

THE MORINVILLE NEWS

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Bird watch

A bird sits watch atop a bird house along the trail at the Morinville Fish and Game Association pond Friday. Exceptional weather brought plenty of Morinvillians out on the trail last week. This week's weather calls for variable cloudiness and a high of 28.

- Lucie Roy Photo



Here's What's Inside This Week's Edition

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Local businessman and Chamber President Simon Boersma poses with a group of doctors and medical professionals on a past Flying Doctors of Canada humanitarian trip.

– Submitted Photo



Local volunteer returns to El Salvador to lend a hand

by **Stephen Dafoe**

Morinville – Pleasant Homes co-owner and Morinville and District Chamber of Commerce President Simon Boersma left for El Salvador July 7 on a humanitarian trip. The journey is his sixth trip with the Flying Doctors of Canada, a non-governmental, non-profit registered charity made up of general volunteers, doctors, nurses, and other healthcare workers, each committed to helping those most in need. Boersma is part of a group that will spend 10 days in the Central America nation seeing patients, teaching them how to build special stoves, and making a significant contribution to the local economy while they are there.

"We're going into a smaller community and they are a historical community that dates back to the 1500s," Boersma said. "There's an old Catholic church in town and a lot of the [people there] work very tight in the community. We work with the outer communities of that main community. We have the mayor and council come out and help us set up medical clinics. All the schools shut down while we are there, so we use the school house for the day."

Boersma said the flying doctors would mainly see women and children on the trip as the men are away from the community work-

ing during the week. The men will be seen largely on the weekend when they return home from work in the fields or in San Salvador. "On Saturdays the fathers usually come home, so we try to hit one of the clinics on a Saturday in a local community," he said. "We see more men at that point. But for the most part we see mostly women and children, and grandfathers."

Regardless of age or gender, Boersma said it is not uncommon to see a line-up of 200 to 300 people when they open shop for the day, people who will wait the day to receive medical or dental treatment during the Flying Doctors' visit to the community.

But tending to a large number of patients over a short period of time takes more than skilled medical professionals and volunteers like Boersma who assist them. It takes plenty of equipment and supplies. "We'll bring 12 to 14 bags of stuff with us," Boersma said of the supplies needed to treat patients, adding medication alone will cost as much as \$12,000. "We bring a bovine x-ray machine with us so we can actually use it in the field. We have an x-ray tech with us. We used to have to hang the cards up and look in the sunshine. Last year we went to the Mac system. We can actually bring the computer now and do the data imaging a lot better." In addition to the portable x-ray unit, the group brings a lab, allowing them to

do blood work and getting instant results. "We're almost a hospital on wheels. We can't do operations but we wish we could some days."

Proactive approach to health

While providing medical attention is a key component of the humanitarian trips, the project is also focused on ensuring the communities in El Salvador and Nicaragua become sustainable communities. Boersma explained in many of the communities the organization works and have worked, stoves are not in the principal dwelling - instead they are contained in an external cookhouse, covered to protect against the monsoon rains. Boersma's expertise as a builder has allowed him to play a significant role in addressing the problem by teaching the El Salvadorans a new way to build a cook stove, one with a chimney to vent the smoke far away from the cooks' lungs.

It has not been an easy task because it is a matter of re-teaching people who have cooked a particular way for generations. Boersma will once again be working with community members on building proper stoves this trip, but also teaching them how to make bricks so that they can teach others how to make the special stoves. "We have an adobe brick-making machine, so we are hoping to work a little more with the [brick] press," Boersma said, noting we is excited to see what progress they have made with it over the past year. "Last year I left the press with one of the fellows there. Hopefully they've made some bricks, and I'm hoping to see some solidification of what we've left behind."

Long history of volunteering

For Boersma, the trip is a continuation of humanitarian and social work he started at the age of 18 when he began smuggling bibles behind the wall in Eastern Europe. Though today's efforts are more about bringing physical rather than spiritual health, the passion to give of himself is still as strong, if not stronger. "I think it really brings a rounding effect to you," Boersma said. "It's part of the character. There is so much that you receive from it. It's like you give but you come back on a high. You not only fly home but you are flying when you get here." The lifelong volunteer said he sees the mission as good for the soul, one that enhances the respect and appreciation for what Canadians have to be thankful for, things he feels people shouldn't take for granted.

Beyond the personal satisfaction and reinforcement, Boersma

derives considerable pleasure from vicariously enjoying the experience of the students who accompany him and the Flying Doctors of Canada on the trip. "I think I get so much strength out of what I see happening with those kids down the road," he said. "I've now seen six years of kids that have become doctors. I think 90 per cent of the students who have gone through our program are now doctors. I see those kids on Facebook and I now see them doing what we [the Flying Doctors] are doing. They're doing this somewhere else. They may be attached to a Rotary Club. They may be attached to another organization. But they are doing it. That is the biggest thing for me, seeing others grab the torch and start doing."

The volunteer has also seen the impact on community leaders in the areas the humanitarian group serves. We also speak into the lives of leaders during the time that we are there," Boersma said. "We may be there to do medical aid, but we are speaking into the lives of big leaders. We meet with government officials. They come to the site. There is a bigger picture. You are doing so much when you are in that community. You are a leader when you are there. As much as we have to give them, they give back to us."

Boersma is set to return to Morinville July 21. For more information on the Flying Doctors of Canada visit flyingdoctors.ca.



She's on the CBC



Morinville resident Kassandra Reaume, a member of Canada's Under 21 team, explained how canoe polo is played in a CBC interview that aired over the weekend. If you missed it, you can view it online at www.cbc.ca.

- Submitted Photos

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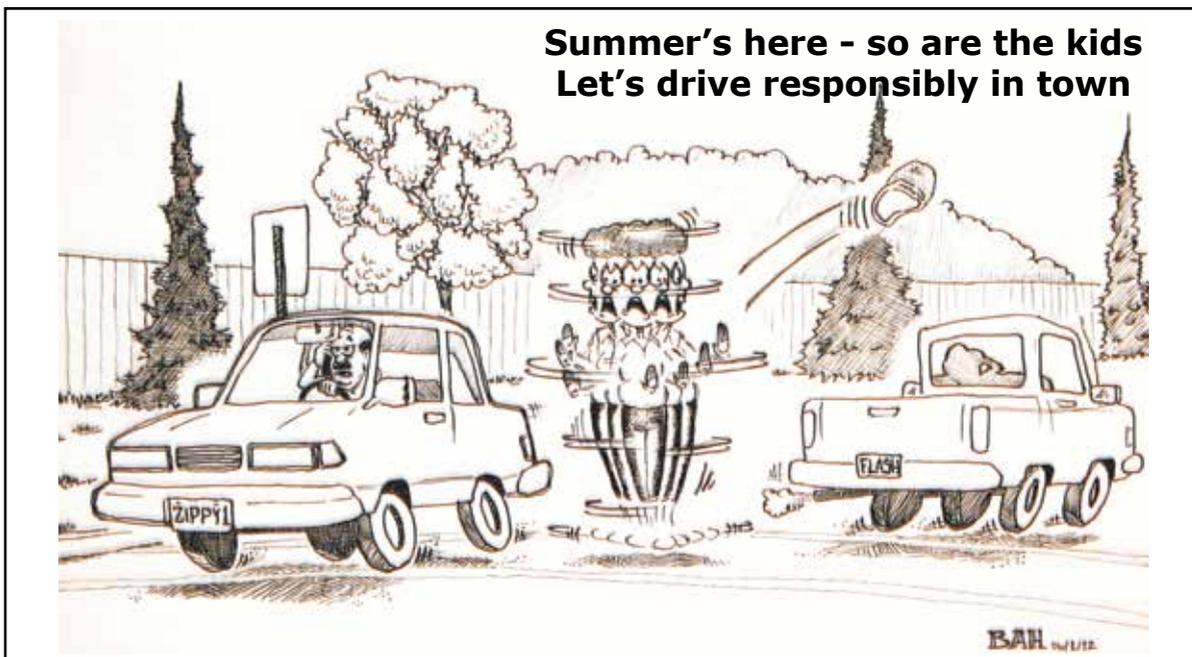
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Editorial & Columns

**Summer's here - so are the kids
Let's drive responsibly in town**



Letter: Propane Tank Safety

Two years ago I purchased a propane tank on an exchange program. In June I had the tank refilled, and at this point I came to realize there were concerns that needed to be addressed.

Concern # 1: After having reconnected the tank back on the BBQ, I tried the BBQ out as it was new. After having fired it up to ensure all was working well I turned the gas off at the burner controls, not the tank valve. Ten minutes later I was smelling gas. I thought the valve may have been compromised by paint on the valve threads, it would appear it got there when the tank had been repainted. NOT SO! When cleaning the paint off the threads I happened to look into the valve opening and found the rubber, or whatever the material it is that the seat is made of, to be badly cracked. I tried another tank with a good seat and had no gas leak. I had found the source of the leak.

Concern #2: Realizing that the tanks are supposed to be checked and re-certified every 10 years and seeing this tank's condition I checked for the re-certification stamp. There wasn't one. This tank had a certification date showing 12 - 79, i.e. December 1979. It is now 33 and a 1/2 years from its last certification. That means it had been in circulation for 23 and a 1/2 years with-

out having been inspected or certified. How many times has it been refilled?

Concern #3: Tanks, when being refilled are supposed to be checked by the person refilling it. When this tank in question was refilled at a service station rather than using the exchange program. I didn't see the tank get checked before or during refilling.

All of these discrepancies are potentially putting us at risk. PLEASE CHECK THE CONDITION OF YOUR TANK.

[I] have been in contact with Transport Canada, providing them photographs to show my concerns, and they are following up with the company.

I returned the faulty tank to the place it was purchased as directed by Transport Canada. I was fortunate to get a full tank in return. Fortunate because the part of the requirement for exchange is that the tank is not to be older than ten years since its last certification.

Further, when the store manager went to get me another tank it was realized there were other tanks missing recertification. The store was going to do a follow-up too with the company supplying the tanks.

Have a safe safe summer

Noel Thomas, Morinville

Letters & Columns

Letter: Seat belts RCMP focus for July

The Morinville RCMP for the month of July, 2014 will be focusing on occupant restraints.

According to Alberta Transportation, in 2011, 95.1% of Albertans in rural and urban areas were using occupant restraints. However, there continues to be a contingency of drivers that either avoid compliance altogether or are inconsistent in their use of restraints.

One of the most effective measures to protect occupants from injury in the event of a collision is the use of seat belts and child safety seats.

What's holding you back? Protect yourself, family and friends from unexpected hazards you encounter on the road.

1. Seatbelts are the single most, cost effective life-saving device we have to protect us in a motor vehicle collision.
2. Seatbelts can improve your chances of surviving a serious or fatal crash by 50 per cent.
3. Buckle everyone up, for every ride.
4. Unbelted passengers become deadly missiles to others in the vehicle.
5. Child safety seats are required by law.
6. Drivers are responsible to ensure all passengers under 16 years of age are properly buckled in.
7. Without a booster seat, a child is 3 1/2 times more likely to suffer a significant injury.
8. Children under the age of 12 are safest in the back seat.

Cst. Scott Cairney, Morinville RCMP

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I noticed a photo what got posted online of a bunch of geese and

it was referred to as a gaggle. I had to look it up on the Google but I learnt that almost every kind of animal has a different name when there's a bunch of them. Made me think of how them words might be used to describe other groups of folk.

1 I think the funniest one I come across was the name for a group of alligators. Apparently they are called a congregation. I don't know what church you was brought up in, but I often found our congregation did a lot of snapping and gnashing their teeth, particularly if Father's sermon was too long.

2 Now they say a group of bacteria is a culture and that's funny to me because art is also culture. Now I like a good painting as well as the next guy, particularly if it is a nice farm scene or maybe some dogs playing poker or pool. But some of this stuff they hang in that tin can in Edmonton is just blobs of paint like someone got sick on the canvas. So maybe culture is the right name for a group of bacteria.

3 Everyone knows a bunch of birds is called a flock, but apparently a bunch of sea birds is called a wreck. Now that makes sense to me because every time I have ever had a picnic on a beach them seagulls and other scavenger birds wreck the picnic flopping and squawking around the place.

4 I don't know what was eating the fellow what came up with the name for a group of ferrets, but he sure didn't like people what own stores and other commercial enterprises because he called a group of ferrets a business. Now if he'd called them a government, I think we'd all been in agreement.

5 Speaking of government, a group of baboons is called a troop. I'm gonna file that for a future column when I'm making any further comments with respect to what our local, provincial or federal politicians are doing. So if'n you ever hear me say something like "the troops are scratching themselves over this one," you'll know I'm calling them a bunch of baboons. Of course a group of gorillas is called a band, so you may see that used sometime soon too.

joe@morinvillenews.com

RCMP and COP working to reduce thefts

by Stephen Dafoe

Morinville – A bag of screws and a bigger bag of determination are seeing the Morinville RCMP and the Morinville Citizens on Patrol (COP) uniting their efforts for two anti-theft initiatives this summer. The police and their partners are reminding homeowners to lock their cars and their garages, and offering special screws to make it harder for would-be thieves to steal vehicle license plates.

Acting Staff Sergeant Mark Mathias said the Lock It Or Lose It Campaign has been underway for a while and is going well for the two agencies. Under the program, COP members are going out at night with RCMP members looking for potential theft targets. “They’re checking vehicles to see if they are locked and secure or not,” Mathias said. “If they [COP] find a vehicle that is unlocked they get a member to check and secure the vehicle. Our member leaves a pamphlet inside about the risk of leaving your vehicle unlocked.”

In winter police can easily see the search and snatch tactics criminals use. Footprints in the snow often show criminals check one vehicle, and move on to another until they find one that is open. It is at that point that prints show a flurry of footwork as thieves enter the vehicle from all points looking for items that can be sold. Though the visible evidence is less in the summer months, the incidences often increase, as better weather tends to draw out more criminals in search of open vehicles and open opportunities.



“It’s proven that by leaving your vehicle unlocked, there’s a higher chance they are going to enter your vehicle,” Mathias said. “There is the argument that your vehicle is your property and you shouldn’t expect that stuff is going to get stolen. But if you make it an easy target, criminals are going to get into it.”

Mathias said over the several joint outings RCMP and COP have made so far they are noticing approximately 10 per cent of vehicles are being left unlocked. But in addition to leaving a pamphlet in unlocked vehicles reminding people that the next person that looks into an unlocked vehicle may not be police, Mathias said they are also contacting homeowners who are leaving their garage doors open. “People are very thankful and often they just forgot they left it open,” Mathias said, adding a criminal can easily get in, close the garage door, and then gain entry into the home if people are away.

Stolen plates

But preventing people from stealing items from inside vehicles and garages is not the only initiative underway by the two groups. The COP recently purchased a quantity of 5,000 anti-theft screws and are distributing them through the Morinville RCMP Detachment.

“What we are seeing happen is criminals

will steal a vehicle and then they’ll go to another vehicle and steal the license plate off that vehicle,” Mathias said. “The reason for that is most people don’t check their license plate very often. If they swap license plates, it might take two weeks to a month for people to notice that the license plate has been stolen. So the criminals can drive the stolen vehicle around with less fear of being caught.” Mathias went on to say stolen vehicles are often used in other crimes. “If we can curb the criminals ability to use stolen vehicles, it is going to reduce other crimes,” he said.

The COP and RCMP believe popping on a couple of the special one-way screws can reduce license plate theft from happening. “You can use a flat screwdriver to attach the license plate to the car,” Mathias said. “But when you try to take it out, it won’t grip it. You need a special tool to take it out.

Currently the screws are available to Morinville residents, although Mathias said the COP are working to make it available in other communities in Sturgeon County. Currently, Technical Automotives in Morinville’s industrial park have the tool to remove the screws should people need them removed. The RCMP are looking at making that service available elsewhere in town as well as at the detachment itself.

The screws are available to Morinville residents at no cost by visiting the Morinville RCMP Detachment on 101 Avenue.

Discovery and creativity await young summer breakers at the library

by Ashley Janes

Parents looking to register their child in a program that stimulates both the brain and hands for the upcoming hot-weather months should consider the TD Summer Reading Program at the Morinville Community Library, running now until Aug. 15.

The program, sponsored by the Friends of the Morinville Library and the Rotary Club of Morinville, is for children between the ages of three and 12. It encourages continued literacy and learning with guided reading, and offers a series of games and crafts that follow a theme. In addition, Singer Mary Lambert will be performing in the first three-week session and puppeteers Peter and Mary will perform in the second.

Library staff member and Summer Reading Program Coordinator Kaitlin Erdmann believes time spent in the program is worthwhile. "Continually reading throughout the summer helps kids remember more of the things they were taught during the school year," she said.

Of course, some children might turn their noses up at a program that asked them to read during their sunny summer days, which is where the games and crafts come into play. This year the theme is *Eureka!* and so all the books, games and crafts relate back to the idea of scientific discover and invention. When presented with the theme, Erdman decided to focus on creating a science and space learning environment. "I'm encouraging kids to get involved with invention and exploration," she said. "I have selected crafts that provide them with the chance to be creative and constructive with these ideas."

Last year Erdmann was hired to assist with the six-week program during her own summer break from Grant MacEwan University where she studies Library Information Technology. This year, now coordinating the Summer Reading Program, she has set her goal on improving enrollment. "I would like to see an increase in kids registering (as well as becoming more enthusiastic about reading!) I feel like reading is a vital part of growing up and stimulating imagination!"



Above: Ella, Joe, Janelle and Maude show off their crafts during a summer reading program session last week. Right: Summer reading program participant Avry poses with instructor Kaitlin.

- Submitted Photo

After receiving requests last year for more flexible registrations options, the library decided to allow for day, week and sessional sign-up. Erdman explained that to register for the Summer Reading Program, all anyone need do is to go down to the Morinville Community Library and talk to the front desk staff. "You can sign up for the full six weeks for \$35, or either one of the three-week sessions for \$20. You can also sign up for just one week out of any of the six for \$10, or you can drop in for the craft and / or entertainers for \$3."

For more information, contact the library at 780-939-3292 or visit morinvillelibrary.ca.



Arts & Culture

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Dance Connections dancers taking part in this year's Summer Dance Classic at Disneyland go through one of their final rehearsals for the trip. The students, ranging in age from 10 to 19, depart July 9 for California.

- Stephen Dafoe Photo

Disney Dancers excited for trip

by Stephen Dafoe

Morinville - A group of 16 local dancers are en route to California this week to take part in what they see as an opportunity of a lifetime. After months of preparation, fundraising and rehearsals, the Dance Connections students, ranging in age from 10 to 19, are taking part in the *Summer Dance Classic* at Disneyland running until July 13.

Dance Connections owner and instructor Nicole Timtim-Ramirez said students will participate in

Dance the Magic, a one-day workshop taught by Disney Teaching Artists, including choreographers and show directors. The students will also be participating and walking in two Disneyland parades. The Morinville students will be meeting, working beside and performing among dancers from all over the world, something Timtim-Ramirez sees as a good opportunity for her dancers to represent Morinville, Alberta, and Canada on an international level.

With dancers attending the *Summer Dance Classic* ranging from 10 to 19 years of age, experience

 J. M. Turner 
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is varied. Though some students have been in dance lessons for years, others are new to the studio or even new to dance. But it has not stopped the students from working hard over the past four and a half months to prepare for the trip.

The oldest dancer to make the journey is 19-year-old Shelby Mason, a dancer who said the gruelling rehearsals have been worth the effort. "They're pretty intense, but I think they're necessary because the opportunity to go to Disney is pretty spectacular. The opportunity to be prepared is what we need. The practices are definitely needed but you are pretty disgusting after them." Now that the work is done and the flights are booked, Mason said she is mostly looking forward to spending time with the other dancers. "Being the oldest dancer going, and meeting a lot of the younger ones I don't normally interact with, spending more time with the younger kids has been really fun. It is likely going to get even better as we go."

Hayley Ouellette, 14, is also looking forward to the experience of participating in the Summer Dance Classic after months of preparation. "All of them [rehearsals] have been really fun and helped my dancing," Ouellette said, adding she has found the preparation has helped her basic dancing skills and cardio vascular training as well, the latter important given the parade's half-hour-long run time. "They get pretty hard, but I think it's necessary to be the best we can be." Like Mason, Ouellette is looking forward to the experience. "I think it's a great experience and it's gong to be fun."

Emma Haun, 11, said she has been working hard during the twice-weekly rehearsals. "It's hard work. It's long," she said. "We rehearse for two hours Monday and Wednesday." Though looking forward to being in the parade, her motivation is a simple one. "I'm looking forward to making all the kids happy in Disneyland," she said.

Timtim-Ramirez said she is proud of what the dancers have accomplished to get ready for the event. Not only have they spent many extra hours rehearsing, they have also spent many hours fundraising for the trip. "All costs associated with going on this trip was something above and beyond the dancers and families, above and beyond their yearly school fees," she said. "It was a lot of money, so we did do some fundraising events throughout the year. We're thankful to Morinville for their support. They [the residents] helped us out a lot with our bottle drive. We had a silent auction in May and that was very successful."

Community news briefs

by Morinville News Staff

Cover your dome, get a cone

Acting Staff Sergeant Mark Mathias said the Morinville RCMP have launched a program this summer similar to the Positive Ticketing Program. Whenever an RCMP member encounters youth wearing their helmets, they are presenting them with a coupon for ice cream.

"Whether it is on skateboards, bicycles or scooters, if we see them out wearing their helmet properly, we'll hand out coupons," Mathias said. "We're obviously not going to catch every child that we see but when we can we will."

The program is in operation in all of the communities the Morinville RCMP Detachment covers. Mathias said the program has been well supported and well received.

Farmers' Market offering new hours

After a month of operation for its summer outdoor market, the Morinville Farmers' Market announced July 3 it was changing its hours from the 2 p.m. – 6 p.m. shift it launched in June to 12 p.m. to 5 p.m.

The Mornville Farmers' Market continues to operate in the Ray McDonald Sports Center parking lot on 104 Street.

East Boundary Road speed change

The Town of Morinville is reporting in their upcoming advertising that the speed limit on East Boundary Road (RR252) between Highway 642 and Cardiff Road is changing to 60 kilometres per hour.

Enforcement Services will focus on awareness for the month of July with warnings being the first option. However, the Town says tickets may still be issued depending on the situation.

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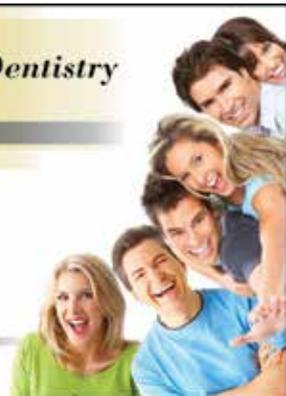
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Food & Health Pages

Vaccine Myths and Truths



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

Measles is making a comeback, with a 20-year high in reported infections, due mostly to folks who are opting out of the vaccination, says the Centers for Disease Control and Prevention. Across the nation, an epidemic of whooping cough in California, outbreaks of chickenpox in Indiana and measles in Ohio have made national headlines.

In many cases, the anti-vaccine movement is persuading parents not to vaccinate their children; that's causing a lot of harm to at-risk children and adults who are susceptible to these preventable diseases. So before you refuse (or skip) a vaccination, get the facts from us.

Myth No. 1: Vaccines do more harm than good.

Vaccine Fact: Vaccines save lives. We're not saying vaccines are risk-free, but the ratio of serious adverse reactions to beneficial

effect is about 1 to 40,000. Before pertussis (whooping cough) vaccines were available in the 1940s, an estimated 200,000 children were infected annually, and 9,000 died. Before there was a measles vaccine, up to 4 million Americans a year were infected; 1,000 suffered brain damage or hearing loss, and 450 died. Diphtheria killed 15,000 Americans in one year (1921) before there was a vaccine. During a pre-vaccine rubella (German measles) outbreak in the 1960s, 2,000 babies died and 11,000 pregnant women had miscarriages.

Another vaccine benefit: If you and your children are inoculated, you're protecting others who can't be due to a compromised immune system or age. Case in point: Infants receive their first of two measles vaccinations between 12-15 months and their first of four pertussis inoculation shots starting at 2 months; until those kick in, they are at risk for infection, when these diseases can be most dangerous.

Your next step: Review your own and your child's vaccination needs. Discuss your concerns with your doc, and schedule needed shots.

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Crunchy chopped salad

by Jamie Oliver

1/2 red onion, peeled
5 radishes, trimmed
2 carrots, peeled
1/2 English cucumber
2 tomatoes
1 heart of romaine lettuce
1 little gem lettuce (or
1 small head of red leaf lettuce)

2 tbsp (30 mL) sunflower or pumpkin seeds
pinch sea salt and freshly ground black pepper
3 tbsp (45 mL) extra virgin olive oil
1 tbsp (15 mL) herb vinegar
1 good-quality red or green apple
2 tbsp (30 mL) poppy seeds

Add All Ingredients

1/ Roughly slice the onion and carrots. On the same board, slice the radishes and cucumber and thickly slice the tomatoes. With a large knife, continue chopping and mixing the vegetables together on the board until roughly chopped to the same size. Click off the lettuce leaves and chop into the vegetables. Scoop into a bowl and toss well.
2/ Place a frying pan over a high heat. Add the sunflower or pumpkin seeds and toast for a couple of minutes, or until golden. Meanwhile, season the salad with salt, pepper, olive oil and vinegar. Grate the apple, then add to the salad with the seeds. Toss well, then serve.

RECIPE
of the week

OPEN DAILY: 8 a.m. - 11 p.m.

Food & Health Pages

Myth No. 2: Vaccines are just for kids.

Vaccine Fact: Adults need them too! About 40 percent of people over age 65 haven't received a pneumonia vaccine, and 85 percent are missing out on the shingles vaccine, which protects against excruciating nerve pain. A whopping 86 percent of adults haven't had their Tdap (tetanus, diphtheria and pertussis) booster (recommended every 10 years), and 87 percent haven't had a hepatitis A booster, while 65 percent skip the hepatitis B vaccine. Plenty of teens and young adults are missing out on the meningococcal vaccine (plus a booster shot), which can prevent 80 percent of meningitis cases (a potentially fatal bacterial infection), and about 65 percent of young women and 95 percent of young men ages 19-26 haven't gotten the HPV vaccine, proven to slash risk for infections that cause many cases of throat cancer and most cervical cancer.

Your next step: Check out payment options: Thanks to Medicare and the Affordable Care Act, most vaccines are covered for adults. Ask your doc which shots will give you or a loved one more benefits than risk and then get it done.

Myth No. 3: It's too soon to think about a flu shot.

Vaccine Fact: It's best to get your influenza vaccine in September or October. It takes about two weeks for your body to build up defenses against the virus once you get the vaccine. So a shot in September is just in time for the start of flu season in October. You'll cut your risk for the flu by about 60 percent and reduce your odds for a heart attack or stroke during flu season by 50 percent. If flu strikes anyway, it's milder, cutting the odds for complications that lead to hospital visits by more than 70 percent. Pregnant women who get a flu shot pass on some immunity to the fetus.

Your next step: Contact your doctor to reserve your dose, or ask your pharmacist when the new batch will be available. You'll be hearing more about vaccines that work against various cancers, including melanoma and liver cancer. Stay tuned, and when new vaccines are developed, talk to your doc about when to put them on your schedule.

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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Greek Chicken Salad

As refreshing a luncheon salad this side of being on a cruise on the sunny Mediterranean Sea. We can't help with the cruise, but we can help with the salad!

1 1/2 cups (8 ounces) diced cooked chicken breast
1 cup diced unpeeled cucumber
1/4 cup (3/4 ounces) crumbled feta cheese
1/4 cup (1 ounce) sliced ripe olives
1/2 cup fat-free mayonnaise
2 tablespoons plain fat-free yogurt
1 teaspoon dried basil
2 cups finely shredded lettuce

1. In a large bowl, combine chicken, cucumber, feta cheese and olives. In a small bowl, combine mayonnaise, yogurt and basil. Add dressing mixture to chicken mixture. Mix well to combine.
2. Cover and refrigerate for at least 30 minutes. For each serving, place 1/2 cup lettuce on a plate and spoon about 3/4 cup chicken mixture over top. Makes 4 servings.

• Each serving equals: 140 calories, 4g fat, 19g protein, 7g carb., 380mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1/2 Starch.

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The Week

IN PHOTOS

Photos by Lucie Roy and Stephen Dafoe

Here's some of what our cameras caught around Town between June 30 and July 6.

All along the waterline

Construction was underway behind the Shell building Wednesday as work on a waterline is about to get underway.



WEDNESDAY



WEDNESDAY

A game of cards

Bridge was the agenda of the day at the Rendez-Vous Centre Wednesday. One of the tables united Carol Kaup, Therese Gervais, Bernie Peden and Sabina Kinsella for the popular card game.

Puzzled

Raymonde Riopel was working on a large and intricate puzzle at Aspen House Friday afternoon.



FRIDAY

Face 2 Face with Local Businesses

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FRIDAY



A gaggle if ever there was one

A gaggle of geese cross the trail at the Morinville Fish and Game Association pond Friday. The goslings of a few short weeks ago are looking more and more like they are ready to fly.



SATURDAY

Pollen hunter

A bee does his work atop a spirea plant in a Morinville garden.

Double decker

A couple of young birds have a feast of bird seed atop a home made bird feeder.



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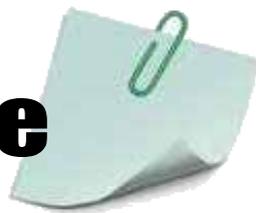
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There is much to consider about garden mulch

As a gardener there are many things to consider about the garden when designing, building or maintaining one. Types and quantity of plants, colours of flowers, heights of trees, garden decor such as lighting, bird baths etc, but few give consideration to what type of mulch if any they are going to use in the garden.

Mulch comes in so many different forms, the choices are endless. Organic options are things such as bark / wood chips, straw, pine cones / needles, grass clippings, paper and cardboard. Inorganic options are plastic, landscape fabric, gravel / decorative rock and chipped rubber.

So many think of mulch as a purely decorative element, but there are several important functions of mulch. Let's consider the function of mulch, why do we want it and what do we need it to do?

The main function of mulch is as a barrier between the soil and the environmental conditions.

Mulch is great at preventing evaporation of moisture from the soil which conserves water preventing the need for frequent watering. It can also help prevent fluctuations in soil temperature, keeping soil warmer

during cool periods and, keeping it cooler during hot spells, all of which benefit the plant's roots.

Mulch is also a barrier for sunlight which helps control the growth of weeds as they don't get the required amount of sunlight to germinate. Keep in mind if it stops the weed seeds it stops the other good seeds (such as those from perennials that self seed to propagate) from growing as well. Weeds that

do manage to grow in the mulch are easily removed.

Mulch makes good walkways, especially in vegetable gardens. Layers of newspaper, grass clippings, or straw all help suppress the weeds but also help keep your feet clean when in the garden weeding or harvesting. These mulches will also slowly decompose and feed your garden as well.

The use of organic options provides a much needed slow release of nutrients to your garden as it decomposes.

Despite the many benefits of mulch, there are also some drawbacks. Especially when it comes to the inorganic variety. Plastic or landscape fabric with a layer of rock or chipped rubber on top can compact the ground preventing water and oxygen from getting to the roots of nearby plants. For that reason never use the plastic/rock combo in areas where plants are growing, and because plastic does not let water pass through it can cause flooding problems if some sort of drainage system is not built into the design. Plastics and landscape fabrics do not breakdown, therefore they are



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not an environmentally friendly option and in comparison are more expensive than the organic counterparts which in some cases can be free.

Some things to consider when choosing and placing a mulch:

- 1** Is this a temporary or permanent placement? If it's temporary, an organic option may be a better choice. Less expensive and easier to change in the future, unless you enjoy moving yards of gravel or river rock. It is a great workout.
- 2** How deep does it need to be? If you are putting a barrier underneath such as cardboard, plastic or landscape fabric you will need less, just enough to cover the ground evenly. If you are going barrier free then you will need more as you will want to make sure no sun or seeds can get through. Always speak to your mulch supplier for recommended depths. They will also help you figure out exactly how much you need to cover a certain area.
- 3** Keep in mind just because it is a bark mulch it may not be a great organic choice as coloured mulches are treated with chemical dyes. Stick with the natural mulches, it's a much better option.
- 4** Never put any mulch directly against the base of perennials, shrubs or trees. Keep the mulch at least 4-5 inches away from the base of perennials and 6-12 inches away from the trunk of trees and shrubs. During winter months, rodents can make homes in the mulch and if they can take up residence right next to a tree trunk they will have a constant source of food all winter long. Keeping the mulch away will also aid in the quick delivery of nutrients such as fertilizers to the soil.
- 5** Using a cedar mulch can control certain pests as the cedar has a natural oil that acts as an insect repellent.

Mulch can add a beautiful element to any yard but visiting a landscape supplier can be a bit intimidating. With the many choices available you might want to have someone like myself come with you. We can provide suggestions, make recommendations and help liaison between you and the supplier. This will be a investment of time and money, make sure it's done right.

Valerie Loseth, The Wheelbarrow Gardener



Sage is an herb that can be used as a garden feature, as a fragrance, in cooking and also medicinally. It is used for digestive problems such as stomach pain, bloating and heartburn, and for reducing perspiration and saliva. It is also used as a treatment for depression, memory loss, and Alzheimer's disease. It can be applied directly to the skin for swelling and to relieve pain.

Source: www.webmd.com - Brenda Weaver



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Hang these in sunny areas

- Lantana
- Moss Rose
- Verbena
- Sweet Alyssum
- Black-eyed Susans
- Blue Daze
- Periwinkles
- Purslane

- Brenda Weaver
Source: homeguides.sfgate.com



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Best Garden Competition - JULY 30

Do you have the garden that your neighbours peek over the fence at and admire? Let the town know as they are looking for the best gardens in Morinville — from unique planters to outdoor living spaces. Nominate yourself or your neighbours. All entries must be received by July 28th at 4:30 p.m. Submit entries to Community Services (MCCC) or by contacting **Allen Jacobson 780-939-7832** or ajacobson@morinville.ca. Gardens will be judged between 9 am – noon on July 30 Fabulous prizes awarded. Call Allen for more information.



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Town Talk

BEST GARDEN COMPETITION - JULY 30

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Gardens will be judged between 9 am – noon on July 30 Fabulous prizes awarded. Call Allen for more information!

EAST BOUNDARY ROAD (RR 252)

Between HWY 642 & Cardiff Road (Twp. 554)

SPEED CHANGE — 60 Km/hr

Enforcement Services will focus on awareness for the month of July with warnings being the first option. However, depending on individual situations, tickets may still be issued.

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Town Talk

DEVELOPMENT PERMIT PUBLIC NOTICE

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

DP123/2014 — Accessory Building — 10112-97 Avenue (Lot 15/16, Block 5, Plan 7406AX) — Rear and Side Yard Setback Variance (R-1A 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 JULY 23, 2014**. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.

Communities in Bloom:

Morinville has entered into Communities in Bloom for 2014. We are in the non-competitive category, however we are still judged to see where we can improve. Please help the Town and your community by having your yard cut and well maintained for our judging day of Monday, July 28th. Thank you!



2014 Capital Region Municipal GOLF TOURNAMENT



Thursday, August 7th, 2014
Cardiff Golf & Country Club

EVENT DETAILS

Capital Region Municipal Golf Tournament

Hosted by the Town of Morinville

Thursday, August 7th, 2014

Cardiff Golf & Country Club Sturgeon County, AB

8:00 a.m. Registration and Breakfast
9:00 a.m. Texas Scramble, Shotgun Start
2:30 p.m. Barbecue and prizes

REGISTRATION

Deadline is July 15. **FEE \$135** Breakfast, Golf & Barbecue
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Proceeds will go to the Morinville Food Bank and Morinville Centennial Gardens.

For further information contact:

Schaun Goodeve Economic Development Officer
10125 - 100 Ave. Morinville, AB Ph. 780.939.7622
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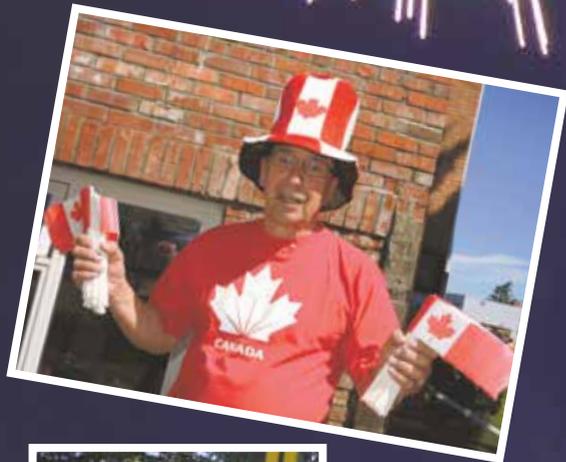
Community Services

780.939.7834

Tyler Edworthy

tedworthy@morinville.ca





O Canada

The Morinville Historical and Cultural Society held their annual Canada Day in the Park event July 1. More than 500 people attended the three-hour event. Clockwise from top: Charlie, her brother Hudson Haglund and Grandma Heather Gardner enjoying a picnic in the park. Mayor and Council serve up cake. The choir sings O Canada. RCMP Constable Luc Rogers salutes the flag. A boy tries his hand at ring-the-bell. Organizer Murray Knight in patriotic splendour. Musicians entertain from the Paul Krauskopf Gazebo. Background: Fireworks light the night.

- Lucie Roy Photos

Bon Accord helping stargazers locally with Clear Sky Clock

by Morinville News Staff

Bon Accord – Sturgeon County stargazers are getting help from the Town of Bon Accord after the municipality launched its Clear Sky Clock Monday. In anticipation of their Bon Accord Observatory, the Town of Bon Accord requested and received a Clear Sky Clock to assist hobby astronomers in the region with the weather forecasting needed to do astronomical viewing. The Town believes the Clear Sky Clock will eventually help the Observatory itself.

The online resource forecasts sky quality for an approximate two-day period in the area around central Sturgeon County.

Used by astronomical observatories, clubs and private observatories throughout North America, weather data is broken down into seeing, sky transparency and cloud cover with colour charts relating to values, including temperatures and percentages. Other information, including wind, humidity and temperature, are also available, which the Town says makes the clock helpful for agricultural purposes as well.

Colour ranges are clickable, providing maps to see wider areas around the region and the continent.

The chart is available from the Town's homepage at www.bonaccord.ca or by going directly to cleardarksky.com/c/BnAccrdABkey.html?1.



Can you give this animal a loving home

Howdy. I'm Carl and I just love everyone so much. I am a sweet boy. My charm and green eyes will just melt your heart. I am about a year old and these great folks at the Morinville Vet Clinic came to my rescue. I was starving when I was found, and now I have a warm place to sleep and yummy food in my dish. Life just couldn't get better ... unless ... you adopt me. Yup! That is a great idea. I think that would be pretty fantastic. Can I come home with you?

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Eureka!



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Session 2: July 28th - August 15th

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 August 6th - 10:30 am - **Peter & Mary**

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Brent Melville's Remax SPORTS REPORT



Communities unite for healthy walk and pilgrimage of faith

by Lucie Roy

Legal - Fifteen people started the 20 km walk on a pilgrimage from St. Emile Parish in Legal to the St. Jean Baptiste Parish in Morinville on Saturday 28 June. The adults and three children from St. Albert, Morinville and Legal met at the St. Emile Church in Legal at 8 a.m. to receive a blessing from Father Ignacy Warias, OMI and Father Brian Bricker, OP. The walk started an hour later and was completed as a team effort by 2:30 p.m. Each pilgrim received a certificate and souvenir to attest they had completed the journey.

For event organizer, Pierre Rousseau, the journey was not a new experience. "My family and I often walked a very popular pilgrimage from Quebec City to Ste-Anne Basilica," Rousseau said. "There is something very special about walking. It takes time. It is

an invitation to withdraw from the continuous distractions and solicitations of our daily lives. Also, I wanted this to be linked to St. Jean Baptiste Day, a very popular French-Canadian feast on June 24." That is why it was held on 28 June, the first Saturday after St. Jean Baptiste Day.

The pilgrimage was open to anyone wishing to bring their walking stick and join. It was an opportunity to step aside from their busy lives and to enter a personal journey, alone or with friends or family members. The 20-km walk was estimated to take between six and eight hours, depending on the pace. The journey took place on Range Road 251, Township Road 564 and then Range road 253 up to 100 St. Not everyone had to walk at the same pace, but at each rest station they waited for everyone before continuing on their journey. Some who took part in the journey carried more than their walking

sticks. Rousseau presented a shell to a few of the pilgrims before they started the walk. "The shell is a symbol related to El Camino de Santiago," Rousseau explained. "For more than 10 centuries now, many pilgrims walk to reach St. Jacques de Compostelle in Spain. It is a 600-km journey through France and Spain. The pilgrims used to carry a shell similar to the ones presented to drink water from streams. With time, it became a symbol associated to the pilgrimage."

Rousseau said he hoping for the pilgrimage to be an annual event the first Saturday after St. Jean Baptiste Day. The departure point could vary, but St. Jean Baptiste Church would remain the destination. Of the walk Rousseau said, "It is absolutely free and it should be this way. It is not a fundraising event and it should not be. It has nothing to do with money and it should not be it is a personal journey."



The group to complete the June 28 pilgrimage from Legal to Morinville were presented with certificates and a souvenir. **Standing from left:** Catherine Dumoulin, Meriem Kieser, Maelle Dumoulin, Monique Cyr, Jean Dumoulin, Pat Earles, Pierre Rousseau, Allan Damer. **Seated from left:** Tara Kieser, Anita De O'Campo, Gabriel Dumoulin, Thibaut Dumoulin and Lucille Damer. Absent from photo: Lorraine Hebert and Claire McKale.



Father Ignacy Varias, OMI, Pastor St. Emile Parish and St. Jean Baptiste Parish (left) and Father Brian Bricker, OP, Assistant Pastor handed out water before the start of the walk.

Right: Pierre Rousseau holding one of the shells he presented to one of the pilgrims before departing on the walk.

Opposite page: Pilgrims on the old Highway nearing the Morinville Greenhouse.

- Lucie Roy Photos





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Library Corner

Happenings at the Library this week...

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Making Music with Mary Lambert

Wednesday, July 9th 10:30 am
 Library Program Room

Information on website & newsletter

Eureka!

Summer Reading Program Register Today!

Information on website & newsletter

Chameleon Colouring Contest

& Vote on a Name for the Chameleon Mascot
 Colouring Sheets and voting sheets at the library

Cozy Corner Stories

Friday, July 11th 10:30 pm in the library program room

Check our website for more information on the above events.

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 Fax: 780-939-2757

info@morinvillelibrary.ca

Hours of Operation

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

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

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

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

www.morinvillelibrary.ca

TRIVIA TEST by Fifi Rodriguez

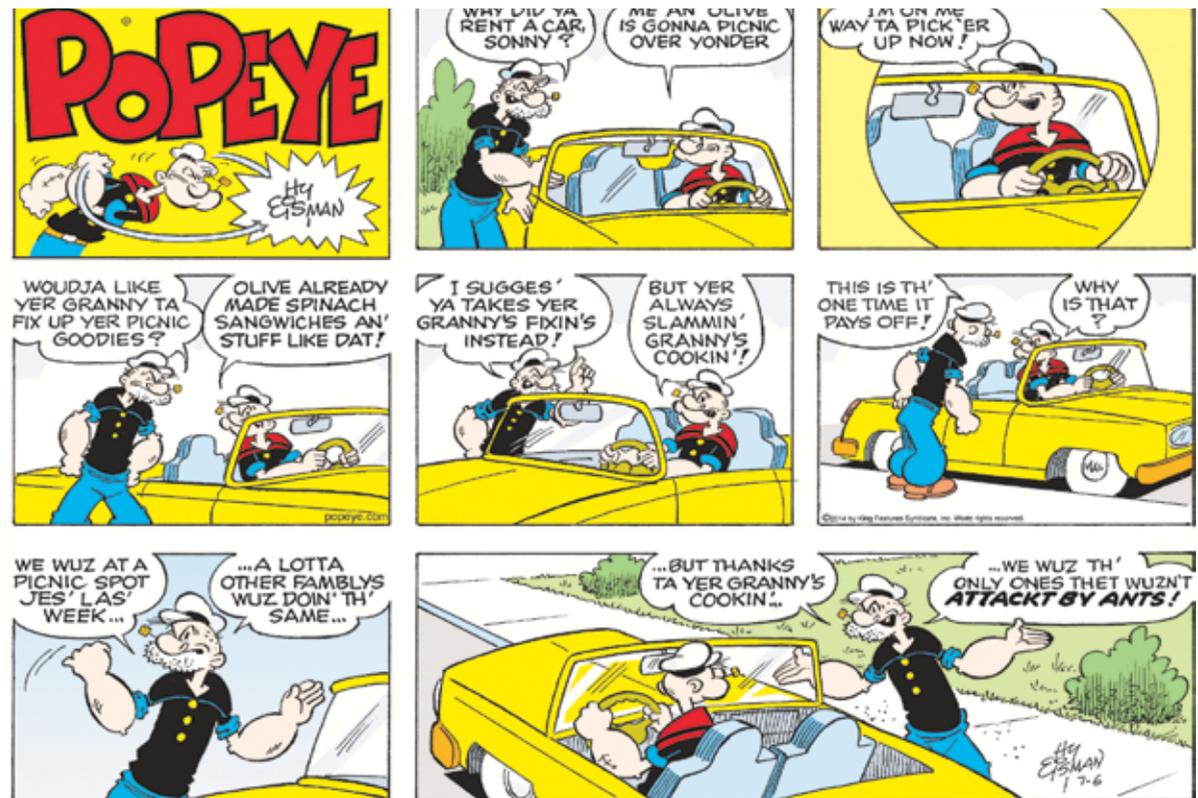
- TELEVISION:** What was the name of Fred's boss on "The Flintstones"?
- U.S. STATES:** What state lies directly north of Wyoming?
- LITERATURE:** Who was Sherlock Holmes' archenemy?
- GENERAL KNOWLEDGE:** What is the traditional birthstone for July?
- PSYCHOLOGY:** What is the fear represented by "monophobia"?
- MUSIC:** What music video of Tom Petty and the Heartbreakers featured the characters of Alice and The Mad Hatter?
- GEOGRAPHY:** What is the longest suspension bridge in the United States?
- FAMOUS QUOTATIONS:** Which 20th-century American journalist said, "Love doesn't make the world go 'round. Love is what makes the ride worthwhile"?

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The Spats



Amber Waves



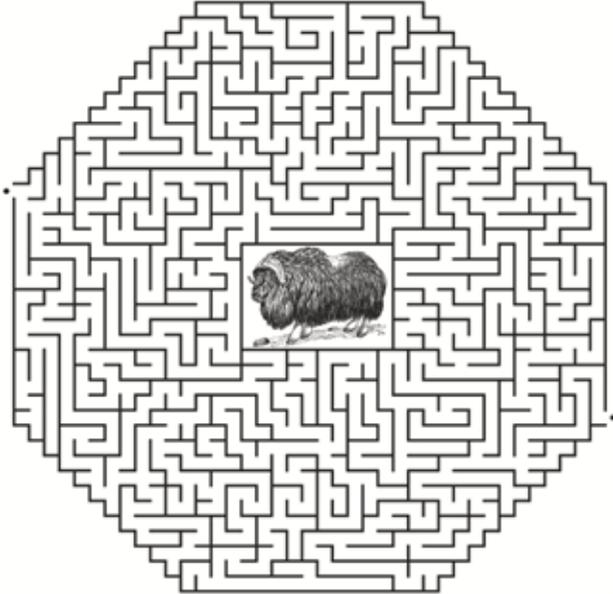
Trivia Answers: 1. Mr. Slate 2. Montana 3. Professor James Moriarty 4. Ruby 5. Fear of being alone 6. "Don't Come Around Here No More" 7. Verrazano-Narrows in New York (4,260 feet) 8. Franklin P. Jones

Linda Getzlaf

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

Mega Maze

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Weekly SUDOKU

by Linda Thistle

3		9				2
	8		4	7		
4	5	2			3	
	2	9				1
5		8			6	
7			1	4		
8			7		9	
	6	1				4
	4	3	2			

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Preferred Rates courtesy of
MYRON MORITZ, Mortgage Advisor



Term	Our Rates	Scotia Bank	RBC (posted rates)	Servus	ATB
1 Yr	2.89	2.99	3.14	2.99	2.94
2 Yr	2.59	2.64	3.04	2.99	2.89
3 Yr	2.79	2.79	3.75	3.09	2.99
4 Yr	2.77	2.84	4.54	3.49	3.04
5 Yr	2.99	2.99	4.94	3.49	3.29
5 VAR*	2.40	3.20	3.00	2.70	2.70

Prime Rate 3.00

BOC Qualifying Rate 4.79

* 5 VAR = 5 Yr Variable. Rates shown as Posted on July 1st, 2014. Rates subject to change without notice. All rates deemed accurate but not guaranteed.

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Large

MYTHIG

Charm

LOGRAM

Adapt

STUDAJ

Rule

ENVORG

TODAY'S WORD



"The doctor wants me to try
— he says whenever
I see food, I should run away from it!"

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IRP
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*Travel must take place before Dec. 15, 2014

*Subject to availability. No purchase necessary. Alternate entry method is to visit five Professional Realty Open Houses.

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FÊTE AU VILLAGE

FRIDAY & SATURDAY JULY 25-26, 2014

LEGAL, ALBERTA

CELEBRATING OUR HERITAGE

La ville de Legal, fière de ses 100 ans!

CENNTENIAL CELEBRATION - SEPTEMBER 5-7

FRIDAY JULY 25TH

6:30 p.m. Mini Parade (Main Street)
7-12am Fun In The Park (Cladell Park)
7:00 p.m. Iron Chef Competition
Pre-Register by calling 780-961-3773
7:00 p.m. Family Baseball Tournament
7:30 p.m. Soapbox Fun Derby
Pre-Register by calling 780-961-3276

FREE Family Fun In The Park

Hot Dogs
Sponsored by Fête au Village Committee
Kabobs
Sponsored by Legal Super Mart
Ice Cream
Sponsored by Servus Credit Union
Outdoor Dance—Games & Prizes
Clowns & Train Rides
Beer Gardens

SATURDAY JULY 26TH

6:45am Gates Open
7-9:30am Pancake Breakfast
8:00am Family Baseball Tourny
10:30am Parade (Main Street)
11-2pm Farmers' Market
11-3pm Show & Shine
11:30-1am Beer Gardens
11:30-1:30pm Train Rides (1 ticket)
11:30-1:30pm Quarter Carnival & Face Painting (Arena)
11:30am Caricaturist (Arena)
11:30-1pm Reptile Experience (Arena)
11:30-1pm Missy Piper - Clown
11:30-2:30pm Balloon Twisting
12-4pm Pony Rides (3 tickets)
12-4pm Petting Zoo
12-4pm Bouncy Castle (1 ticket)
12-4pm BINGO (Gazebo)
12-8pm Mechanical Bull Rides
12:30pm Coin Dig
2:30pm Demolition Derby
3-8pm Horizontal Bungee (3 tickets)
5pm Beef Roast Dinner
6:30-9:30pm Various Local Talent
10-2am Oilcity Sound Machine
DARK Fireworks

VENDREDI ~ 25 JUILLET

18h30 Mini défilé (rue Principale)
19h00- Divertissements pour toute la
19h00- Famille Minuit (Parc Cladelle)
19h00- Tournoi de baseball famille
19h00- "Compétition Iron Chef"
(35/personne)
19h00- Derby de caisses à savon

vendredi soir divertissements dans le parc

Hot dogs
(commandité par le comité de la Fête au Village)
Brochettes
(commanditées par Legal Super Mart)
Crème glacée
(commanditées par Servus Credit Union)
Clown et Randonnées en petit train
Jeux et prix
Bar à bière sur la terrasse
Danse en plein-air

SAMEDI ~ 26 JUILLET

6h45 Ouverture du site
7h00-8h30 Déjeuner de crêpes
8h30 Tournoi de baseball en famille
10h30 Parade
11h00-14h00 Marché fermier
11h00-15h00 Expo auto-brille
11h30-1h00 Bar à bière sur la terrasse
11h30 Randonnées en petit train
11h30-13h30 Jeux de fête foraine à 25 cents
et maquillage (Ariane)
11h30 Caricaturiste (3 billets)
11h30-13h00 Expérience reptile (Ariane)
11h30-13h00 Missy Piper le clown
11h30-14h30 Artiste d'animaux en ballon
12h00-16h00 Mini-zoo
12h00-16h00 Jeux gonflables (1 billet)
12h00-16h00 Promenades en poney (3 billets)
12h00-20h00 Taureau mécanique (3 billets)
12h30 Foulle de monnaie
12h00-16h00 Bingo (Pavillon)
14h30 Derby de démolition
15h00-20h00 Bungee horizontal (3 billets)
17h00 Souper de rôt de bœuf
18h30-21h30 Divertissement musical
22h00-2h00 "Oil City Sound Machine"
Feux d'artifice

SATURDAY NIGHT ENTERTAINMENT

"Oilcity Sound Machine"
And Various Entertainers

SATURDAY ADMISSION: ADULTS \$5 - CHILDREN 7 TO 12 \$3 - CHILDREN 6 UNDER FREE

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