

Morinville News

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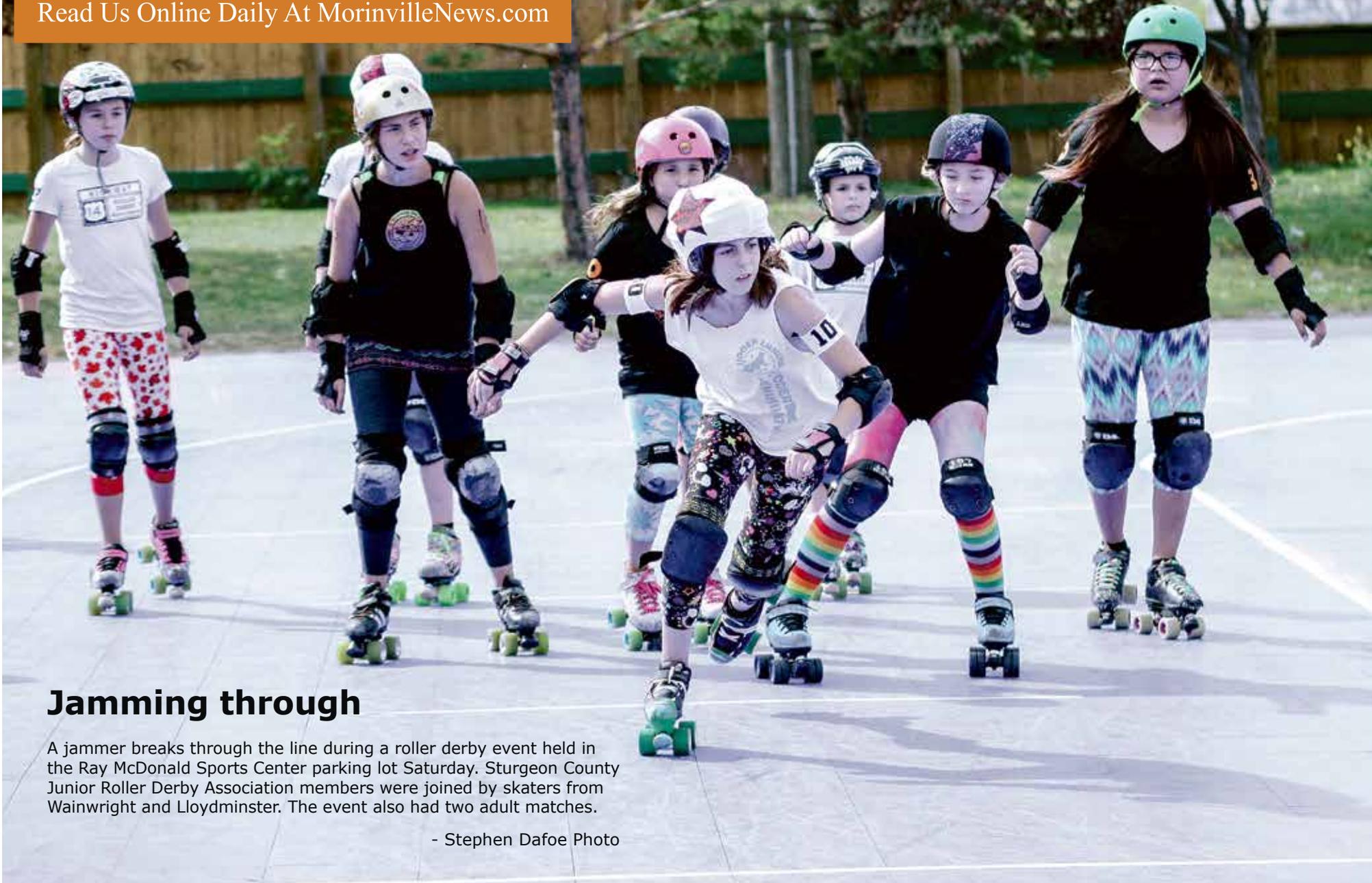
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Jamming through

A jammer breaks through the line during a roller derby event held in the Ray McDonald Sports Center parking lot Saturday. Sturgeon County Junior Roller Derby Association members were joined by skaters from Wainwright and Lloydminster. The event also had two adult matches.

- Stephen Dafoe Photo

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Morinville residents and father and son Chad and Morgan Melchert are heading out of province to take part in two separate major events. Chad Melchert is up for another CCMA All-star Band Drums Award, and Morgan is off to Brandon, Manitoba to play baseball with Team Alberta's U15 team.

- Stephen Dafoe Photo



Morinville father and son have a big week in front of the crowd

by Stephen Dafoe

The first couple weeks of September are exciting ones for a Morinville father and son. Chad and Morgan Melchert head out of province on separate adventures. Chad is off to Halifax for the Canadian Country Music Association (CCMA) Awards where he is up for the All-star Band Drummer of the Year Award once again. His son Chad is off to Brandon, Manitoba to play in a baseball tournament with Team Alberta's U15 team.

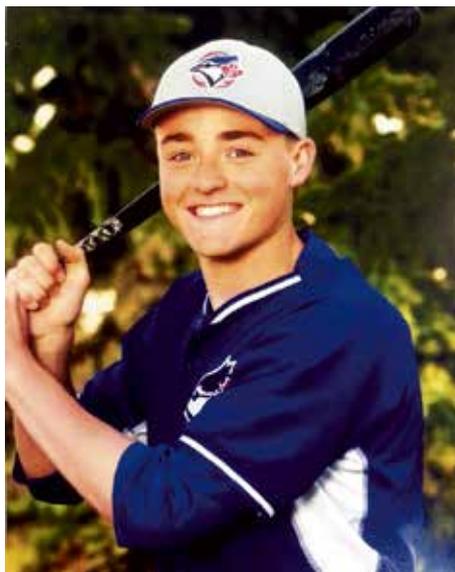
The Melcherts will be joined at their respective events by two other Morinville residents. Zach Froment joins Morgan Melchert on the U15 team, and Morinville resident and Jesse Peters Trio bass player Travis Switzer is also up for an award at the CCMA's.

U15 Team Alberta

Fifteen-year-old Morgan Melchert was recently selected for the U15 Prospects team to represent the province in Manitoba this week.

"It's a tournament of all Canada and a team from Idaho," he said. "They all play against each other. It's a big tournament for 15- and 14-year-olds.

Melchert switched teams this season to the SJP Blue Jays, based in Ed-



monton's west end. Although the team had a bit of a rough year, Melchert said he had a good season, one that resulted in him getting selected for the U15 team.

"They told me I was on their radar as a good player half-way through the season," he said. "They were impressed by my attitude and my playing efforts. After I was told, I was really excited to be on that team."

Melchert plays all outfield, a position he loves.

"I just love to play defence. I love to flash the leather and throw out runners."

The upcoming tournament in Brandon, Manitoba will bring teams from B.C., Saskatchewan, Alberta, Manitoba and Idaho. Melchert said he is hoping to take his U15 team to victory in the upcoming contest and is looking forward to taking on an American team.

"I'm excited to see what they've got," he said. "I know we've got Alberta power. We should be good against them. I've heard that they are pretty good ball players, but I know as the province of Alberta we have very good baseball players ourselves."

The Manitoba run is another stop on a baseball career that the Morinville Community High School student hopes will one day take him to Major League Baseball.

"MLB is the dream, but I just want to take it step by step," he said. "The

next step is to make the Midget team, and the step after that is to make a college team, and progressing from there. Hopefully, I make one of the biggest baseball schools in the States. Arizona State or Louisiana State. ASU and LSU are my favourite baseball schools in the US."

Like many athletes today, Melchert does not limit himself to one game. In the winter, he plays basketball with the Morinville Wolves Jr. Boys and he is also involved with the school band.

Melchert's considers himself a team player, no matter what he does, but particularly in the game he loves. "What I hope to accomplish is supporting the team," he said of his philosophy on the field. "I want to win for the team, be my part of the team, and just do team at bats. Sacrifice bunts, stuff like that. I just want to win with the team, not as myself."

Morgan's father Chad said he was pleased to see his son and Zach Froment making the team. "I think it's really impressive that two kids from Morinville are the best players in Alberta at their age," Chad Melchert said.



starting to get spins on radio down there." When Your Lips Are So Close, a huge hit in Canada, has been remixed and getting traction in the US market.

Although Melchert is looking forward to touring the new album next year, he said he also loves doing session work. "I think the biggest difference is that live you are essentially replicating moments that are already done," he said. "The thing I like about the studio is it's all new. It's spontaneous. You really can't prepare for it in many ways. There is a certain breed of musician that's meant to do it and some just aren't. Some guys can walk in there and are comfortable with the pressure and can express themselves quickly. I think the biggest part of being a studio player is having great ideas and having them quick."

It is an important skill set in a world where time is money and studio time is strictly by the hour. Melchert said skilled session players save both artist and record label money. "I thrive on that pressure. I love it," he said, adding his personal preference is working in the studio. "I love it. I was lucky enough to get into it an early age. I was about 14 when I started. It's just special. I thrive on that

pressure. It's fun."

Though he has a love of studio, he is looking forward to the upcoming CCMA trip, an event where he will perform with other music professionals at the luncheon, gala, and with Gord Bamford during the awards show.

"It's kind of exciting when you get flown out and get to play," he said, adding Morinville resident Travis Switzer, who won an award last year, is once again up for honours this year. "Having a drummer and bass player living in Morinville is pretty amazing. He's a phenomenal player, and I've known him for years. He's a great player who crosses many genres and does well in all of them. When he moved to Morinville, it was just happenstance that we're both living here. I've played with him on quite a few shows."

Off to CCMA Awards

Morinville resident and Gord Bamford drummer Chad Melchert is heading to Halifax next week for the Canadian Country Music Association Awards event Sept. 10 to 13.

Melchert won the CCMA drumming award in 2012 and 2014 and is once again up for the All-Star Band Drums award. In addition to waiting to see if his name is called when the envelope is opened, Melchert will be joining other Canadian country music professionals in performing for their peers.

"I think it's always nice to know that people think that of you," Chad Melchert said of being nominated once again. "It's encouraging. You are always in good company with great players that are equally your friends. Whether you win or lose, I think it's OK. You always feel good coming out of it. Every year it's guys that I know really well."

This past summer has been a mixed bag for the musician because Gord Bamford is currently between albums and although Melchert has played on half of the new album, it has afforded him some free time this summer to take on other gigs.

"Half was recorded in Calgary and half in Nashville," Melchert said. "That is a rare thing for artists to have their band play on it. But being a session player myself, it allows me and some of the players to be part of it."

In addition to recording Bamford's new and unnamed album, Melchert said he did a good bit of recording with other artists over the past two months. "With Gord being busy with that album, we had a slower summer with a select few dates here and there. Next summer we will be absolutely insane with the new album, which is also his first American release. We're

Support local music

Though Melchert will spend a week with Morinville musician Travis Switzer and others deemed the best of Canada's country music scene, the all-star drummer said it is important for residents to support the local music scene.

"The music side in these small towns needs to be paid attention to," he said. "When there are concert nights, I think it's important [to attend]. Other than sports - hockey games and stuff - it's important that we as a community support these events. Whether it's a two dollar or five dollar cover charge, pay it and show these kids something. For me, music was a way to get out of a smaller city and do what I love. It would sure be great to see kids get that opportunity these days." Melchert said he is impressed with the local music scene, particularly what he has seen in some of the school bands. "I obviously can pick them out pretty quick, and there are lots of kids that have a good ability," he said.

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LETTERS

Re: Photo radar site along Cardiff Road

According to the 2nd quarter reports from the photo radar contractor, a total of 43 hours was spent in this particular site and resulted in 351 tickets. Looking at the total stats for the 2nd quarter (April to June), 43 hours represents 9.5 per cent of their total hours logged for this quarter and 351 tickets represents 44.5 per cent of the total 788 tickets issued for this quarter.

At first blush, one would think, holy cow we have a speeding problem. Before jumping to this conclusion, a few questions that I would like Mr. [David] Schaefer to answer publicly for everyone to see are:

1/ In the last five years how many vehicle accidents have been logged in the RCMP reports for this exact same site (Cardiff Road at/near 94 Street)?

2/ Of the 351 tickets, what was the breakdown of the speeds over (0 to 5); (6-10); (11-20) (over 20) etc. If the bulk of the tickets were under 10 kilometres per hour over the speed limit, one would think it is not quite as serious as Mr. Schaefer indicated during the [Aug. 25] Council meeting.

3/ For every 1,000 vehicles travelling within this zone, how many are speeding over 10 kph?

Mr. Schaefer was quoted as saying: "If you look at the percentages and tickets, the road has a lot of high flyers, and as you've seen in the last week we had a death in the near community of this." Schaefer said referring to a traffic fatality on Highway 2."

First I would like to remind Mr. Schaefer, that the unfortunate accident that he is referring to was on Highway 2 approximately two kilometers away and should NOT be compared to the so-called speeders on Cardiff Road — different roads, different speeds.

When Councillor [Stephen] Dafoe suggested some "boots on the ground" might be more effective. Mr. Schaefer exclaimed during the discussion that "It's just not a safe road!"

Maybe Mr. Schaefer, it is time to look into other options to alleviate this so-called "high flyer" speeding zone such as: (a) redesign the road and widen it so that is not so

dangerous or, if this isn't an option, maybe install a three-way stop sign at South Glens entrance or other traffic calming devices. I know for a fact that stop signs have been used at least in three or four other locations within town as traffic calming devices.

In closing, I trust that Administration, the Traffic and Pedestrian Safety Committee, including the RCMP, will look at the bigger picture of this particular photo radar zone and if it is as dangerous as stated by our Director of Operations, then maybe it is time to review other options that would make this road safer.

Although, I wonder just how much revenue 351 tickets brought into Town?

Thank you

Linda Lyons

"Maybe Mr. Schaefer, it is time to look into other options to alleviate this so-called "high flyer" speeding zone..."

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What Are You Talking About?

Online response to Linda Lyons letter to the editor (See Page 4) was quick. Here is some of the commentary we received on MorinvilleNews.com and on our Facebook page.

Ryan Denke Wrote: Spot on. If it's a dangerous road, then how will mailing tickets to car owners make it safer? Schaefer wants to CASH IN on the road rather than FIX it!

Christina Fedorak Wrote: Well written. I'd like to see the response to this letter.

Shannon Daly Wrote: I have lived in South Glens for over seven years now and have never witnessed or even heard tell of an accident at the intersection to South Glens. The current speed limit is total bull s***! As far as I can tell it's nothing but a cash grab for the Town.

There is no legitimate reason why that stretch between Highway 2 and where the 80 km zone shouldn't be raised to 60 km. Up until last year they were ticketing people illegally (speed zones must be a minimum 400 metres in order to use photo radar). Bet most of you didn't know that. Their response to this was to move the 80 km (heading east) down the road 100 metres. Hmmmmmmm. Sounds like a cash grab to me. Just Saying.

Susan Burrell Bourque Wrote: Great points.

Amie Forsyth Wrote: We were just talking about this. Cash cow areas and not actually in the areas we need.

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Rec centre update results in many questions from Council

by Tristan Turner

Council received a significant Recreation Centre update at their first meeting since summer recess. CAO Debbie Oyarzun revealed that Administration will be making a recommendation at Council's Sept. 8 meeting for the architectural and professional services to move ahead with the planning portion of the project. Oyarzun also noted the town has received 114 responses to their RFP (Request for Proposal) and that 17 companies agreed to attend an eventual on-site meeting to discuss their capabilities and ideas on the concept.

Community engagement part of RFP, Morinville still working with partners

Oyarzun was also careful to mention that engaging with community stakeholders is an important component mentioned in the RFP and that further sessions will occur after the RFP is awarded.

Councillor Stephen Dafoe had questions about just when Council would meet with regional partners, something he said he had requested at the last steering committee meeting prior to the summer break and again in an email to Council and CAO over the summer. Oyarzun replied by saying there is a meeting scheduled for Sept. 1 and that discussions are ongoing. She said Sturgeon County Mayor Tom Flynn commented to Administration about how he feels the working relationship with Morinville on this and other projects has been positive.

Ladouceur raises concerns about sponsorship

Councillor Rob Ladouceur expressed concern that a sponsorship package was sent out without

Council viewing it first. "[Decisions] need to be made by us, and I'm not comfortable just approving this [before sponsorship is fully explained to Council]."

Oyarzun said sponsorship options will come back to Council and steering committee before final decisions are made.

Boutestein raises concern about perceived limits to amenities in RFP

Councillor Nicole Boutestein expressed concerns the RFP identifies specifically a running track, arena and a common area/concessions as components in the project.

"As a Council, we have X amount of dollars to spend, but really never once have we made a motion that that is exactly what we want to build," Boutestein said. "So I'm wondering, what did I miss along the way... to have this in an RFP that's gone public?"

Oyarzun responded by saying Council had the discussion "several times" at steering committee meetings, at workshops and elsewhere. Oyarzun clarified that those components are what Council has identified that the contractor has to be able to complete at minimum, and that the RFP clarifies that the Town may decide to build other amenities as well. Oyarzun said the RFP did not rule out extra amenities besides those mentioned in the document.

Boutestein countered that a curling rink should have been identified as something to be included in the RFP, despite Oyarzun's assurances.

Dafoe addresses "elephant in the room" - project needs to be phased

Councillor Stephen Dafoe brought up what he called the elephant in the room, cautioning that previous public meetings may have led residents



to believe a full facility is possible within current dollars available.

"Not everything that people may want is doable [immediately]," Dafoe said. "The reality is, unless money falls from the sky from regional partners or sponsors, [building all amenities at once] is not doable with our debt ceiling, with what we have [available], with what we have spent, and what we still need to spend for infra-

structure. The sooner we are quite vocal about that, the better."

Dafoe also added his belief the facility would have to be built in phases based on the resources the Town has right now.

Council will return to discussions about the facility and receive an update on Administration's recommendations from the RFP at their Sept. 8 meeting.

Rotary welcomes exchange student

Rotary District 5370 Assistant/Area Governor Brad Mastaler, Rotary Club of Morinville President Sheldon Fingler, member Danielle Reed, Livia Kummer — Rotary Exchange student from Switzerland, and member Shelley Porter pose for a photo Aug. 26. Kummer has just arrived in Canada for her one-year stay in the area. Last Wednesday was her first Rotary meeting in Morinville.

- Lucie Roy Photo



Morinville Army Cadet tops in platoon in Vernon submitted

Morinville's Cadet Liam Allard was the top cadet in 23 Platoon during the three-week Basic Expedition Course at Vernon Cadet Training Centre (VCTC).

Cadet Allard is a member of 3061, 1 Combat Engineer Regiment, Royal Canadian Army Cadet Corps, Morinville, Alberta. The cadets parade every week 9610 Morinville Drive.

Allard joined 53 other army cadets in a three-week Basic Expedition Course, which provides cadets with the fundamentals of expedition training. Activities include navigation, a five-day expedition and adventure training.

More than 1500 army, navy and air cadets from Western Canada will have spent up to six weeks in the Okanagan Valley training centre by summer's end. During that time, they will have expanded the training they receive at their home corps, develop new skills and form friendships.

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Cadet Sergeant Tylor Pater Photo



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Council goes own way on org review recommendation

by Tristan Turner

Council has decided to delay endorsing Administration's recommendation that the town seek the consulting services of Keldar Leadership's Darel Baker to develop a CAO-Council Relationship Framework. The goal, identified in last year's organizational review, was to "create clearer expectations in the individual roles which contribute to fostering a respectful and effective relationship between Town Council and the [CAO]."

Although Council were generally in support of the aims of the project, many expressed disappointment that an implementation component was not included in the current overview of the Relationship Framework project.

Councillor Gord Putnam expressed his concern the proposal was more document than implementation. "We talked about a coaching aspect for this project. I don't see it here," he said. "Because I know we can talk to many different people that have expertise in this area of municipal relations... at the bottom of all of this I don't want it to be lost that we want a solid relationship [between Council and the CAO]. So sometimes what I'm seeing with some of the consultants that we've used is that they are very business-like, and that's fine... but I think a coaching aspect is what's needed and I think that's what we talked about."

Putnam also stated he felt Council and the CAO had "problems" in the area of CAO-Council relations, and that he felt real coaching was his ideal solution.

Deputy Mayor Turner echoed Councillor Putnam's comments.



"We want a better relationship, not a document," Turner said, adding coaching would be a way of achieving that.

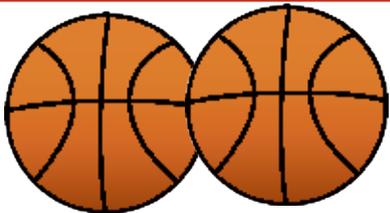
CAO Debbie Oyarzun told Council a coaching element was not discussed in Council's previous public meetings regarding implementing the organizational review recommendation but noted coaching could be added to the project easily.

Oyarzun also mentioned Keldar Leadership has engaged in similar coaching and organizational training in the past, so it may be something they could accomplish with the Town if Council agrees to award them the contract.

The contract is valued at \$3,937 and comes from \$25,000 Council approved in the 2015 budget to implement elements and recommendations from the organizational review.

Council did not accept the CAO's recommendation to hire Keldar. Instead they opted to strike a new committee responsible for overlooking the project and debating additional components, including coaching, and the steps forward with selecting and awarding the contract. Deputy Mayor Barry Turner, Councillor Brennan Fitzgerald and Councillor Rob Ladouceur are the chosen members of the committee.

Morinville Youth Basketball Association Boys and Girls - Community Basketball



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8-10 Year Old Teams – Minis (2005-07)
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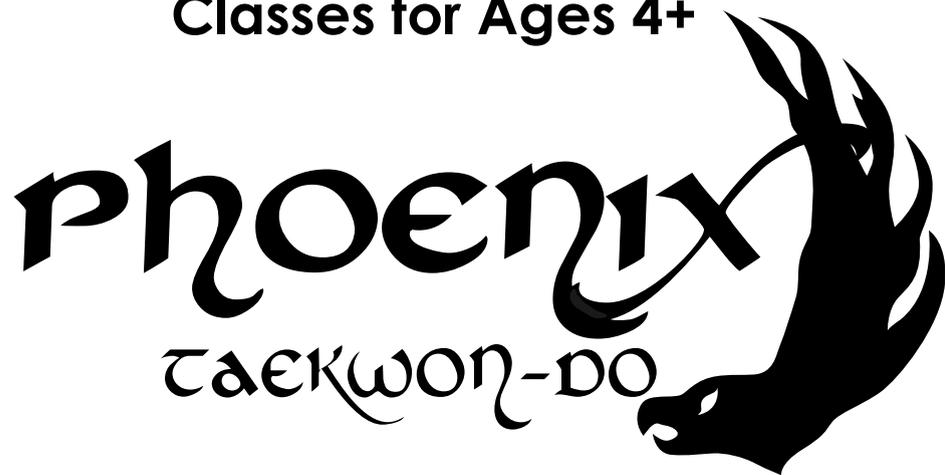
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Youth Council Bylaw passes first reading

by Tristan Turner

A Bylaw to create a Morinville Youth Council received unanimous first reading at Council's Aug. 25 meeting. The Bylaw was developed by Administration with the encouragement and direction of Councillor Brennan Fitzgerald, who has been championing the idea for some time.

This Bylaw, if taken through 2nd and 3rd reading, would create a Morinville Youth Council made up of youth aged 13 to 24. The Youth Council would report to Council on issues involving youth in the community, including writing and promoting policy and engaging youth to 'support the general and overall well-being of youth.'

Council's only discussion at First Reading regarded why the development of a Youth Council should be accomplished through a Bylaw and not some other method such as an appointed board or committee.

CAO Debbie Oyarzun told Council a Morinville Youth Council could be accomplished either way and that it is up to Council to determine if it should be done as an enshrined Bylaw or as a committee. She spoke to how typically bylaws have enforcements if they are broken, something that doesn't apply in this case, but that it could still operate as a Bylaw regardless. Oyarzun also noted that once a Bylaw is passed, it is "on the books" and becomes more difficult to change without subsequent Bylaws, something that may be considered a positive.

Fitzgerald said he looks forward to moving ahead with the project and is excited about the development of the Youth Council. He also noted he felt it was best to move ahead with the Youth Council through specific Bylaw.

"The Bylaw is to ensure the Youth Council's future," he told Morinville News after the meeting. "I want it to exist beyond any change in Administration or any change in Council, and a Bylaw really gives it some more legal standing."

The mandate and requirements for membership in the Youth Council have not been identified as written.

Those elements are to be decided by Council at 2nd and 3rd reading following consultations by the Town with the community, specifically parents and students.

Council will discuss the Bylaw and the validity of Morinville Youth Council being created via a bylaw mechanism, as well as the mandate and membership of the organization at the Sept 15 Committee of the Whole meeting.

Second and Third reading of the bylaw would likely occur in October.

Council briefs

by Tristan Turner

Council unanimously passes Land Use Bylaw

After one response during a public hearing and little debate, Council unanimously adopted land use bylaw 13/2015 to accommodate a new duplex development along 101 Street and 97th Avenue within the bounds of the Coeur de Morinville Area Structure Plan.

The development has 32 per cent lot coverage and will have six planted trees on the property when completed. Town Administration noted the

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Sept. 19, 2015

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property is using "higher quality materials" on the outside than is typical for most properties, and that it "fits within the character of the neighbourhood" and with the Area Structure Plan.

The previously vacant lot was met only with one message of support for the development after contacting nearby properties for input. After no debate and only one clarifying question, Council unanimously passed the Bylaw that would allow for the two family attached garage unit.

Weed Control Bylaw Dale Metcalfe

Council received a presentation from resident Dale Metcalfe about noxious weeds within the Notre Dame area of town, encouraging Council and Administration to do something to deal with a problem he claims is both "unsightly" and a "health risk" to residents who may have lung disorders, including asthma. The problem area is in recently completed, or pre-development lots within the Notre Dame area.

Sharing several photos of the area and quotes from a Canadian Lung Association fundraising letter, Metcalfe hoped to prompt Council to action

on controlling the problem earlier in the year (June) before the weeds go to seed. Metcalfe claims the problem has been getting worse in the area, and that action must be taken to quell the invasive weeds in the future.

No action was taken by Council at the meeting regarding the presentation.

Council cancels Sept. 22 meeting for AUMA

In a unanimous vote, Council has cancelled the regularly scheduled Sept. 22 Council meeting due to a conflict with the Alberta Urban Municipalities Association (AUMA) conference that begins in Calgary the same day.

Council voted on the issue and made notice to the public in accordance with the guidelines for meeting cancellations outlined in the Municipal Government Act (MGA).

Mayor Holmes mentioned that she may call a special meeting of Council, Sept. 21 if it is deemed necessary with the amount of business items Council has at the time.

Town and Girl Guides partnering for little free library

by Morinville News Staff

The Town of Morinville announced Thursday they will assist the Morinville Girl Guides in bringing a Little Free Library (LFL) to Town.

Little Free Libraries are a take-a-book / leave-a-book exchange that is growing in popularity globally. The libraries began in 2009 and there are currently 25,000 of them around the world in front yards and other locations. Morinville's LFL will be located at the Morinville Community Cultural Centre

Morinville Girl Guide leaders, Aimee Williams and Gillian Edwards approached the Town of Morinville Community Services department to partner as the LFL is part of their clubs' National Service Project "Words in Action".

"I have seen this type of book exchange before and was very excited at the opportunity for the Town of Morinville to partner with the Girl Guides to develop this program in Morinville," said Community Development Coordinator Allen Jacobson in a release Thursday.

Morinville Community Library Manager Isabelle Cramp is also in favour



of the idea, according to the release. The LFL initiative is meant to complement the library and other literary initiatives in the community.

The Girl Guides have decorated the LFL and will stock and maintain it.

The Town sees the cultural centre as a good location for the LFL as it is seen as the cultural hub of the community.

The LFL will be registered at littlefreelibrary.org. It is set to be installed at the cultural centre Sept. 3 at 4:30 p.m.

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September 12
9 am – Noon

Start and Finish at the Morinville Community Cultural Centre

\$25/per family team
(minimum of 5 per team; \$5 per additional family member)

Registration deadline is September 10, or when the program is full as space is limited.

To register call
Community Services
at 780-939-7839



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As children head

Back to School,
please slow down, pay attention and drive safely!

Please review the following violations that have been observed by Morinville RCMP and Community Peace Officers in school and playground zones that are not permitted.



Please plan for the potential to have a longer commute with all of the added delays and traffic. Together we can arrive safely.

- SPEEDING** – Maximum is 30km/h from 7:30 am to 4:30pm on school days.
- CROSSWALKS** – Pay close attention around all crosswalks.
- U-TURNS IN SCHOOL ZONES** – U-turns are prohibited in school zones and between intersections. Plan ahead and use an appropriate route.
- PARKING ZONES** – Parking is restricted in school zones to allow for proper access for children. Pay attention and abide by all parking signs.
- PASSING SCHOOL BUSES** – All vehicles must stop and remain stopped when bus lights are flashing.



Town of Morinville will be participating September 26, 2015.



Culture Connects

It connects Albertans to our past and our diverse traditions, to our personal and collective imaginations, to one another, and to the place we all call home. Share the experience of Alberta Culture Days. Join, volunteer for, or plan an event that showcases your community's unique talents, pride and passions. Make your connection to culture. There's something for everyone.



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- Storytelling
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Council Community Grants

3rd Intake Deadline: September 30

If you are a not for profit organization, have not applied in this fiscal year, and have a project that benefits our community, you may qualify for assistance through the Council Community Grants Program.

For more information regarding this program, please contact Melonie Dziwenka in Community Services at 780-939-7833.



Splash Park Closing for the Season



The Morinville Splash Park is scheduled to close for the season after the Labour Day weekend. If the weather is forecasted to drop in temperature and become colder, the Splash Park may close sooner. For additional information, please call Public Works at 780-939-2590.

Community Services

SAVE THE DATE!
Sept. 3 2015



Morinville Community Cultural Centre
6:00 - 8:00pm

- Fall Program Registrations
- Trade Fair: 30+ local organizations
- Active Participation Demonstrations
- Season Launch & Ticket Sales
- Live Entertainment
- Free Childcare Provided

We would love to see you there!



Fall Community Guide

Available online now!
Registration began August 24, 2015

If you would like to receive a pdf of the fall guide by email, contact Cari Anderson at canderson@morinville.ca



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Town of Morinville
Community Services

Active Living Fair 2015

The Town of Morinville Community Services is hosting an Active Living Fair on Thursday, September 3, 2015. The event will showcase the spirit of our community including local organizations, community groups, agencies and businesses that provide services within our community. Registrations and information will be available at the various booths.

Community Services Open House

FREE
Child Minding
Face Painting
6 - 8 pm

Launch of the Youth Centre/Community Café

FREE
Hockey & Sport
Equipment Table



September 3, 2015
6 - 8 pm



Morinville Community Cultural Centre 9502 - 100 Ave.
For more information regarding the Active Living Fair contact:
Melonie Dziwenka at 780.939.7833

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.

DP122/2015 — Single Detached Dwelling, 9601-106 Avenue (Lot 67, Block 37, Plan 142 4801) — Maximum Garage Width — Variance (DC-3-5 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 780-939-7857 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** September 16, 2015. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.



Silent wizards

Town of Morinville employee Wanda Mulley looks over the Harry Potter Memorabilia Silent Auction held at the Morinville Community Library Friday.

- Lucie Roy Photo

Dinosaurs roar at the CCC during Alberta Culture Days

by Morinville News Staff

Theatrical and visual arts will mix with cinematic arts in Morinville during Alberta Culture Days Sept. 26. The Morinville News is joining the community's other Culture Days offerings by bringing this summer's blockbuster hit Jurassic World to the Morinville Community Cultural Centre.

Doors for the free showing open at 6 p.m. and showtime is set for 7 p.m.

Morinville News publisher Stephen Dafoe said he was sponsoring two of this year's Live at the CCC events but wanted to do something everyone could sink their teeth into. And what better way to do it than a movie about large reptiles sinking their teeth into just about everything.

"Community news is about being part of the commu-

nity," Dafoe said. "For the past six years we have had tremendous support from our readers and our advertisers, and we just wanted to once again show our thanks by taking the community to the movies."

Dafoe went on to say the upcoming showing of Jurassic World takes place almost a month before the movie is available on DVD and digital download.

The local newsman is not just looking to pack the cultural centre with local families having a good time, he's looking to help the Morinville Community Library fund programs for the upcoming year. The Library and Friends of the Morinville Public Library will run the concession during the movie, and all proceeds will be used for upcoming library programs.

Dafoe said if the initial movie night is a success, he'd like to do it for the community on a quarterly basis.

 *J. M. Turner* 
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Movie night feeds those in need

by Morinville News Staff

Eight boxes of food were hauled out of a truck into the waiting hands of Food Bank volunteers Aug. 25. The donations were collected the previous weekend by Sturgeon County residents John and Jeanne Hudson at their annual movie night.

"This is our third year - always on the same Saturday night," said Jeanne Hudson. "It is an open air lawn chair movie night. We invite friends and family."

Hudson said entry has always been a donation for the food bank. She also runs a concession with burgers, hot dogs, chips, chocolate bars and beverages. The items are bought for a monetary donation which is then used to buy more food.

"We always play two movies," Hudson said. "Some stay the whole night, others leave, but all have a wonderful time. We could not do this if it wasn't for the generosity of our friends and family."



On behalf of the Morinville Farmers' Market and the Morinville Festival Society, I would like to thank everyone who helped make our 2015 Country Fair a success. It is only through our community support, sponsors and tireless volunteers that this is made possible.

Thank you to all those who provided funding for our event

Town of Morinville

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I would also like to thank all our amazing partners and volunteers:

Bellrose Bulldogs, Capture & Design, Edgore, Friends & Neighbours, Green Bean Coffee House & Bistro, Home Hardware, Hunters Print & Copy, Liquor on Main, KT Admin, Kelley's Deli & Bakery, Morinville Lions Club, Morinville News, Morinville Rendezvous Centre, Smith Music, The Trophy Wife, Town of Morinville Staff & of course our Judges: Honourable Mayor Lisa Holmes, Allen Jacobson & Ann Harberer.

Korien Sampson
Morinville Farmers' Market Manager
Morinville Festival Society President

Join Us Oct. 3 For The
Morinville Food & Jam Festival



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Working the field

A farmer harvested their crop recently in a field west of town on Highway 642. The province declared this season an agricultural disaster.

- Stephen Dafoe Photo



On the wing

A blue jay is caught in flight in a Morinville garden.

- Stephen Dafoe Photo



Contest winner

ATB Financial Morinville announced the 3rd winner of their annual Las Vegas Draw. Ruth Knapp won one week of accommodations in a three-bedroom luxury town house in Las Vegas, Nevada and \$800 in spending money. They encourage residents to visit Morinville ATB Financial and upcoming town events to enter next years' draw.

Left to right: Darlene Lafond – Agent, Ruth Knapp – winner, Alicia Sullivan – Agency Manager.

- Submitted Photo



She's all shook up

Morinville's biggest Elvis fan Kiara Gauthier got to meet a bunch of Elvis Tribute Artists at the Blue Suede Music Festival. The young fan also had her birthday Friday and it was an Elvis-themed party.

Front row from left: Harold Schulz from Georgia, USA, Eli Williams from Vancouver, Paul Ellis from Abbotsford, Aaron Wong from Vancouver, Brett Wiggins from Port Angelas, Washington, Morinville's own Rick Johnston, and young Elvis fan Kiara Gauthier. In the back is Darrell Douglas of Similkameen Valley, B.C.

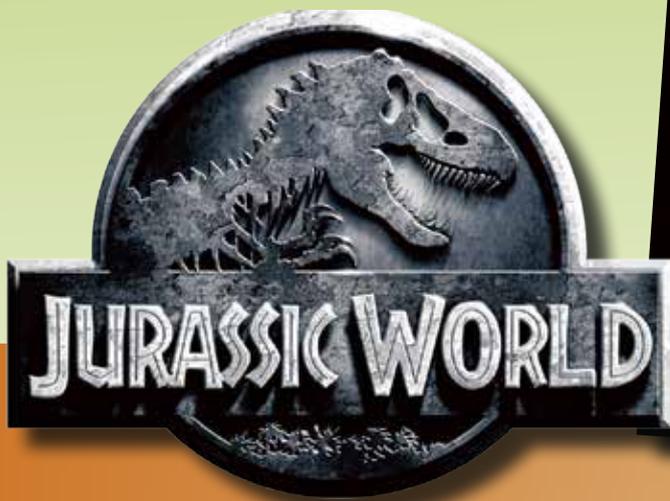
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Morinville News

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Showtime is 7 pm
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Food, Home & Health Pages

Preventing the Damaging Effects of Chronic Stress

You have heard of the "fight or flight" response, our body's innate reaction meant to protect us from threats from predators or aggressors. Today we are in less danger of wolves and bears, although some of us have survived the charge of a cow protecting her newly born calf with an adrenaline fuelled flight. Less exciting but every bit as stressful are the multiple demands we face each day, such as shouldering a huge workload, making ends meet and taking care of our family. Your body treats these so-called minor hassles as threats. As a result, you may feel as if you're constantly under assault.

As explained in the Mayo Clinic's Guide to Stress Free Living, when you encounter a perceived threat — an angry cow snorts or a large dog barks at you during your morning walk, for instance — your hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream,

enhances your brain's use of glucose and increases the availability of substances that repair tissues.

enhances your brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol also curbs functions that would be nonessential or detrimental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with regions of your brain that control mood, motivation, and fear.

The body's stress-response system is usually self-limiting. Once a perceived threat has

passed, hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities. But when stressors are always present, and you constantly feel under attack, that fight-or-flight reaction stays turned on. The long-

term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes.

This puts you at increased risk for numerous health problems, including asthma attacks, anxiety, depression, Cardiovascular disease (including heart disease), high blood pressure, abnormal heart rhythms, heart attacks and



Healthy Routes

by Gladys Kublik

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Food, Home & Health Pages

stroke, obesity, diabetes and eating disorders, digestive problems (such as GERD), gastritis, ulcerative colitis and irritable colon, sleep problems, menstrual problems, sexual dysfunction and loss of sexual desire in both men and women, and hair problems (such as acne, psoriasis, and eczema, and permanent hair loss), also memory and concentration impairment.

That's why it's so important to learn healthy ways to cope with the stressors in your life. According to Dr. Tasneem Bhatia, Medical Director and Founder of the Atlanta Center for Holistic and Integrative Medicine, supplements are an easy, cost-effective method of managing stress, as long as they are targeted at the right symptoms.

Insomnia — Losing sleep when stressed can wear down the immune system and worsen an already crabby mood. Instead of staring at the clock, look to supplements that help coax the mind to sleep, such as Magnesium, Melatonin, Valerian Root.

Headaches — Feverfew, B6. (The B vitamins get depleted in stressful conditions. B6 is best taken as a complex with the other B vitamins.)

Pain — to prevent stress-related muscle stiffness and tension Omega-3s, Curcumin, Willow bark and Boswellia.

Anger, Rage and Anxiety - Theanine, Phosphatidyl Serine, Taurine: These natural anxiolytics work to increase dopamine, relaxing the central nervous system.

Poor Immunity — Many patients find that in times of stress or shortly after that, they are frequently ill. Stress depletes essential nutrients, wear-

ing down the immune system. Astragalus acts as an anti-viral, helping to fight off winter coughs and colds.

Fatigue — Adaptogens increase the body's natural resistance to stress. The following prevent worsening fatigue and improve energy: Rhodiola, Ashwagandha (Indian Ginseng).

You can find all of the above-mentioned supplements at Neighbors Vitamin Shop. We also have formulations to address the effects of chronic stress from several of Canada's most highly rated brands. Let us help you find the product most effective for your needs.

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Sports Briefs

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Red Eye action

A member of the Pirates takes a swing at bat during a game at the Skyline Diamonds Saturday afternoon. The annual Red Eye Tournament started Friday night and ran around the clock until Sunday. See MorinvilleNews.com for video coverage of the event.

- Stephen Dafoe Photo



That's how we did it in Morinville

Kraft Hockeyville presented Morinville for Hockeyville organizer Wayne Gatza and Mayor Lisa Holmes with a cheque for \$25,000, monies the community received for finishing in the Top 10. **From left:** Councillor Nicole Boutestein, Paul Smith of Smith Music (Hockeyville song), Stephen Dafoe of Morinville News (Hockeyville video), Wayne Gatza Organizer of the Morinville Kraft Hockeyville, Joe Kozakewich, Sales Representative Kraft Canada Inc. and Mayor Lisa Holmes. In front young hockey players Kayla Kluss, Alyssa Palma and Owen Kluss.

- Lucie Roy Photo



From left: Elaine and Bob Craig pose with NCABL Commissioner Paul Riopel in St. Jean Baptiste Park Friday afternoon when the Craigs were presented with the Ken Schultz Memorial Award.

- S. Dafoe Photo

NCABL's Ken Schultz award presented locally

The North Central Alberta Baseball League's Ken Schultz Memorial Award was presented to the Craig family of Morinville last weekend. The award was presented posthumously to Bert Craig and his son Bob, who lives in Morinville, for their support of senior baseball. Bert Craig is recognized for playing a strong role in the formation of the Morinville Manufacturers, a team that changed their name to the Morinville Merchants in 1980. Bob Craig was recognized for continuing in his father's footsteps in supporting the senior team from 1975 to 1985. The league also recognized Elaine Craig for her role as a founding executive member of the Morinville Minor Baseball Association.

Chamber ready for golf

by Stephen Dafoe

The Morinville and District Chamber of Commerce will hold their annual Golf Tournament Sept. 14 at the Cardiff Golf and Country Club. Participation for the 18 holes and steak dinner is \$100 a player or \$400 per team. Dinner on its own is \$40.

The big draw this year is Morinville Sobeys sponsoring a \$10,000 gift certificate for a hole in one on Hole 15.

Chamber President Simon Boersma said the event offers business a chance to show off their products and is a fun event that all business owners and their staff can participate in.

"You don't have to be a golfer," he said. "I certainly am not a golfer. I carry the ball sometimes. This event is about getting to know the other guys out there."

Now in its fourth year, Boersma said though the event is a fundraiser that pays for what the Chamber does in the community and covers staff wages, the real heart of the event is business networking.

Boersma and Golf Tournament Chair David Marshall of Champion Petfoods are hoping businesses come out in support of the event and take the opportunity to get to know one another. For more information visit MorinvilleChamber.com



Melonie Dziwenka, FCSS/Community Program Coordinator, will accept an award from the province on behalf of the Town of Morinville's recreation team.

- Morinville News Photo

Town wins Health Education Award

by Lucie Roy

The Town of Morinville is the recipient of the Providing Health Education Award.

Melonie Dziwenka, FCSS/Community Program Coordinator said she received an email Aug. 25 from Patrick MacQuarrie, Program Officer - Communities Choose Well, Alberta Recreation and Parks Association (ARPA).

The Providing Health Education Award recognizes communities that have provided their residents with information or skills to increase their health and wellness knowledge. The Health Education is not only about communicating but developing the skills, motivation and capacity that individuals require to take action on improving their health.

Dziwenka said the award was the result of work done by the Town's entire recreation team, made up of early childhood, youth, fitness, adult and senior health.

"They all work extremely hard to pull together all the initiatives within our Active programming," Dziwenka said. "This award is on behalf of the whole rec team, and I just get to accept it on their behalf.

Dziwenka will accept the award on behalf of the Town Oct. 22 at the Fairmont Chateau Lake Louise during the upcoming ARPA Conference.

"I'm excited to be winning again," she said. "This year we worked hard on the High Five [program] and physical literacy. Incorporating that with the healthy pieces that if you are not health, you cannot be active. The team incorporated it into every piece of programming right from early childhood to youth and adults and seniors."

Four awards will be presented in each of five community population categories. Award categories include Creating Supportive Environments, Providing Health Education, Building Community Capacity and Developing Healthy Policies. There is also one award for Most Significant Community Change and one award for Overall Healthy Community Champion.

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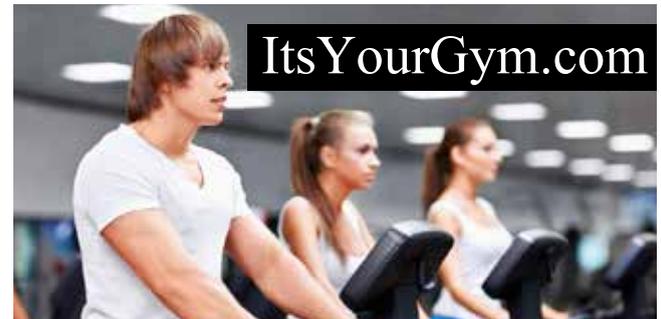


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in your
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What's Next



Library Corner

Happening at the Library this week...

Click **EVENTS** on our website for all the new programs at the Library! www.morinvillelibrary.ca

LEGO Block Party

Wednesday, September 2nd 6:00 pm

Scrap that Card!

Thursday, September 3rd 6:30 pm

Writers Corner Quarterly Social

Saturday, September 5th 12 noon

Cozy Corner Stories

Every Thursday Morning 10:30 - 11:00 am

Minecraft

Monday, September 14th
3:30 pm & 5:30 pm

English as a Second Language

starts Tuesday, September 15th 6:00 pm
Call Dyvonna or Chris at Sturgeon Literacy
to register: 1-780-578-3331

Knit Wits

Tuesday, September 15th 6:30 pm

Morinville Community Library

Hours of Operation

Monday - Thursday 10 am - 8 pm

Friday 10 am - 6 pm

Saturday 10 am - 4 pm

Sunday 12 pm - 4 pm

Closed Holidays

10125 - 100 Avenue

Morinville, Alberta T8R 1P8

Phone: 780-939-3292 FAX: 780-939-2757

EMAIL: info@morinvillelibrary.ca

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