

THE MORINVILLE NEWS

April 23, 2014 FREE

ISSN 2291-2738
Vol. 4 — Issue 21



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Comedian making a name for himself

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Happy hunting

Children set off in all directions Saturday for the annual Easter Egg Hunt put on by the Morinville Historical and Cultural Society. Approximately 400 children and parents came out to the event. See Page 8 for more photos.

- Stephen Dafoe photo



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Comedian Wyatt Zieger demonstrates part of his comedy routine ahead of a competition in Edmonton. The 18-year-old Bumper-2-Bumper employee has been making a name for himself at comedy clubs in the city.

- Stephen Dafoe photos



Local comedian making name for himself one laugh at a time

by **Stephen Dafoe**

Morinville - Sitting at a table, coffee in hand, 18-year-old Wyatt Zieger looks like any other recent high school graduate. But as soon as he opens his mouth, one quickly realizes there is something a little theatrical about the man. The way he talks, the way he moves his hands, the slight smirk on his face and an underlying edginess are sure signs this guy has held a mic and done some comedy.

Zeiger picked up a mic and dropped his first punch line immediately after his 18th birthday last October. But the pursuit of comedy is not a recent thing. "It was always a bucket list kind of thing," he said. "I was about 12 years old when I first knew I wanted to go up. I went up once after my 18th birthday and they told me to come back. I've been in love with it ever since."

The stand-up said the first experience was a nervous one but he made it through that right of passage every comedian must endure, ultimately getting an invite to return. "I was double fisting the mic to keep it straight," he recalls. "I tried to get as comfortable as I could. I had a couple beers. I wore my Crocs. I ended up going up fifth or sixth and they said I was one of the funnier people that night and asked me to come back.

Since that maiden comedic voyage, Zieger has been back about

20 times over the past six months, an impressive number for a comedian with a day job. Zieger said he usually performs Thursdays at Yuk Yuks at the Century Casino, Hit or Miss Mondays at the Comic Strip and will be entering a tournament at the World Series of Comedy in Las Vegas later this year in September.

But ahead of the American competition, Zieger had a competition closer to home. The young comedian took part in *Edmonton's Funniest Person With a Day Job* competition at the Comic Strip West Edmonton Mall Apr. 22. Zieger said professional comedian Ryan Short told him he should sign up for the competition, a push that was well received by the young comedian.

Two jobs and a passion for laughs

The Morinville comedian currently has two day jobs. In addition to working for Bumper-2-Bumper, Zieger works for his stepfather and his brother at Darcy's Transmission, located at the north end of 100 Street. Zieger said his comedy is generally well received by his co-workers. "All the younger guys love it," he said of his fellow Bumper-2-Bumper employees. "The managers get a nice little kick out of it. They think I'm funny for the most part." Zieger said his stepfather and brother also come to his shows and enjoy the act.



Zieger describes himself as a dirtier comic, one that does a lot of self-deprecating humour to balance out the act. "I do a lot of stories about my life and living in town and everything that goes on here," he said. "I try to present to a younger crowd or whatever crowd is there. You've got to connect with them. So far I've had no complaints. A couple of Oilers jokes - got some angry fans on those ones."

Though his act is his own, his material derived from his personal life and the lives of friends, Zieger is not without his comedic influences or a history of making people laugh. "I always liked being the class clown, and my teachers seemed to enjoy it for the most part," he said. "Most kids get kicked out for making a comment, and I'd always get the laugh from the teacher. It was always nice. It wasn't until I was about 14 that I started following comics. My favourite comics today are Daniel Tosh, Louis C.K., Bill Burr. They're raunchier comedians but they stay within their own lines. That's what I try to model myself after." Zieger said he also has admiration for John Candy and Russell Peters, earlier influences on his comedic path.

Hoping for more laughs to come

With a comedy competition or two ahead of him and plenty more opportunities to take to the stage, Zieger will continue to hone his art. He normally does a five- to seven-minute set, but he said he has done as long as 15 minutes at the mic. The comedian is hoping for longer sets and bigger and better things as that road unwinds before him. "As dirty a comic as I may be, I do clean jokes as well," he said. "I'm humbled by being able to go up there. It's just something I've always loved. I love being able to make people laugh and it's just my little passion. Everyone's got to have that." Zieger said he hopes one day to have an opportunity to appear on the Comedy Channel or perform a set at Montreal's Just for Laughs Festival.

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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 1,200 homes in
Sturgeon County**

Published Online
Monday to Friday At
morinvillenews.com

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Editorial and Columns

We must not accept or justify violence against women...or men

Jessica Martel's common law husband murdered her on Apr. 29, 2009. Seventeen months later the Morinville man pleaded guilty to second-degree murder. We must never forget this or that it happened in Morinville.

On Apr. 29 of this year, people will gather at Morinville Christian School to remember that the tragedy occurred exactly five years ago. The Father's House Christian Fellowship, who runs the school, are donating the space for a candle light vigil in Jessica's memory.

We strongly encourage those who can attend the Apr. 29 vigil to do so. But if you cannot, please take a moment next Monday to remember Jessica, a Morinville woman whose name lives on in the hopes of helping others.

From the first hit to the fatal last, the life of the domestic violence victim is ugly, and, as an American friend once remarked on the topic, "It doesn't get better after the first black eye. That is a great sign to get out!"

Sadly, too few women do. Too few women feel they can leave because domestic violence is not merely about fists in faces, rape and physical violence. That is horrible enough. It is about control and subjugation, about turning partner into possession. Financial, psychological and emotional abuse is part of the master plan of weak men – and weak women, as men are also sometimes victims of such abuse.

We must not condone this. And yet some do. A survey conducted by Leger Marketing in 2012 and heavily reported on in national media at the time showed while awareness of domestic violence was on the rise, one in 10 Albertan men believed it was OK to physically assault a woman if she did something to make him angry. And that number merely records those willing to freely admit it. What then is the real number?

Though the number is shocking, so too are those willing to condone violence against women. Too many people are willing to use justification as if lifting a hand to blacken a woman's eye or break her arm is a momentary lapse in reason. He was drunk. He was high. He lost his job. He had a bad day at work. She made him angry. She pushed him too far.

A couple can overcome minor breaches in trust, but once the trust of basic human safety is broken, evidence in shelters and in coffins shows that personal safety can and should never be taken as a future certainty.

Some numbers we should all know: Family Violence Info Line 310-1818; Child Abuse Hotline 1-800-387-5437; Sturgeon Victim Services 780-939-4590 and most important of all is 9-1-1.

-SD

Letter: Regional Recreational Complex or a Local Arena/Curling Complex?

Morinville Council is rapidly moving forward on a decision that will have an important effect on the long-term growth of Morinville and Sturgeon County. This decision will be to either start building a replacement Arena/Curling complex right away (inside Morinville boundaries) or work with Sturgeon County, Legal, Bon Accord, Gibbons, Redwater, and a variety of 'other groups' to develop a more comprehensive Regional Complex that would probably proceed within the next three years.

In the last few years there has been increasing pressure from Morinville residents to build additional recreational facilities. This pressure has also been growing in the other Sturgeon Municipalities, as well as in the County itself. In the last 10-15 years Morinville has conducted a variety of surveys asking its residents what type of facilities they want. If you go to Morinville.ca you can read some of these results in a study Morinville Council recently conducted. Council is requesting Morinville residents further review the study results and discuss what action Council should take.

In addition to the above study, a Regional Recreation Study was conducted by all the Municipalities in the Sturgeon Region (including Morinville) in the last couple of years, concerning the need for a Regional Recreational Complex. This study concluded that a Regional Recreational Complex, generally along the lines of Servus Place (St. Albert), the Tri-Leisure Centre (Spruce Grove, Stony Plain and Parkland County), or the Leduc Complex, would be a very valuable and beneficial model for our

Letters and Opinion

Region. That study did not specify a specific location for such a Complex. The study 'broadly' suggested a location near the center of the county, somewhere between Morinville and Bon Accord.

Of course this is the 'nub' of the issue.... Where should such a facility be located? Who or What Type of Organization should control this facility AND finally.... What is a fair amount for each Municipality to pay in both Capital and Operating Costs?

This is where most of these Municipal cooperative arrangements break down. But not all!

Will Morinville Council be willing to explore the possibilities of a cooperative and positive model like the one demonstrated by Spruce Grove, Stony Plain and Parkland County with the Tri-Leisure Center? A facility that has benefitted all user groups and fostered incredible economic and social benefits for the various partners over the last 10 years!

Well, all residents will be finding out very soon what path our Morinville Council will follow.

The Decision:

Morinville's former Mayor, Lloyd Bertschi, recently sent a letter to the editor. In it he made several key points relating to a new recreational facility. He mentioned the importance of a facility that would include Morinville, Sturgeon County and other Municipalities. He mentioned that based on current low interest rates to Municipalities, Morinville could obtain a new Debenture of between \$10 - \$12 Million (depending on length of time on debenture) and **not have to increase taxes to Morinville taxpayers.** Additionally, Mr. Bertschi pointed out that the existing operational costs of the existing Ray McDonald Sports Center (approximately \$250,000) could be folded into a new site.

A number of groups and individuals in the community including the Chamber of Commerce, Rotary, and even some of the Hockey Groups have been strongly encouraging Morinville Council to look at the long range picture and not just immediate needs. Council has been encouraged to take a look at all of the costs and benefits of a Regional approach versus a Morinville go it alone approach. Council is being asked to take a serious look at what could benefit Morinville and all of the communities in our Region.

Many residents question any promise that starts with a first phase (which we can now afford) and then adds pieces as monies become available. What kind of facility do you eventually end up with? How often do these next "phases" even materialize?

The granting structures of both the Federal and Provincial Governments now strongly encourage cooperation between Municipalities, School District(s) and all other groups in order to access funding. Sharing capital construction costs and ongoing operational costs across regional partners only makes sense. Costs are reduced because of the number of participating agencies.

There is substantial evidence to support a Regional Recreational Complex with Morinville, Sturgeon County and other Municipalities participating as partners.

As a former Councillor and short term Mayor for Morinville, I would suggest that all citizens get involved in this very important issue. Why not see if we can all work together to arrive at an outcome that results in the VERY BEST DECISION and FACILITY for EVERYONE?

There is a lot at stake here!

Should You Be Involved? No question!

Sincerely,

Gordon Boddez
Former Councillor/Mayor of Morinville



They cut my column for a couple weeks because of all the letters to the editor the paper has been getting lately and because the other column writers aren't able to keep it short. But I'm back in for sure so here goes with what I think.

1 Seen a letter last week about all the rumours going around town and how they was all on one subject, the arena. Pretty good letter and some pretty interesting rumours. It's interesting to me how fast rumours spread in this town and how fast some people like to come up with new rumours to spread around. Maybe some of them folks ought to make sure it is the TRUTH before they start spreading them, but I've never known truth to be a consideration when spreading a good rumour.

2 It's a different day today and I'm not sure I like it. Rumours and gossip and complaining the likes I've never seen it in nearly 66 years. For goodness sake, if a door don't open at a car wash or a piece of fruit in the grocery store is bad, tell people that need to know, not a bunch of people running to Facebook to see what folks is complaining about next. People are like a pack of coyotes taking down a wandering cat these days, but heaven help you point it out - they'll call you a bully.

3 The whole photo radar thing was a pretty big deal here. It was all people talked about for two months or more. You know it is a big deal when Global's Bob Layton does a piece on it. I liked it when he said "Participation is voluntary."

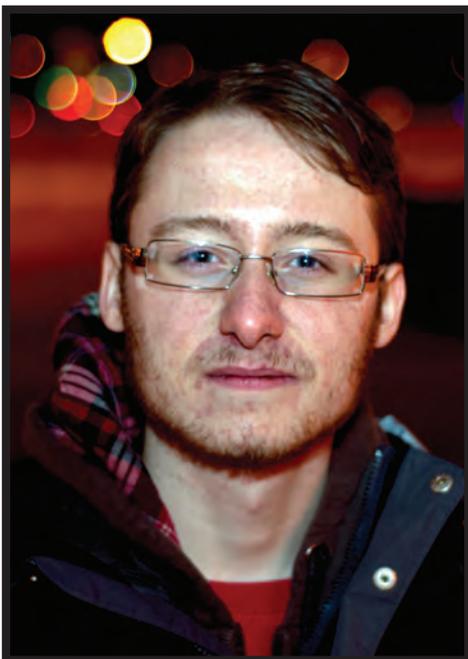
4 Guy bellyaching to me the other day at Timmy's that turnout for the photo radar vote was too low and that people should have went and voted one way or the other. "Not many showed up for all the bellyaching people did about it," he says to me. So I asked him if he went and voted. He was one of the ones what didn't vote. Scratch my head at that. I don't know whether that was subjective apathy or just plain stupidity. I can't print what I told him I thought it was.

5 Heard Eskimo Dennis is on a mission to stop the Town from building any more grocery stores. Apparently he's telling people the mayor ought to put her foot down. If it ain't a rumour it'll be a switch from folks bellyaching about how many liquor stores we got. Rumours make me want to drink.

Send your comments to joe@morinvillenews.com

COLUMN Progressive Views

by Tristan Turner tristan@morinvillemnews.com



Publisher's Note: This column, originally published online Apr. 10, was originally scheduled to be published in our Apr. 16 print edition. The column had to be removed to fit our story on the photo radar vote results. We felt Mr. Turner's column was better late than never.

Liberal MLA Kent Hehr introduced Motion 503 to the floor of the Legislative Assembly Apr. 7. The non-binding motion would have supported students wanting to start a Gay-Straight Alliance (GSA) in their school, a group that creates a safe space for students that are both in and outside of the LGBTQ community to discuss how to make their

school more inclusive, and how to help each other with issues they may be experiencing. These groups have been proven to reduce feelings of isolation and instances of both bullying and teen suicide. Despite the proven effectiveness of GSAs, Motion 503 was defeated 31-19. The entire Wildrose caucus present for the tabling of the motion voted against it, and twice as many PCs voted against the bill than voted for it.

Alberta Education Minister Jeff Johnson was one of the many PC MLAs who voted against the motion. The Minister defended his position by saying the question before him was not whether he supported GSAs but whether or not to legislate one in every school. Johnson's response and those of his colleagues show that he does not fundamentally understand the nature of the motion. Not only would the motion be non-binding, it also requested that legislation be introduced that required "all school boards to develop policies to support students who want to lead and establish gay-straight alliance activities and organizations," not require the existence of GSAs without students' request.

MLA Rob Anderson (Airdrie) was among the more vocal opponents and said in a radio debate that elected school boards and local schools are best positioned to create anti-bullying strategies that fit their particular situation. Anderson went on to say a GSA might be a perfect fit in a public school for curbing bullying but a Catholic school or a faith-based school might want a different strategy.

Regardless of whether it is a public or separate school, creating an environment that allows students to support each other and prevent bullying is always a good strategy. There is a lack of evidence

PC and Wildrose MLAs vote against anti-bullying motion

to show GSAs are not effective in 'faith-based' schools and saying that we should allow school boards to be able to decline a student's requests to create a healthier and safer school environment is disturbing. While Anderson and the other MLAs, including our own MLA Maureen Kubinec, who voted down the motion claim they care about ending bullying, they have shown they will allow thousands of students across the province to study in school environments that are less safe because of the beliefs of socially conservative school board members.

The bottom line is students in and near our community will be hurt as a result of this motion not being passed. In an interview with CTV Edmonton, an anonymous mother of a child who was enrolled in the Greater St. Albert Catholic School system – a school division that includes Notre Dame Elementary School, Georges H. Primeau and Morinville Community High School – said her son was barred from creating a GSA in his school after the school board disapproved of it. School division Superintendent David Keohane confirmed the mother's reports, saying the board did not believe a person feels whole and feels that they can be completely embraced in society for who they are by addressing that student in isolation.

Mr. Keohane doesn't seem to understand the fundamental purpose of GSAs – to engage all members of the school community in a collaborative group that supports a safer and more welcoming school environment. GSAs do not isolate students; they are a place for all students to become involved. With his comments, Keohane has shown that he doesn't allow for the creation of GSAs in his school system despite not clearly understanding the hard facts about how they operate. It is a mindset that necessitates motions like Motion 503, and it is the children of our community that will bear the price of the Assembly's inability to pass the motion.

A 2011 national survey revealed 53 per cent of LGBTQ students reported feeling unsafe at school, and 70 per cent reported hearing homophobic language daily in school. As well, three-quarters of transsexual youth reported being verbally abused in the same survey. Around 300 Canadian teenagers commit suicide each year. For each teen suicide it is said there are 10 to 100 unsuccessful attempts. LGBTQ youth are among the most likely to commit suicide according to Health Canada.

Interim Premier Dave Hancock said in Question Period on Apr. 8 that "it is absolutely against the law for people to allow bullying or to promote bullying in our schools." By not supporting this motion, and ignoring the bullying of LGBTQ students in schools like Morinville Community High School, there are 31 MLAs that should be in handcuffs if we are to take Hancock's statement seriously. Thirty-one of our MLA's have misrepresented their province by not actively acting to ensure that in the 21st Century, all of our students have the opportunity to work towards a safer and more compassionate learning environment. Once again, our two conservative parties show they are unwilling to support legislation that will ensure the safety and happiness of Alberta's most vulnerable citizens.

Cardiff road traffic lights to be operational by fall

by Tristan Turner

Morinville - Work will begin soon on a series of traffic lights at the intersection of Highway 2 and Cardiff Road. The new light-controlled intersection is being designed by Al-Terra Engineering, the company hired by the province to implement the lights promised last fall by former Minister of Transportation Ric McIver.

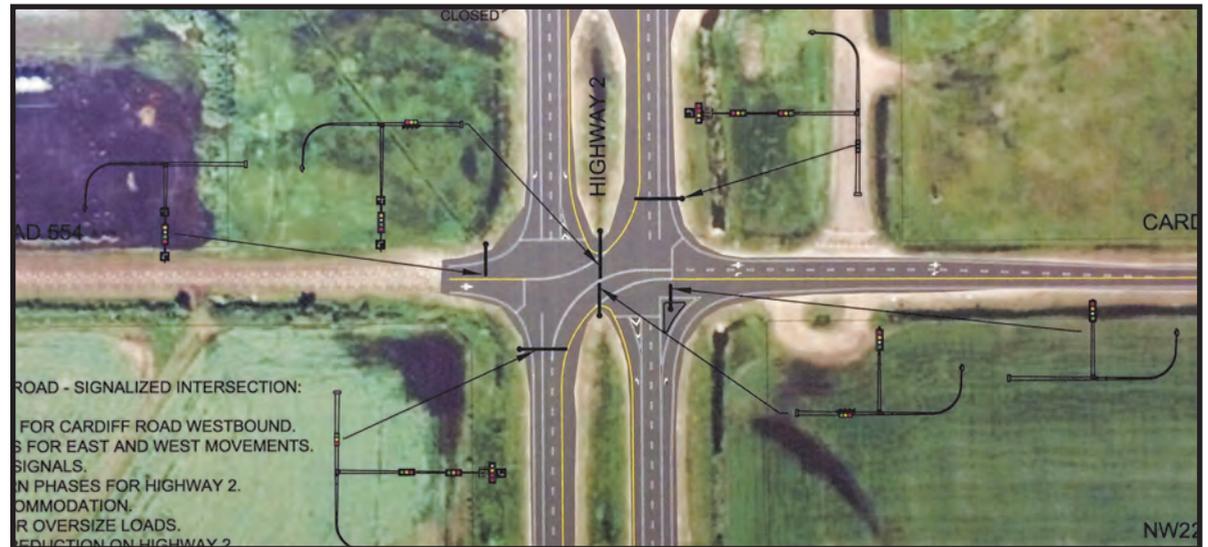
Al-Terra held an open house Thursday evening at the Morinville Community Cultural Centre to outline the project. The two-hour event provided residents with an overview of the project, including a simulation on how the lights would function based on projected traffic patterns at peak commuter times. Residents also had an opportunity to ask questions of project managers currently working on the project.

As planned, the project calls for six light posts throughout the intersection for the purpose of greater traffic safety. In addition to the new traffic lights, the intersection will also see a speed limit decrease from 100 kilometres per hour to 80 kph and new lighting, as well as two flashing amber warning lights in the northbound and southbound lanes on Highway 2. Al-Terra says the use of traffic lights allows the province to add a second turning lane for those turning south from Cardiff Road onto the highway, something that is included in the current project plan.

Al-Terra Project Engineer Wes Kennedy said the project is ready to get started and that Morinvillians can expect wait times of approximately one minute when turning onto Highway 2 from Cardiff Road after the lights are installed.

The project will cost the province approximately \$1 Million and will begin sometime this spring with completion estimated by the end of September this year, according to information provided by the province and Al-Terra.

Mayor Lisa Holmes was present at the open house, and said she was pleased that



Al-Terra Engineering design for the six traffic lights set to be installed at Cardiff Road and Highway 2 this spring and summer. The plan calls for a double turning lane off Cardiff Road onto Highway 2 south.

the province was doing something to address the safety issues at the intersection. The mayor said she sees the installation as a short-term solution until an overpass or interchange is constructed: "I will always view this plan [to build traffic lights] as interim. I believe that with the amount of growth that we have and the safety concerns at the intersection that we still require an interchange in the next three to five years," she said. "So, this is a great interim solution... I do think the intersection will be safer than it is today when this is built, but I look forward to step two, which is the interchange."

Current Barrhead-Morinville-Westlock MLA Maureen Kubinec says she doesn't know when the promised interchange will be constructed, but that it remains one of her top priorities. "I really wouldn't want to guess [when the interchange will be built], the sooner the better in my opinion," the MLA said. "It's my hope that it will happen within the next five years or something, but I don't really want to put a number on it."

Bryant Ralph, Operations Manager for Makloc Buildings in Morinville's Industrial Park, is concerned the new lights will make it more difficult for him to move his company's large modular buildings through the intersection. "The concern is that the light posts rotate in the direction that's supposed to allow these long/wide loads," he said, adding the 23-foot by 130-foot buildings leave on trailers with 200 tires hauling 750,000 pound. "The turn radius required by the trailers may not be accommodated by the lights." Ralph also believes getting permits to turn the lights will bog down the process for his company. "I would like an overpass that is done and accommodates the needs of the businesses in the park," he said.

The decision to install traffic lights at the dangerous intersection was made Nov. 19 of last year, eight months after the province announced the interchange promised by former MLA Ken Kowalski in 2011 was off the province's three-year plan as a result of the 2013 budget.

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Annual Easter Egg Hunt another success

Stephen Dafoe photos

Aproximately 400 children and their parents attended the Easter Egg Hunt put on by the Morinville Historical and Cultural Society Saturday morning. The event allowed children an opportunity to run, hunt and trade plastic eggs for something a little sweeter. Hundreds of brightly-coloured plastic eggs were exchanged for about 65,000 grams of chocolate ones during the two-hour event. **Clockwise from top left:** Six-year-old Elizabeth Paxton retrieves an egg from a tree. Mekenna and Kylie examine their treasures. The Easter Bunny gets ready to lead the hunt.



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Candlelight vigil honours Morinville woman's passing

by Stephen Dafoe

Morinville - Five years to the day after a Morinville woman was slain by her common law husband, a candle light vigil will be held in her memory and to raise awareness of domestic violence and the work the Jessica Martel Memorial Foundation (JMMF) is doing to help women in need. The event will take place Apr. 29 at 7 p.m. at Morinville Christian School and all are welcome to attend.

Martel's mother, Lynne Rosychuk, said the event is an opportunity to remember her daughter a half decade after her passing. "It's us remembering Jessica and the person she was, the amazing woman she was and could have been," Rosychuk said, adding the loss of her daughter is still painful but that the foundation and its work has helped her and her family cope. "Jessica would be amazingly proud of what we have accomplished as a group and the women and children that we've been able to help."

For Rosychuk and the JMMF that helping out can make an incredible difference in the life of someone who is in an abusive situation. "We're trying to help victims start a new life," she said, adding the organization is trying to get all agencies involved in working together. "If we all stand up against domestic violence, we can make a difference in their lives."

More awareness needed

The organization is hoping the vigil will further the organization's work by making people aware of what they do. Organization Vice President Laura Hennie said the JMMF is currently making sure partnerships between themselves, the RCMP, Sturgeon Victim Services and other agencies are strong so victims of domestic violence can get the assistance they need.

Although the JMMF has a long-term goal of opening a women's shelter somewhere in Sturgeon County, they realize that reality will take some time. They are focusing on strategic planning next year with an eye towards setting timelines for a shelter, but the group is currently focused on providing women with the assistance they need now. "Outreach is something we can do right now with the resources we have," Hennie said, adding outreach is a first step towards other goals. "Our priorities have shifted in terms of putting less focus on a shelter and [more towards] meeting women's needs right in the moment. We've found a women's shelter, although it is an important goal for us, [the more pressing need is] women have been telling us they need is support in getting established." That help consists of helping with furniture and necessities and assisting to find affordable housing, things the JMFF is now focused on.

Organizers are hoping people will come out to the candlelight vigil to remember Jessica Martel and to be mindful of the plight of women in abusive situations. Speakers for the event include Doreen Slessor from SAIF (Stop Abuse In Families) Society and Pastor Matty Chopin. The event takes place at Morinville Christian School Apr. 29 at 7 p.m. All are welcome to attend.



Festival of Stars

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Morinville Community Cultural Centre

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The Alzheimer Society of Alberta and Northwest Territories will present on these topics:

- Learn what the difference is between Dementia and Alzheimer Disease
- Learn practical tips to help yourself and those with the disease have a better quality of life
- Learn how to prevent the disease
- Have your questions answered

And then, visit information booths to deal with your specific questions:

- Alzheimer Society of Alberta and Northwest Territories
- Aspen House, Alberta Health Services
- Adult Day Program, Alberta Health Services
- Sturgeon Foundation
- Rendez – Vous Centre

When:

1:00 – 4:00 p.m. Tuesday, May 6, 2014

Location:

Morinville Community Cultural Centre

Cost:

Free

Registration deadline:

4:30 p.m. Friday May 2

To Register Call:

780-939-7839

(Minimum enrollment must be met)

Sponsored By:

Morinville Family and Community

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Sturgeon Foundation

Morinville Rendez Vous Centre

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Cocktails

6:30 pm
Dinner & Dance

SATURDAY

7:30 pm
Concert

SUNDAY
2:00 pm
Fiddle Gala



TICKETS

\$40 (Friday)

\$40 (Saturday)

\$30 (Sunday)

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.

DP010/2014 – Four (4) Billboards – NE 28-55-25-W4 – Discretionary Use (C-3 & UR Districts).

DP023/2014 – Mixed-Use Development, 10507 – 100 Avenue (Lot 4, Block A, Plan 072 2234) – Private and Communal Amenity Areas – Variance (DC-4-1 District).

DP052/2014 – Change of Use (Veterinary Clinic and Hospital – Small Animal), 10401 – 100 Avenue (LSD 15, 33-55-25-4) – Discretionary Use (C-2 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 MAY 7, 2014. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.



Town Talk

Free Compost Give away:
 May 10th from 9am to 1pm at Public Works yard. Bring proof of residence and either trailer, bags or bins to transport compost.

Road Sweeping:
 Main roads April 22nd-25th. Residential roads in early May. Please remove all rubber ramps and obey the "No Parking" signs until they are removed.

Waste Collection:
 Reminder that all waste streams will be collected on the same day starting May 6th. Please refer to the letter in your recent utility bills or visit us at www.morinville.ca



Mother's Day Brunch
 May 11, 2014
 11:00 am

Morinville Community Cultural Centre

Champagne & Entertainment

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Thursday, May 8, 2014
 6:00pm-7:30pm
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Morinville Enforcement Services, ATB Financial Morinville, Morinville RCMP and Sal's Famous Pizza and Donairs are pleased to bring you this 2014 Bike Safety and Awareness Event.

It's free to attend, but you must **PRE-REGISTER** by calling the ATB Financial Morinville Agency at 780-939-2821 ******PARENTS MUST SIGN A WAIVER BEFORE THE EVENT******

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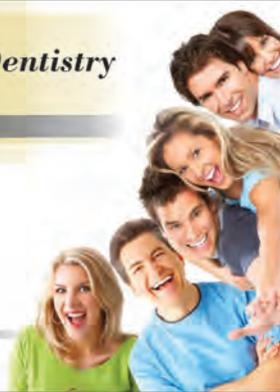
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by Valerie Loseth

Very soon we will be witness to the arrival of those pesky dandelion flowers. In the grass, along the road growing in the cracks in the sidewalk, these masters of survival will be popping up everywhere. Whether you love them or hate them, everyone young or old is familiar with the sunny yellow blossoms and the plant with the jagged leaves.

Canadians spend millions of dollars every year trying to eradicate these yellow beauties from our lawns and gardens, but did you know there are several benefits to actually allowing these weeds to grow and thrive?

It is believed that the dandelion seed was brought over by the Europeans on the Mayflower as a medicinal and culinary ingredient. The use of dandelion for medicinal purposes can be traced back thousands of years to Egyptian, Greek, Roman, and Chinese cultures. Dandelion plants are used by herbalists today to treat many conditions such as anemia, kidney disease, jaundice, arthritis, respiratory infections, and gallstones and more commonly as a diuretic.

Nutritionally speaking dandelions are more beneficial to your diet than most vegetables in your garden. Dandelions are full of antioxidants high in Vitamin A and C. Like tomatoes, kale and spinach, dandelion greens are full of calcium and protein. They are low in calories and rich in Iron. Organic stores, health stores and farmer's markets carry a full line of dandelion products from

Those pesky dandelion flowers

the fresh leaves, dried leaf capsules, ground root powder, teas, wine and so much more.

If you're going to forage for your own supply, make sure you gather young plants, before the flower heads arrive from undisturbed land that has not been treated with herbicides, pesticides or other contaminants. Stay away from industrial sites or urban waste lots.

Dandelions can be of benefit to your lawn. Their deep tap roots help break up hard packed soil which helps aerate the earth so nutrients water and oxygen can get to the roots of the surrounding plants. They also help pull calcium from deep down in the soil up to a level that makes it available for other plants to use, so essentially they help fertilize your lawn.

The safest and most environmentally friendly way to remove dandelions from your lawn is to remove the plants by hand, using specific tools that help remove the long tap root. Picking the flowers off will help contain the spread and keeping your lawn healthy by yearly aerating and top dressing with compost will help keep the grass strong and choke out any weed seeds that try to establish a presence.

Ultimately if you can't win the battle, then enjoy the benefits of those weeds, with the sunny disposition and learn to live with them and love them.

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Mini Potatoes with Brown Butter & Herbs

- 1 bag yellow petites potatoes, scrubbed and halved 907 g
- 1/4 / 60 mL cup sliced almonds
- 3 tbsp / 45 mL organic unsalted butter
- 1/4 / 60 mL cup chopped fresh flat leaf parsley
- 2 / 30 mL tbsp chopped fresh thyme
- 1 lemon, zested + 1 tbsp (15 mL) lemon juice
- 1/2 / 2 mL tsp salt

Add All Ingredients

1/ Bring 2 in. (5 cm) of salted water and potatoes to a simmer. Cover with lid and steam until just fork-tender, about 12 to 15 min. Meanwhile, toast almonds in a large, dry skillet over medium heat, tossing occasionally, until golden brown, about 5 min. remove almonds from skillet and set aside.

2/ Add butter to skillet and swirl over low heat until butter stops frothing and turns a light brown colour, about 25 sec. remove from heat and add herbs, lemon zest, lemon juice and toasted almonds. Mix well. Add drained potatoes, toss gently to coat and season with salt.

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

RECIPE
of the week

Morinville Menu - Food Tips of the Week



Five tips for simply dressing your salad

(NC) Preparing salads is a great way to enjoy a variety of fresh vegetables and salads make the ideal meal for the warmer months. The one and only rule of thumb is to think like Italians do and combine simple, fresh ingredients. Whether you are inviting friends over for dinner or planning a family picnic, here are five tips to help you make simple, delicious salads:

- 1) Salads go beyond greens** – starting your salad with leafy greens is common, but not mandatory. Grains such as barley or quinoa or vegetables such as cooked beets or corn offer a great foundation for a salad.
- 2) Add an accent** – whether it's berries, nuts or seeds, these additions will not only give a flavour boost, but also add texture and colour to your salad.
- 3) Make it the main event** – a salad doesn't always need to be a side. When adding protein such as chicken, tuna or salmon to your salad it becomes a nutritious and convenient alternative to a cooked meal.
- 4) Add more variety** – try other nutritious greens such as kale, mesclun or sprouts. These greens not only add more flavour, but more nutrients too.
- 5) Dress it well** – look for a dressing that offers great taste. Marzetti Simply Dressed is popular because it doesn't contain preservatives, trans fat, or artificial flavours and all the dressings are gluten free.

Transform your cocktail cart to a salad cart

(NC) The bar cart is a trendy item that has entered Canadian homes. It is perfect for entertaining and offering your guests a number of beverage options. Another great use for a bar cart is to transform it into



a salad cart. Inside or out, here are some tips so your guests can customize their salads at your next family gathering:

Optional ingredients - options are vital so that your guests can create their own custom salads. Having a variety of greens and other ingredients and including both savoury and sweet flavours allows your guests to create their own delicious masterpieces in no time at all.

Bowl vs. Plate – some people have the preference of enjoying their salad in a bowl versus a plate. Give your guest the benefit of choice and offer up both on your cart.

Toppings – Offer a variety of toppings such as croutons, seeds and berries and chopped vegetables and arrange them in separate glass bowls.

Dress it up differently – everyone has their own preference of salad dressing, some like light vinaigrette, and some like a creamier thicker dressing. Providing a variety of salad dressings will please your guests' taste buds and get them thinking about creating their own salad. Marzetti Simply Dressed is very popular because it is made with extra virgin olive oil, sea salt and canola oil.

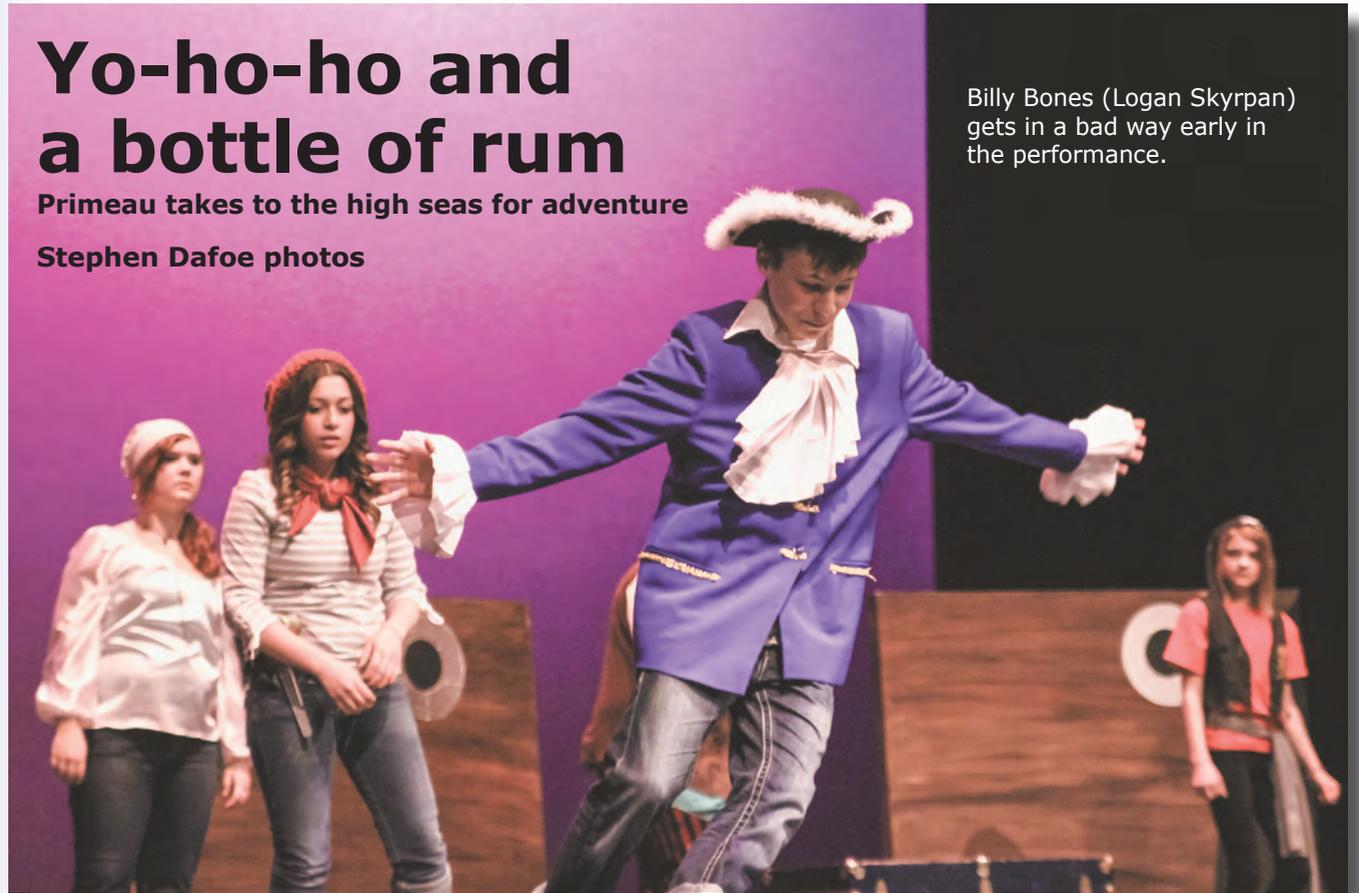
Arts & Culture

Sponsored by J.M. Turner Goldsmith

Yo-ho-ho and a bottle of rum

Primeau takes to the high seas for adventure

Stephen Dafoe photos



Billy Bones (Logan Skyrpan) gets in a bad way early in the performance.

Georges H. Primeau Middle School put on two performances of *Treasure Island* Apr. 15 and 16 at the Morinville Community Cultural Centre. The 50-minute performance, directed by Mr. O’Gormun, Ms. Workun, Ms. Debrule, Mrs. Rivet, and Mrs. Riley, took three solid months of preparation.

Based on Robert Louis Stevenson’s 1883 novel of the same name, the stage production included a cast of 20 student actors. The tale of buccaneers and buried gold cast Alexys Paypompee as Jane Hawkins, Quinn Vervynck as Long John

Silver, Tyler Watson as Captain Smollett, Logan Skyrpan as Billy Bones, Teagan Anslow as Tattoo Charlie, Gabby Brisson as Squire, Mataya Burt as Doctor Livesley, Sam Burry as Scurvy Pete, Caleb Campbell-Potts as Moby-Dick, Hunter Fabbro as One-Eyed Tom, Kobe Graham as King Neptune I, Chelsea Hagel as Mom, Sarah Hughes as Bimini, Madison Hunt as Dancin’ Dan, Rowan Ozipko as Black Dog, Jaeden Piche as Blind Pew, Haillee Reaume as Sealeg Sam, Jennifer Sinani as Honest Abbey, Jensen Snell as Hurrigan Hal, and Luke Zacharias as Benn Gunn.

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Left: Jane Hawkins (Alexys Paypompee) talks with Long John Silver (Quinn Vervynck). **Above:** Captain Smollett (Tyler Watson) spots land while his crew looks on.

Around The Schools

Photos by Lucie Roy

An evening of excellence

Morinville Christian School held their Quarterly Awards and Open House Thursday night before a packed audience. Music and Drama were added to the school's program this year. The evening included a play with no words performed by the school's Drama students. After the formal portion of the evening was over, a tour of the school was available for parents and prospective students.

Clockwise from left: Morinville Christian School Principal Lou Brunelle talks about his school and what it has to offer parents and students. Sarah Arlene Cluett, monitor, part-time student, and Drama teacher makes a presentation to the audience on the students' progress and what they learned in the last quarter. Steven Cluett received Distinction for the third quarter, achieved Gold in the Race for Gold Challenge, achieved Bible Club and Honor Roll. Awards were presented to the Junior and Senior Learning Centre students for Honor Roll, Distinction, Great Distinction, Bible Club, and Race for Gold.



COLUMN Faith Matters

Recognize the dignity in everyone...including yourself!

by Pastor Greg Fraser, The Father's House Christian Fellowship



As a pastor I have the privilege of helping people discover the answer to three primary questions about life. I call them the "3 pillar questions": 1) "Who am I?"—the question of identity, 2) "Why am I here?"—the question of purpose, and 3) "Where am I going after I die?"—the question of eternity.

The Bible has much to say

about "who we are" and the answer may surprise you. The "good book" has this to say about mankind: we are created in the image of God. And if this is true, then there is nothing more valuable or important or significant than people. You and I have never laid eyes on another human being that isn't valuable to God—including the person you see staring back at you in the mirror. Maybe the way we view ourselves and one another needs a bit of adjusting?

To be sure, we have all met that person who thinks they are God's gift to humanity. But the vast majority of us don't want to be that way, nor do we see ourselves that way. If we are honest, we all recognize that we haven't "arrived" yet. The "image of God" shows itself somewhat marred when compared to our Creator's intention. Understanding that each one of us in on the journey of rediscovering that image helps us to be a little more patient with ourselves and others.

Romans 14:1 from the Message Bible puts it this way: "Welcome with open arms fellow believers who don't see things the way you do. And don't jump all over them every time they do or say something you don't agree with—even when it seems that they are strong on opinions but weak in the faith department. Remember, they have their own history to deal with. Treat them gently."

Sometimes people's unfortunate circumstances or poor life choices may be clouding our idea of who they are. Our job is to look hard enough so that we can see the imprint of God's handiwork in their lives. It is important to remember that treating people with dignity does not mean that we endorse their wrong behaviors. It does mean that we always try to keep in mind that their life story is not finished yet.

Probably the greatest advice we can live by in our relational world is the "Golden rule". If we treat people as we would want to be treated, then, when we find ourselves in a similar position, we might find some of that mercy splashing back on us!

Remember you are valuable and you are loved and if you really want to grow in that understanding find someone else to share that good news with!

"Probably the greatest advice we can live by in our relational world is the Golden rule. If we treat people as we would want to be treated, then, when we find ourselves in a similar position, we might find some of that mercy splashing back on us!"

Pastor Greg Fraser

If you would like a free copy of *The Bible: 100 ways it can change your life*, please feel free to contact us. Just email us (admin@tfh-church.ca) or call us (780-939-2992) and we will be glad to drop it off or arrange for you to visit our offices to pick one up.

Good Coffee - Good Friends - Good Times

CLOSED GOOD FRIDAY

April Special
EVENT

Charity Cribbage Tournament

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

Upcoming
Events

Battle Macchiato Trivia Night

April 25 @ 7 p.m. This is out monthly partner event and fundraiser for the library

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Our Morinville Legal

Send your high-resolution photos to editor@morinvillemews.com for your chance at a \$100 Shop in Morinville prize package.

Spring feast

Our Morinville regular Frank Koenig sent this shot of some waxwings feasting on berries in a tree.



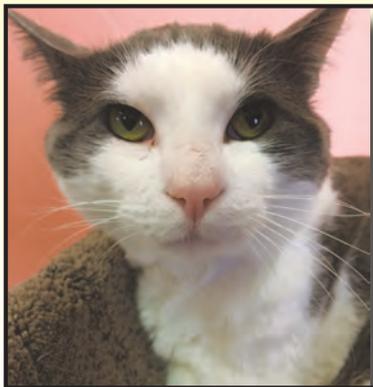
Prickly situation

Reiner Teiwes sent this great shot of a porcupine in a tree that he took recently at Elk-Island Park.



Out for a stroll

A pair of Canada Geese head out for a stroll in a Morinville field in this photo submitted by Frank Koenig.



Can you give this animal a loving home

Am I not just the cutest thing? My name is Tommy and I am two years old! I came to Morinville as an intact male and let me tell you ... I was so scared of everything and everyone that I was actually mean to these nice people. But then they neutered me and gave me my vaccines. Now that I'm healthy and well fed, I just adore everyone here at the clinic. I purr and I cuddle and I'm interested in a lot of new things. I am curious about new surroundings and new cats. I don't mind cats or dogs at all. How about you come and meet me and take me home. I'd love to be your new best friend!

This Adopt-A-Pet Feature is possible through a community partnership between

MORINVILLE NEWS

MORINVILLE VETERINARY CLINIC

THE Week

IN PHOTOS

A pictorial look at the happenings in and around Morinville for the week of Apr. 14 to Apr. 20

Photos by Lucie Roy

TUESDAY



Heritage Lodge resident Alma Casavant was putting finishes touches on one of the 60 cupcakes to be decorated for the lodge's Easter Pageant Wednesday afternoon. - Lucie Roy photo

WEDNESDAY



Heritage Lodge residents Vi Lacroix, Denise Arndt and Pat Allen were having a get together with students from the Morinville Christian School after their Easter program performance held at the Lodge Apr. 16. - Lucie Roy photo

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WEDNESDAY



Above: The Notre Dame Choral Speech group earned Gold with Distinction at the St. Albert Rotary Music Festival Apr. 16. The group participated in the Grade 1-3 Choral category. Conductor Ginger Blanchette and assistant Beth Laton had the students perform two poems: *Brontosaurus* by Gail Kredenser and *Spring* by Karla Kuskin. - Lucie Roy photo

THURSDAY



Right: Higher Grounds Espresso Bar was packed Thursday night for the coffee house's monthly charity crib tournament. The fun evening of social card playing raised more than \$400 for the Mayr family whose daughter Blakelee was born with Cornelia de Lange Syndrome. The family is raising funds for a trip to California to attend a special conference on the disorder. - Stephen Dafoe photo

Face 2 Face with Local Businesses

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Brent Melville's Remax SPORTS REPORT



Council to host recreation facility open house

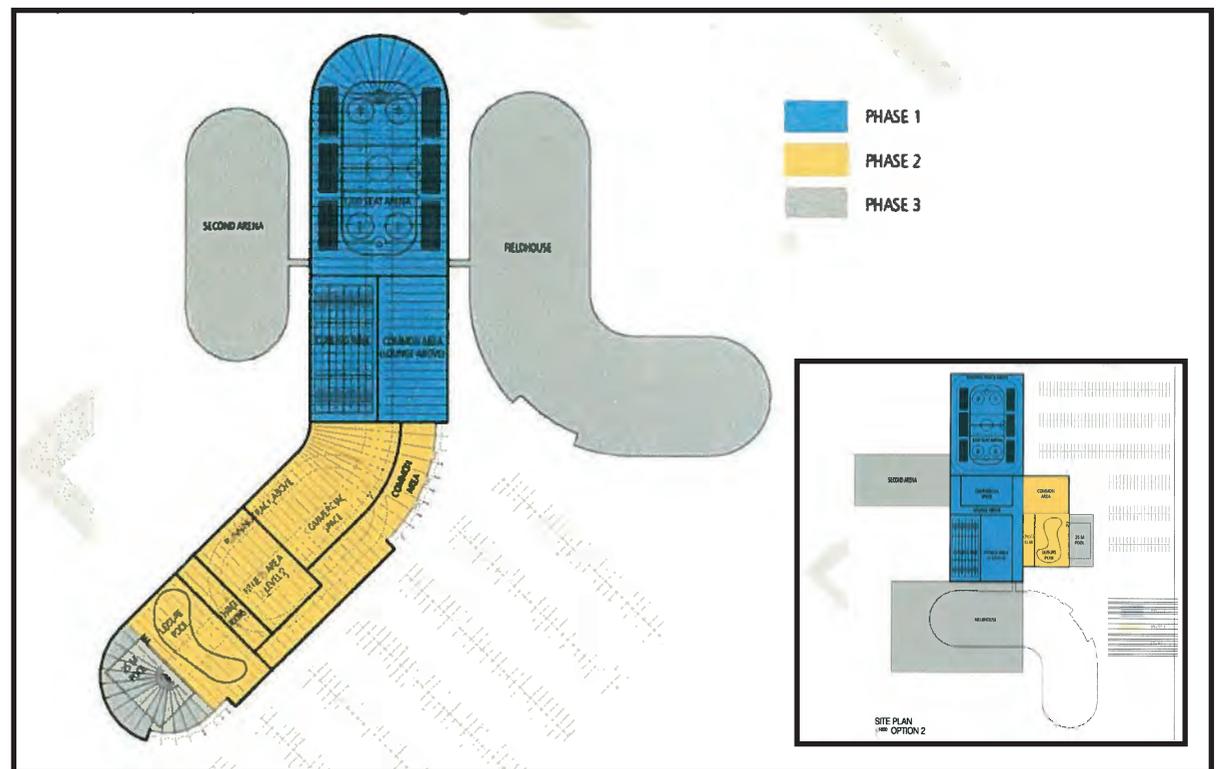
by Ashley Janes

Morinville - Council will host an open house at the Morinville Community Cultural Centre on Monday, Apr. 28 to discuss the future of a new arena and recreation facility.

After months of exploring possibilities and dispelling rumours, Councillors will have the opportunity to meet with residents face-to-face and talk about the details of this potential multi-million dollar development. Within days of passing the 2014 budget which included \$1 million towards the project, Council met with minor hockey, junior hockey, senior hockey, FunTeam hockey, the curling club, Rotary Club and the Morinville and District Chamber of Commerce to get input and to share an initial consultant's report that was ordered by the previous Council.

The Apr. 28 open house is a continuation of the community input. Council hopes those interested in the when, where, and how of the project will come out to the evening event. Mayor Lisa Holmes commented that Council would be sharing the initial thoughts and potential opportunities for the design, components, funding and location criteria of a multi-use recreation facility. "We have identified with community members and organizations that have been championing for the community to think about options beyond replacing the current arena," she said. "Our belief is that recreation is the key to building a complete community, and we are excited to share the journey that we have been on up to this point."

The Mayor also mentioned that the open house presentation would include input the Town has received from the online survey launched at the Chamber Trade Show Apr. 11 to 13, as well as the outcome of the



Concept illustrations from the AODBT consultant's report released by the Town of Morinville two weeks ago as part of Council's public consultations on the future of recreation. The report, available online at Morinville.ca, provides a variety of recreation options from a \$14 million arena / curling complex to a \$55 million multi-use recreation facility including a pool and field house.

meetings with some of the current arena user groups. "It will be an interactive presentation that will allow residents to voice their opinions on the project in order to help Council with the decisions they will be making to move the project forward," she said. "This is going to be a hugely important project for our community and the possibilities for it are endless."

For more information regarding the project, or view the Recreation Facility Feasibility

Study, visit the Town website at www.morinville.ca. The open house will run from 7 p.m. to 9 p.m. Apr. 28. Babysitting services will be provided for families that require them.

Arena / Recreation Open House
Apr. 28 7 p.m. - 9 p.m.
 Morinville Community Cultural Centre
 Recreation Online Survey @
fluidsurveys.com/s/morinvillerecreation

Spring clean your routine and diet

(NC) Registered dietitian, Trista Curley, encourages everyone to say good-bye to winter hibernation patterns and to say hello to the "spring cleaning" mindset for tidying up your daily routine. Here's a snapshot:



Get moving:

It's true that during a long, cold winter in Canada many of us pack on extra padding by eating calorie-dense foods and adopting a more sedentary lifestyle. So with the arrival of spring, it's time to change that, says Curley. "As the temperatures rise, enjoy the weather and get outdoors, grab a frisbee, or hit a park trail to keep your metabolism revved."

Eat the colours of the rainbow: With warmer weather comes a new crop of spring fruits and vegetables – and one of the best ways to spring clean your diet routine is to add colourful produce to your meals. The best rule of thumb is to choose from every colour of the rainbow like fresh blueberries, red peppers and leafy greens to up your intake of essential vitamins and fibre.

Enjoy your favourite snacks:

People often want to shed weight in the spring in order to look and feel good for beach season. Depriving yourself is not always the answer, however. The good news is that those who find ways to incorporate the things they love into their daily diet are more likely to achieve their long-term weight loss goals. If you are a soda pop fan for example, Curley suggests mini cans of Coke which have 100 calories or fewer per serving. Craving a burger? Consider keeping calories in check by having a slider, skipping the cheese and then loading it with your favourite vegetable toppings, like lettuce, onions and tomato.

Enjoy your favourite snacks:

Increase your fluid intake: We've heard it before but hydration is key to overall health and most of us don't drink enough during the day. What's more, we often mistake thirst for hunger and end up eating unnecessary calories, which can sabotage our spring weight loss goals.

More ways to make healthy changes to your life can be found online at www.fuelingwithfood.com.



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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).

Candlelight Vigil

A Candlelight Vigil will be held Apr. 29 in memory of Jessica Ryan Martel (1982-2009) and the many other victims of domestic violence. Although her life was taken way too soon, her legacy will be remembered forever. Jessica's story is one that has touched the hearts of many and has driven change in the community.

The event will take place Apr. 29 at 7 p.m. at Morinville Christian School (10515-100 Avenue). There will be guest speakers, a choir singer, light snacks and coffee. This event is open to the public.

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.

COMMUNITY COUNTDOWN

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

MPES Community Carnival = 52 Days

St. Jean Baptiste Festival = 58 Days

REDNEX

BAR & GRILL

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Instruments
And Let's Jam



Joe Jam

Tuesday Nights 9 p.m.

With Host Christian Maslyk

Penny Reign

Perform Saturday Apr. 26.

THE MORINVILLE
NEWS

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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

Between the Covers Book Club

Left Neglected by Lisa Genova
Wednesday, April 23rd 6:30 - 8:00 pm

Battle Macchiato
Library Trivia Night

Friday, April 25th 7:00 pm at Higher Grounds
Register at the library—\$10 per person
This is a fundraiser for the library. All proceeds go towards programs and services

Loose Threads
Monday, April 28th 6:00 pm - 9:00 pm

Scrap that Card!
Thursday, May 1st 6:30 pm

Spring SILENT AUCTION
Friday, May 9th - Thursday, May 15
Auction closes at 6:00 pm on Thursday, May 15

Cozy Corner Stories

Thursday mornings 10:30 am - 11:00 am

Check our website for more information on the above events.



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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Linda Getzlaf

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

WORD SEARCH - THINKING OF SPRING

Word List

- Bloom
- Blossoming
- Butterfly
- Daffodil
- Galoshes
- Puddles
- Robin
- Showers
- Spring Cleaning
- Sunshine
- Hatching
- Tulip
- Vernal Equinox
- Warming
- Windy
- Canada Geese
- Gardening
- Caterpillar
- New Leaves
- Umbrellas

r t u l i p n j x w c u m b r e l l a s
 e w m s u n s h i n e y c p d l d k d r
 k r g m c a t e r p i l l a r o u e g e
 q p m c g a r d e n i n g s h o w e r s
 a i u x k y g g c a n a d a g e e s e k
 u d p p w v p u d d l e s r n v r o j t
 f d o o i s s p r i n g c l e a n i n g
 p w g u n d j b u t t e r f l y b d b e
 u a i h d v f d n g h h c n d z v x r i
 f r r e y f s c c a d e g w w h j m f r
 r m b t n e w f l e a v e s a w g s e b
 w i q b o y y x j i o e z e s z e q r y
 b n b u e l m d m i j j q s y u a w n k
 l g k r n q j m y u t g d a f f o d i l
 o u c r o x h b d m s a t q b p r m z t
 o p u a h g a l o s h e s m z k e f j v
 m p e b l o s s o m i n g p v b m u k l
 i h x h n q d h a t c h i n g g y z n x
 m a h z x r o b i n a b b x e n y h h j
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Mark your calendars for three days of family fun

Morinville – This year's St. Jean Baptiste (SJB) Festival is looking to give attendees more bang for the buck, even though many of the events are free once again. Festival Chair Paul Smith said the Morinville Festival Society is looking to keep the festival as big as it has been in the past, but the plan is to spread the events more evenly over the three days allotted to this year's summer festival.

"It's going to be another three solid days of family fun," Smith said of this year's festival, adding there will be even more focus on family friendly events. "The committee has decided to remove the classic rock concerts that have been a staple in previous years and add more activities for the whole family."

The Rotary Rock and Ride will once again form the backbone of the Friday evening program and be accompanied by a stand up comedy evening sponsored by the Morinville Community Library. Saturday's main events include professional Roller Derby sponsored by Morinville News, the Home Hardware Bumper-to-Bumper Show and Shine, the Firefighters' Combat Challenge, and other events. The Force Pro Wrestling show sponsored by Morinville News and Noah's Ark's Annual Hamster Races will anchor Sunday's activities.

Smith is anticipating record crowds again this year as residents and visitors come out to take in the full weekend's activities. "We're expecting to top 2013's record crowds once again this year," Smith said. "As the event grows it draws a bigger and bigger following from inside and outside the community."

This year's St. Jean Baptiste Festival runs June 21 to 23 and will take place at the arena grounds and other locations in town.



June
20-22

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