

THE MORINVILLE NEWS

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An eccentric couple

Penny Sycamore (Alyssa Short) works on her manuscript while her husband Paul (Mitchell Fraser) reads during an early scene in MCHS' production of *You Can't Take It With You*. See Page 14 for more photos.

- Stephen Dafoe photo



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Albert Paquette, an apprentice mechanic at Technical Automotives in Morinville works on a car in the shop. The young mechanic is heading to Skills Alberta to compete in the automotive category May 14-15 and is hoping to move on to the national competition in Toronto this June.

- Stephen Dafoe photos



Morinville mechanic to test his skills at provincial competition

by **Stephen Dafoe**

Morinville - A local mechanic, Morinville resident and NAIT student is getting ready to compete in the provincial leg of the annual Skills Canada competition. Albert Paquette, who is currently apprenticing to be an auto service technician at Technical Automotives in Morinville's industrial park, will compete in his field at Skills Alberta May 14 and 15 in Edmonton.

The 20-year-old attended Camilla School and Sturgeon Composite High School ahead of pursuing a career in the automotive field. His interest in the trade started when he was in junior high school, but became hands-on at Sturgeon Composite. "I took classes for it - Mechanics 10, 20 and 30," he said, adding he has never done anything but auto mechanics in terms of a job. "I started at Mr. Lube and then Ron Hodgson's [Chevrolet], and then here [at Technical Automotives].

In his second year at NAIT, it is work he

continues to love. "It's been a lot of fun, getting lots of training and good stuff here at Technical [Automotives]," he said, adding he was not aware of the annual Skills competition until this year. "I found out that my teachers from first year had nominated me to go. I hadn't really heard much about it, so I did a little research about it. It sounds like it should be a fun little thing to do. It should be quite the experience. That's what I'm looking forward to."

Heading to Skills

Paquette said he is only a little worried about the competition aspect, but feels he will do fine because of his desire to work in the field. "It's what I want to do so it comes natural, I guess," he said, adding he is preparing for Skills both through his work at Technical Automotives and studying the event itself. "I've done a lot of reading

up on it and seeing what I'm supposed to know and what they're going to tell me I have to do."

If Paquette is successful at the Skills Alberta competition in May, he will move on to Skills Canada, taking place in Toronto June 4 to 7. Though winning provincially or nationally will not elevate him in his profession, it is a feather in his cap that he would like to achieve.

Local experience

Though hopeful to move on in the competition and grateful for any knowledge and experience he can obtain at Skills, he is also grateful for the opportunity to apprentice at Technical Automotives in Morinville. "It's a blast to get up and actually say you want to go to work," he said of his work there. "There's never a dull moment."

The apprentice mechanic's boss at Tech-



nical Automotives, Marty Robillard, is also grateful for the opportunity to bring another mechanic into his business and pleased Paquette is heading to the Skills competition. "He is very reliable [and] hardworking," Robillard said. "I was lucky that the last place he was at didn't feel he was qualified to be signed up as an apprentice or [see] the diamond in the rough that he was. He's definitely been an asset to Technical Automotives. With all the people in the trade, for him to be invited to it [Skills] is definitely a good thing for Albert."

Robillard said Paquette is becoming more and more independent at the shop and is

quickly becoming a bit of a specialist. "I'm pushing him towards the electrical quite a bit," Robillard said. "There's so much electrical on a vehicle nowadays. Transmissions are controlled by electronics. Some of the vehicles have upwards of four or five different processors just running the vehicle. With electronic cars coming along, you end up being more of an electronics technician than an actual mechanic."

Under the hood appeal

Whether working on the intricate electronics of a new car or changing oil on a more

seasoned vehicle, the automotive appeal for Paquette is a simple one - he just likes working on cars.

In his spare time Paquette plays a bit of hockey and enjoys other sports, but it always seems to come back to a love of things with wheels. "I like to tinker on old cars," he said. "I've got a project on the go. I've got a '77 Camaro that I'm working on. It's a complete rebuild. Right now it's down to the frame and there's nothing in it. I'm just going to start the build portion of it."

**Skills Alberta takes place May 14-15
Edmonton EXPO Centre, Northlands**

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Letters and Columns

Letter: One last riposte - the photo radar issue

To the Mayor and Councillors, Municipality of Morinville

Perhaps unbelievably, I really was quite willing to let this die a natural death. Then our neophyte Mayor just had to get in a parting shot.

On April 16th an article appeared in the Edmonton Sun that upset and subsequently angered me – a great deal. Here is why:

Sun journalist Trevor Robb reported, "Morinville Mayor Lisa Holmes says the issue was brought forth by a group of concerned citizens looking to open up a dialogue. He then quotes the Mayor: "They just wanted to have a discussion on photo radar, I don't believe they intended it to turn into a full-out public vote," said Holmes.

Robb further stated that some residents feared that if the program was scrapped taxes would be raised, but Holmes says that was never the case.

As well, Robb reported, "...The current photo radar contract is up for renewal at the end of the month and Holmes admits the town will most likely not move forward with the current plan and are contemplating changes to photo radar times and locations."

Robb uses some statistics in his report, but does not divulge the source of those statistics. At any rate, they are grossly wrong. He says 8,672 violations were handed out in 2009 and 3,684 were handed out in 2013. Unfortunately for Mr. Robb (and whoever gave him the numbers), there were actually 5,049 tickets given in 2013. Yes, a smaller number than in 2009, but a significantly larger number than that given in the Sun's article.

"So what?" might be your comeback.

Well, the first quote attributed to Mayor Holmes is not quite true, particularly when one considers the history of the issue. We have been trying for over three years to open this dialogue to which Mayor Holmes refers. We have never received a satisfactory answer from Councils of the day (of which, by the way, Lisa Holmes was a participating Councillor, having full knowledge of our concerns), Town Administration, the Traffic Advisory Committee or the photo radar contractor. However, once the decision to attempt the petition route was taken, rest assured that it was most definitely intended to turn it into a full-out public vote!

The statement "...some residents feared that if the program was scrapped taxes would be raised, but Holmes says that was never the case." is very disturbing. When one reviews all of the letters and comments in the media, including not only our Morinville papers, but media such as Global TV, CTV, CBC, INews 880 radio and the St. Albert Gazette, a VERY different picture emerges. While the word 'safety' might be included there was a definite thrust towards the potential loss of revenue, how that might be recouped and an unfounded assumption that we would have to hire all sorts of extra staff to cover the loss of photo radar.

That is about it my friends, except for one last thing you might wish to keep tucked away in the backs of your minds.

A valid petition was presented to you once. Please do not make the mistake of thinking it could not happen again... and again.

Respectfully yours,

James O'Brien
Citizen and Taxpayer



Send Your Letters to

editor@morinvillenews.com

Please note, all letters must include a phone number so we can contact you for verification.

Columns and Cartoons

Joe MORINVILLE

A cartoon illustration of Joe Morinville, a man with glasses and a blue shirt, pointing upwards with both hands. A speech bubble above him says "HERE'S MY VIEW!".

Not much going on around town to bellyache about this week, so I thought I read some national news.

1 Now I read in the Sun that Canada Post employees think Canada Post ought to get back in the banking business like they did for a hundred years after Confederation. That might have worked in Sir John A's day, but the postal service ain't what it was then. I give them people a dollar to mail my letter and they wind up delivering it to the wrong person. Now they want me to let them look after my deposited pension cheque.

2 Speaking of smoking funny cigarettes. Apparently Health Canada recalled a bunch of medical marijuana this month. Apparently it wasn't up to government standards. Must be some powerful stuff to be up to "government standards" what with some of the decisions they've been making lately.

3 There's a woman in Los Angeles that spent \$15,000 on cosmetic surgery so she could take better selfies. I only recently learned what a selfie was and was pretty relieved it wasn't what I thought it was. But it's when you take a picture of yourself in front of something or someone famous or dangerous, like that kid what got booted in the head by the train conductor taking a selfie. Anyway this woman had chin and nose work done and something called fat grafting on her face. Not sure about that last one. I think she's got enough fat in her head to begin with, at least between her ears.

4 In New Mexico they dug up a find of 728,000 copies of the E.T. video game Atari made back in 1982. I guess the game was so bad the company couldn't do anything but cart them to a landfill and bury them in concrete so no one would ever discover how bad the game was. I think no matter how bad the game was, the worst thing is archaeologists are now apparently trying to dig up ancient video games instead of old bones.

5 Now I like a good ribbing as much as the next guy, but the editorial cartoon on this page by Bruce Humen to promote my Joe Jam at Rednex is taking a shot at a guy what's never even played a guitar let alone done a guitar solo. But if it makes you all laugh at my expense and encourages you to go support local musicians over a beer or two, then it's OK by me. Tuesday's at 9 at Rednex with Terry Maslyk's boy Christian.



It ain't a guitar solo if you need help up after it's done.

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News From Morinville

COUNCIL

by Tristan Turner

by Tristan Turner

Morinville – The Town’s contract with Edmonton-based Independent Traffic Services (ITS) will continue on a month-to-month basis while Council considers potential changes to the photo radar program, including who will provide the service. In their first meeting since the Apr. 14 plebiscite that saw voters narrowly cast their ballots in favour of keeping photo radar, Council voted unanimously in favour of going forward a month at a time. ITS’ contract with the Town ended in December but was extended until Apr. 30 to continue the program pending the results of the vote.

Administration provided Council with three possible options at the Apr. 22 meeting: renew the contract with ITS, end the contract while a review was done, or continue the contract a month at a time while a review of the program was conducted.

The monthly contract extension was given as a temporary measure to prevent interruptions to current photo radar enforcement while Council engages in a public review process of the photo radar program, as well as the contractor. Continuing the contract on a month-to-month basis ensures no interruptions with other agencies related to traffic enforcement, including Service Alberta, something Administration said could take several months to establish again.

Photo radar to continue month-to-month while Council reviews program

Although timelines for the review were set to begin in May and end in September, Council requested Administration to present a revised timeline at their next meeting after Councillor Nicole Boutestein and Deputy Mayor Gord Putnam raised concerns. Boutestein felt final presentation to the public should be placed before the two- to six-month implementation process, while Deputy Mayor Putnam felt Council and Administration should be given more time for the review. “I’m prepared to slow the process down because I want to get it right,” Putnam said. “I’d love to have the input from all of the public about photo radar.”

It is anticipated review of the photo radar program, including public engagement, will take four to eight months. The review process will include developing a new photo radar strategy, meeting with the Alberta Solicitor General to discuss potential changes to the program and putting a contract out to tender.

In a motion arising by Councillor Stephen Dafoe, Council voted 6-1 in favour of adding a member of Council to the Town’s Traffic Advisory Committee. Deputy Mayor Gord Putnam cast the only opposing vote.

For Morinville residents, Council’s decision means photo radar enforcement will operate in the same way it currently is unless Council decides to make any interim changes before the review is complete.



Safety celebration

MPES Grade 1 students gathered Friday to celebrate the new traffic safety equipment that was purchased because of their efforts to improve sidewalk safety around the school. They were also celebrating the new AMA crossing guard patrol program, which was one of their ideas to improve safety around the school.

- Submitted Photo

Morinville Council Briefs

by Tristan Turner

Citizens seek clarity on recreation

Murray Knight of the Morinville Citizens on the Arena presented to council regarding the potential new arena or multi-use recreational facility. Knight and approximately 30 people who came to hear him speak sought clarity on a number of rumours he said were circulating on the subject of a recreation facility.

"This is a hugely important decision for the future of our community," Knight said. "We are hearing way too many rumors, and receiving way too little information. We need to stop the confusion, look at all the options, and listen to the people."

Knight's presentation to Council included eight questions, which he requested Mayor Lisa Holmes to answer.

Among Knight's list of eight questions was whether or not there was any truth to the speculation that the Town is not interested in looking at a multi-use regional recreation facility with Sturgeon County.

Mayor Holmes said there was no truth to the rumour. "We have been working for years on the Regional Recreation Master Plan with Sturgeon County and all of the municipalities within it, and we've had lots of conversations with Sturgeon County about these opportunities."

Another of the rumours Knight presented Tuesday night was that the design and construction contracts for a Morinville facility had already been signed.

Mayor Holmes also refuted the rumour saying, "No, nothing has been signed because no decision has been made. We make our decisions in public, and we only made the one decision to investigate replacing the Arena through the budget. So saying that we signed contracts is not true."

The Mayor invited Knight and his group to the recreation open house scheduled for Apr. 28. After passing \$1 million towards a project in the budget, Council met with minor, junior and senior hockey, the curling club, Rotary Club and the Chamber of Commerce to seek input. Council launched the public consultation portion of their recreation project with an online survey, kicked off at the Trade Show Apr. 11 to 13.

Council Passes Land Use Bylaw Amendments

Council unanimously passed First Reading of Land Use Bylaw 12/2014 that would see an area of town south of the CN Rail Line and west of 100 Street be redistricted from Urban Reserve (UR) District to Corridor Commercial (C-3) District. This 160-acre plot of land

was identified in the Municipal Development Plan to be commercially districted in the future, and this proposal is only now being put forward to Council because of a request to develop the land submitted by its current owner, Landrex Inc.

A public hearing regarding Bylaw 12/2014 is currently scheduled for Council's May 27 meeting at 7:30 pm, after which 2nd and 3rd readings on the Bylaw will likely be held.

99A Avenue Upgrade Approved

The road that sits behind Shell and the Morinville Christian School and runs between 104 Street and 107 Street will be paved and upgraded with storm sewers following a new apartment and commercial project currently being developed along the road. Council unanimously supported spending \$129,400 from unused Utility Reserves and \$510,965 in unused Road Grants to install a waterline and further design and upgrade the road, respectively.

Rail Safety Week

Council unanimously approved a motion declaring the week of Apr. 28 to May 4, 2014 as Rail Safety Week in Morinville. This decision came after a request from Operation Lifesaver - a national rail safety advocacy group - was sent to the town to make the declaration. National Rail Safety Week occurs over the same period.

**May
3**

Artist's Garden
**Morinville Art Club &
Morinville Youth Art Club**

Take a walk through our Artist's Garden!

Spring Tea and Art Show

Saturday, May 3, 11:00 a.m. to 5:00 p.m.

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Charity shop broken into twice, client files stolen

by Stephen Dafoe

Morinville – Police are currently investigating a pair of break-and-enters that occurred on two consecutive weekends in Morinville. Sometime on the weekend of Apr. 11 to 13, and again over the Easter weekend, the Midstream Support Society's thrift store on 101 Street was broken into and items were taken. Although it is believed some articles of clothing and other items may have been stolen on both occasions, the greater concern is the theft of chequebooks and client files.

Midstream President Susan Swanson said the shop was entered through the back door on both occasions and the society's chequing account was closed as soon as they became aware the chequebooks were taken. The support organization's greater concern, and the reason they are reaching out to the public, is those who entered the shop over the Easter weekend broke into a locked filing cabinet and stole about one year's worth of client files.

"They helped themselves into the office where we didn't have a whole lot of valuables, but paperwork that didn't have a whole lot of information on it that was really worth stealing," Swanson said. "I really don't know what the point was or why they'd bother to take it. It just had addresses, phone numbers, and names - nothing any different than what's already in the phone book."

The Midstream President said the society does not record Social Insurance Num-



bers, credit card numbers or driver's license numbers as part of their process; however, she said there might have been the odd file that had a driver's license number on it. "It links these people to our store," Swanson said of the information breach, adding basic information on 50 to 75 clients was taken. "Anyone who has been in and requested assistance knows what type of information we require from them. It's just a matter of letting the public know that there has been a breach in the information collected - but it is minimal."

Morinville RCMP Constable D.L.J. Rouse said police are working on the two incidents. "The file is ongoing and Edmonton Police Services is currently working on a pair of very valuable leads that will likely lead to the arrest of two suspects," Rouse said, adding Morinville RCMP initially had little in the way of evidence or witnesses to the pair of break-ins. "We had limited leads, but since the time the investigation began ... Edmonton Police are making some headway."

Swanson said additional security measures have been taken at the store locations to help prevent the shop being broken into again.



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Champion to open Kentucky kitchen

by Stephen Dafoe

Morinville – Champion Petfoods announced Thursday afternoon it would build a third kitchen facility for its product line in Kentucky, allowing its Morinville facility to focus on growing the Canadian, European and Asian markets for their products.

"We've got tremendous demands for our products in the marketplace right around the world," said Champion Petfoods President and CEO, Frank Burdzy in an interview shortly after the announcement was made Thursday afternoon. "Our biggest limiting factor always has been the ability to make enough."

Champion's third kitchen will be built in Auburn, Kentucky, a rural location 15 minutes outside Bowling Green, Kentucky. The plant, scheduled to be operational in the first quarter of 2016 will join Champion's Oakville, Ontario kitchen and their homebase Morinville facility to meet global demand for the product.

Burdzy said the U.S. is Champion's largest market and that it only made sense to service that market from the United States.

"We've got tremendous demands for our products in the marketplace right around the world."

- Champion President Frank Burdzy

"We purchased a piece of farmland and we are starting right from the ground up," Burdzy said, adding the American facility will begin with two extrusion lines like the Morinville kitchen. "We have a footprint that we will be capable of adding to, but we believe if we start there that will give us a chance to grow into it."

Champion selected their American location in keeping with their corporate philosophy of using fresh local ingredients. "We did look at several states. We started with about 12 different options and worked down to Kentucky," Burdzy explained. "In many ways we found the farmers and primary providers

are focused on providing a high quality food that will be great for our product."

The decision to set up shop south of the border does not mean a lessening of activities in Morinville where the company began. "It opens up great opportunities for us," Burdzy said. "Although the United States is our largest market and our fastest growing market, we have markets in Europe and Asia that we service from here that have been wanting much more of our product. Now this gives us a chance to invest more dollars here to get our kitchens up to that one more notch, and it allows us to really hit hard for the Canadian, European and Asian markets from here."

Champion's president said the Morinville facility has an advantage in servicing overseas markets because Champion's Morinville kitchens are one of the few that are fully certified and registered to serve any market in the world. "Even in the United States, there are very few facilities that are able to do that," Burdzy said. "This [Morinville facility] is actually a gem for us and it is going to be our flagship. It is the one that is going to be able to enter any market at any time because of our certifications here."



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Town Talk

FAMILY

Mental Health Week May 5-16, Morinville Public Library
Followed by

A Parents Awareness Workshop May 15, MCCC

During Mental Health Week there will be a display in the foyer by the Morinville Public Library with information for youth on a wide variety of subjects including active living, sleep journal, food and your mood, and relaxation ideas for teens.

Then, as part of Mental Health Week, a Parent Awareness Workshop will be held at the MCCC with information for parents and caregivers about alcohol, drugs or gambling and to discuss ideas to help protect our youth. This workshop will be facilitated by a prevention counselor from Alberta Health Services and will include topics such as:

- current drug trends
- process of addiction
- stages of change
- risk and protective factors
- mental health and substance abuse
- voluntary/mandatory programs for youth (addictions and mental health)

When: 7:00 – 9:00 p.m. Thursday May 15, 2014

Location: Morinville Community Cultural Centre

Cost: Free, no registration required

For more information contact Karin Debenham, FCSS Coordinator, 780-939-7841

Sponsored By:

Morinville Family and Community Support Services (FCSS)



Mudd Safety Course

May 10, 2014

This full day program is designed to train youth 8+ and parents in the safe and proficient use of an All Terrain Vehicle.

The course will include discussion, demonstration and closed course practical operation and skill.

ATV's Will be supplied

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\$25.00 Adult & Child

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DOT Approved Helmet

9:00 am start

South Side Heritage Lake

Notice of Proposed Subdivision

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

Location:

In the Notre Dame Neighbourhood, adjacent to East Boundary Road, south of 100 Avenue, as outlined in red on the map below

Legal Address:

Part of NE 34-55-25-4

The purpose of the proposed subdivision is to create lots for duplex residential use and a park. You may make a written submission regarding this application for the consideration of the Municipal Planning Commission, the Town's Subdivision Authority. If you have any comments please submit them in writing by **May 6, 2014** to:



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

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

23
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FRIDAY
5:30 pm
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SUNDAY
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Fiddle Gala



TICKETS
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\$40 (Saturday)
\$30 (Sunday)



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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2 & Under	FREE

Tickets Available April 14 at the MCCC or call 780-939-7888

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Coming to Morinville!!

Thursday, May 8, 2014
 6:00pm-7:30pm
 Ray McDonald Arena Parking Lot
 9908-104 Street Morinville, AB
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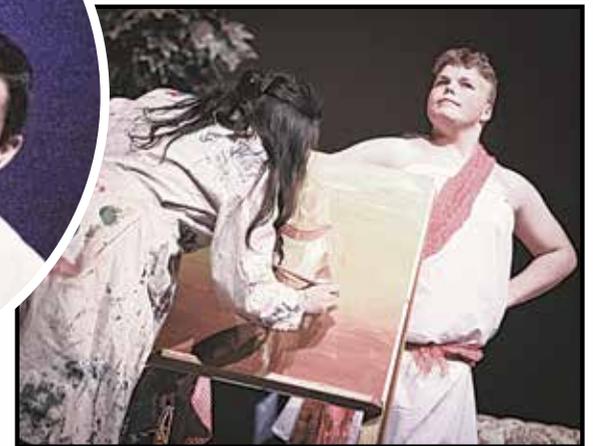
Arts & Culture

Sponsored by J.M. Turner Goldsmith

MCHS proves that You Can't Take it With You

Stephen Dafoe photos

Morinville – The Community Cultural Centre stage was full of high school actors Wednesday night, the culmination of many months of work learning and perfecting George S. Kaufman and Moss Hart's 1936 comedy *You Can't Take It With You*. The two-hour production tells the story of a young man from a snobbish upper-class family who marries a woman from an eccentric family. A total of 20 student actors took part in the production.



Clockwise from top right: Mr. DePinna (Leith Hutton), Essie Sycamore (Liz Turner), and Ed Carmichael (Angus Aaron MacIntyre III) take a seat. Mrs. Sycamore works on a painting of Mr. DePinna. The Kirby family comes for a visit. From left played by Joshua Dmytrow, Brianna Borgen, and Anthony Nault. The young Mr. Kirby (Anthony Nault) is about to propose to Alice Sycamore (Jamie Marie Thorne).

 *J. M. Turner* 
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Art clubs unite for Artists Garden

by Stephen Dafoe

Morinville - With spring colours about to break through in local gardens, the Morinville Art Club and Morinville Youth Art Club are holding a joint event to show their spring colours. The Artists Garden event takes place May 3 from 11 a.m. to 5 p.m. at the Morinville Community Cultural Centre. Admission is free.

The spring tea and art show is an opportunity to view and purchase art as well as learn more about joining the two art clubs. The event will include a number of draws, including one adult and one art supply basket, one youth fall session and one youth winter session, and an adult art club membership. Those interested in entering the draws must attend the event.

Looking for artists

Morinville Art Club President Dolly Bolen said although some art will be on sale, the event is really more of an art show, showcasing what the two clubs have to show in terms of what they have created and what they can offer to artists and those interested in becoming artists.

"Most of us have quite a bit of experience ... but we do have newcomers the members can give advice to," Bolen said of the welcoming nature of the club. "For those that have always wanted to do art but never did any, they can bring the supplies they are interested in bringing and we will help them learn." Bolen went on to say club members also critique each other's work to offer suggestions in a positive way. Because art is a personal thing, artists are free to accept or reject the advice of fellow members.

There are currently 10 members in the adult art club and approximately 16 in the youth club. "We're looking to build that [adult art] club," Bolen said, adding there has been a recent drop in membership due to some artists moving away from the community.

Bolen said members work in a variety of mediums and that instructors come in to teach technique during winter meetings, while members simply bring in and work on their art during the spring meetings. Sessions run September to November and January to April. Annual membership runs from the fall of 2014 until the end of April 2015 and costs \$25 for adults. Membership allows artists to show at any of the club's art shows, currently held in the spring and during the Celebrating Life and Culture Gala held in the fall. Bolen said the club will also be doing a Christmas Art Show this year. "We had some people approach us for art for Christmas gifts," Bolen said. "We never really thought a Christmas show would be a good thing. We are listening to what people want."

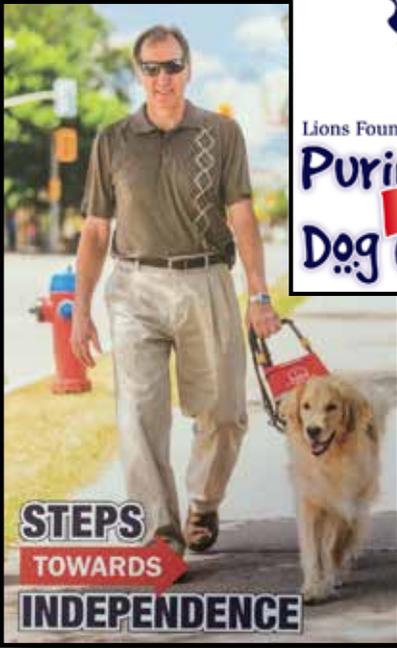


Zentangle, a meditative art form

Though the May 3 event has lots of opportunities to look and listen, there is also an opportunity for some hands-on experience as well. The art club will be holding a Zentangle workshop from 9 a.m. to 3 p.m. instructed by Kathleen Henderson from Canmore and Marlee Ritchie from Saskatoon.

"Zentangle is a meditative artform that's done with archival ink markers and traditionally on three-and-a-half inch by three-and-a-half-inch print making tile paper," Bollen explained of the art form (shown left), adding cost of the six-hour course, including lunch and all materials, is \$50 for adults and \$30 for youth aged 6 to 17. Bolen said sponsorship from the art club and Sobeys has allowed them to reduce the price from the normal \$90 in honour of National Youth Arts Week. "It's very accesible to everyone and the process is basically drawing patterns. My goal was to get people introduced to this art form because it is so fascinating and it's so good for all ages - everyone - seniors, young people, people that have work stress. It's just really good for taking your mind off something." Those interested in taking the class can call Bolen at 780-572-2603.

Organizers are hoping to see lots of people at both the art show and workshop. "If you've always wanted to do art or you want to see what's out there - come," Bolen said, adding names, emails and phone numbers will be collected for notification of club start up.





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Spring Peas, Please!

One of the best ways to celebrate the coming of spring is with a basket full of small, very fresh, sweet green peas. You know that peas are fresh when their pods are firm and green, so avoid any that are yellowing or wilting. Go for medium pods rather than large, thick-skinned ones, which are more mature and contain larger, tougher peas. Break open a pod and check the peas inside. They should be small, bright green and firm; if you taste one, it should be tender and sweet.

If all you can find are large, mature peas, opt for frozen peas instead. They're usually picked when they're young and tender and immediately frozen. Mature peas are not as tender and sweet as young ones, and they're less versatile. They need to be cooked longer and more slowly, and their firmer texture works well only in stews and braises.

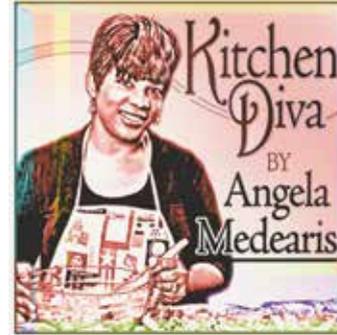
Peas provide essential nutrients and are an excellent source of vitamins K and B6, and folic acid, all crucial to bone strength and cardiovascular health.

You'll probably find three types of fresh peas available at the market right now: English, sugar snap and snow peas.

English peas (also called shelling peas, green peas or garden peas) are the most common. Their pods are inedible, so the peas must be shelled before eating. "Petits pois" is the name given to very small English peas.

Sugar snap peas have a thicker, edible shell. As the name denotes, this variety is sweet like sugar and makes a distinctive sound when its shell is broken. Sugar snap peas can be eaten both raw and cooked.

Snow peas, often seen in Chinese cooking, are flatter, thinner and more translucent than the oth-



ers. They are eaten in their entirety, and no shelling is required.

Peas don't have much of a shelf life, so don't store them for long periods of time. Store pods in a plastic bag in the crisper drawer of the refrigerator. Use them within a couple of days.

Shelling peas is easy. To do it, remove the stem end of the pod, peel the stringy fiber from the seam, pry the pod open and run your thumb along the interior to detach the peas.

Once they're shelled, the best way to store peas is to freeze them. First blanch them for a minute or two in boiling, salted water, and then shock them in an ice-water bath until cool to help maintain their bright color. Drain and freeze in zip-top bags. They will keep for five to six months.

Peas lend themselves to almost any cooking method and mix well with a variety of flavors, such as cured meats. Bacon, pancetta, prosciutto, smoked ham and chorizo work wonderfully with peas, as their pronounced saltiness complements the peas' gentle flavor.

Fresh mint also is a classic flavor partner, but feel free to experiment with other fresh spring herbs such as basil, chervil, chives, dill and tarragon. Peas are a natural with onions, scallions and other alliums, and they pair well with other spring vegetables like asparagus, new potatoes, carrots and fava beans. They're delicious as a side dish with chicken, lamb or duck, and with any kind of fish, especially cod, salmon and scallops.

When they're small and tender, peas are great raw in salads.

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Lemon Squares

1/2 cup all-purpose flour 125 mL	1 cup sugar 250 mL
1 pkg Chopped Walnuts 100g	2/3 cup fresh lemon juice 150 mL
1/4 cup icing sugar 60 mL	1/4 cup all-purpose flour 60 mL
3 tbsp cornstarch 45 mL	1 tsp pure vanilla extract 5 mL
1 pinch Pinch of salt 1	1/4 tsp salt 1 mL
1/3 cup cold unsalted butter, cubed 75 mL	Icing sugar, for dusting
Custard	
4 Large Eggs	

Add All Ingredients

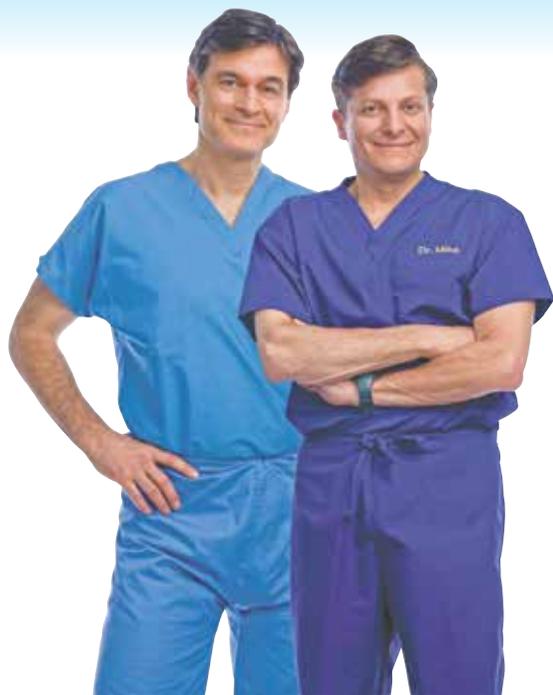
- 1/ Preheat oven to 350°F (180°C). Grease an 8-in. (20 cm) square baking pan and line with two rectangles of parchment paper. The paper should hang over the edges of the pan to create handles.
- 2/ Combine flour, walnuts, icing sugar, cornstarch and salt in a food processor and pulse until blended. Add cubes of butter and pulse until mixture resembles coarse crumbs. Press evenly into prepared pan and bake on the middle rack for 25 min., until golden brown. Remove and reduce oven temperature to 325°F (160°C).
- 3/ Lightly whisk eggs, sugar, lemon juice, flour, vanilla and salt in a mixing bowl. Carefully pour custard over the warm crust and bake until set, about 25 min. Let cool to room temperature, then refrigerate at least 4 hours.
- 4/ Lift out of the pan using the parchment paper.

RECIPE
of the week

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

Pick the best tracker for you

by Michael Roizen M.D.,
and Mehmet Oz, M.D.



It used to be, if you wore your heart on your sleeve it meant you were sentimental and easily bruised. Not anymore. Now colorful bracelets, watches, clip-ons and other gizmos track your steps and heart rate, not to mention your workouts, calories consumed and burned, sleep habits, intensity of effort, degree of muscle fatigue, even your distance in an open water swim. Welcome to the world of “fit tech.” Get hip to it.

These fitness trackers are turning up every-

where. You can catch a glimpse of them on the wrists of CEOs, Olympic athletes and celebs like Gwyneth Paltrow and Katy Perry. The National Basketball Association recently announced some players will soon wear a 1-ounce disk under their uniforms that monitors performance data such as muscle fatigue, speed and number of jumps. The NBA wants to become the first U.S. professional sports league to quantify and analyze every movement during every game.

(Dr. Mike hopes this will pump up the Cleveland Cavaliers, and Dr. Oz has similar hopes for the Knicks.) There are even fitness trackers, such as FitBark, for dogs.

While you probably don't need to track your jump shots or how many times you retrieve a stick, you can make big fitness gains using monitors that help you stay enthusiastic about being active. But it's hard to know which to choose, so here's how to make a smart choice before plunking down \$50 to \$200 (the average price for a tracker).

Ask yourself: “Do I really need a fitness tracker?” If you're dedicated to your daily walking routine, you already should have a simple pedometer or accelerometer that counts your steps and monitors your motion. The FitBit and Yamax Power Walker get good reviews.

If you don't have one of these devices, get two — one for your desk at work and one for home! They can make it much easier to

reach your daily goal for steps, heading for 10,000 (or equivalent, one minute of aerobics equals 100 steps) and help you walk your way to better health.

But if you are doing other activities (biking, swimming, running, playing tennis) or you want to shake up your routine, create new challenges and increase your motivation, then today's multi-function fitness trackers are a smart investment.

Look for the features that matter most to you. Some trackers upload your latest results to compete with other users (the Nike+ Fuelband SE). And most, like the UP24 and FitBit, sync with your smartphone, sending your data wirelessly for tracking your progress over time and sharing your info with friends and workout buddies or your doctor.

Now there are a few, like Moov, that offer personalized, computer-generated advice based on your own habits (the trackers can tell when you're short on

sleep or analyze your footfall and suggest you change your gait).

Want to know your heart rate (check out Basis), speed or exercise intensity (Polar Loop) during your workout? Many, but not all, trackers will show you how hard you're working, in numbers, words or flashing lights. Others let you set goals, then monitor your efforts on your phone or computer with clever charts and graphs.

We're fans of trackers (like Jawbone UP) that alert you when you've been sitting too long (fitting in more everyday movement is a great way to stay slimmer and healthier). Some trackers let you set alarms for morning wake-ups and naps, too.

Other trackers work with apps that help you monitor what you eat, use barcode scanners and provide food lists, so you don't have to type in everything you munch. Many trackers measure how long and how well you sleep, and others let you add info about your moods. These can help you see connections between working out, feeling depressed or happy, eating well or poorly, sleeping or not, and how it all affects your health. Smart!

Mehmet Oz, M.D. is host of “The Dr. Oz Show,” and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into “The Dr. Oz Show” or visit www.sharecare.com.

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COLUMN Faith Matters **Don't look for Deep fulfillment in shallow things**

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



The writer of the Old Testament book of Ecclesiastes said this: "I was the most famous person who had ever lived in Jerusalem, and I was

very wise. I got whatever I wanted and did whatever made me happy. But most of all, I enjoyed my work. Then I thought about everything I had done, including the hard work, and it was simply chasing the wind. Nothing on earth is worth the trouble" (Ecclesiastes 2.9-11).

The writer of the above passage was a King Solomon. Solomon lived 3,000 years ago, and he would have been the "rock star" of his generation. He was a builder, building temples and gardens and incredible homes. He was a leader, leading a nation in prosperity and peace. He was a philosopher, writing most of Proverbs (another book in the Bible). People travelled from all over the known world to meet him and learn from him. Yet for all his knowledge and accomplishments, he squandered his wisdom and great amounts of his wealth on foolish personal decisions.

I think Solomon has much to teach us who live in the amazing prosperity of this part of Canada. When we try and find deep

fulfillment in the shallow things that this world has to offer we can find ourselves battered, broken, and empty. My wife and I pastored in Fort McMurray for seven years prior to moving to Morinville. There we saw many lives shipwrecked on the rocks of shallow pursuits.

If not in the "stuff" that we so often are tempted to pursue, than where can we find deeper fulfillment? According to *The Bible: 100 ways it can change your life*, the authors suggest three great avenues to a richer, deeper fulfillment in life:

"When we try and find deep fulfillment in the shallow things that this world has to offer we can find ourselves battered, broken, and empty."

1/ Healthy relationships: When we allow our life to be shaped by investing in others and allowing them to do the same we begin to discover great meaning.

2/ A well-earned and good reputation: If your friends and family were to write your epitaph today what would they say? When we live our lives with integrity and concern for others we build a good reputation over the long haul. The goal is very simple: May no one have to lie at our funerals in sharing the kind of life we lived!

3/ Spiritual peace: When we set the obstacles in our life before God and give Him permission to remove them, we begin to discover great peace and meaning in life.

Deep fulfillment comes to those who stop chasing after the wind and anchor their lives to things that really matter. I pray you will be one of those people.

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@tfhchurch.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.

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Spring feast

Katrin Foerstemann sent us this photo of a mountain bluebird, taken between Morinville and Legal.



Ducky couple

Udo Schoeppe took this picture of a male and female mallard near Range Road 270. "I enjoy watching wildlife and love taking pictures," Udo said in the email accompanying the photo.



Fly like a seagul

Frank Koenig sent these shots of a seagull flying over the ice at the Morinville Fish and Game Association pond.



Can you give this animal a loving home

Hello. My name is John. I'm such a lovely boy. I came in as a neutered stray, so I did have a home; I just became lost. A nice person picked me up and brought me here to the Morinville Vet Clinic. I was terrified when I came here because I didn't know where I was. I have since calmed down and turned into my lovely cuddly self. Now I'm just patiently waiting for a new family to call me their own. Love, John!

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

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THE Week

IN PHOTOS

A pictorial look at the happenings in and around Morinville for the week of Apr. 21 to Apr. 27.

Photos by Lucie Roy

TUESDAY



Judith Clarke was working on some touch ups to her painting at the Art Club meeting at the cultural centre Apr. 22.

WEDNESDAY



Notre Dame Support Staff secretaries Donna Keeler, Marlene Therres and Nicole Rogers posed beside the Support Staff Appreciation Week display board Apr. 23. The school honoured the talented and dedicated group of people who do the wonderful work to help children and teaching staff in the school. Secretaries, educational assistants, librarian, bus drivers and custodial staff in the school were honoured during the week-long event.

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THURSDAY



Above: If it weren't for a bit of his winter white, this large rabbit would completely blend into this yard where he paused for a rest.

Above right: Some of the décor made by Notre Dame students for the Easter celebration held Apr. 24 in the gym.

Right: Notre Dame students Payton Hunt, Rykkin Abbott and Alyssa May getting ready for the Easter celebration.



FRIDAY

Morinville Public Elementary School student Becky Martel was one of the students skipping classes for the jump rope Friday afternoon. MPES raised more than \$9,000 in their Jump Rope for Heart, Heart & Stroke Foundation fundraiser, \$8,000 more than the goal.



Principal Wayne Rufange and Vice Principal Kari Morgan skip with students during the Heart and Stroke Foundation event.

- Submitted photo

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Brent Melville's Remax SPORTS REPORT



Youth roller derby offers alternative

Members of the Sturgeon County Junior Roller Derby Association gather around coach and trainer Rachel Ochoa during the association's first skate of the season Apr. 23. The association will practice Wednesdays at the Morinville arena and on Fridays at the Bon Accord rink. - *Stephen Dafoe photo*

by **Stephen Dafoe**

Sturgeon County - An alternative to traditional sports is being offered in Sturgeon County arenas this spring and summer. The Sturgeon County Junior Roller Derby Association is open to girls between the ages of 7 and 17. The association is conducting practices two nights a week: Wednesday's at the Morinville arena and Fridays at the arena in Bon Accord.

In addition to being an alternative to traditional sports offerings, the association sees roller derby as another positive outlet and activity for youth. "The basis of the program is empowering the young ladies," said association president Terri-Ann Waschlik, adding her belief that involvement in sports reduces depression, increases self esteem, confidence, and acceptance of others. "Everyone is welcome to come and skate. It doesn't matter your body size, shape or type, how many friends you have. You are welcome here."

Like any sport, training and protection are part of the game. Skaters wear helmets and mouth guards as well as knee and shoulder pads, and the focus is on learning how not to get hurt. But while there is a small risk of injury, as there is in most sports activities, Waschlik said proper training is provided and there are strict rules and regulations, including at what age contact is permitted.

Coach Rachel Ochoa is one of the people who began working with junior roller derby girls Apr. 23. A lifelong athlete and hockey player, Ochoa said she is drawn to roller derby because of the inclusiveness of the sport. "We don't really have tryouts. We go by skill level," she explained, adding there are three levels in the association, three being the highest level and the one that involves contact. "Anybody that's willing to skate and practice can play."

Ochoa said coaching the various levels in the sport is a challenge, albeit a rewarding one. "What I find, especially with roller derby, is



the willingness for everyone to kind of help each other," she said. "It's a group oriented atmosphere. We can't play the sport individually. Right from the beginning everyone is holding on to one another helping each other, encouraging one another. That makes my job 100 per cent easier."

One skater who enjoys the sport and the camaraderie it generates is Avery Scrimshaw. "It's fun to do and also you get time to roller skate and learn," Miss Scrimshaw said, adding she has gotten better at the sport through practice and with the help of her friends in the sport. "They're all friendly and nice and help each other."

The association currently has access to the arenas in Bon Accord and Morinville until the ice goes back in in mid-August, and is currently looking for a facility to use this fall. Roller derby will take place Wednesdays in Morinville from 6 p.m. to 8 p.m. and in Bon Accord at the same times on Friday. Cost is \$50 per child for an annual insurance fee, plus a monthly fee of \$60 per month for two practices per week or \$30 per month for one practice per week.

Those interested in learning more about the Sturgeon County Junior Roller Derby Association can call 780-995-5389 or email Sturgeon.County.jrda@gmail.com. The association also has a Facebook page: Sturgeon County Junior Roller Derby Association.

Sisters Avery (right) and Zoey (below) Scrimshaw have been in the Sturgeon County Junior Roller Derby Association since its inception.

- Stephen Dafoe photos



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by Chris Richcreek

1. Who holds the record for most major-league home runs hit before the age of 21?
2. Of the six major-league teams he managed, with which one did Dick Williams win the most games?
3. Who holds the record for longest TD run (56 yards) by an NFL quarterback in the playoffs?
4. Name the first frontcourt player to lead the (then) Pac-10 Conference in assists for a season.
5. In the 2013-14 season, the Anaheim Ducks became the fifth NHL team since 1973-74 to record at least one point in each of its first 20 home games. Name two of the other four.
6. When was the last time that Argentina's men's soccer team played in a World Cup final?
7. Who did Tommy Morrison beat to win the WBO world heavyweight boxing title in 1993?

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Answers: 1. Mel Ott, with 61. 2. He won 380 games in five years with to West Germany, 1-0, in the final. 7. George Foreman. delphia (1979-80) and San Jose (2008-09). 6. In 1990, Argentina lost season. 5. Boston (1973-74), the New York Islanders (1978-79), Philadelphia's Luke Walton averaged 6.26 assists per game in the 2001-02 the Montreal Expos. 3. San Francisco's Colin Kaepernick, in 2013. 4.



Library Corner

Happenings at the Library this week...

Click on EVENTS on our website for all the new programs at the Library!

Spring SILENT AUCTION

**Friday, May 9th to
Thursday, May 15**

Auction closes at 6:00 pm on Thursday, May 15

Scrap that Card!

Thursday, May 1st 6:30 pm

Loose Threads

Monday, May 5th 6:00 pm - 9:00 pm

Knit Wits

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

Lego Club

Wednesday, May 7th 6:00 pm - 7:00 pm

Cozy Corner Stories

Thursday mornings 10:30 am - 11:00 am

Check our website for more information on the above events.



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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

TRIVIA TEST by Fifi Rodriguez

1. GEOGRAPHY: What two bodies of water does the Strait of Hormuz link?
2. MEDICINE: What would a patient with "ankylosis" be suffering from?
3. LITERATURE: Who wrote the novel "Mrs. Dalloway"?
4. FAMOUS QUOTES: What famous military leader once said, "Glory is fleeting, but obscurity is forever"?
5. AD SLOGANS: What company's logo advised consumers to "put a tiger in your tank"?
6. TELEVISION: What phrase was on the UFO poster in Agent Mulder's office in "The X-Files"?
7. MOVIES: What kind of candy did the boy use to lure the extraterrestrial in "E.T."?
8. LANGUAGE: A "jarhead" is slang for what kind of military personnel?
9. MUSIC: What kind of musical instrument is a sitar?

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Library Comics Page



The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



LAFF - A - DAY

Just Like Cats & Dogs

by Dave T. Phipps



"Just remember, the more you plant the more we gotta eat!"



1. Persian Gulf and Gulf of Oman 2. A stiff joint
3. Virginia Wolf 4. Napoleon Bonaparte 5. Esso/
Exxon 6. "I Want to Believe" 7. Reese's Pieces 8.
A U.S. Marine 9. A lute

Trivia Answers:

Linda Getzlaf

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

WORD SEARCH - FISHING

Word List

- Angler
- Bait
- Casting
- Catch
- Feathers
- Freshwater
- Hand-Tied
- Hook
- License
- Lure
- Outdoors
- Reel
- River
- Rod
- Salmon
- Steelhead
- Stream
- Tackle
- Trout
- Waters

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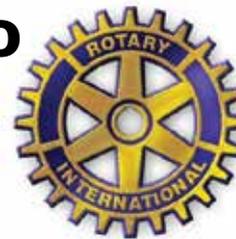
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Rotary to sponsor midway



Morinville – Returning once again to the festival grounds of this year's St. Jean Baptiste Festival is the annual Rotary Rock 'n' Ride, the Friday night kick off to three days of carnival midway fun.

Festival chair Paul Smith said the midway is an integral part of festival each year. "Rotary has been an awesome partner for us over the years and them making it possible for us to bring in the midway is awesome," Smith said. "It's not a SJB Festival without the midway."

Once again this year a bracelet will be available for purchase starting the last week of May that will allow children to ride the night away June 20.

Adding to the midway appeal and providing the rock portion of the Rotary Rock 'n' Ride is a showcase of local music talent taking to the community stage in the midway area. "the local music scene is bigger now and we can expect things to be bigger and even more energetic."

This year's St. Jean Baptiste Festival runs June 20 to 22 and will take place at the arena grounds and other locations in town.

facebook.com/MorinvilleStJeanBaptisteFestival



June
20-22

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