I think the actors themselves are going to be very surprised at what they are capable of."

The group is known for their comedies and family friendly shows, but Hughes said the current group does not want to limit their options and are eager to explore all types of styles and genres to present to the community.

Another Caviar Players tradition is providing a fundraising avenue for other local non-profit organizations, traditionally a dinner theatre partnership where the host non-profit covers event planning, Caviar the show. The loss of the group's trailer has limited their ability to perform in Radway, Gibbons, Bon Accord and other communities in the region, but they are looking to resume those road trips in the future as well as explore other performance formats.

Hughes and his fellow thespians are hoping residents will come out to the Apr. 11 Dessert Theatre evening. "It's always good to try something new and different," he said, adding attending the performance supports local performers and non-profit groups.

Doors open at 7:30 p.m. Apr. 11 with the show starting at 8:30 p.m. tickets are \$25 per person and available at caviarplayers.ca and at the door the night of the show. There will also be a silent auction raising funds for the ALS society that night.

Ahoy, theatre lovers

Georges H. Primeau School will put on a performance of *Treasure Island* Apr. 15 and 16 at 7 p.m. Doors open at 6:30 p.m. each night at the Morinville Community Cultural Centre. Tickets are \$7 for adults, \$4 for students and are available at the school, Sobeys, and at the door the night of the show.

Good Coffee - Good Friends - Good Times

April Special
DEAL

Get Your Free Cookie

Iced Tease - free cookie with purchase of ice tea for the month of April

Upcoming
Events

Charity Cribbage Tournament

Apr 17 @ 7 p.m. - This event is a fundraiser for the Mayr Family of Morinville

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780.939.5154



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



Town Talk

Notice of Advance Vote on a Bylaw - April 9 & 12, 2014

Notice of Advance Vote on a Bylaw

Local Authorities Election Act
Section 7, 12, 35, 46, 53

Local Jurisdiction: Town of Morinville, Province of Alberta

Notice is hereby given that an Advance Vote of the electors will be held on the following:

Bylaw 1/2014 Photo Radar and Red Light Camera

Are you in favor of Morinville passing Bylaw 1/2014 – Photo Radar and Red Light Camera Bylaw, a bylaw to ensure that Morinville and any agents of Morinville responsible for traffic enforcement on behalf of Morinville are prohibited from the use of Photo Radar equipment or Red Light camera equipment?

Advance Voting will take place on the following dates:

April 9, 2014, between the hours of 4:00 pm and 8:00 pm.
The voting station will be located at:

Morinville Community Cultural Centre—Banquet Hall B
9502—100 Avenue
Morinville, Alberta

April 12, 2014, between the hours of 10:00 am and 4:00 pm.
The voting station will be located at:

Morinville Rendez Vous Centre—Main Hall
9913-104 Street
Morinville, Alberta

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

Government issued identification which contains your photograph, name and current address. This includes an Operator's (Driver's) Licence or an Alberta Identification Card.

or

Identification from the following list that confirms your name and address:

- Utility bill, for example: Telephone; Public Utilities Commission; Television; Hydro, gas or water.
- Bank/credit card statement or personal cheque.
- Income/property tax assessment notice.
- Insurance policy or coverage card.
- Vehicle ownership, registration or insurance certificate.
- Government cheque or cheque stub.
- Residential lease or mortgage statement.
- Statement of government benefits, for example:
Employment insurance; Old-age security; Social assistance; Disability support; Child tax benefit.
- Pension Plan statement of benefits, contributions or participation.
- One of the following issued by the responsible authority of a shelter or soup kitchen: Attestation of residence, letter of stay, admission form or statement of benefits.
- Correspondence issued by a school, college or university.
- Letter from a public curator, public guardian or public trustee.
- Attestation of Identity and Residence issued by the authorized representative of a correctional institution.
- Attestation of Identity and Residence issued by the authorized representative of a shelter or soup kitchen.
- Attestation of Residence issued by the authorized representative (landlord) of a commercial property management company.
- Attestation of Residence issued by the responsible authority of a Supportive Living Facility, as required by section 53 of the *Local Authorities Election Act*.

Dated at the Town of Morinville in the Province of Alberta, this 12th day of March 2014.

Jennifer Maskoske; Returning Officer

Notice of Vote on a Bylaw - April 14, 2014

Notice of Vote on a Bylaw

Local Authorities Election Act
Section 7, 12, 35, 46, 53

Local Jurisdiction: Town of Morinville, Province of Alberta

Notice is hereby given that a Vote of the electors will be held on the following:

Bylaw 1/2014 Photo Radar and Red Light Camera

Are you in favor of Morinville passing Bylaw 1/2014 – Photo Radar and Red Light Camera Bylaw, a bylaw to ensure that Morinville and any agents of Morinville responsible for traffic enforcement on behalf of Morinville are prohibited from the use of Photo Radar equipment or Red Light camera equipment?

Voting will take place on April 14, 2014, between the hours of 10:00 am and 8:00 pm.
The voting station will be located at:

Morinville Community Cultural Centre—Meeting Rooms 3, 4 and 5
9502-100 Avenue
Morinville, Alberta

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

Government issued identification which contains your photograph, name and current address. This includes an Operator's (Driver's) Licence or an Alberta Identification Card.

or

Identification from the following list that confirms your name and address:

- Utility bill, for example: Telephone; Public Utilities Commission; Television; Hydro, gas or water
- Bank/credit card statement or personal cheque
- Income/property tax assessment notice
- Insurance policy or coverage card
- Vehicle ownership, registration or insurance certificate
- Government cheque or cheque stub
- Residential lease or mortgage statement
- Statement of government benefits, for example:
Employment insurance; Old-age security; Social assistance; Disability support; Child tax benefit
- Pension Plan statement of benefits, contributions or participation
- One of the following issued by the responsible authority of a shelter or soup kitchen: Attestation of residence, letter of stay, admission form or statement of benefits
- Correspondence issued by a school, college or university
- Letter from a public curator, public guardian or public trustee
- Attestation of Identity and Residence issued by the authorized representative of a correctional institution
- Attestation of Identity and Residence issued by the authorized representative of a shelter or soup kitchen
- Attestation of Residence issued by the authorized representative (landlord) of a commercial property management company
- Attestation of Residence issued by the responsible authority of a Supportive Living Facility as required by section 53 of the *Local Authorities Election Act*.

Dated at the Town of Morinville in the Province of Alberta, this 12th day of March 2014.

Jennifer Maskoske; Returning Officer



Town Talk

Your Vote Counts

QUESTION: “Are you in favor of Morinville passing Bylaw 1/2014 — Photo Radar and Red Light Camera?”

BYLAW 1/2014: “Ensure that Morinville and any agents of Morinville responsible for traffic enforcement on behalf of Morinville are **PROHIBITED** from the use of Photo Radar equipment or Red Light Camera equipment”



Your Vote DOES Matter!

It will impact how the Traffic Enforcement Program is delivered over the next 3 years.

Revenue from Photo Enforcement is only collected from those who violate the posted speed limit.

Of tickets issued – approximately 41% are Morinville residents, and approximately 59% are non-residents.

Government of Alberta has established guidelines for the operation of automated enforcement programs including criteria for site selection.

Traffic Safety is important to your Community
GET INFORMED

For more information related to Traffic Safety and Photo Enforcement visit www.morinville.ca.

YES VOTE

You **support** the proposed Bylaw prohibiting the use of photo radar and red light cameras in Morinville’s Traffic Enforcement Program over the next 3 years.

NO VOTE

You **do not support** the Bylaw and wish to allow the use of photo radar and red light cameras as part of Morinville’s Traffic Enforcement Program.

- April 9 Advance Vote
4 – 8 pm
MCCC
- April 12 Advance Vote
10 am – 4 pm
Rendez Vous Centre
- April 14 Vote
10 am – 8 pm
MCCC
- April 14 Institutional Vote
(for Residents only)
10 - 11 am
Heritage Lodge
1 -2 pm
Aspen House



Spring / Summer Community Guide

Registrations NOW OPEN

Available online
www.morinville.ca

If you would like to receive a pdf
of the spring / summer guide
by email contact Trudy Burke at
tburke@morinville.ca



Town Talk

Volunteer Appreciation Evening

Morinville Community Cultural Centre
9502 - 100 Ave.

Friday April 4

Everyone
welcome!



6 pm

• Doors open

6 - 7 pm

- Appetizers & Desserts
- Cash Bar
- Entertainment
- Art Displays
- Children's Activities

7 - 8 pm

- Award Ceremony
- Door Prizes

National Volunteer
Week April 6 - 12

Volunteers



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SATURDAY

05
APR

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be wonderfully alive and human
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to freestyle improvisations, Post
keeps audiences riveted on what
he's doing (and wondering how
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www.robertpost.org



TIME
7:30 pm



TICKETS
\$25 (adults)
\$20 (seniors)
\$10 (students)

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Development Permit Public Notice

Take notice that the following
Development Permit(s) listed below
has been approved in accordance with
Morinville Land Use Bylaw 3/2012.

DP034/2014 – Temporary Use –
Personal Service Shop (Fitness Facility),
11204-100 Street (Lot 1, Block 1, Plan
992 6830) – Discretionary Use (UR
District).

For further information or to arrange
for an appointment to view the above
development permit(s) or plans, please
contact the Planning & Development

Department at 780-939-4361 or visit
www.morinville.ca/planningnews.

Persons wishing to appeal the above
noted decision(s) of Morinville's
Development Authority must do so by
filing a "NOTICE OF APPEAL", along with
payment of a \$200 non-refundable fee
to the Subdivision and Development
Appeal Board, NO LATER THAN April
16, 2014. Appeals can be filed with
the Secretary of the Subdivision and
Development Appeal Board by calling
780-939-4361.



Town Talk

LAND USE BYLAW AMENDMENTS
(GENERAL TEXT AMENDMENTS)

PUBLIC HEARING

You are invited to attend a Public Hearing for Land Use Bylaw Amendments and provide your comments directly to Council. If you prefer to write to Council, send your written comments to the Legislative Officer before 4:30 pm on April 7, 2014. These comments will be reviewed as part of the hearing process.

SHARE
YOUR
VOICE

We're Listening

Public
Hearing

Tuesday, April 8th, 2014
at 7:30 pm

Council Chambers
St. Germain Place
10125 – 100 Avenue
Morinville, Alberta

Phone
780.939.4361

Mail / In Person
Legislative Officer
Town of Morinville
10125 – 100 Avenue
Morinville, AB T8R 1L6

Internet
www.morinville.ca

Email
jmaskoske@morinville.ca

What are the Land Use Bylaw Amendments about?
The purpose of Bylaw 2/2014 and Bylaw 8/2014 are to amend Morinville Land Use Bylaw 3/2012 for desirable text changes pertaining to accessory buildings and uses, projections into yards, signs, and other miscellaneous changes. Planning & Development supports these proposed bylaws.

How will This Affect Me?
The proposed amendments will improve items identified since the revised land use bylaw was adopted in 2012 which are impacting or may impact the community and administration in the future.

How Do I Get More Information?
A copy of the proposed bylaws and background information may be examined between the hours of 8:30 am and 4:30 pm, Monday to Friday, at the Office of the Legislative Officer www.morinville.ca/planningnews

ENUMERATORS WANTED:

Looking for Municipal Census Enumerators

If you are interested in becoming an Enumerator for the Municipal Census (April 15 – June 30), please contact Jennifer Maskoske at 780-939-7852.

Morinville's 2014 Census will commence on April 15 with the on-line phase available through to June 15.

Unique pin numbers will be mailed between April 8 and April 11 to all households in Morinville.

Community computers will be available at Civic Hall (10125-100 Avenue; 2nd Floor) and the Morinville Public Library (10125-100 Avenue; Main floor).

Door-to-door enumerators will be out between May 1 and June 30 to ensure we capture an official count of all residents. Door-to-door interviews will take no more than a few minutes.

For more information, please visit our Census 2014 website at www.morinville.ca.

MONDAY

THE Week

IN PHOTOS

A pictorial look at the happenings in and around Morinville for the week of Mar. 24 to Mar. 30.



Not your normal fire call

Left: A firefighter extinguishes some rags that ignited in the back of a vehicle on 102 Avenue around 4:30 Mar. 24. Acting Fire Chief Brad Boddez said he believed a chemical reaction caused the rags to ignite. All was under control quickly although there was some minor damage to the cargo area of the vehicle. **Right:** The rags smoulder as Ladder 4 arrives on scene for the call.

- Stephen Dafoe photos

Face 2 Face with Local Businesses

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General Dentists
Family & Cosmetic Dentistry

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Morinville, AB
780.939.1288

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WEDNESDAY



Easter relaxation

A couple of stuffed bunnies form a laid-back display at The Flower Stop and Gift Shop on 100 Avenue. The easter-themed items are one of a number of new items on display. - Lucie Roy photo

THURSDAY



Science experiment

Notre Dame student Hayden Roddis got assistance from teacher Carmen Hills and Principal Marlene Pelletier with his science experiment at the Grade 3 Celebrating our Strengths assembly held Thursday afternoon. Other acts by Grade 3 students included karate swords, pogo sticks, skipping, singing, musicians, dancing and boxing.

The assembly ended on a sad note when Pelletier announced that Grade 3 teacher Catherine Chan would be employed at Richard S. Fowler Catholic Junior High School after the spring break. Chan, who has been at the school four years, was presented with a bouquet of flowers. - Lucie Roy photo

Face 2 Face with Local Businesses

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joel.chevalier@investorsgroup.com

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Dianne will be retiring soon and invites her clients to please use their gift certificates now

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587-409-2243 entheoswellness.com

We would like to thank you for your support over the years

Brent Melville's Remax SPORTS REPORT



Morinville Kings live up to their name

by Stephen Dafoe

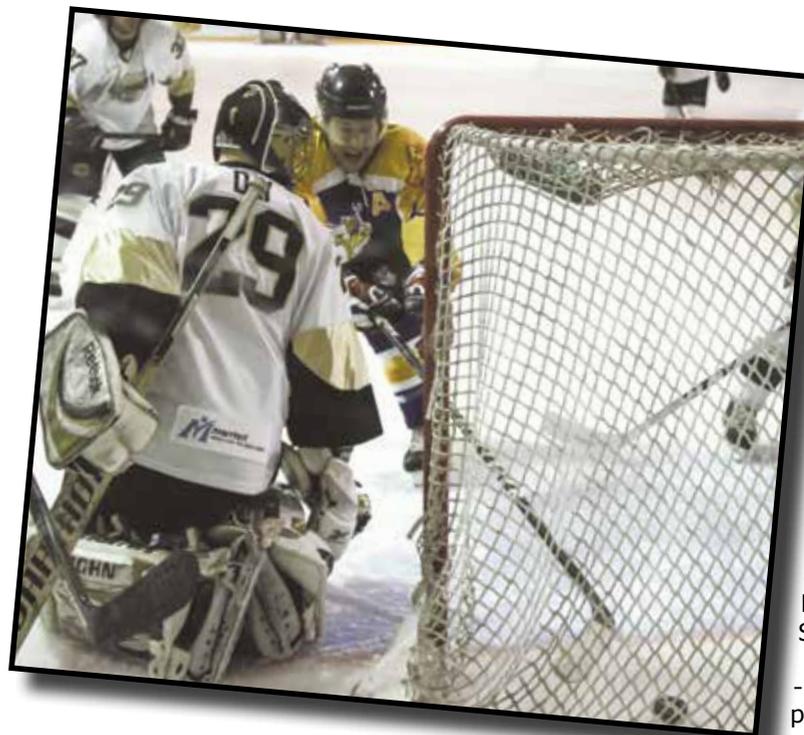
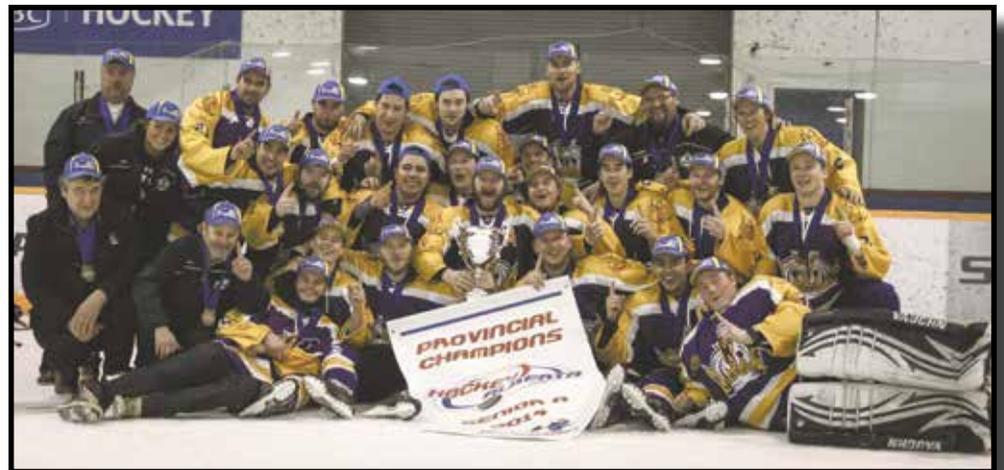
The Morinville Senior AA Kings were crowned Provincial Senior A Champions Sunday afternoon after a 4-3 victory over the Devon Barons, the culmination of a strong inaugural season for the hockey club.

After a tough defeat at the hands of the Triple-A Okotoks Drillers Friday night, the Kings came back on Saturday afternoon with a solid 8-4 victory over the Two Hills Longhorns to earn a spot in the Senior A pool gold-medal game Sunday. That contest put the Kings on the opposite side of the ice to the Devon Barons, a fellow NCHL club that finished in first spot during the regular season and went on to take the league championship for the second consecutive year.

Kings Captain Braden Arcand was pleased with the outcome. "Beating our archrivals in the finals is crazy," Arcand said moments after hoisting the Marsh Cup above his head. "We've come a long way. We've come from a thrown-together group of guys to a team ending up second in the league. [We had] disappointing playoffs but we worked hard after playoffs to come here."

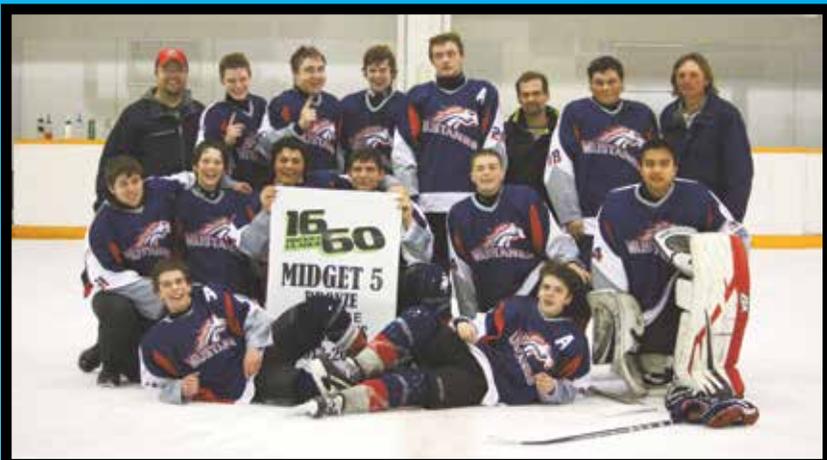
Morinville Kings President Wayne Gatza had difficulty holding back tears of joy after the game, seeing a dream he had for the community become reality – a Senior AA club for Morinville and a banner to hoist to the rafters of the community's arena. "I'm stoked. It's a great way to finish our year with the provincial championships," he said, adding although the team got off to a 2-0 deficit to end the first period Sunday, everyone worked hard to right the ship and push forward to a win. "Once we got it going there was no shutting it down. The boys all worked hard. That was the difference in our game last night [Saturday] - all four lines - and again tonight all four lines [contributed]. Everybody contributed from top to bottom. It's what it's all about. Being a team."

With a provincial championship under their skates, Gatza is already looking to next season. "We'll win the league next year and repeat as champions," he said. "That's the goal. Come back and win her all over again."



Above: The Morinville Kings pose with their gold-medal cup and provincial banner after Sunday's 4-3 victory over the Devon Barons.
Left: Alternate Captain Dalen Paul gets the Kings first goal of the game early in the middle frame, assisted by Kyle Beddows and Kyle Sheehan.

- Stephen Dafoe photos



Sturgeon Midget 1 Mustangs win bronze

submitted by Maureen Young, SHC Midget 1 Manager

Congratulations to these 16 young adults whose dedication and hard work won them the Bronze Medal.

The 2013 / 2014 hockey season started out with many uncertainties. Our team started out with nine players, and two coaches. The rush was on to find more players and goalies. The week of our first tiering game, our team was finally complete with the addition of two players released from AA, two players released from Westlock, one underage Bantam player, a Goalie released from RQB, and a Goalie released from Stony Plain. This group came together and became a team unit. Each practice / game the players adapted to each challenge and displayed their strengths and weaknesses. Throughout the season the team was faced with five players receiving major injuries, (Fractured wrist, dislocated shoulder, broken arm, broken wrist, broken collar bone) and various suspensions. The team kept pushing forward not letting anything hold them back. Coach Ron McRae and Assistants Vaughn Armstrong, Loran Bokenfohr and Don Moon guided and supported our team all season. Whether it was a change in position or being double shifted on the ice these players were up for the challenge. All of these bright individuals displayed and/or learned skills that will guarantee success in their future endeavors on and off the ice. Time Management, Dedication, Commitment, Communication, Leadership, Team Work, Discipline, and Pain are all valuable life assets.

Success is never achieved individually. A huge Thank You to the Players, Coaching Staff and Parents whom all contributed to our success. I know that everyone will look back in the future and have fond memories of the 2013/2014 hockey season.

Sturgeon Midget 1 Mustangs Players

- | | |
|-----------------------|-------------------------|
| # 2 – Riley Heyken | # 11 – Brad Mcrae |
| # 3 – Tyler Botham | # 12 – Connor Armstrong |
| # 4 – Jason Donald | # 16 – Gavin Newborn |
| # 5 – Mike Corrigan | # 17 – Devon Morrisette |
| # 6 – Keenan Hauptman | # 18 – Tyler Young |
| # 7 – Chet Shipalesky | # 20 – Joe Bokenfohr |
| # 8 – Emma Newborn | # 31 – Mark Moon |
| # 10 – Ryan Young | # 34 – Colby Augibelle |

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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).

Cozy Corner Stories

Come listen to stories in English and French Thursday mornings from 10:30 a.m. to 11 a.m. at the Morinville Community Library. This is a FREE program made possible by the library and ACFA.

Spring Fling Garage Sale and Silent Auction

A garage sale and silent auction will be held Saturday, April 5 from 10 a.m. to 3 p.m. at the Morinville United Church Basement (9610 - Morinville Drive)

A "Grandmothers' Specialty" lunch of stew or jambalaya on a bun will also be available, as well as a beverage and dessert.

All proceeds go to support African Grand-

mothers through the Stephen Lewis Foundation. Call 780-973-3878 for more information on this event or the group hosting it.

COMMUNITY COUNTDOWN

Time flies when you are having fun. Here's a little countdown to upcoming events:

Leap into Spring Expo = 9 Days

Historical Society Easter Egg Hunt = 17 Days

MPES Community Carnival = 73 Days

St. Jean Baptiste Festival = 79 Days

Did You KNOW?

The Morinville News, your community news publication, has an online event calendar where you can list your not-for-profit events for free. All you have to do is fill out a convenient form and we will activate the event. Visit morinvillenews.com/events/ to get started with your event listing.

Calendar Ad Word Listing \$20

Send your event for consideration to: editor@morinvillenews.com



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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, April 2nd 6:00 pm - 7:00 pm

Build A Garden

From the Recycle Bin **FREE FOR ALL AGES!**

Saturday, April 5th 1:00 - 3:00 pm

Loose Threads

Monday, April 7th 6:00 pm - 9:00 pm

Knit Wits

Tuesday, April 8th 6:30 pm - 8:00 pm

Writers Workshop

Tuesday, April 8th 6:00 pm - 8:00 pm

Movie Time!

The Hunger Games CATCHING FIRE

Wednesday, April 9th 6:00 pm

Kidz Flicks! FROZEN

Friday, April 11th 1:00 pm

Cozy Corner Stories

Thursday mornings 10:30 am - 11:00 am



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

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Westlock Constituency Office:
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MORINVILLE NEWS

ANNUAL Baby Crawl

Apr. 13 - 2pm Trade Show

Linda Getzlaf

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

WORD SEARCH - HOUSEHOLD CHORES

- Word List**
- Clean Bathroom
 - Cook
 - Dishes
 - Dust
 - File
 - Garbage
 - Groceries
 - Iron
 - Laundry
 - Make Beds
 - Mopping
 - Mowing
 - Pay Bills
 - Wipe Counter
 - Vacuum
 - Tidy
 - Sweep
 - Set Table
 - Rake
 - Recycling

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

The Westlock Misfits took on the Legal Dumb Pucks in the first game of Friday night's ACFA Centralta Bilingual Hockey au Village Tournament. The three-day tournament had teams participating from Legal, Morinville, St. Albert, Edmonton Garrison and Westlock. The Legal Vipers took the tournament over the Morinville Whalers in the final game Sunday afternoon.

- Lucie Roy photo



Something different

Tristen Houle demonstrates ringette Sunday morning at the arena. About 22 children came out to the Try Ringette event, and organizers are confident the sport will be on the ice soon.

- Stephen Dafoe photo



Super Balls

Legal Town Councillor Trina Jones runs from home plate to third base in the backwards game known as snow pitch. The annual tournament fundraiser for youth basketball took place at Cardiff Hall Saturday with 16 teams taking over eight snowy diamonds.

- Stephen Dafoe photo

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