

# THE MORINVILLE NEWS

July 30, 2014 FREE

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## My little pony

Lorraine Meunier pets Thumbelina, a seven-year-old dwarf miniature horse, at Aspen House July 23. The horse is from Hollyhock Meadow miniature horse farm, located in Sturgeon County. Owners Terry and Peter Holt allow selected horses to stay at a seniors' residence facility for several weeks at a time.

- Lucie Roy photo



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# Community Champions

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Morinville resident Tina Gougeon was diagnosed with breast cancer in February of this year. She has organized the upcoming Leap of Faith Golf Tournament, Silent Auction and Show and Shine in aid of the Alberta Cancer Foundation. The event takes place at Terrae Pines Golf course Aug. 16.

- Stephen Dafoe photo

## Morinville woman's battle with cancer leads to fundraiser to help others

by Stephen Dafoe

A Morinville woman is turning adversity into hope with an upcoming fundraiser in aid of the Alberta Cancer Foundation. The Leap of Faith Golf Tournament, Silent Auction and Show and Shine will take place Aug. 16 at Terrae Pines Golf Course and the Morinville Legion, and is seeking to raise \$5,000 for the cause. The tournament, a four-ball / best-ball game, is open to golfers of all ages. Cost of the tournament is \$80 per person and includes green fees, golf cart, and a steak dinner.

Organizer Tina Gougeon was diagnosed with breast cancer at the beginning of February of this year, had her first surgery by the end of that month, and has another scheduled for Aug. 27. Gougeon says her prognosis is good - the chemo is working, the cancer shrinking.

Through her experiences battling the disease, Gougeon decided she wanted to do something to assist others who are living with cancer.

"The Cross Cancer Foundation has so many programs and it brings the money back to the people, especially the people who cannot afford a lot of treatments. They're so expensive," Gougeon



said, adding the foundation also supports those in need of wigs, and provides social programs for people dealing with cancer. "They help people financially who cannot afford certain things. That's why I've decided to do the Cross Cancer Foundation."

Gougeon said despite Alberta being a wealthy province, there are many people who cannot afford the drugs those suffering with cancer need to take. "Anyone who does not have a drug plan, they're up the creek, if it wasn't for them helping them and making sure they get what they need to have for their treatments," she said, adding her own first three rounds of chemo required a shot that cost \$500 per treatment, something she needed every three weeks. "Thank God my husband and I have good health coverage. I lucked out but not everyone is like that. That's why I wanted to take this route."

Gougeon said like many Albertans, cancer has touched both sides of her family. Her father died of cancer and four of her mother's siblings have passed from the disease. Other relatives have had and conquered the illness.

During her time dealing with her own cancer, Gougeon took part in the Healing Connections program, an opportunity to meet and talk with other woman who have had and survived the disease. "A lot of these woman had breast cancer years ago and survived," she said, adding others had cancer, beat it, and have it once again. The experience interacting with other cancer survivors further prompted her

to do something to support those who have supported her in her struggle. "It's just to help other people out and that's my main goal."

### Plenty of local support

Gougeon said she has been overwhelmed by the local support in getting her fundraiser off the ground and running. "The Legion is co-hosting it with me and they have been phenomenal," she said. "Other people have come forward with donations for the silent auction and have been so far phenomenal, and I haven't touched a lot of people yet."

Two of the major elements of the event are an accommodations package in Mexico or Florida provided by Professional Realty, and a \$50,000 hole-in-one opportunity, sponsored by Linda Getzlaf of Re/Max Realty.

### Fun day helping an important cause

Organizers are hoping golfers will come out and support the Aug. 16 event. Tournament registration is 8 a.m. and tee off is 9 a.m. for the four-ball / best-ball tournament. Those who cannot attend the golf tournament can purchase a ticket for the steak dinner for \$15 per person. Registration packages are available at Hunters Print and Copy. Cheques for registration fees are payable to the Royal Canadian Legion Branch 176.

But even those who do not want to play golf can still participate in supporting the cause. Gougeon said the idea of the Show and Shine, which will take place in the Legion parking lot, is to have something for people who are not golfing to do, and to draw additional awareness to the silent auction taking place inside the Legion. Entry to the Show and Shine is by donation, and the Legion will be serving hot dogs and hamburgers during the event, as well as running a 50/50 draw.

Gougeon said she would also be setting up an online donation form so those outside the area can contribute to the event. Those looking for more information on the Leap of Faith Golf Tournament can call Tina Gougeon at 780-572-4984.

# Leap of Faith

## Golf Tournament, Silent Auction and Show & Shine

### August 16, 2014

ALL PROCEEDS WILL BE DONATED TO THE ALBERTA CANCER FOUNDATION

#### Golf Tournament

(All registrations must be done by August 9, 2014)

Terra Pines Golf and Country Club

Entry fee - \$80.00 per person  
(includes cart and dinner)

Registration - 8:00 A.M.  
Tee Off - 9:00 A.M.  
Four Ball Best Ball

All cheques made payable to  
"Royal Canadian Legion Br. 176"

Contact Tina for Registration  
Form (780-572-4984) or pick  
one up at Hunters Print & Copy  
(downtown Morinville)

#### Silent Auction and Show & Shine

Royal Canadian Legion Br# 176  
10120 101 Ave., Morinville

Entry fee by Donation  
Starts - 11:00 A.M to 5:00 P.M

BBQ from 12 to 2pm  
(hamburgers/hot dogs)

Steak Dinner tickets available  
\$15.00 per person

Door Prizes & 50/50 Tickets will  
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For More information contact Tina 780-572-4984

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## Editorial & Letters

# Letter: Monitoring speed in residential areas

This letter is addressed to ALL town residents. Do you feel like your street is often used as a race track and that many people are driving WAY over the speed limit? What can you do about it other than complaining to your neighbours, coffee partners or on Facebook with your friends?

Here is a suggestion that may provide you with some facts AND help our Council and Administration with the review of the Photo Enforcement Program. You can request to have traffic monitoring equipment set up in your neighbourhood for a period of time. What this equipment does is collect raw data such as number of vehicles passing and speeds. Then the traffic sign is set up for a period of 48 to 72 hours to make people aware of their speeds. How do you request this?

Email, phone or write a letter to our Chief Administrative Officer (CAO) Debbie Oyarzun and the Council members, outlining your concerns (e.g. near a park or playground or lots of small children playing, etc.). In your email indicate that you would like a "tentative date" of when the equipment would be set up and that you would like a copy of the data taken from the equipment. This would provide you with the information as to the actual number of speeders in your area of concern.

In light of safety, I'm sure the data collected from various residential sites will do two things which are:

- Provide **valuable** data that can be used to assist those involved in the upcoming review of the Photo Enforcement Program and
- Provide a clear message of the areas that residents are concerned about.

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**Linda Lyons and Cliff Haryett, Morinville**

## What Are They Talking About?

Online response to our letters and articles

**In response to our letter on residential speeding ...**

**Phil wrote:** I don't see a lot of speeders on residential streets in Morinville. What I have seen in the last couple of months are an abundance of RCMP and Peace Officers. At times one would think we live in a police state. Sometimes you get what you ask for.

**Will wrote:** Phil, don't know where you live but it must be down around the Legion close to the RCMP! I live on 95 Street about a block north from 95 Avenue and when those yahoos come

around 95 Ave. and head north on 95 St., don't be standing on the road because you will get mowed down!

I see the occasional RCMP car going by, which is strange because this is a major route. I have seen one peace officer drive by in the 12 years I have lived here. I have never seen photo radar anywhere near here. I have seen the RCMP stopping cars for doing a rolling stop at 97 St. and 95 Ave.

This is one of the strangest places I have ever seen a stop sign! It's a T intersection and has a three way stop!

Go down past Notre Dame school and the T intersections are through ways with one yield sign! Not very consistent traffic rules here in Morinville! I guess it's "wherever there is possible revenue, the traffic signs change." All in the interest of "safety."

## Letters / Columns / Notices

### Morinville RCMP Police Briefs

Information picked up in passing from the RCMP

#### Break and enter charges laid

On July 26th, 2014 at approximately 10 a.m. Morinville RCMP received a call of a robbery in progress involving firearms at a rural property in Sturgeon County near Morinville, Alberta. Further updates and investigation revealed the nature of the call was an actual break, enter, and theft in progress and not a robbery as initially reported. There were no firearms involved.

Two males were arrested on scene and were identified as Robert Earl Mendoza and Brent Robert Broere, both of Edmonton, Alberta.

The suspect vehicle was seized by police and is being held for further investigation.

Both men were charged with the following offences:

- 1) Break, enter, and theft under \$5,000
- 2) Possession of stolen property not exceeding \$5,000
- 3) Mischief not exceeding \$5,000
- 4) Possession of Break-in Instruments

Broere was also charged with driving while disqualified, and was remanded into custody for a Morinville Provincial Court date of Jul. 31, 2014. Mendoza is currently being held in custody on significant cash bail to attend court on the same date.

The investigation is continuing. If anyone has any information about this incident please contact Cst. Rouse directly.

### NOTICE TO CREDITORS AND CLAIMANTS

**Estate of Gordon Courtoreille**  
who died on June 6, 2014,

If you have a claim against the estate,  
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**September 15 2014**

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**Peter Crossley Law Office**  
at 4814-49th Street, PO Box 1108,  
Rocky Mountain House, Alberta T4T 1A8



It's hard to believe July is over and that means summer is almost over too. Got to say it has not been quite as bad a summer here in town as it's been in other summers. That does not work so well for me because it gives me less to complain about at the White Rose, Timmies and other places I go from time to time.

**1** I see the odd person or two bellyaching about how bad the crime is here in Morinville this summer. I think if you spoke to any of the detachment members that's been here a bit, you'd find it's a lot quieter than what it was two summers ago when vandalism was in the paper almost every week.

**2** Folks seem to be pretty quiet on them traffic lights what got activated last week. Sure was a lot of complaining about how awful they were going to be and how no one would be able to stop for lights you can see from nearly a mile away. Well, here we are a week later and they seem to be working just fine, and even some of the grumblers are not grumbling about them. Guess the sky didn't fall.

**3** About the only real problem I can see in Morinville this summer has been the weather and that's just sucked. Too hot on most days and the days when it isn't too hot, it's raining too much. Nothing's growing here but the population.

[joe@morinvillenews.com](mailto:joe@morinvillenews.com)

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# Champion Petfoods breaks ground south of the border



by **Stephen Dafeo**

Three months after making the announcement they would build a third kitchen facility for their product line in Kentucky, Champion Petfoods broke ground on the project and threw a party to commemorate the event.

Champion's third kitchen is being built in Auburn, Kentucky, a rural location 15 minutes outside Bowling Green. The plant, which Champion has said will be operational

in the first quarter of 2016, will cost 85 million and will employ 147 people, according to the Park City Daily News. The new facility will join Champion's Oakville, Ontario kitchen and their Morinville facility to meet global demand for the product. The Kentucky operation will service the company's American market, allowing Morinville to service Canadian and overseas clients. Champion exports their biologically appropriate pet food to more than 70 countries.

Champion selected their American location in keeping with their corporate philosophy of using fresh local ingredients. The company had 12 different options and ultimately settled on Kentucky because the company found the local farmers and primary providers were focused on providing a high quality food that would be great for Champion's product."

## More opportunity for Morinville kitchen

The decision to set up shop south of the border does not mean a lessening of activities in Morinville where the company began. Although the company sees the United States as their largest and fastest growing market, the new plant will allow Morinville to service markets in Europe and Asia that have been wanting more of the company's product. Champion President Frank Burdzy has said the American plant affords the company the chance to invest more dollars to bring their Morinville kitchens up one more notch, allowing Champion to really hit hard for the Canadian, European and Asian markets.

Champion Petfoods held their ceremonial ground breaking for their new kitchen facility in Auburn, Kentucky July 23.

- Photo courtesy Melissa Kruminas,  
Choice Media Productions



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# Artic Therm donates to the Morinville Food Bank Society



by Lucie Roy

The Morinville Food Bank Society has \$1,500 more to work with after receiving a donation from Morinville's Artic Therm. General Manager Troy Simoneau and Office Manager Tracey Strand presented the donation Thursday afternoon to Food Bank Society Vice President Ken Skjersven.

Artic Therm, located in Morinville's industrial park, hosts a yearly client appreciation party. This year was the first time they added a dunk tank on site, which proved to be a popular fundraiser as both management and staff got wet.

Ken Skjersven said the much needed donation will be used for a bit of everything, but meat is currently something they are in need of.

The demand for assistance from the Food Bank is on the increase. Food Bank Society

Artic Therm General Manager Troy Simoneau and Office Manager Tracy Strand presented a donation of more than \$1,500 to the Morinville Food Bank Society Thursday afternoon. Accepting the donation on behalf of the Food Bank was Vice President Ken Skjersven. Unable to attend the presentation was Artic Therm Operations Manager Gerry Sturm and Corporate Development Manager Stacey Bonik.

- Lucie Roy photo

President Wendy Skjersven said in 2013 they served more than 1,360 people. So far this year the food bank has served more 725 people.

Simoneau said he was raised by food bank donations that his mother received. In addition to the company donation, Simoneau presented a cheque of his own to the food bank.

But the food bank is not the only recipient of Artic Therm's generosity. In addition to contributing to the food bank through the Town of Morinville's Fill-A-Bus program, the company donates their large barbecue for community events and donates their heaters for the annual Light Up the Night parade and the annual trade show. This past Family Day, Artic Therm donated one of their heaters for the Fish and Game Association's ice fishing derby.

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## Town Talk

Thank you to  
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Thanks



### ORGANICS PROGRAM

The Town of Morinville and your local Home Hardware store have partnered together in promoting this enhanced organics program. Morinville's eligible premises have the option to purchase an "under the sink" caddy to collect daily organics while receiving a promotional rebate. Simply purchase your caddy at Morinville Home Hardware, bring your receipt with proof of Morinville residency to the Public Works Shop on 107 Street to get your instant full rebate. Limit of one caddy per household. This new initiative only applies to eligible premises now receiving yard waste as defined in bylaw 7/2014.

### NEW TRAFFIC SAFETY INITIATIVE

All summer, Morinville RCMP and Community Peace Officers will be looking for youth exhibiting good safety practices by wearing helmets. Coupon rewards for ice cream and other treats will be handed out to youth that wear helmets while riding bikes, skate boards, scooters or other equipment this summer.



### It is severe weather season in Alberta!

Every household should have a 72 hour emergency preparedness kit in case of any emergency. A 72 hour kit should contain:

- Water: min 2 litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- Canned food, energy bars and dried foods (replace food and water once a year)
- Manual can-opener
- Crank or battery-powered radio (and extra batteries) or Weatherradio
- First aid kit
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills
- A copy of your emergency plan and contact information
- Other items such as prescription medication, infant formula, and equipment for people with disabilities

For additional details on emergency preparedness kits, please go to [www.morinville.ca](http://www.morinville.ca)

2nd

## Oktober Food & Jam Fest

### October 3

**Oktoberfest at MCCC**

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Allen Jacobson at 780-939-7832  
or [ajacobson@morinville.ca](mailto:ajacobson@morinville.ca)

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# Town Talk

**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.

## HOCKEY CAMP

AUGUST 27 TO 29 (BETWEEN 5PM & 9PM)



**Player Development & Conditioning Camp:**  
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 Community Services 780.939.7834  
 Tyler Edworthy [tedworthy@morinville.ca](mailto:tedworthy@morinville.ca)



## BEST GARDEN COMPETITION - JULY 30

Do you have the garden that your neighbours peek over the fence at and admire? Let us know as we 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 28<sup>th</sup> at 4:30 pm. Submit entries to Community Services (MCCC) or by contacting Allen Jacobson 780-939-7832 or [ajacobson@morinville.ca](mailto:ajacobson@morinville.ca)



Gardens will be judged between 9 am and 12 pm on July 30. Fabulous prizes will be awarded. Call Allen for more information!

## SUMMER CAMP SERIES

**Game On** August 11 - 15 \$125/week

Keep your child busy August 11 to 15 with the “Game On” Summer Camp. Program runs Monday through Friday from 9am to 4pm. Bring your snack and lunch each day. Activities can include: crafts, games, field trips and a lot of fun!

Information handbooks are available at the Community Services Office, or call 780-939-7839 for more information!

## 2014 Toilet Rebate Program

The Town of Morinville is offering a rebate to residents, rental properties and business owners to encourage the replacement of old and inefficient toilets with low-flush or dual-flush toilets to reduce water consumption. For 2014, there is no limit to the number of toilets per property to qualify for the rebates. The program is retroactive to January 1st, 2014 and will be effective until the rebate funding is depleted. First come - first serve, so act fast!

The program provides a rebate of \$75 on the purchase of new “WaterSense” labeled low-flush or dual-flush toilets rated 6 Liters per flush (Lpf) or less. The low-flush/dual-flush toilet must be a replacement unit. Toilets installed in newly constructed homes or add-on bathrooms are not eligible as they should already meet these criteria. The toilet must be WaterSense labeled, indicating that it has been backed by a third party, independently tested and is built to WaterSense specifications of efficiency and performance.

For additional information on the program requirements or how to submit and access an application form, please visit our website at [www.morinville.ca](http://www.morinville.ca) or pick up an application on the second floor of Civic Place or visit the Public Works shop at 10310 - 107th Street.

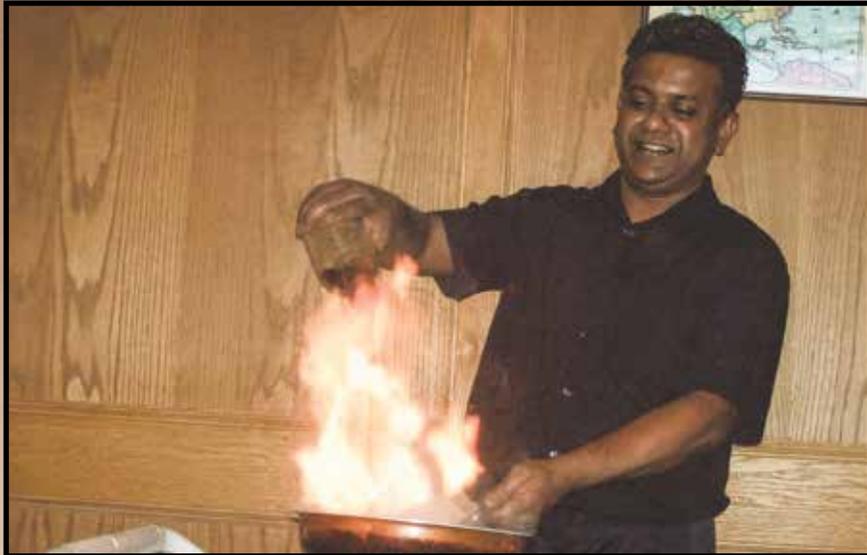


# It's Our Business

by Stephen Dafoe

## Bistro de Madre first anniversary

### Restaurant employees reflect on first year as entrepreneurs



Bistro di Madre Piccola will be celebrating its first anniversary serving fine food to Morinvillians Aug. 10. The restaurant opened on that date last summer, almost two months after Don's Bar and Bistro, which had been at the same location for nearly three years, suddenly closed. Although Bistro di Madre Piccola proprietors Christine Pereira and Deepthi Pelenage were first time restaurant owners, their faces were familiar to those who tried out the new establishment because they had been employees of Don's Bistro since it opened in 2010. When the former establishment closed, Pelenage and Pereira decided to take the plunge on their lifelong dream to open a restaurant of their own.

With 35 years combined experience working in restaurants around the world, the business owners partnered with Chef Gayan Ediweera, who has cooked in Sri Lanka, Dubai, Italy and Canada.

A year later, the restaurateurs are pleased they made the choice to go into business. "People are really, really talking very good things about us, and what we do," Pelenage said, adding reviews of the restaurant on social media sites have been positive. "We are very passionate about what we do. The taste is most important. You don't just feed the people and get their money. What we do, we do with great pride. That is our thing."

Looking back over the first year, Pelenage recalls the first month in business was tough because the restaurant had been closed for a while and it took time to let regulars and newcomers know it had re-opened for business. After that it was getting

Canadian palates accustomed to some of the offerings on the menu. Pelenage said some menu items, including risotto and gnocchi, were not as familiar to local diners as other items. But by encouraging guests to sample some of the lesser-known items, the restaurant quickly made some culinary converts. The bistro had a strong fall and winter serving their specialty fare, international food with an Italian flare. "Where we used to work before, Italian food is very popular among people," Pelenage said, adding the restaurant has become known for its high quality food and service. "My main thing is paying attention to little details. We kill with kindness. When they come here the expectations are high, and we always exceed their expectations."

It is a philosophy business partner Christine Pereira agrees with. As head of front of house, Pereira is keenly focused on making sure customers are well taken care of. "That's my passion, serving people," she said. "I like this town because in this town the people are really good. In my three years here in Morinville serving, I really like it. The people are very nice."

While the restaurateurs have developed a taste for Morinville and its residents, it is Chef Gayan Ediweera who provides the majority of the tastes Bistro di Madre Piccola offers its guests. Ediweera started his career in Sri Lanka working in restaurants before taking the bulk of his training in three restaurants in Italy. Not only is Chef Ediweera fluent with Italian cuisine; he is also fluent in the language. Though trained by some of the best in the business, Ediweera feels his grandmother also trained him, at least philosophically. "We are not coming from very wealthy families," he said. "I remember my grandmother - she's the cook. When she cooks, she always seeks the availability of what's in the house. Ingredients are what somebody wrote in a book. She makes [dishes] with what she has. That is my philosophy. There is no law you must put these things. As long as the taste is good, and you like [it] ... you are good to go." Combining his humble beginnings with classical training, Ediweera puts his passion on the plate at the bistro. He says his specialty is risotto, or Italian rice, as well as gnocchi. He said he is anxiously awaiting the fall so he can make pumpkin gnocchi and pumpkin risotto.

Like Pereira and Pelenage, Ediweera enjoys the friendliness of the community. All three owners are looking to grow the business in the coming months and years. They are hoping regular customers will continue to support them and that those who have yet to try them out will do so. The Bistro Di Madre Piccola is open seven days a week from 11 a.m. to 2 p.m. for lunch and 4 p.m. to 9 p.m. for dinner.



## That's nuts

At least one local squirrel thinks it is going to be a cold winter. Our reader tells us the squirrel has been stealing the blue jay's peanuts and storing them in a little cupboard in their next door neighbour's shed. When they opened the door they found the peanuts neatly stacked in each little section of the cupboard. While there, the squirrel popped his head in from the front door, saw everyone, gave a little squeak and off he went. They're sure he is worried about his stash.

- Submitted photo

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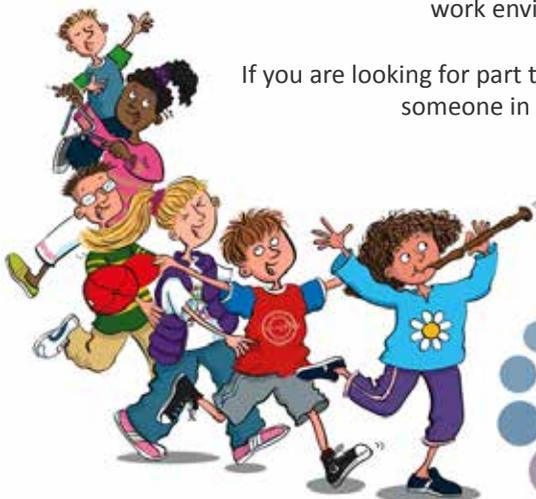
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# Sobey's

## Food & Health Pages

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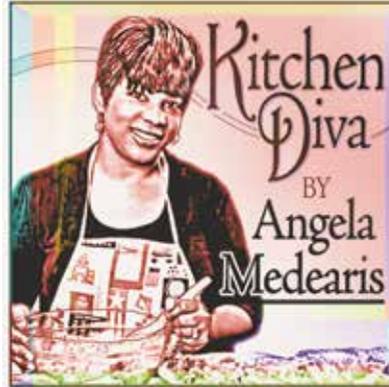
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# A melon by any other name

Crenshaw, Musk, Honeydew, Casaba, Water, Persian ... the list of melons that

are grown these days is long. Melons come in a many sizes, shapes, colors and flavors. Sweet, watery and cooling, they're a gift of the summer harvest that quenches our thirst with a food we can practically drink and eat at the same time!

Melons prefer hot, dry days and cool evenings to produce the sugar that gives them their nectarous flavor. Depending on where you live, a ripe, juicy, truly sweet melon may be a gift of the harvest at your local grocery store. While melons transport well, they must be harvested for shipping while still green. Sometimes this works well, other times not, and it can be just another case of falling for beauty that is only skin deep.

When choosing melons at the store, press and smell the spot where the fruit was severed from the stem. It should give slightly to the touch and exude a pleasant perfume. Almost all melons, except watermelons, can be judged this way.

Looking for a good watermelon is a little more difficult. There is science behind the

"thumping" of a watermelon to test for ripeness. A ripe melon will give off a hollow sound, which indicates that the melon has developed its water content.

All melons should feel heavy for their size, a sign that they are full of juice. Locally grown melons also will have a flat, yellow spot on one side where it lay as it ripened in the field.

Melons are an ancient fruit, first cultivated in Asia and Africa over 4,000 years ago. From there they were introduced to western and northern Europe. Watermelons in particular provided an important source of water to primitive people, and it is believed that the first watermelons were brought to the Americas by African slaves.

As a group, melons are a truly beneficial food. They are low in calories and high in potassium, as well as vitamins A and C. They also are a delicious source of fiber. Watermelons are high in lycopene, the pigment that gives them that beautiful pinkish-red color. Lycopene has been shown to help prevent heart disease and some cancers.

Even though most melons are known for their sweetness, their flavor melds well with savory ingredients: mixed with herbs and vinegars in salads, or paired with cured meats such as prosciutto and salami for an appetizer. For dessert, the options go from

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- 4 ears fresh corn, husked
- 1/2 tsp (2 mL) smoked paprika
- 1/4 tsp (1 mL) each salt and pepper
- 8 sprigs Fresh Thyme
- 8 strips Fully Cooked Bacon, 50% Less Salt

#### Add All Ingredients

- 1/ Preheat grill to medium and soak 8 wooden toothpicks in water. Break ears of corn in half and season with paprika, salt and pepper.
- 2/ Lay a sprig of thyme across each cob and wrap with a strip of bacon, securing the ends of the bacon with a toothpick.
- 3/ Grill, turning occasionally, until bacon is crisp and the corn is fully cooked, 12 to 15 min. Serve hot.

# Food & Health Pages

simply scooping the seeds from half a cantaloupe and replacing it with a dollop of ice cream or yogurt, to combining melons with other fruits to serve with a pudding or cream, or pureeing melons for sorbets and ices.

My recipe for Jellin' Melons is an easy, kid-friendly dessert, and the perfect way to showcase the best of summer melons.

## JELLIN' MELONS

Fresh or frozen pineapple, papaya, kiwi, figs, guava and gingerroot all contain enzymes that prevent gelatin from setting, so never use them in gelatin recipes. If you don't have strawberries on hand, you can use a cup of any canned fruits or juices, since the canning process kills this enzyme.

- 1 large cantaloupe or honeydew melon**
- 1 package (3 ounces) strawberry-banana gelatin (or your choice of gelatin flavor)**
- 1 cup boiling water**
- 1/2 cup unsweetened applesauce**
- 1 cup sliced fresh strawberries, leaves and stems removed**

1. Cut the melon in half lengthwise from bud to stem end; discard seeds. Cut a thin slice off the bottom of each half so the melon sits level. Pat the inside of the melon dry and turn it melon-side down on a paper towel to drain thoroughly.
2. In a large bowl, dissolve gelatin in boiling water. Stir in applesauce and strawberries. Pour into melon halves. Cover with plastic wrap and refrigerate overnight.
3. Just before serving, carefully slice each melon half into three wedges. Any extra gelatin can be poured into a bowl, covered with plastic wrap and chilled until set. Makes 6 servings.

Angela Shelf Medearis' newest cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to [Hulu.com](http://Hulu.com). Read Gina Harlow's Blog about food and gardening at [www.peachesandprosciutto.com](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Peanut Butter and Banana Smoothie

Skip the ice-cream shop. Blend these two great tastes together right in your own kitchen and save yourself money and calories.

- 1 1/2 cups cold fat-free milk**
- 1 cup (1 medium) diced ripe banana**
- 2 tablespoons reduced-fat peanut butter**
- 1/2 cup sugar- and fat-free vanilla ice cream**

In a blender container, combine milk, banana and peanut butter. Cover and process on BLEND for 30 seconds. Add ice cream. Re-cover and process on BLEND for 15 seconds or until mixture is smooth. Serve at once. Serves 2 (1 1/4 cups).

- Each serving equals: 258 calories, 6g fat, 13g protein, 38g carb., 216mg sodium, 3g fibre; Diabetic Exchanges: 1 Fruit, 1 Fat-Free Milk, 1/2 Meat, 1/2 Fat, 1/2 Carb.

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News From the Town of



# LEGAL

## Fête au Village offers much despite the rain



**This page clockwise from top left:** Aoife and Ella Bailey get ready for Friday night's mini parade. Eli Sliger was one of the contestants in the Legal Fete Au Village Iron Chef Competition held Friday night in the arena. First place trophy for the Soapbox Fun Derby Pistons ages 6-7 category went to Keilan Jackson. Missy Piper the Clown makes a balloon animal. St. Albert Mayor Nolan Crouse on his penny farthing in Saturday's parade. One of the floats on parade was the Town of Legal's 100th Anniversary float.

**Opposite page from top:** Members of the Legal Lions Club preparing the Pancake Breakfast included outgoing President Suzanne Prefontaine, incoming President Karen Oloske and her daughter Ashley. Ty Zander was having his caricature done by Laurel Hawkswell Saturday. Paul Baril with his son Michael looking at the green iguana at the Reptile Experience tables set up in the arena.



### Can you give this animal a loving home

Hello, everyone. I am Rupert! (wink, wink) I came to the Morinville Vet Clinic as a stray cat. The ladies here think I am about eight years old. I was already neutered and declawed on my front paws. I had no identification so my owners could not be contacted. I am such a sweet, handsome boy, and I love to be brushed and petted. I am very kind and very well-mannered. I get along well with other cats and am the purrfect companion. I would love to find a home where I can stay inside for two reasons: 1/ I am declawed and I can't defend myself very well. 2/ I prefer to be inside where I can sit on top of the cat tree and soak in the sun's rays. Come on by and ask to see Rupert. I would love to meet you.

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\*\*Photos courtesy of Kevin Ma

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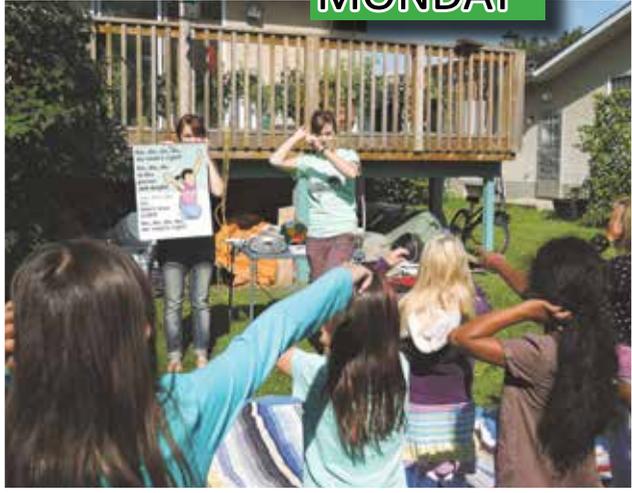
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Tues - Fri 8 a.m. - 4 p.m.

MONDAY



## Go Fish

The Morinville Baptist Church' Five-Day Clubs Go-Fish event ran last week in conjunction with Child Evangelism Fellowship. The free event was a drop-in for any child between the ages of 5 and 13. More than a dozen children attended the July 21 event. Photo: Teachers Sarah Amy and Amy Neudorf lead the children in song.

- Lucie Roy photo

WEDNESDAY



## Pet therapy

Aspen resident Terri Zanon met Lori Goodwin, a member of the Pet Therapy Society of Northern Alberta, and her English bulldog named Gurdy. Members volunteer their time to provide animal-assisted therapy.

- Lucie Roy photo

# The Week

IN PHOTOS

Here's some of what our cameras caught around Town between July 14 and July 20.

TUESDAY



## Donation 50

Morinville Lions Club President Francis Fryters congratulated Gary Millang of Edmonton who celebrated his 50<sup>th</sup> blood donation at the Community Blood Drive held at the Rendez-Vous Centre July 22. More than 150 were registered to attend the blood drive. The next blood donor clinics are scheduled for Aug. 26, Oct. 21 and Nov. 18.

- Lucie Roy photo

# Face 2 Face with Local Businesses

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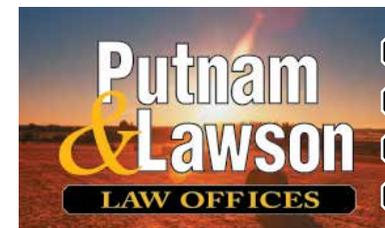
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### Playin' ball

Rhonda Hendricks, a member of Buck team was up at bat at Skyline Ball Diamond 2 in a game against the Shty Show July 21.

- Lucie Roy photo

MONDAY

THURSDAY



### Collision west of town

Police, fire and EMS were called to the scene of a vehicle collision at Highway 642 and Highway 44 Thursday afternoon at 4:15 p.m. The collision caused one truck to flip on its side. RCMP reported Saturday there were no serious injuries in Friday's collision.

- Stephen Dafoe photo

WEDNESDAY



### Hobnobbing in Kentucky

Morinville Mayor Lisa Holmes and Councillor Gord Putnam pose with Kentucky Governor Steve Beshear at the Champion Petfoods groundbreaking event in Auburn, Kentucky last week.

Photo courtesy Melissa Kruminas, Choice Media Productions



THURSDAY

### Farewell to the library

The library held a farewell gathering for staff member Nicholle Pasechnik, who is moving to Australia. Pasechnik has been with the Morinville Community Library for five years. She initially was involved in the summer reading program but has been the library's processing clerk in recent years.

- Submitted photo

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# Arts & Culture

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## Local musicians take to the stage in Kentucky show

by Morinville News Staff

Local musicians Justin Hogg, Paul Smith, Alan Pangburn, Christian Maslyk, Angela Proulx, and Andrea Mallon left for Kentucky July 21 to take part in Champion Petfoods groundbreaking celebration July 23.

The musicians shared the stage with country singer Buffy Lawson and Grammy Award nominated bluegrass band the Grasscals.

The musicians returned to Alberta July 24. Smith, Maslyk, Proulx and Pangburn have been working over the summer on the second iteration of Rocktober, that will take place Oct. 4. Last year's concert was a tribute to Queen. This year's Rocktober will mix the music of Pink Floyd with other original and cover songs. Tickets for the show will be on sale soon.

**Left:** The Paul Smith Band - from left: Al Pangburn, Christian Maslyk, Paul Smith, and Angela Proulx perform at Champion Petfoods groundbreaking celebration in Auburn, Kentucky July 24. **Below:** American country singer Buffy Lawson performs with the band. **Bottom:** Justin Hogg performs at after party.

Top two photos courtesy Melissa Kruminas, Choice Media Productions. Bottom photo submitted.



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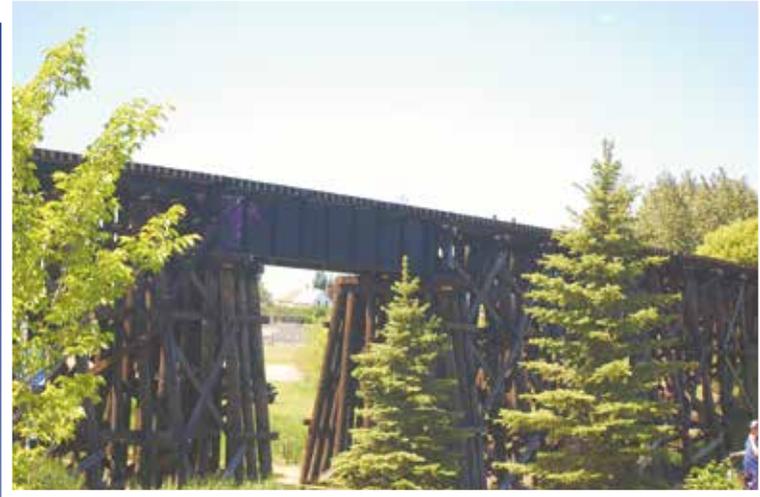
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# Our Morinville & Area

**Our Morinville & Area** is an opportunity to view life through our community members' lenses. Photos can be taken in Morinville and the surrounding communities in Sturgeon County or even cool photos from places our readers have visited. The photo pages are wide open on possibilities. Each month we will select one photo as the choice of the month. That reader will receive a \$100 Shop in Morinville gift certificate. They pick the Morinville News advertiser and we lay down the cash in the form of a gift certificate. Send your **high-resolution photos to [editor@morinvillenews.com](mailto:editor@morinvillenews.com)**.



**Clockwise from top left:** Hank Reinbold sent us this duck photo taken on a trip to Long Lake. Frank Koenig submitted his photo of the wooden trestle taken in St. Albert earlier this summer. Jerry Kaup captured this great sunset shot in Sturgeon County. Wilma Van Herk submitted this pair of shots of waxwings looking colourful in a backyard.

# Brent Melville's Remax SPORTS REPORT



## 20<sup>th</sup> Tour de l'Alberta pedals 1,400 cyclists through Morinville

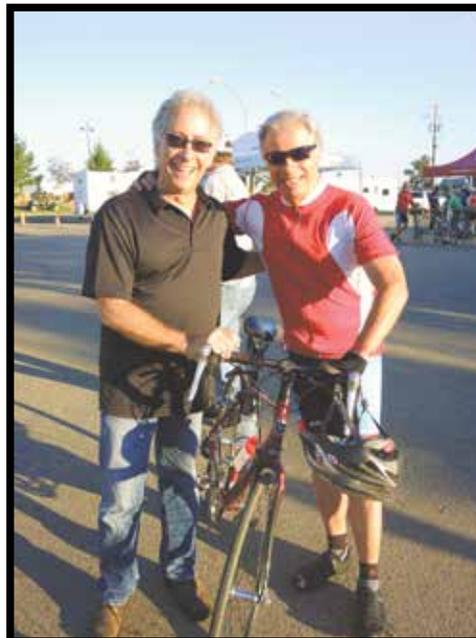
Photos by Lucie Roy

The 20th Annual Tour de l'Alberta departed from and returned to Morinville Sunday. More than 1,400 riders participated in six routes ranging from a 185-km ride that covered the region to a five kilometre children's ride that took young cyclists to the Fish and Game Association Pond and back to the Ray McDonald Sports Center.

Started by Don Peddie in 1994, the Edmonton Cycling and Touring Club event is annual cycle through Alberta's French corridor. The event always takes place on the final day of the Tour de France and for the past several years all routes have started and ended in Morinville. Tour founder Peddie (71) was among the first to depart Sunday, taking part in the 185-km ride. The initial run was followed by 150-km, 100-km, 50-km, 15-km family, and 5-km children's rides. More than 175 registered for the 185-km route, 175 registered for the 150-km and more than 950 registered for the 100-km.

Not all cyclists wore riding gear. The Heart and Stroke Foundation's Big Bike, which accommodates 29, was on hand for a dozen regional politicians and residents to go on a fundraising tour on 100 Avenue and 100 Street.

**Clockwise from top left:** A sea of cyclists depart on the 100-km ride at 9 a.m. Cyclist at the Legal Rest Stop water and juice tables. Cyclists doing the 150-km route depart from the arena area at 8 a.m. Sunday morning. Town of Morinville employee Allen Jacobson poses with Global Television personality Mike Sobel before Sobel departed on the 185-km cycle ride.



# Young athletes play in major competitions

## Melville set for prestigious golf tournament

Bryce Melville will take part in the Canadian Amateur Aug. 4 to 7, Canada's most prestigious amateur golf tournament.

Melville competed in the Alberta Amateur Golf Championship in Medicine Hat from July 15 to 18 and shot 76-70-73-72 to finish in 13th place out of 123 golfers.

With his strong Alberta Amateur Golf Championship he qualified for the Canadian Amateur in Winnipeg August 4 to 7.

## Froment takes gold in Summer Games



Legal's Brooke Froment was chosen to play basketball for Zone 5 at the Alberta Summer Games in Airdrie last weekend and returned home with the gold. Froment's team started the weekend with a 66-42 in their first game Friday, followed it with 74-32 and 67-42 wins, and a close 73-70 victory to enter Sunday's gold-medal game. They took the gold in a 54-49 overtime win.

## Three Morinvillians in Summer Games

Haillee and Jaeda Raeume, and Noah Patrick of Morinville were in Airdrie last weekend to compete in the Alberta Summer Games. The Morinvillians competed in Canoe Polo Friday and, ran the Slalom Saturday and competed in Downriver on Sunday.

Haillee & Jaeda won bronze in the Canoe2 Sunday, Haillee placed 5th in K1 Slalom Saturday, and Jaeda 6th (out of 15). Jaeda also won bronze in the team event. Their team also took silver Friday in Canoe Polo on Friday.

Noah Patrick returned to Morinville with a silver in Cadet2 with his partner Brendan, a bronze in the team event and a silver in K1 down river.



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CHECK OUT OUR LISTINGS at [remax.morinville.ab.ca](http://remax.morinville.ab.ca)



## Library Corner

Happenings at the Library this week...

Click on **EVENTS** on our website for all the new programs at the Library!  
[www.morinvillelibrary.ca](http://www.morinvillelibrary.ca)

## Eureka!

### Summer Reading Program Register Today!

Session 2: July 28th - August 15th  
 Crafts - once a week - 3 sessions to choose from!

**COST: 3 Weeks \$20 per child**

**1 Week \$10 per child**

or Drop-in for Crafts or Entertainer \$3 per child

Register at the Morinville Community Library

### Peter & Mary Concert

Wednesday, August 6th 10:30 am

Library program room—see website for more details!

### Cozy Corner Stories

Friday, August 1st 10:30 am in the library program room

Check our website for more information on the above events.

### NEW! HOOPLA

Downloadable videos, music and audiobooks



10125 - 100 Ave.  
 Morinville, AB T8R 1P8

Phone: 780-939-3292  
 Fax: 780-939-2757

info@morinvillelibrary.ca

### Hours of Operation

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

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

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

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

[www.morinvillelibrary.ca](http://www.morinvillelibrary.ca)

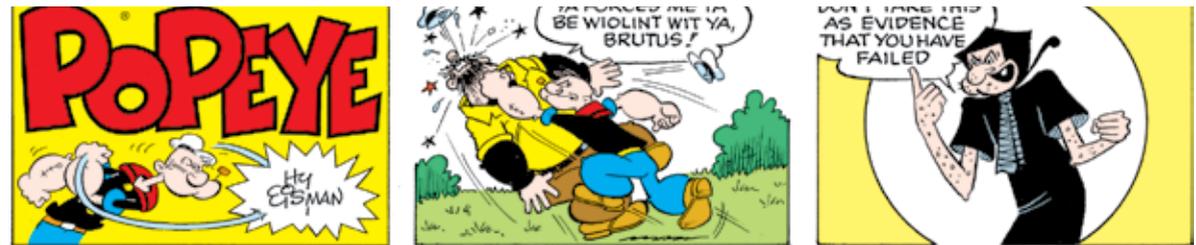
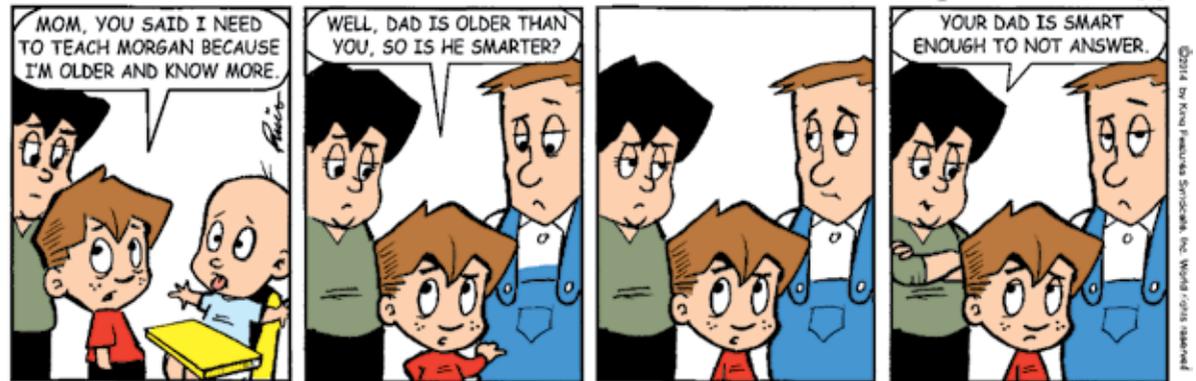
### TRIVIA TEST by Fifi Rodriguez

- MOVIES:** Who starred in the 1957 film "An Affair to Remember"?
  - FOOD & DRINK:** Osso bucco is traditionally made with what type of meat?
  - GEOGRAPHY:** On which continent is the nation of Djibouti located?
  - GAMES:** In Monopoly, what is the name of the square that represents the water utility?
  - ANATOMY:** What is a more common name for the umbilicus?
  - GENERAL KNOWLEDGE:** A big band dance called the "Lindy Hop" came to be associated with which early 20th-century celebrity?
  - RELIGION:** According to the Old Testament, Noah's Ark landed on what mountain range?
  - ENTERTAINMENT:** Who created the catchphrase "Bam!" on his television show?
  - GOVERNMENT:** How long is a U.S. senator's term of office?
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### The Spats



### Amber Waves



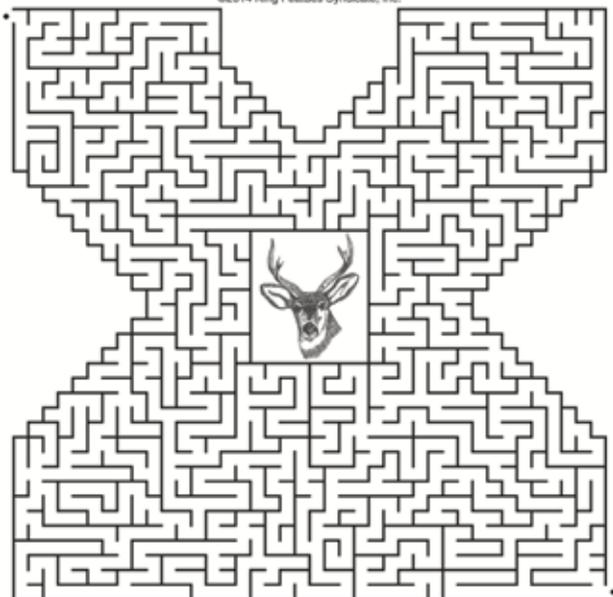
Trivia Answers: 1. Cary Grant and Deborah Kerr 2. Veal 3. Africa 4. Water Works 5. Navel or belly button 6. Charles Lindbergh, who was the first to fly solo across the Atlantic Ocean 7. The Mountains of Ararat 8. TV chef Emeril Lagasse 9. Six years

# Linda Getzlaf

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

### Mega Maze

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### Weekly SUDOKU

by Linda Thistle

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

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	2.69	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 23th, 2014. Rates subject to change without notice. All rates deemed accurate but not guaranteed.

5% Borrowed Down payment still available – Call Today!

**(780) 705-5912**  
**myron@mortgagetailors.com**

### 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!



"Do you want the economy, standard, or expense \_\_\_\_\_ menu?"

Sturdy  
**TURBOS**

Natural  
**TANNIE**

Direct  
**DINDAC**

Munch  
**KANCS**

TODAY'S WORD

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## Win \$2000 In Travel Bucks

Anyone who buys or sells between July 1 and Sept. 30 in Sturgeon County will be entered into a draw for accommodations and up to \$2000 flight credit to St. Martins, Mexico, Las Vegas, Florida or the Dominican Republic. \*



\*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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· SAVE THE DATE · SAVE THE DATE · SAVE THE DATE ·

The Morinville Farmers' Market & the Morinville Festival Society in partnership with the Lions Club and the Morinville Community Gardens is hosting...

# THE MORINVILLE COUNTRY FAIR

**AUGUST 23RD, 2014**

A fun filled day including...  
Pancake Breakfast - hosted by the Lions Club)

**Bench Show**

(Best Carrott, Best Quilt, Best Flowers, etc). and

**Exhibition Show**

(Best Goat, Calf, Sheep, Pig, Llama, etc).

The Morinville Farmers' Market will be on during this time, as well as many games such as tug-o-war, 3 legged races and penny fair games.

**PLUS** we're getting a Mechanical Bull and doing a watermelon eating contest, as well as the Extreme Chop Challenge (Lumber Jack Competition).

At 6:00 pm, with only 200 seats available, we will have a **Farm to Table Dinner** (hosted by the Morinville Community Gardens) along with a country dance.

· SAVE THE DATE · SAVE THE DATE · SAVE THE DATE ·