

THE MORINVILLE NEWS

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In Fashion

Morinville Public Elementary School students Trinitee Farvolden, Isabel Crevier and Avery Lamontagne take part in the 2nd Annual MPES Fashion Show, held at the school Friday morning.

- Lucie Roy photo



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Council seeks input
through rec open house
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with local case
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Melinda Northcott, the Morinville and District Chamber of Commerce's Office Administrator / Event Coordinator, poses with Chamber President Simon Boersma outside the Chamber office. Northcott will assist with office duties, sell Chamber memberships and oversee the planning of the Chamber's three major projects.

- Stephen Dafoe photo



New Chamber employee ready to move forward promoting Chamber programs

by **Stephen Dafoe**

Morinville - The Morinville and District Chamber of Commerce (MDCC) has hired a new Office Administrator / Event Coordinator. Melinda Northcott took on the post just prior to this year's trade show after working in banking with Scotiabank for the past six years. Northcott's role will be to assist with office duties, sell Chamber memberships and oversee the planning of the Chamber's three major projects: the annual Leap into Spring Expo, the annual Business Awards Gala, and the annual Chamber Golf Tournament.

"It helps that I've been in this town and there are a lot of familiar faces," Northcott said of the work ahead of her. "I'm excited to get out there. They're going to be seeing me in a different aspect, but knowing people and knowing this town is going to make it easy."

Northcott began taking event management courses through NAIT last year after

giving birth to her daughter. She enjoyed the field and found the Chamber position to be a good fit for those interests.

The office administrator / event planner said she is excited about the opportunity to work with the Chamber because of her roots in the community. "I love it here and me and my husband have no plans on leaving this town," Northcott said. "To be a part of it in any way means a lot to me."

MDCC President Simon Boersma is also pleased to have Northcott on board. "I'm excited about Melinda because she does have the sales aspect and I think that is a big portion of it," Boersma said. "The board obviously has quite a bit of work on other fronts and now we can have a coordinator that puts all those items that we, as a board, can't deal with on a day-to-day basis back into the Chamber office."

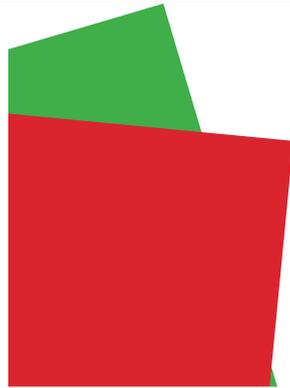
With the office position filled again, Boersma said the focus is on making sure Chamber members are being served. Northcott will be actively involved in selling

members on the variety of programs, packages and other offerings the Chamber has at its disposal. "The Alberta Chambers offers a myriad of programs," Boersma said, adding the Alberta Chamber rep will be working with Northcott to ensure she is aware of what can be offered to MDCC members.

Beyond offering packages and promotions to members, Boersma said the board will now be able to focus on advocating for members once again.

"Throughout my tenure [as president] that's one of the biggest things I've pushed, is the servitude attitude of the Chamber, that we understand who we are in the community," Boersma said. "We have certain amount of stuff that we need to complete within our community, which is when there's issues coming up ... that we speak to those issues. We're able to get back to that."

The Chamber will also continue its tourism initiatives. Boersma said Maureen Sinclair would be taking a more active role on the Tourism side of what the Chamber does.



Lucie Roy photos

Now here's something positive

Top: Town of Morinville Community Peace Officer David Budgell and Constable Hector Lloyd went to Notre Dame School looking for Grade 4 student Samantha Yates Apr. 30. She was the winner of a Positive Ticket and Certificate for being a positive role model in the community. Yates was spotted riding her bike to the arena by herself in a responsible and safe manner and wearing her helmet.

Above: Morinville Public School students Natasha Langenfurth (left) and Madison Windsor were caught doing things right recently and on Apr. 30 Town of Morinville Community Peace Officer David Budgell and RCMP Constable Hector Lloyd presented them each with a positive ticket and a certificate for being positive role models in the community. Both students were seen picking up garbage and cleaning up the playground.

The Positive Ticketing program is a community initiative where children are rewarded for doing good things. The program is designed to build relationships of trust with youth in the community while encouraging good behaviour.

The couple that gives together



Bruce and Jaquelene Simpson donated blood during the Mobile Blood Donor Clinic held at the Rendez-Vous Center Apr. 29. This was blood donation number 122 for Bruce and the 96th donation for Jaquelene. The next Blood Donor Clinics will be held May 27, July 22, Aug. 26 and Oct. 21 from 4-8 p.m.

- Lucie Roy photos

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Letters and Columns

Editorial: Mothers

You'd think that carrying a baby around for nine months, then enduring the unimaginable agony of child birth would be the last thing a mother should ever have to do for her child. But we know that simply isn't the case because motherhood is a life-long job.

It starts with that seemingly endless period of feeding, burping and changing diapers loaded with the most horrifying of noxious substances. This is followed by a period of time where anything nice or dangerous has to be well out of baby's curious reach.

And then the real fun begins – dealing with a child that can speak.

But as we grew as individuals, mom was always there to help us with that growth, guiding us away from danger as if it were a hot iron and kissing our wounds when we were burned.

Whether it was assuaging our fears about going to school that first day, picking up our spirits when we lost a game or driving us to wherever we needed to go, mom was always there and was always that one person we could look to in our lives for stability and safety.

Oh sure, there was that period of about four or five years where she, like dad, was the stupidest person on the planet – the one who just didn't understand us or what it felt like to be under the crushing yoke of parental rules.

Adults, they were all alike in those days.

But remarkably, as we got older, mom became smarter once again. It wasn't that she'd magically gained wisdom, gone back to school or had suddenly got in touch with her inner youth. It was that we had come around to understanding what it was like for her to have to install those boundaries for our well-being. Those guidelines and pieces of advice that we didn't think we needed, back when we thought we knew it all.

But mom knew better. She still does.

She's still there to share in our successes and comfort us in our failures, to pick us up when we're down and keep us up when we've dusted ourselves off again.

And even if she's gone, many of us believe that a part of her still watches over us, still guides us. So perhaps motherhood is more than a life-long job.

But while she's still here – let's not keep her waiting this Mother's Day.
Call your mother.

Alberta NDP leader resigns

Progressive Views by Tristan Turner

While struggling to hold back tears, Brian Mason announced at a press conference Apr. 29 that he would be stepping down as leader of the Alberta NDP effective October 19. The bus driver turned politician has served as both an MLA and Edmonton City Councillor for more than 25 years, winning nine consecutive elections. In his near 10-year tenure as leader of Alberta's New Democrats, Brian Mason has seen - and won - many battles on behalf of his constituents and all Albertans. Not the least of which was a fight he brought to PC Premier Ralph Klein about plans to increase privatization of health care - plans that were thankfully defeated after Mason's public debate with Klein on the issue.

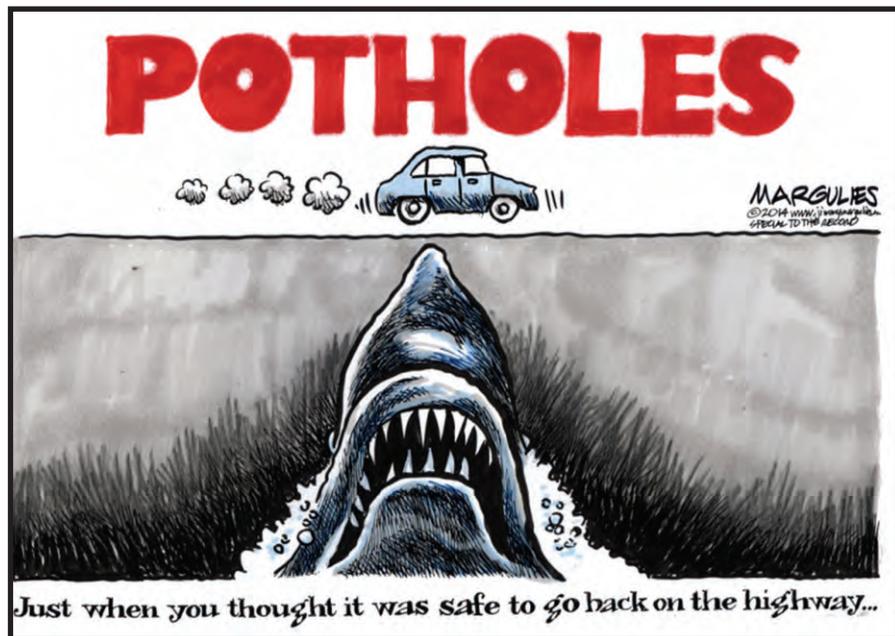
While Mason has enjoyed his time at the helm, he says it's simply time for the party to move on. "It's been an honour and a privilege to serve the party and the public in this role, and I'm proud of the work that we've all done together, but I believe it is time for a new leader to tackle the changing political landscape and lead us into the next election," he said. "You can't stay forever, even though some days you might like to think that you could."

After announcing his resignation, Mason shared that there will be a leadership race fol-

Columns and Cartoons

lowing his resignation in October, and that he is hoping for a competitive and dynamic competition, with the possibility of all three other NDP MLAs throwing their hats into the ring. As of the writing of this story, no candidates have announced their intent in the wake of Mason's resignation.

Brian is a warm, kind, honest and often whimsical person. He speaks with principal and tenacity in the legislature, and his stands for justice, prudence and progress will never be forgotten. Working with Brian and his party for much of his time as leader has been a remarkable experience, and one thing is certain; even though he may be resigning his leadership post, Brian isn't going to be putting down his boxing gloves anytime soon.



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Thanks to everyone what wished me a happy birthday on the Facebook last Thursday. I noticed nobody run my picture in The Morinville News to recognize my 68th trip around the sun, but nobody did last year either. But they did run a funny cartoon by Bruce Humen of me getting helped up after playing a guitar solo. So anyway here's my thoughts on birthdays and such.

1 I said this last year, too, but it is worth repeating. Why is it every time one of us old bucks says something we don't like about the young bucks and how they do things somebody always yells "Get off my lawn." I've never yelled at anyone to get off my lawn except for stupid roaming cats what leave chocolate kitty éclairs in my garden and they don't listen to advice any more than the young bucks do.

2 Seems to me like age is only important if you are a classic car, bottle of wine or block of cheese. Mind you, I do get the senior discount at some restaurants on stuff I ought not eat at this age.

3 Fellow said to me last year that I ought to be careful not to burn my house down with all the candles I needed to put on my birthday cake. Instead of making a cake big enough to hold 68 candles, the wife made 68 fancy cupcakes with one candle on each. She's into this fancy cupcake nonsense people are on about. I like cupcakes, but you got to eat six of the little things to get as much as you'd get out of one piece of cake. And they got no icing on the sides like cake - just a little dab on the top.

4 But getting old isn't horrible. At least I turned 65 before the government said people couldn't get their pensions until the age of 67.

5 I never used to think I was old, but the other week I was in an elevator in Edmonton and heard my favourite song playing in the elevator. So I stayed on the elevator and rode up and down the building until it was done.

6 Got a little scared when the wife give me a whole bowl of them little blue pills they advertise on the television. At least that's what I thought they was until I put on my glasses. Turned out she'd bought herself a bag of M&Ms and dug out the blue ones because she don't like those ones.

Send your comments to joe@morinvillenews.com

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Recreation Open House offers insight and input

by Tristan Turner

Morinville - Roughly 150 people attended Council's Recreation Open House Apr. 28. The event was held in conjunction with Saskatchewan-based architecture and interior design firm AODBT, who were chosen by the previous Council to provide a feasibility study on the arena and future recreation needs. AODBT gave a 50-minute presentation outlining potential new recreation facility features, location criteria and thoughts on potential partnerships that could help fund a new facility.

Mitch Strocen, Sustainable Building Consultant with AODBT explained Council's rationale for replacing the Ray McDonald Sports Center with a new facility, including that the facility is now past its 50-year life cycle and that the Town is growing rapidly with population estimates for 2020 projected to exceed 11,000. Additionally Strocen outlined Morinville residents are proportionally more likely to use a new recreation facility with a median age of just under 33, well below the national average of around 40.

The evening's presentation included a number of case studies from other communities demonstrating various facility designs, including examples of facilities integrated with high schools or other community centres.

Rather than an open mic format that would allow for few questions, attendees were given the opportunity to ask questions of Council and AODBT consultants face-to-

face for the second hour of the open house.

After the presentation, Mayor Lisa Holmes clarified that no land has been acquired yet for the arena project that she says will be completed in 2015, but that they are considering eight pieces of land that are both within and outside of the community.

"We set the timeline to have the arena project completed in 2015 because we wanted to make it a priority for uses of the current arena so that we don't have a gap in the hockey season," she said. "So we're looking at having a new arena in 2015, that could mean a full recreation facility built by then, or it could mean that the arena portion could be built by then and then other portions [of a recreation centre] could be built on and [be] open to the public later. So we'll wait and see, but we will have a location decided before council breaks for the summer." Mayor Holmes went on to say the town is in constant dialogue with the other municipalities about a regional facility, and that they are in discussions with Sturgeon County about potential land purchases or donations as well as potential operational cost sharing models.

Councillor Brennan Fitzgerald said that he was excited to be at the Open House because he wants to hear from the public as to what they want the future of recreation to look like. "I hope tonight people realize[d] the potential, and that no decisions have been made yet, and that's why we're here, because we're looking for the people to make decisions."

While Councillor Barry Turner felt input



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from community is important, he was clear at the event that he desires a Multi-Use Regional Recreation Facility, and says that he will continue to support the concept of a facility with many recreation options operated with the cooperation of Sturgeon County and other partners. "During the election, part of my platform was that a multi-use regional recreation facility was one of the next steps in Morinville's development, so I'm looking forward to pursuing that option," he said.

Morinville Chamber of Commerce President Simon Boersma was happy to see a good turnout to the event. "I think the community that showed up tonight was great," said Boersma. "It was great to see as many people as there were and I think it really send home a message to Council and to all the user groups that we really want something and we want to be a part of it. I really want to see a regional facility happen. I think we need private partnership in the facility, and that private business is going to bring home some of the core product that we want to see at the end of the day."

Council intends to continue community input on the project. Mayor Holmes said a refined survey will follow the survey Council launched during the Trade Show in April. That online survey resulted in 999 responses in the first 18 days. The survey can be taken online at fluidsurveys.com/s/morinvillerecreation/.



Clockwise from left: Attendees talk to Councillors and consultants after the formal presentation Apr. 28. Council's Recreation Open House was attended by about 150 residents. Tiffany Herrick adding her comments onto the chart at the open house. Linda Killian and Councillor Barry Turner at the open house.

- Lucie Roy photos



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Visiting RCMP assists with local case



Visiting Reservist RCMP Officer Robert Gaetz found a little adventure on a recent trip to Morinville when he help apprehend a crime suspect.

by **Stephen Dafoe**

Morinville – A man and woman have been charged with 54 property crimes after police responded to a complaint of a break-in in progress Apr. 28. Police say Jason MacAloney

and Diana Barrett were subsequently arrested in possession of stolen property, including wallets, ID cards and vehicle accessories. Police have identified stolen property from at least 27 individuals.

Police say one of the duo was also arrested on 56 property crimes and related outstanding warrants from the Edmonton area.

The accused were both remanded in custody and made their first court appearance in Morinville Court May 1.

Reserve RCMP officer assists local police with apprehension

Robert Gaetz, a retired RCMP officer from Whitehorse, currently serving as a reservist, was visiting his brother in Morinville and wound up alerting police to the crime in progress.

Gaetz said he was awoken early Apr 28 by his brother who told him his son's car had been stolen over night. Initially Gaetz thought someone had taken the car for a

joyride and possibly left it nearby. "I decided to drive around and see what I could find," Gaetz said, adding he drove from his brother's home near the curling rink throughout town looking for the vehicle. "I came down this little cul de sac and said, 'Holy smokes, that looks like Steve's car right there,'" Gaetz said, adding he found the car parked on the wrong side of the road, a metre off the curb with the headlights on. "The lights were on, the car was idling. I pulled in alongside the car, hopped out of the truck and went in the passenger side. There was what looked like a big bundle of clothes sitting on the driver's seat."

Gaetz said he opened the glove box and found his nephew's registration, confirming the vehicle was the one he was looking for. That's when Gaetz got a bit of a surprise. "While I'm doing this, this bundle of clothes on the driver's seat moves," he recalled. "Immediately when I realized it was a person, I grabbed the key out of the ignition, effectively disabling the car." Gaetz said under the clothing was a woman curled

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up in the fetal position sleeping. "She starts getting out of the driver's door and I went around the other side, grabbed her and said, 'You are under arrest. I'm calling 911.'" Gaetz said he stayed with the woman until police showed up. "He basically made the arrest," Gaetz said of the officer who responded to his call Monday morning, adding he then went to the station to make a statement.

Public urged to be vigilant

Gaetz said he got lucky in helping Morinville RCMP apprehend a suspect, but said the public have a role to play in apprehending criminals. "Robert Peel - when he invented the first police department in England - it was never meant to be a stand-alone organization," Gaetz said. "It was meant to be supplementary to the citizens looking after themselves. A police department works better when the citizens become involved a bit. He encourages residents to phone the police when they see suspicious activity in their neighbourhoods.

"People always seem to think the police

aren't going to be able to do anything, and quite frankly a lot of times they may not be able to," Gaetz said. "But the way these cases are always broken open is sooner or later somebody gets caught. One thing leads to another and the investigation pulls down a whole bunch of different thefts. If the police don't have the information that a particular thing was stolen they won't be able to link it up to the owner."

It is a situation the veteran police officer has seen wherever he has served - police finding a variety of items when a suspect is arrested, much of it unaccounted for because the stolen items were never reported to the police. "It's just people not taking the 15 minutes it takes to phone the police," he said.

Gaetz also encourages people to lock their cars and their homes. "I lock everything," he said. "I lock my house when I'm gone. I never leave my garage door open. You have to look after your own property. You have to look after yourself. This goes right back to the police work better when the community is involved, even if it is nothing more than locking your doors."



Remembering Jessica

The family of the late Jessica Martel release balloons into the air at the conclusion of a candlelight vigil, held on the five-year anniversary of her death Apr. 29. - Lucie Roy photo



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Healthy Routes

by Gladys Kublik, co-owner Neighbors Vitamin Shop

Maintain order and eject the freeloaders

We often compare our body to a vehicle on the journey of life. We like to think of it as a sleek sports car, but in reality it's more like a bus. The science of genetics has discovered that we carry the DNA of a multitude of organisms besides our own. We are the vehicle for bacteria on our skin, microscopic mites in our eyelashes called Demodex, fungus between our toes and approximately a one-kilogram mass of organisms within our gut. We are the hosts of a world apart, a microbiome, and for the most part this is a good thing.

However, if we upset this microbiome or introduce intruders - our little world is in turmoil. This is the case when we are unwitting hosts to parasites or if Candida gains the upper hand. Ancient peoples of all cultures recognized the reality of these problems and sought out herbs which killed worms, bugs and yeasts. They fasted and purged themselves on a regular basis to improve their health. We now have many effective natural formulations of herbs and supplements available at the health food store which can help you deal with these issues. Specific products target Candida, parasites or sluggish bowel allowing you to break this cycle.

Candida is a yeast, which is a form of fungus. It is a different strain of yeast than

that which makes bread rise or sugars ferment to produce beer or wine, but it does cause fermentation and gas within us. Naturally occurring on our skin and in our digestive tract, it is kept in balance by other beneficial bacteria which are an integral part of our system. When something disrupts the balance, yeast flourishes. We then experience bloating, constipation, diarrhea, poor concentration, poor memory, mood swings, irritability, and fatigue. Prolonged yeast overgrowth may also surface as allergies, itching, skin issues such as eczema, psoriasis, hives, athlete's foot or toenail fungus. Women commonly experience vaginal and urinary tract infections. Many people experience a craving for sweets, which in turn feeds Candida and suppresses the beneficial bacteria in the body.

If you have been on a lovely holiday to a warm climate where you could go swimming or walk barefoot on the beach and eat luscious fruit or are in close contact with someone who has; if you have pets; if you have small children who love to play in the sand; if you love to dig in the dirt in your garden; if you have used public rest rooms; you have had the opportunity to be infected with parasites. Parasites are organisms which feed off another. We can carry within us tiny parasites such as

"The science of genetics has discovered that we carry the DNA of a multitude of organisms besides our own."

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Unexplained constipation, diarrhea, gas, or other symptoms of IBS can be signs of parasitic infection causing a change in the fluid balance of your gut. There are other signs not related to digestion such as - trouble falling asleep and staying asleep, grinding your teeth in your sleep which can be signals that your body is experiencing internal duress. Skin irritations such as rashes, hives, rosacea or eczema; muscle and joint pain, even anxiety and mood changes may be the result of toxins from parasitic eggs and waste. Fatigue, depression, apathy, constant hunger or cravings, and iron deficiency or anemia are also signs that something is stealing your nutrients.

Inability to gain weight is often a result of these infestations, but sometimes we experience weight gain because we are being robbed of nutrients and try to satisfy cravings with poor choices. These poor quality, high calorie foods feed the Candida, slow down the elimination process and produce additional toxins which cause itching, moodiness, fatigue, etc.

Cleanses which target the issues of Candida or parasites contain supplements which destroy these organisms and reset the internal environment so they do not re-establish themselves. Adjusting the diet to support a cleanse encourages the growth of beneficial bacteria which rebalances our microbiome.

These measures make it easier to improve the diet long term by curbing cravings for sweets, salty carbohydrates and rich low calorie foods. All of which makes for a healthier you. We may still be busying around a world of microbes but we can do it with a clean, high performance, fuel efficient bus.

Happy 60th Anniversary



Richard Dickl and Betty Upham

60 YEARS

MAY 8 1954 - MAY 8, 2014

HAPPY 60th ANNIVERSARY to Richard [Dick] and Betty Upham
"Through Triumphs and Trials your love has prevailed"
Love and Best Wishes for Many More.
 Sue and Brad, Steve and Gerry, Paul and Andrea,
 Kath and Dean and Families.

Big Al's Landscaping Supplies

Our Thanks To You!

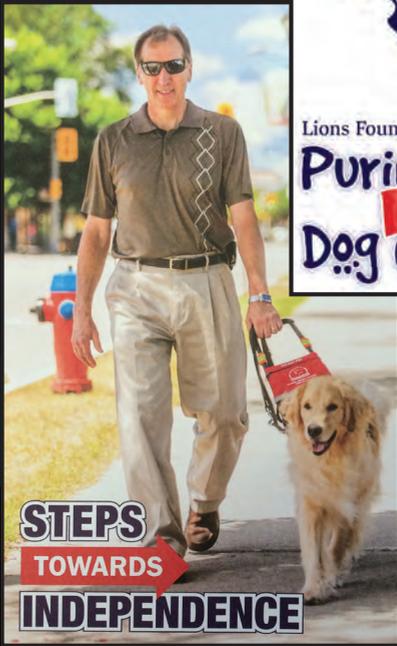


Thank You To All Of Our Customers

Big Al's would like to thank all our customers over the past four years. Thank each and everyone of you for the support. We are going to miss all of you but we know we'll bump into you all in town.

We'd like to welcome **Mason Landscaping** to Morinville. They are the new company that bought our business. We hope you support them like you have us over the past four years.

Al and Donna



Lions Foundation of Canada
Purina Walk FOR Dog Guides

STEPS TOWARDS INDEPENDENCE

May 31
 9 a.m. registration
 Walk starts 10 a.m.
 and runs until 2 p.m.

Gazebo between Skyline Baseball Diamonds and Morinville Fish and Game Pond

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 AUTISM ASSISTANCE - DIABETIC ALERT

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 for more information








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

Please contact 780-939-7839 to register

Cost: \$15.00 Child

\$25.00 Adult & Child

\$50.00 Including a
DOT Approved Helmet

9:00 am start

South Side Heritage Lake

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.

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.

DP062/2014 – Change of Use (Veterinary Clinic and Hospital – Small Animal), 9815-100 Street (Lot 2A, Block 3, Plan 762 0679) – 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 21, 2014. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.

23
24&25
MAY

Calvin ccc Special!
Vollrath



FRIDAY
5:30 pm
Cocktails

6:30 pm
Dinner & Dance

SATURDAY
7:30 pm
Concert

SUNDAY
2:00 pm
Fiddle Gala



TICKETS

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



Town Talk



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

Morinville
 Community
 Cultural Centre

Champagne &
 Entertainment

LIQUOR.  

TICKETS
 Reservations Required

Adult	\$25
12 & Under	\$15
2 & Under	FREE

Morinville
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 CULTURAL
 CENTRE

It's Ours!

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

Giddyup and Go
 TO THE
BIKE RODEO



Coming to Morinville!!

Thursday, May 8, 2014
 6:00 pm - 7:30 pm

Ray McDonald Arena Parking Lot
 9908-104 Street Morinville, AB
 For ages 6-12 years old

**Must bring your own
 Bike and Helmet**

Free!

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******

Ice cream will be provided by Sal's Famous Pizza and Donairs.



Adult Cooking Classes: Gluten Free

Learn to cook gluten free. Whether this is for your health or a personal choice, you can create some exciting tasty dishes and keep them gluten free your whole family will love! If you have taken the first gluten free course — John will be showing completely different recipes to keep building your food experience.

When: Wednesday May 14 7 - 9 pm
 Where: Morinville Community Cultural Centre Kitchen
 Instructor: Executive Chef John Cohen
 Fee: \$25/class (Pre-registration is required)

DATE CHANGE:
 The next Teen Chef Competition is being held on Friday, May 16 from 3:45 - 5 pm at the Morinville Community Cultural Centre Kitchen
 Instructors: Brian & Katie
 Fee: \$10/person

Arts & Culture

Sponsored by J.M. Turner Goldsmith



Artist's Garden provides chance to view and make art

by Lucie Roy

Morinville - The Morinville Art Club and Morinville Youth Art Club partnered for a Spring Tea and Art Show exhibit at the Morinville Community Cultural Centre Saturday. More than 50 people came through the doors within the first two hours of opening. The Artist's Garden was a blend of artwork from young to old during National Youth Arts Week. Morinville Art Club member Monty Johnson created and demonstrated an acrylic painting and was on hand to answer questions. A number of other artists also spoke about their art.

The Art Club, sponsored by Sobeys Morinville, hosted a workshop on Zentangle in honour of National Youth Arts Week. Zentangle is a relaxing method of creating personalized artwork that can be applied to cream coloured canvas tote bags, quilt squares, mugs, blank white t-shirts, canvas sneakers, and other items. Kathleen Henderson, CZT from Canmore and Marlee Ritchee from Saskatoon provided the instruction on the art form. Zentangle, also known as Tangle, is a newer art form and Henderson is one of only five Certified Zentangle Teachers in Alberta. The workshop included a brief history of the origin of Zentangle, its philosophy, and terminology as well as an opportunity to learn four to six Zentangle patterns.

From top: Valerie Loehde and Wilma Davis were working on their Zentangle creations at the Zentangle Workshop held Saturday at the MCCC. Certified Zentangle Teacher (CZT) Kathleen Henderson showing the quilting possibilities of Zentangle. Zen Quilting involves a form of quilting with black and white thread on fabric that is easy to do and relaxing. Eli and his father Stu Trenchard with one of the tiles they created at the Zentangle Workshop. Jacob Christensen with the black and white image he drew of his cat. Morinville Art Club President Dolly Bolen with some of the artwork on display at the Spring Tea and Art Show held Saturday at the Morinville Community Cultural Centre.

- Lucie Roy photos

 *J. M. Turner* 
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It's Our Business

by Stephen Dafoe

Morinville's newest barber is really cut out for the job

Morinville - There is a new full-service barber in town, one who brings with him 40 years worth of experience standing behind his barber chair. Mike Aboudib opened Mike's Barber Shop at the beginning of April in the former M&M's Hair Design location on 100 Street, next to Kelley's Deli and Bakery.

"I'm a master barber. I've been at it for 40 years," Aboudib said of his profession, adding his shop offers a full range of barber services, including hot shaves. "I enjoy it. This is the only job I've done all my life."

Long history of barbering

Aboudib's path to his trade began at the age of 12 when he began sweeping up hair in a barber shop in his native Lebanon. As he became more familiar with the shop and the trade over the years, his employers let him try his hand at cutting hair. He was only 15 when he first put scissors to hair and as he continued to ply his trade over the next two years, Aboudib's interest in starting his own barber shop grew. He was 17 when he decided to go out on his own, but the young barber had the full support of his family.

"My dad was a very soft person. He said 'I'm not going to push you to be a doctor or be a lawyer. Who's going to do the other jobs. Follow your heart and choose what you want,'" Aboudib recalled, adding his father supported him in his wish to enter into the trade as an entrepreneur. "My father was a farmer. He pushed me to do what I wanted and when

I was ready, he helped me."

The barber carries the pride of that first shop, opened in Lebanon in 1972. On the wall of his Morinville business is a photo taken 42 years ago, a man lathered with shaving cream in the chair, the proprietor standing straight razor in hand ready to serve. Aboudib has maintained and continued that sense of service wherever he has cut hair.

Aboudib came from Toronto to Alberta in 1980, first settling in Slave Lake but eventually moving to Edmonton when his children went to university in the city. The life-long barber had a shop in a mall in Fort Saskatchewan for eight years and later worked in Edmonton and St. Albert. "I found out most of the people we do in St. Albert came from Morinville Legal, Bon Accord and Alexander," Aboudib said, adding he began looking for an opportunity to serve customers closer to their home.

Initially the barber had some trouble finding a location suitable for a shop because available commercial space was much larger than needed. However, when M&M put their business up for sale, Aboudib found a location that was the right size, in the right place and at the right time.

Full service shop

Mike's Barber Shop will have its grand opening sometime in mid-May, but the barber is open for business now, offering his clients a variety of styles and services, everything from flattops to streaks and



Mike Aboudib, owner of Mike's Barber Shop, sits in his chair with a photo of himself at the age of 17, shortly after he opened his first shop in his native Lebanon.

- Stephen Dafoe photo

hot shaves. The latter offering is something Aboudib said was popular in barber shops in the 1970s but is making a resurgence today. "People love it," he said. "It's a real luxury and it feels good. It's a beautiful feeling."

Walk-ins are always welcome. Mike's Barber Shop is open Monday to Friday from 9:30 a.m. to 6 p.m. and on Saturdays from 9:30 a.m. to 5 p.m.

THE Week

IN PHOTOS

Photos by Lucie Roy

MONDAY



High-Q Greenhouses owner Michiel Verheul talks to École Notre Dame Elementary School student Ashley Hoogland about planting, watering and caring for her plant during a field trip last week.

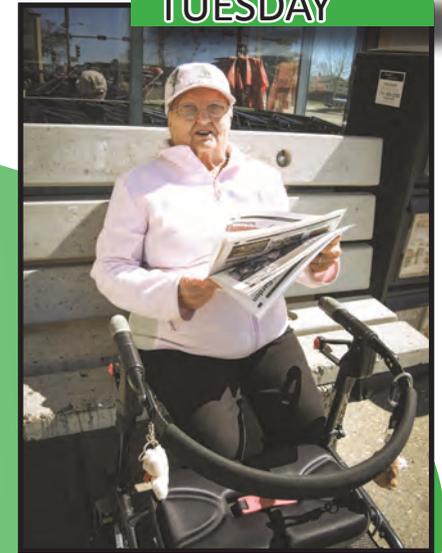
A pictorial look at the happenings in and around Morinville for the week of Apr. 28 to May 4.

TUESDAY



The Esso Tones performed numerous older hits for the residents at Aspen House April Birthday Party held in the lounge area Apr. 29.

TUESDAY



Thelma Johnson was sitting on the bench outside Sobey's enjoying the sunny weather and catching up on what was in The Morinville News Apr. 29.

Face 2 Face with Local Businesses

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THURSDAY



Nicholas Boudreau poses beside the Edmonton Garrison Family Resource Centre (MFRC) banner during the open house at the cultural centre Thursday night. The evening was an opportunity for military families to get to know one another and learn about the programs offered by the MFRC.

Albertans to have increased access to eye healthcare

by Morinville News Staff

Edmonton – Optometrists will see the scope of their work expand following a Ministry of Health announcement made Apr. 29. The government says changes will benefit Alberta’s healthcare system by alleviating the strain on hospital emergency rooms, family physicians, ophthalmologists, Primary Care Networks and Family Care Clinics.

Under the new legislation, optometrists will now be able to prescribe oral and topical drugs, order lab tests, order and apply ultrasound tests, and treat certain types of glaucoma.

“A key strategy in improving the health and well-being of Albertans is providing increased access to primary health care services in communities – which is where and when Albertans need it,” said Health Minister Fred Horne in a release. “By increasing the

scope of practice of Alberta optometrists, the need for referrals to specialists for basic eye care services can be reduced and Albertans will have immediate access to the eye care they need closer to home.”

Changes that will make optometrists responsible for providing Albertans with primary eye care services are expected to come into effect this year. Doctors of Optometry will be required to complete a certification program, meet rigorous standards of practice and undergo regular on-site practice reviews.

The changes are welcomed by Capital Vision Care, an Edmonton-based company with a branch on 100 Street in Morinville.

“These changes to our scope will provide Albertans increased access to eye healthcare services in their home communities,” said Dr. Femida Visnani of Capital Vision Care. “The ability for optometrists to prescribe oral medication, manage glaucoma and order laboratory tests will reduce patient wait times, travel times and multiple visits. It will also allow optometrists to more fully practice to their level of education.”

The government says specialists will continue to be responsible for medical and surgical treatment of complex eye conditions. There are 132 ophthalmologists in eight Alberta communities.

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Sat - 9:30 - 5

Keep your books balanced

(The Bible: 100 ways it can change your life)

Faith Matters

Don't look for deep fulfillment in shallow things

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



"Pay all that you owe, whether it is taxes and fees or respect and honor. Let love be your only debt. If you love others you will have done all that the law demands" (Romans 13:7-8).

Debt

reduction is as important a topic today as it was 2,000 years ago. However, the Apostle Paul does not limit the thought of debt to fiscal matters. He expands it to the realm of relationships and the respect and honor due to one another.

Jesus spoke about loving every person we come in contact with. To be honest with you, I felt that was an unrealistic ideal until I discovered what Jesus meant by that. While "love" can mean many different things, a good definition of love is "to fulfill the obligations that arise from relationships". If I understand that I am to love every person I meet but that I have different obligations with every person, that idea sets me free to love more people.

Here's what I mean: I am to love my spouse *and* the waitress who serves me food. But because of the different relationship I have with each, I have different obligations to both. The debt of love to the waitress may be to treat her kindly and give her a good tip even if she is having an off day. But the debt of love to my spouse is a willingness to lay down my life for her. (Don't tell

her I said that—she may put higher demands on me!) When we see our world through the eyes of the continuing debt of love, it gives us new motivation for living. Here are a few ideas of debt reduction that the author of *The Bible: 100 Ways it can Change your Life* offers us:

If you owe a phone call, you should make it...if you have lost touch with a friend, maybe it's time to reconnect.

If you owe an apology, maybe you should make it...if you have wronged someone, it's time to seek forgiveness and make things right.

If you owe gratitude, you should give it...if someone has made a difference in your life, it's time to let them know how thankful you are.

If you owe a confrontation, you should initiate it...if you've let a problem or situation that's unresolved, it's time to address it.

If you owe your time and attention, you should offer them...if you claim that someone or something is a priority, it's time to show it.

Remember: living our lives in the continuing debt of love does not take away from us, it only adds to our relational bank account.

"If you owe gratitude, you should give it...if someone has made a difference in your life, it's time to let them know how thankful you are."

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@tf-hchurch.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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In bloom

Frank Koenig sent us this shot of pussy willows in bloom.



Keeping a look out

Don Boutilier sent us this photo of a pair of geese on top of the Blue Meadow Apartments, now under construction in downtown Morinville.



April winner

Udo Schoeppe's picture of a male and female mallard near Range Road 270 was the April winner of our \$100 Shop in Morinville prize.



Can you give this animal a loving home

Hi. My name is Lillie. Look at my purrr-fect stripes. Are they not just the cutest things? I am in love with my toys and I could play all day. I am such a sweet little girl and I prefer the company of people over cat friends. I am too young to be spayed yet so I am also all ready to be adopted just like my neighbour Daisy. Don't forget to come check me out when you come for a visit.

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Brent Melville's Remax SPORTS REPORT



Morinville Youth Basketball Association gets practice help

by Stephen Dafoe

Morinville - The Morinville Youth Basketball Association unveiled a new tool in its ongoing efforts to make better basketball players Apr. 29, two basketball shooting machines. The machines, complete with built-in basketball hoops and rebounder nets cost approximately \$9,400 and were funded in part by sponsorship from Champion Petfoods and in part from the association's own fundraising efforts.

Morinville Youth Basketball Association Coach Serge Froment believes the new equipment will provide his players and others in the community with extra skill development as well as an increased interest in developing those skills. "The reason that this really helps any basketball player is they're allowed to take their shot over and over again in perfect form," Froment said. "They can do that without this machine so really what this machine does, like anything in life, is it adds a little spark." Froment went on to say both the male and female players who tried the machine are excited to come out to see the new equipment.

Although the wrapping is hardly off the gear, Froment said players are already asking for additional practice time. "They're asking for extra time to shoot, to just come in and have shooting practices," the coach said.

The two machines have an electronic control panel that can control strength and speed of the ball being shot back to players, allowing Froment and his fellow coaches to set up a variety of learning opportunities during team practices. "We can set up all sorts of drills and all sorts of games that they do with this," he said. "There's a tonne they can do and it's another thing to create that energy that makes them practice harder and better."

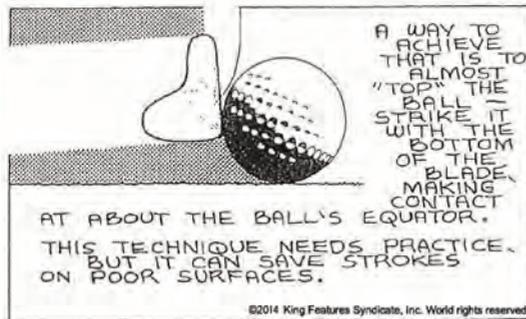


Above: Basketball player Sara Pelletier tries out one of the Morinville Youth Basketball Association's new shooting machines during a practice Apr. 29. **Right:** The two new machines cost \$9,400 and will allow increased skill development for players.

- Stephen Dafoe photos



Play Better Golf with JACK NICKLAUS



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by Chris Richcreek

1. Name the last St. Louis Cardinals pitcher 22 or younger before Shelby Miller in 2013 to win 10-plus games in his first 20 starts of a season.
2. In 2013, Chris Davis became the fifth Baltimore Oriole to hit 40 or more home runs in a season. Name two of the first four to do it.
3. When was the last time before 2013 that the University of Wisconsin football team opened the season with

back-to-back shutouts of opponents?

4. In 2013, Miami's LeBron James became the third NBA player to be named The Associated Press Male Athlete of the Year. Who were the first two?
5. Between 2000 and 2009, five goaltenders tallied a goal during an NHL game. Name three of them.
6. In 2014, Russia's Albert Demchenko became the oldest medalist in an individual event in the Winter Games (42 years, 74 days). What event was it?
7. When was the last time before 2012 that the University of Texas won the NCAA Division I men's golf championship?

Quiz Answers:

1. Steve Carlton, in 1967. 2. Brady Anderson, Jim Gentile, Rafael Palmeiro and Frank Robinson. 3. It was 1958. 4. Larry Bird (1986) and Michael Jordan (1991-93). 5. Martin Brodeur (2000), Jose Theodore (2001), Evgeni Nabokov (2002), Mika Noronen (2004) and Chris Mason (2006). 6. He won the silver medal in the luge. 7. It was 1972.

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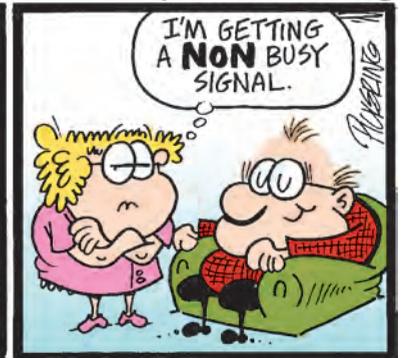
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TRIVIA TEST by Fifi Rodriguez

- TELEVISION:** What television sitcom family lived at 1313 Mockingbird Lane?
- MATH:** What is the square root of 169?
- HISTORY:** During the Great Depression of the 1930s, what were the makeshift camps of homeless people called?
- LITERATURE:** What was the name of the dog in the film and book with the subtitle, "Life and Love With the World's Worst Dog"?
- MOVIES:** In what South American country were the bank robbers Butch Cassidy and the Sundance Kid believed to have been killed?
- FIRST ACHIEVEMENTS:** In what year were women officially allowed to run in the Boston Marathon?
- GENERAL KNOWLEDGE:** Where is the headquarters of NATO located?

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The Spats



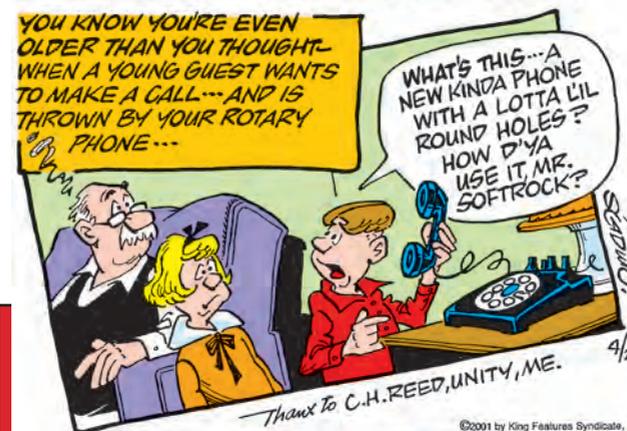
by Jeff Pickering

Amber Waves



by Dave T. Phipps

THEY'LL DO IT EVERY TIME



BIG DECISION-- EVER HAPPEN TO YOU? YOU'RE A NEW PUPPY OWNER AND YOU GO TO THE SUPERMART-- AND-- IT'S YOUR FIRST TIME PICKING WHICH FOOD TO GET FOR THE LIL PURP...



BY AL SCADUTO



Thank to YETTA PARKER, SCOTTSDALE, ARIZ.

Next Library Battle Macchiato Trivia Night is May 30 at 7 p.m.

Trivia Answers: 1. "The Munsters" 2. 13 Hoovervilles (named after President Hoover) 4. Marley 5. Bolivia 6. 1972 7. Brussels, Belgium.

Linda Getzlaf

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

WORD SEARCH - SUMMER CAMPING

Word List

- Backpack
- Bonfire
- Camper
- Canoe
- Cooler
- Crickets
- Fishing
- Folding Chairs
- Ghost Stories
- Hike
- Lantern
- Marshmallow
- Mosquito
- Outdoors
- Outhouse
- Portable Stove
- Relaxing
- Sleeping Bag
- Swimming
- Tent
- Woods

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

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3 Yr	2.79	2.79	3.75	3.09	2.99
4 Yr	2.87	2.94	4.54	3.49	3.04
5 Yr	3.09	3.09	4.94	3.49	3.39
5 VAR*	2.50	3.10	3.00	2.70	2.70

Prime Rate 3.00

BOC Qualifying Rate 4.99

* 5 VAR = 5 Yr Variable. Rates shown as Posted on APR 29, 2014. Rates subject to change without notice. All rates deemed accurate but not guaranteed.

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Soul-Cafe to make Impact

Morinville – Opening night of this year's St. Jean Baptiste Festival will include something aimed specifically for the community's teens and tweens. Impact Youth Ministry will be moving their Friday night Soul Cafe event, which includes music, entertainment and food in a safe environment, from its usual spot to the Morinville Curling Club to be part of this year's Festival Event Line Up. "They'll be doing their Soul Cafe at a much grander scale for the festival," said Festival Chair Paul Smith. "I'm excited because this really starts to incorporate the teenage component of St. Jean Baptiste Festival at a higher level than we've been able to capture in the past. We really want to include something for everyone and this has been the hardest component to fulfill, and I would think this is a great fit. It's great for the faith-based community and great for youth."

The event runs from 7 p.m. until 10 p.m. and takes place inside the curling club. All are welcome to attend the event.

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. The annual event is Morinville's premier festival and draws approximately 5,000 people from inside and outside the community.

facebook.com/MorinvilleStJeanBaptisteFestival

ONLY 7 WEEKS UNTIL



June
20-22

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