

Morinville News

Mar. 04, 2015

ISSN 2291-2738

Vol. 5 — Issue 09

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Meuniers love hockey
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Sugar Shocker
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Pink Shirt Day
See Page 3



Under the sea

A group of sea ponies gather during a performance of The Little Mermaid Saturday afternoon. See Page 16 for more details.

- Stephen Dafoe Photo

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Community Champions

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Last week 70 young Morinville actors spent the entire week learning and rehearsing their lines for two performances of *The Little Mermaid* on Saturday. They are among this week's Community Champions.

- Stephen Dafoe Photo



Three Morinville women will receive special recognition on International Women's Day

by Morinville News Staff

Three Morinville women will be applauded for their efforts in a special ceremony in St. Albert Mar. 7. For the past 18 years, the St. Albert Bahá'í community has sponsored an annual celebration of United Nations International Women's Day. Nominations opened in January seeking exceptional women who have made contributions to society through their generosity of spirit, courage, creativity, determination, steadfastness, leadership, enthusiasm, love, and caring.

Morinville residents Louise Horstman, Laura Hennie and Lisa Holmes will join St. Albert's Suzan Krecsy and Sophia Qaderi in receiving the award Mar. 7.

Louise Horstman

Louise Horstman will be recognized in the Senior, Youth-Empowerment, Global Humanitarian categories as a long-time volunteer force in Morinville.

Horstman's recent work has been with the Stephen Lewis Foundation's 'Grandmothers to Grandmothers' Campaign, which addresses the needs of African grandmothers. The organization has raised \$13 million for AIDS orphans, monies that are invested in the community at a grass-roots level.

Inspired by a radio interview with Stephen Lewis, Horstman started the first chapter in Alberta. She also serves on the Canadian National Committee for Grandmothers to Grandmothers, representing Alberta nationally.

In addition to her work with Grandmothers to Grandmothers, Horstman has served on several environmental conservation boards.

She has also been a member of Victim Services, the Morinville Minstrels

and Fort Saskatchewan's Pioneer Singers.

Laura Hennie

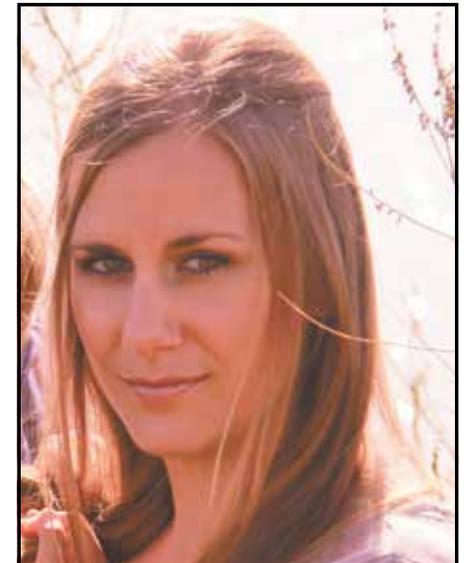
Laura Hennie will receive an award in the Adult, Non-Profit, Unsung Heroine categories for her work with the Jessica Martel Foundation.

Hennie has a Masters Degree in Social Work and began volunteering at The Jessica Martel Memorial Foundation in 2012 and served as vice president until 2014.

"Her passion and drive to help victims of domestic violence made her a huge asset to the foundation," reads her nomination. "Since she joined, she has volunteered countless hours and is a key member to help build a strong foundation for the organization."

An avid runner, Hennie now directs the Annual Jessica Martel 5

Kilometre Run, an event that surpassed its first-year goal of 35 runners by an additional 165. In its first year, the event raised \$20,000. The second year raised \$200,000. Year three will



be a 10-km run. Hennie is proposing an outreach program for those in need and is hoping to provide safe homes and raise awareness about the issue of domestic violence.

Lisa Holmes

Lisa Holmes will be recognized in the Adult, Education, Mentorship categories for her efforts as a woman, wife, mother and community leader.

Holmes credits her upbringing to her sense of community involvement. "They believed you had to be invested in the community in which you live," she said of what she learned from her parents and grandparents.

Holmes has served as a library trustee, town councilor, mayor and sat on a number of boards in her six years in Morinville. She was recognized by the committee as award worthy for having done all of these things while "raising her two young boys with her very supportive and encouraging husband and working for the Alberta Teachers Association."

Holmes' nominator said her education background has allowed her to "bridge many community gaps and implement programs to engage youth in the municipal government."

She is credited for her strong efforts to make sure all community members are able to attend public municipal meetings by having childcare made available and by offering bussing to seniors.

Holmes is praised for creating the 'Junior Mayors' program for Grade 1 students, implementing the town hall art program, and creating a Grade 6 initiative "where she teaches youth about citizenship and service in government."

"Lisa empowers youth by example. Sharing her time and energy in educating and advocating to both boys and girls in pursuing politics and using their voice to create positive change in communities, all while making the office of Mayor more approachable, to everyone," reads her nomination submission.

The awards will be presented Mar. 7 at the United Nations International Women's Day event to be held in St. Albert. Last year's recipients included three Morinville Women: Rebecca Balanko, Brandi Robinson and Kaileen Chisholm.



Schools go pink to stop bullying

Five days after Morinville students shaved their pink hair for the Annual Hair Massacre cancer fundraiser, students were once again sporting the pink for the Annual Pink Shirt Day. The annual anti-bullying awareness initiative began in Nova Scotia in 2007 and has since spread across the country with some provinces taking part the last Wednesday in February, others on the second Thursday in September.

Local schools participated in the annual event by wearing pink, posting posters and having discussions about bullying and what defines bullying.

Clockwise from top: MPS students Cadence Duchesne and Brooke Peters working on a relief sculpture in Art class on Wednesday. Both were wearing pink for Pink Shirt Day Bullying Awareness. Primeau teachers and staff gathered in the gym for the annual group photo of those wearing pink for Pink Shirt Day. Students at Notre Dame all dressed up pretty in pink last Wednesday for Pink Shirt Day. Primeau students Jayden Boutin, Anthony McNeill, Teghan Blaney and Tarin King. MCHS teacher Susanne Christensen and student Sarah Watts.

- Lucie Roy Photos

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To make an appointment with the Hon. Maureen Kubinec, MLA please contact Audrey at
780-674-3225

She will be available on alternating Fridays at **Bistro De Madre Piccola** on Main Street in Morinville

The little school that got it right

There is all kinds of excitement about the new rec centre for Morinville. There is a 15 million dollar budget for a glorified hockey arena that caters to less than 20 per cent of the Town's youth.

The minor hockey program that this new arena will cater to costs the parents of these players \$850 per year plus equipment, plus travel costs. Total cost I would estimate at about 1500 to 2000 per year.

Add to this time lots of time, travelling time, tournament time, fundraising time – it gets ridiculous when a child travels 1.5 hours to a game, plays 45 minutes, then 1.5 hours back. Included with dressing and undressing time that is 4.5 hours and \$100 of gas for a 45-minute game for a 7-year-old.

Now minor hockey league children get one 50-minute practice per week and every two weeks one 50-minute home game. That equals to 75 minutes per week

Ecole Citadelle in Legal has a hockey program. The children spend 120 minutes a week on the ice. Everybody that wants can participate [and] even if you have no equipment or skates, the organizers will find the children some.

There is no travelling, no team jacket or pictures, no fundraising, just kids going to play hockey and having fun – the way it should be. The cost for this program [is] \$75 per year. That is about 5 per cent of the cost of the minor hockey for about one-and-a-half times more ice time.

I took my son Pierre out of hockey in Morin-

ville because of the traveling and the demands on my time. He loved hockey, but he also hated the travelling.

Now thanks to a sensible program in a small school he can participate in our national sport, learn as much if not more than in the minor hockey program and have fun.

Also, a very remarkable aspect of that hockey program is that no one is left out. Everyone that wants to can participate.

I will repeat that. Everyone can participate.

Our minor hockey program is organized to death. More and more children drop out because of all the requirements of the association. I have nothing against travelling teams, and I think they are great for those who want to. However, what about the others. How many children do not play hockey because of the costs and the time demands on the parents.

Children under 10 do not care who they play. They can play the same three teams all year, and they would be happy. I am all for making a system that has parity, but there has to be better ways than travelling to Sherwood Park or Drayton Valley or Leduc.

Now there will be a new arena to cater to the association teams. The rest of the children, I guess can stay home and play video games.

I want to congratulate the Citadelle School in Legal and its staff for their hockey program.

They are the little school that got it right.

Bob Chauvet, Morinville



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Morinville News readers respond

A number of our readers responded in the comments section on Facebook and MorinvilleNews.com with their thoughts on our Page 4 letter to the editor. Below are some of those comments.

Ryan Santrock wrote: I do not agree with the writer. My oldest plays with the Morinville Mavericks who also use the arena. No long term commitments, one hour per Saturday and low fees. As well my two youngest take skating lessons every Wednesday afternoon. The arena is used by so much more than just the junior league players. What about the guys playing late night fun league hockey. How about the figure skaters that make use of the arena. We also have the Jets and the Kings who play. I think the junior league hockey players might make the most use of the arena but there are plenty of others who also make use of the facility. And if the parents and children want to make the sacrifice to have the kids play hockey and do the grueling schedule then that's their prerogative. I think every parent will do what they think is right for their child. Hopefully with another arena being built soon everyone will have more time to use of the two and we can have more programs to cater to different people and their requirements.

Denis Lefebvre wrote: Yes totally agree! I hope we can do that here to bring he costs down.

Linda Lyons wrote: Good Letter, Bob, with many valid points. Thanks.

Stacey Buga wrote: I agree that organized junior hockey can be intimidating, but there are definitely other users in the current arena. Plus, the beauty of the new arena is that it will be a recreational centre, not one sheet of ice (or so it would seem). The reason that Morinville is Hock-

eyville is not just because some of the youth are in an organized league, it's because of all the "just for fun" players and supporters.

Mike Klassen wrote: I don't completely agree and many of the ice time references are not correct. I believe and commend all groups and programs for their contributions to the community in the programs they offer. Many of which will have regular use of the ice and ultimately the rec facility. I would hazard a guess 80% of the town youth will be using the facility. The registered hockey program is not for everyone and that's ok. There are and there will continue to be alternative hockey choices. And those choices will build around having a new rink and multi use centre. In fact they will prosper. So ultimately, what you are perhaps seeking, will come to fruition very soon and many, many kids will continue to have access to a wide variety of options, hockey or not. Morinville Public, or another, who wishes to have a hockey program, they'll need ice. All ice programs will have pressure to find enough ice, so we need to start somewhere. Soon.

Wayne A Gatza wrote: Having been involved in Morinville Minor Hockey for several years and with both the Jets and Kings, plus the Hockey Academy that was in Morinville - I disagree with the [letter]. There are several ways to keep hockey affordable for everyone plus we have several different options. We have the Minor hockey association, Mavericks program, Skills & drills program, shinny hockey and than the outdoor arena giving plenty of options for our youth. Costs can be reduced through sponsorships programs, shared ice with teams, fundraising, etc. There are always costs associated with running a program plus you need volunteers to help deliver that program. Nothing in life is free!

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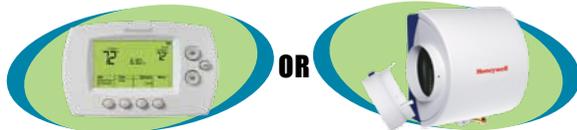
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Morinville Town Council had a light agenda at its Feb. 24 meeting, but updates on what Town Administration has been working on were provided as information.

Councillor Turner named Deputy Mayor

After eight months of service as Deputy Mayor, Councillor Stephen Dafoe resumed the title of Councillor Feb. 24 and Councillor Barry Turner was named Deputy Mayor for the next eight months following a brief oath reading,

All councillors will have an opportunity to serve in the position in an even rotation of eight months, with Councillors Putnam and Dafoe having already completed their terms. While the position provides few changes from the role of a councillor, the Deputy Mayor acts to fill in for the Mayor at events she may be unable to attend, and will chair Council meetings in her absence.

Mayor Holmes had kind words for former Deputy Mayor Dafoe before the transferring of

the position to Deputy Mayor Turner. "I just want to say 'thank you' to Councillor Dafoe for being an incredibly busy Deputy Mayor ... and I really appreciate all of the work that you did," Mayor Holmes said.

Community Futures updates Council

Community Futures Tawatinaw Region gave a brief presentation to Council, updating them on the organization's recent work and plans for the future. General Manager Kelly Harris-Martin and Business Analyst Benita Pedersen represented the organization that is funded by Western Economic Diversification Canada under Minister of State Michelle Rempel. The aim of Community Futures groups is to foster the growth and development of small to medium sized business through not-for-profit loans and financial assistance. This work

includes loans for equipment purchases, employee training/development as well as business advice and support connecting with other business.

Pedersen – in addition to her role as a Business Analyst for the group – is also Project Coordinator for the Biz Kids program, an initiative to assist young adults and students at local high schools (including MCHS) in developing entrepreneurship skills and creating their own small businesses. The program already gives students a small loan to kick-start their business ideas, but Pedersen told Council she hopes to give students the opportunity in the future to lend them needed equipment, such as an ice cream dispenser. Pedersen also shared that the program would

be shortened from the six weeks it has lasted in the past. Pedersen hoped the Town would consider declaring a "Biz Kids Day" in which students



Town of Morinville Photo



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in the program would be welcome to set up shop and sell their goods and services out in public, perhaps in conjunction with an already scheduled town event.

Mayor Holmes said she was pleased with the idea. "I think it's great that we can have a role there [in the Biz Kids program] to play, and we're more than willing to be supportive and will do anything we can," she said.

General Manager Harris-Martin shared with Council that the organization will now be giving agricultural loans through a new initiative called Grow Cash, a program that has been very popular with smaller acreages. Community Futures has also begun to help businesses fund the remaining 1/3 of the costs associated with employee training that now have 2/3 paid for under new federal grants.

Council approves all grants supported by administration

Council unanimously accepted – excluding the absent Councilor Ladouceur – a report for information presented by administration detailing new community grant applications that will be fulfilled by the town.

While Council did not directly vote for each application as has been done in the past, they will now be leaving administration to present the response to applications in a report for information with council having the opportunity to give direction on applications they may or may not support.

Both applications that met the criteria and were not withdrawn were supported in the full amount requested by the applicants. The events that will be given Town grants are the Legion's Father's Day Fishing Derby and Senior Fun Evening for \$1,950 and the Sturgeon Rural Crime Watch Association for \$490 towards their poster contest.

Other applications were funded instead through Family and Community Support Services (FCSS), a program that is largely funded through provincial dollars. These events include SAIF Ed programming (\$2,000 out of requested \$2,000), Big Brothers Big Sisters (\$1,625 out of requested

\$2,500) and the St. Albert Bereavement Fellowship (\$1,500 of a requested \$1,500).

Half of 4th quarter traffic tickets given to residents

CAO Debbie Oyarzun gave her quarterly report to Council, outlining the progress of Town initiatives and numbers on bylaw and traffic violations. While there are no significant outliers on Town operations, administration made note of interesting figures when it came to traffic enforcement. The Town found that almost half (49 per cent) of photo radar enforcement were given to Morinville residents.

Councillor Dafoe claimed the number for local traffic enforcement offenders is so high because of a shift to focusing on monitoring school zones. Dafoe said he crunched the numbers and found 416 of the 570 total tickets (73 per cent) were given in or near school zones at Morinville Community High School, Morinville Public Elementary School, Notre Dame and George H. Primeau.

It is numbers he'd like to see the Town put out for general consumption. "We hear time and time again from people behind keyboards on social media that they're never in the school zones," Dafoe said. "Seventy-two per cent of those tickets were given in school zones and that's some damned good work in my estimation."

Committee of the Whole reintroduced by Council

Council unanimously – excluding the absent Councilor Ladouceur – voted to reintroduce the Committee of the Whole, a new public meeting of council that will occur on the third Tuesday of the month in Council Chambers starting at 6:30 p.m.. No legislation may be passed at these meetings. Instead, it will be a meeting where Council and residents can get clarification and receive presentations or updates from Administration or other groups. The first Committee of the Whole meeting will be Mar. 17.

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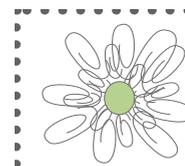
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Similar ideas on new rec facility amenities

by **Tristan Turner**

Town Council, in their role as arena/rec steering committee, met Thursday night to hear Consultant David Ramsey's report on the stakeholder meetings he facilitated in Morinville in January. While the meeting was public, only one non-press resident attended.

Ramsey gave a report on the outcome of meetings. There was also a prepared written report supposedly sent over a week ago, but Council did not receive it due to an unknown issue, according to CAO Oyarzun.

The meeting broke out the interest the groups had in certain amenities. The biggest priorities from across all groups were a large enough, and suitable hockey arena, followed by a fieldhouse, as well as curling and a running track. Aquatics also ranked high.

Half of the groups did not want any school to be a part of the facility, citing scheduling and safety concerns. A library being present at the facility was prioritized for three of the six groups.

Other topics covered in the report are the challenges groups expected for the facility, and how they hoped to see the facility built. Common priorities for the groups were to include local small business in the facility, with some partici-

pants explicitly saying they don't want any chain businesses a part of the facility.

In terms of extra functionality, many user groups - including the business group - hoped the new centre would be able to hold expo-like events to bring in new business opportunities to the region.

Concerns about the construction process included expressly wanting the structure to be built at once without 'under or over building'. Other concerns included the long-term financial feasibility of the facility, including its potential impact on taxes and partnerships that can be made to offset costs.

The meeting concluded with a discussion about how to conduct further meetings with these community groups. The steering committee ultimately decided to hold an additional meeting with the user groups after an open house meeting for the public where ballpark figures associated with different construction types, amenities and services would be presented.

An update on the current condition of the Ray McDonald sports Centre will be presented to Council Mar. 10. Mayor Lisa Holmes also shared the new project must be completed within the next five years in order to be eligible for provincial Municipal Sustainability Initiative funding.



Around the town

From top: Team Heaney gathers the wedding party after playing in the Ladies Bonspiel Saturday. Aspen House held a birthday party Feb. 24 with entertainment by the Groovy Gang.

- Morinville News Staff Photos

Mayor sees MSI funding as something to Tweet about

by **Colin Smith**

Morinville is getting \$8.9 million from the Alberta government for the construction of the multi-use recreation centre.

The funds are part of the \$9,131,300 in Municipal Sustainability Initiative (MSI) grant funding that Morinville is receiving in 2015.

The remaining \$431,300 will go toward purchasing new vehicles for the Town Public Works Department.

Alberta municipalities, including cities, towns, rural municipalities and summer villages, apply for MSI funding for specific capital projects on a year-by-year basis.

"We applied for the funding in 2014 for two projects: Public Works vehicles and for our new multi-use recreation centre," stated Mayor Lisa Holmes. "These dollars are received each year and we have the ability to choose where we allocate them."

Approval of the projects was announced in a letter from Municipal Affairs Minister Diana McQueen received by the Town on February 17. Mayor Lisa Holmes made the information public in a Feb. 25 post on her Twitter account.

"I chose to highlight this grant program through social media in order to thank Municipal Affairs for the funding and, in this time of budget uncertainty, to show how important the program is to our community," Holmes said.



This year's grant is many times greater than those Morinville has received in the years since the program began in 2007. In fact, the grant for the recreation centre alone is greater than the \$8,735,927 total of all MSI funding for the town from 2007 to 2014.

The funds allocated for the Public Works vehicles will be spent on a loader, \$205,000; loader-mounted snowblower, \$113,800; three pickup trucks, \$99,000; bobcat program, \$3,700; and bobcat breaker attachment, \$9,800.

Funds for operations, in addition to capital projects, have also been provided through the MSI. Morinville received \$120,000 in 2013 and \$72,000 in 2014. However nothing is expected in 2015 because it is being phased out and replaced by the Regional Collaboration Grants.

Since 2007 the provincial government has directed more than \$6 billion in MSI funding to municipalities, for projects such as roadways and bridges, water and wastewater systems, public transit facilities, and recreation and sport facilities.

In 2014, the province approved MSI grants of \$1.24 billion: \$871 million including \$30 million in operating funds.

MSI funding targets set out in the Municipal Affairs 2014-17 business plan were for \$1.25 billion in grants in 2015 and \$1.26 billion for 2016.

The government committed to providing \$11.3 billion in funding to municipalities over the life of the MSI, in addition to a \$1 billion increase in the 2014 budget, as a result of an administrative change to the program.

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

DP021/2015 – Home Occupation, Major (Hair Styling), 4-520 Sunnysdale Road, (Unit 4, Condo Plan 082 6568) – Discretionary Use (DC-3-2 District).

For further information or to arrange for an appointment to view the above development permit(s) or plans, please contact the Planning & Development Department at 780-939-4361 or visit www.morinville.ca/planningnews.

Persons wishing to appeal the above noted decision(s) of Morinville's Development Authority must do so by filing a "NOTICE OF APPEAL", along with payment of a \$200 non-refundable fee to the Subdivision and Development Appeal Board, NO LATER THAN March 18, 2015. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.

Public Sale of Land (Municipal Government Act) Town of Morinville



Notice is hereby given that, under the provisions of the Municipal Government Act, the Town of Morinville will offer for sale, by public auction, at St. Germain Place, 10125 – 100 Avenue, Morinville, Alberta, in the Council Chambers, on **Tuesday, March 17, 2015, at 2:30 p.m.**, the following lands:

Roll	Legal Description
100800	Lot 1 Block 14 Plan 7620979
600079	Lot 25 Block 3 Plan 0625072

The lands are being offered for sale on an "as is, where is" basis, and the Town of Morinville makes no representation and gives no warranty whatsoever as to the adequacy of services, soil conditions, land use districting, building and development conditions, absence or presence of environmental contamination, or the develop ability of the subject lands for any intended use by the Purchaser.

The parcels will be offered for sale subject to a reserve bid, and to the reservations and conditions contained in the existing certificate of title.

The Town of Morinville may, after the public auction, become the owner of any parcel of land that is not sold at the public auction.

Terms: payment in Cash, Bank Draft or Certified Cheque. 10% deposit and balance within 30 days of date of Public Auction. GST may apply.

Redemption may be affected by payment of all arrears of taxes and costs at any time prior to the sale.

Dated at Morinville, Alberta, January 16, 2015.
Debbie Oyarzun, Chief Administration Officer

20

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TIME
7:30 pm

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- » Senior Administrative Support

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Celebrating French Heritage
Célébration de la Francophonie

March 6 Mars

Town of Morinville / St. Germain Place

12:30 p.m. Franco-Alberta flag raising at St. Germain Place
Lever du drapeau au St. Germain Place

Morinville Community Cultural Centre

1:30 - 2:30 p.m. School presentations
Présentations scolaires

6 p.m. Doors open, heritage displays,
art show, children's activities
Portes ouvertes, expositions
patrimoniales, exposition d'art,
des activités pour les enfants

6:30 - 7:30 p.m. Buffet of french heritage food
Buffet de cuisine française
de patrimoine

7:30 - 8 p.m. Opening ceremonies
Les cérémonies d'ouverture

8 - 10 p.m. Concert & dance with the
Daniel Gervais Band
Concert et danse avec le
Band Daniel Gervais
Cash bar / Bar payant

For more information, contact Allen Jacobson
at 780-939-7832 or email ajacobson@morinville.ca



www.morinville.ca

Civic Hall: 10125 - 100 Avenue, Phone: 780-939-4361 Fax: 780-939-5633 www.morinville.ca

Meunier family's love of hockey goes back decades

by Stephen Dafoe

Hockey is not just a pastime for a Sturgeon County family; it's a way of life. Norm Meunier and his son Ray spend a lot of their time working on the full-sized hockey rink they built on their farm between Morinville and Legal. Ice, boards, scoreboard, and a working Zamboni are all part of the package.

It's not the first arena the family has helped build. Norm Meunier's father Gustave moved a lot of the dirt that was under where the Ray McDonald Sports Center was to go.

"Dad used to have the Sturgeon Road Construction. When they decided to build the arena in Morinville, he got the contract to move the dirt out of where the existing arena is right now," Meunier recalled.

Gustave Meunier lowered the soil by about eight feet and was asked to transport it three blocks away to raise the level of some vacant lots that existed at that time. "Dad only did the dirt work but he said it was quite a project going up."

But Gustave's labour was not his only time around a hockey rink. Meunier's father played for the Morinville team back in the 1930s. He excelled at the sport to such a degree the Edmonton Eskimos (a city hockey team that carried the name before football players did) drafted him to play.

Sadly, time and circumstances did not allow him to answer the call. "He couldn't go. Grandpa didn't have a car," Meunier said. "Transportation wasn't available and there were no roads going to the city yet to speak of. If it rained, you didn't get out."

Meunier's own time playing hockey in Morinville started when he was about 14, a time prior to his father helping to build the present day facility.

"When we started playing a little bit of hockey, we played it in the outdoor rink," Meunier said. "There was no Zamboni - [just] a good old shovel."

Meunier said the town's outdoor rink was where the Morinville Liquor Store is now. Some ice, boards and an old shack with a heater are what served Meunier and his fellow skaters.

"There were sometimes I didn't go because my feet would get too cold," he said, adding he enjoyed playing defence but switched positions in part to warm his feet. "I put an extra pair of socks and a big pair of skates so I didn't have to skate. I went in goal. Then my feet kept warm, but boy did I get peppered." Meunier liked goaltending so much he would stay between the pipes for the remainder of his hockey career.

He looks back fondly on his time playing hockey in Morinville, even when



Raymond and Norm Meunier pose near the scoreboard of their family's full-size hockey arena, built on the family farm between Morinville and Legal.

the temperatures dipped to -25 or more. "It was a good experience outside, but that minus 25 with wind wasn't a very pleasant thing to do," he said, adding the cold didn't seem to reduce the fans. "People would stand on the side boards in the snowbank and just cheer us on. It was fun."

It is a joy and love of hockey that Meunier has passed on to his son Ray and Ray to his children. Ray Meunier first laced up skates to learn figure skating but picked up a stick around the age of six. He played his hockey largely in Morinville and started FunTeam hockey in the community some years back, a program that has grown and is still present in the community.

Because of Ray's work schedule it became difficult to bring his children into town to play. That's when the idea to build their full-size rink came

into play.

Norm Meunier said when his son first presented the idea he tried to use his garden hose on the alfalfa field, but the unevenness of the land and the lack of rink boards proved a challenge. That's when the family went another route.

"Raymond decided to get a tractor and a buggy and start hauling dirt into this place," Meunier recalled. "They hauled dirt and dirt and dirt, and then he said 'We've got to get boards.' By the time we finished, we had 8,000 screws in that rink."

But the family did not stop at ice and boards. When the Town replaced its Zamboni some years back, the Meuniers bid to buy it and soon hauled it home to the outdoor rink. They've subsequently added a working scoreboard and built a good sized shack for players using the rink.

The family uses 20,000 gallons of water to flood the rink each year and lots of time working to keep it useable.

It is a time and effort the family believes worthwhile.

Ray Meunier said he found skating on the rink to be a great stress reliever. "It takes everything away from me," he said, adding it has been great for his children and some of their friends. "I wanted the kids to experience the outdoor experience of hockey, the minus 25 like Dad said. It's bonding time. It's family time. It's what we know. The Canadian game. Our hockey."

Watch Our Interview With Ray and Norm Meunier
at MorinvilleNews.com/WatchUs



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Catholic school board briefs

by Lucie Roy

Greater St. Albert Catholic Schools held their meeting Feb. 23 with a number of items on the agenda.

Shared space in Legal?

Legal School Trustee Cathy Proulx raised the topic of recent media coverage of the sharing of the Legal school facility with Sturgeon school Division. She wanted to reiterate to the Minister that the government interest in this matter must not be delayed.

A motion was made "that the Board of Trustees direct the Board chair to write the Minister of Education to request that the plans made by Alberta Education Capital Planning Department in December 2014 regarding the resourcing of possibilities to address the interest of Legal's three school districts be expedited without further delay."

There was an agreement by the government representative in December of 2014 to explore planning details for a three-board solution, comprising of Sturgeon School Division, Greater St Albert Catholic, and North Central School Board. Superintendent Keohane said as the spirit of the motion was expediting the matter, he would make it his top priority.

Recognition

Greater St. Albert Catholic Schools was commended on the Alberta Education Field Services report for both achievement and improvement results in Student Learning Opportunities with mention of a very high achievement in the Student of Learning Opportunities: Drop Out Rate of First Nations, Metis, Inuit Services (FNMI).

A report was presented and discussion arose on the Long Service Awards offered by the District, the current structure, costs associated with the awards and a summary and comparison with four other Catholic schools districts in the province. Awarded at five-year increments, the discussion was centered on the ring and watch and if substitutions could be made available.

Bussing

The Interim Transportation Overview has revealed that GPS and Zonar passes on the buses have added a level of security for families using the District transportation. The Zonar passes allow the parent to monitor that their child is on the bus, location they boarded the bus and where they were dropped off. One of the goals in consideration is the purchase of the Edulog Edutractor software that offers a Parent Bus App that allows real-time bus information to parents who have children using the District transportation services. This would be an added service in addition to the GPS and Zonar Z-Pass.

In light of a shortage of drivers, fuel costs and budget cuts to Transportation funding, Trustee Shaw suggested a study to use public transit for high school flex days, flex times.

A motion was made, "that the Board of Trustees direct Administration to explore the possibility of public transport for students in St Albert in cooperation with St Albert Public prior to spring 2015 Joint use mtg."

Superintendent Keohane added this would have to be a Regional reality with other boards to make it viable for the extra buses to be brought in for the Special runs. It would require broad base participation before it is brought forward to the City.

With Great Thanks

We would like to send our heartfelt thank you to the talented University Hospital staff for their excellent care and compassion during the month Sheldon was there.

To our family and friends for their thoughts, prayers, food and flowers during this difficult time.

To Sturgeon Memorial Funeral Home for making the planning and preparation easy for us.

To Father Martin and the musicians for the beautiful prayers and funeral services.

To Kelley's Cafe and Bakery for the great catering.

To Cardiff Community Association for the use of the hall and their donation.

A last big thank-you to Sheldon's friends and Coach's Corner for Shady's Event to raise money for the University Hospital Foundation. You guys did amazing!

- The Sundquist Family

Adopt-a-Pet



Morinville
News
www.MorinvilleNews.com



Atlas is a very content dog. He is good with other dogs. He wants to play but his exuberance can be a bit overwhelming for smaller dogs. He is good with cats and knows how to sit and shake a paw. Atlas is still young and full of energy. A fenced yard and regular walks are required to keep him happy and safe. He is a strong dog that would benefit from obedience classes as he has not had a lot of experience on leash, and his come recall needs some work. As he is very food motivated and willing to learn, he will be easy to train. He would be best suited to an active household with children over the age of 10.

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DATE: Wednesday, March 11th
TIME: 4pm to 6pm
LOCATION: The River House, 8 Mission Avenue, St. Albert, T8N 1H4
RSVP: abruni@beaverbrook.ca or 780-822-1250



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*If purchased within two weeks of the March 11th, 2015, event.





Full stage

70 young actors took to the stage Saturday afternoon for Missoula Children's Theatre's production of *The Little Mermaid*. The actors spent the entire week learning and rehearsing the show. About 400 came out to watch the play.

- Stephen Dafoe Photos



Martinis & Blues

Great food and great music combined Saturday night for Martinis & Blues, the first in a proposed regional series. The partnership between Smith Music and The Green Bean mixed a Louisiana buffet with traditional Delta Blues music. The evening event drew about 50 out to Smith Music for the buffet and show.

- Stephen Dafoe Photos

 *J. M. Turner* 
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Allen Jacobson, Community Development Coordinator for the Town of Morinville poses with the event poster for Friday's Francophone event.

Morinville to embrace its French heritage

by Morinville News Staff

The Rendez-Vous de la Francophonie, an international celebration of French culture and heritage, takes place Mar. 6 to 20 and Morinville is joining the party.

Morinville will acknowledge the contribution of French Canadians to the province and community Mar. 6 with a day-long French Canadian Heritage Celebration.

"It is vital that communities recognize and celebrate their heritage and cultures," said Allen Jacobson, Community Development Coordinator in a release on the event. "This event is one of several the town organizes every year."

The event will begin with the Raising of the Franco-Albertan flag at 12:30 p.m. at Morinville's St. Germain Place (Town Hall). Festivities will continue at the cultural centre in the afternoon and evening.

The celebrations include activities for all ages: presentations and heritage and historical displays, music, children's activities, drinks and food, including tortiere and soupe aus pois.

The main event takes place Friday night. Doors open at 6 p.m. and will be followed by a French buffet.

Canadian Grand Master Fiddle Champion Daniel Gervais, a young, dynamic proponent of traditional and modern fiddle styles, and his band will provide the evening's entertainment running from 8 p.m. to 10 p.m.

The artwork of Gabrielle Bujold will also be on display in the Morinville Community Cultural Centre from Mar. 6 to 20. Gabrielle is an Alberta artist whose collection of original paintings "Heritage" depicts the humble beginnings of French Farm communities.

Visit MorinvilleNews.com/WatchUs for more details on the event.

Easter Egg Clue Hunt

Join Us for some Easter Fun!
The Easter Egg Clue Hunt has begun.

Search the town far and wide, then come to **Morinville Physical Therapy** to claim your Easter Egg Clue Hunt prize!

Each Week **Morinville Physical Therapy** and **The Morinville News** will release one clue to help you find the one egg that wins the family prize.






CITIZEN OF THE YEAR

MORINVILLE LIONS CLUB IS ACCEPTING NOMINATIONS FOR THE CITIZEN OF THE YEAR 2014

Your nomination should include:

1. Community and/or group involvement.
2. Years of Residency in Morinville.
3. If you're not a resident of Morinville, do you have a business in Morinville? Do you do all your volunteering in Morinville? Did it make a significant contribution to the community in the past year?
4. Past years accomplishments (up to 10 years of service), past volunteering experiences that have made a difference in the community? Have you recruited others to volunteer? etc).
5. Community Commitment.
6. What has the person done to receive a nomination for the past year(s)?

ANY INDIVIDUAL or FAMILY that has made a significant contribution to the community is eligible

**Please provide info on LAST YEARS (2014) COMMUNITY CONTRIBUTION
RSVP PRIOR TO SATURDAY, MARCH 28, 2015**

NOMINATIONS CAN BE MAILED TO:
MORINVILLE LIONS CLUB
PO BOX 3150
MORINVILLE, AB
T8R 1S1

OR EMAILED TO:
LUCY ROY
History8@telus.net

All nominations are confidential and are judged by 3 Lions Members & the previous Citizen of the Year. The previous Citizen of the Year is a Lions Member, the committee will select a citizen of Morinville to sit on the selection committee.

**THE AWARD WILL BE PRESENTED AT THE TOWNS VOLUNTEER APPRECIATION
NIGHT THURSDAY, APRIL 9, 2015**

Any Questions about the citizen of the year award or nomination process please contact:
 Lion Lucy Roy
 email: history8@telus.net

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Food & Health Pages

Nutrition and the many benefits of multivitamins

Our health and well-being depends to a large degree on how well fed we are. The study of nutrition divides nutrients into two basic categories - macronutrients and micronutrients. Macronutrients include proteins, carbohydrates, and fats; micronutrients are mainly the vitamins and minerals. Although both macro and micronutrients are necessary for life, the quantity, quality and balance between them is what enables and maintains good health.

We are all getting enough of the macronutrients; carbohydrates (sugars, breads, starchy cereals), proteins (meats, eggs, cheese, fish) and fats (deep fried foods, margarine, salad dressings) are consumed in abundance, but are we getting enough of the micronutrients? If you look at the Nutrition Facts panel on the label of almost any food product you will see that it lists the amount included in one serving of the following nutrients: calories, fat, cholesterol, sodium, carbohydrate, fibre, sugar, protein, the vitamins A and C and the minerals Calcium and Iron. These are all important factors in maintaining a healthy diet, but they are not representative of the broad scope of micronutrients we need on a daily basis to enable our body to function at its best.

We are familiar with the link between scurvy suffered by sailors who existed on a dry diet devoid of fruits or vegetables for months at a time and the discovery of Vitamin C which was abundant in the citrus fruits which were found to cure



Healthy Routes

by Gladys Kublik

Neighbors Vitamin Shop / Morinville Health Foods

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scurvy. Even though the word vitamin was not coined until 1912 and then was a bit of a misnomer, much research into the cause of certain diseases was being carried out during the 19th century. In Asia doctors came to realize that other diseases such as beriberi, marked first by weakness and loss of feeling in the feet and legs, then varied effects including edema of the trunk, and finally difficulty in breathing and death from heart failure, were caused by a restricted diet of white rice and nothing else.

In the first few decades of the 20th century research into the causes of pellagra, a disease marked by skin disorders, diarrhea and dementia; rickets characterized by delayed growth, muscle weakness and bowed legs in children and pernicious anemia could be compared to today's search for the cure for cancer. By the late 1940s, scientific research had isolated the deficiencies behind these diseases and many more. The fairly new field of biochemistry had discovered, named and proven the necessity for Vitamins A, C, D and K and the eight B vitamins. Further work extend-

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This Week's Health Tip

There are 13 vitamins essential to body function, do you know what they are? Does your food contain enough?

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ed knowledge into the field of minerals and their role in human physiology.

To date, 27 micronutrients are considered essential for our health. They are essential in that we cannot synthesize them on our own but must receive them through the food we eat. Herein lies our modern conundrum. We are overfed with macronutrients but deficient in micronutrients. Much of our food is as processed and denatured as the white rice of Asia in the late 1800s. The vitamins in many fortified foods and bargain priced vitamin supplements are made up of synthetic compounds, which may meet regulations, but not your body's requirements.

If you want to ensure that you are receiving the minimum daily requirement of the essential vitamins and minerals, it is best to take a high-quality multivitamin/mineral supplement. There are a few things to consider when choosing which multi is right for you. The first thing to look at is content, a good multi should contain at least 20 or more of the essential vitamins and minerals necessary for health. It is beneficial if it also contains bioflavonoids, some of the carotenes and antioxidants. The vitamins should all be plant based, not synthetic, and the minerals need to be in a bioavailable form, either plant-sourced or chelated. Absorbability is a key factor in the value of a multivitamin/mineral supplement. These micronutrients need to be in balance to work together, and they need to be available to the cells of the body.

Age and Gender specific variations in multivitamins may allow the producer to balance the nutrient optimally for different stage of life and to include supportive nutrients such as ginseng, Rhodiola, lutein, ginkgo, saw palmetto and milk thistle. These additions may vary from product to product but they are valuable assets. When you consider the amount of nutrients contained in these formulations, it is no wonder that the one-a-day pill has a hard time providing equivalent nutrients. There are some quality one-a-day formats that meet the basic nutrient scope and bioavailability concerns, but the premium products are usually taken in two or three doses each day.

At Neighbors Vitamin Shop/Morinville Health Foods, we try to support Canadian manufacturers first and then North American and European. We feel that their practices, policies and philosophy of good health maintenance are more consistent with our own.

You can connect with Gladys Kublik at:
NeighborsVitaminShop.com
@NVSHHealthFoods on Twitter
or by visiting their **Facebook Page**



Primeau students Willow Ralph and Berlyn Troake demonstrating the Sugar Shocker display at school Feb. 26

- Lucie Roy Photo

Sugar Shocker teaches students to choose wisely

by Lucie Roy

Georges H. Primeau students got the opportunity to learn about sugars in beverages Wednesday, information presented by students Willow Ralph and Berlyn Troake in their interactive Sugar Shocker display.

Ralph said the display teaches students about how much sugar is in common drinks and how to learn to make better choices by choosing healthier beverages. The display included water, white and chocolate milk, 100% unsweetened fruit juice, fruit-flavoured beverages and sports drink.

The students divided the drinks into categories: Go - Choose Most Often, Yield - Choose Sometimes and Stop - Choose Least Often.

Students learned chocolate milk contains about four teaspoons of added sugar per cup, an amount that put it in the Choose Sometimes category. By comparison, vitamin water has about six teaspoons of added sugar per cup; sports drinks have approximately 10 teaspoons, energy drinks have 14, and a large slush has roughly 36 teaspoons of added sugar.

The display showed sports drinks are only recommended for those doing more than 60 minutes of intense exercise or for those exercising in hot temperatures. Most of the energy drinks have more than the allowable limit of caffeine per day for children and youth.

In addition to the sugar count, the display showed sugar and syrups can appear on labels under a variety of names, including sucrose, fructose, dextrose, glucose, molasses, honey and syrup.

The interactive component of the display included a Myth or Truth activity. Students were asked if they could drink as much fruit juice as they wanted if the product is 100% unsweetened. Some students were surprised to learn that although 100% unsweetened fruit juice has no added sugar, it is high in natural sugar and contains little-to-no fibre. As such, 100% unsweetened product is not as healthy to drink as students may think.

More information about sugar can be found at www.sugar.ca/Nutrition-Information-Service/Health-professionals/Dietary-Guidelines-About-Sugar.aspx

Upcoming Games



The Morinville Jets season is over.

They would like to thank their fans for the support they received this season. See you in the fall.



Mar. 06 HOME GAME 7:30 p.m.
Kings vs. Devon Barons

Mar. 07 ROAD GAME 6:45 p.m.
Kings vs. Devon Barons (if needed)

Sports Briefs

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Mustangs take down Westlock

The Sturgeon Midget 1 Mustangs defeated Westlock Midget 2 6-4 Friday night in Morinville. The next game was scheduled for Saturday in Westlock. Details were not available by our press deadline.

- Lucie Roy Photo

The Jets playoff season comes to a close

by Morinville News Staff

The Morinville Jets season came to a close Wednesday night in Edmonton. A 5-4 second OT loss left the Jets 0-3 in a best-of-five round two playoff series.

With 2-0 heading into game three, the Morinville Jets entered Wednesday night's contest with everything on the line. A win would keep them in the series. A loss would end a successful 2014-2015 season.

The Jets trailed the road game 1-0 at the end of the first and 3-2 at the end of the second. The scoreboard bounced back and forth through the third period until the Jets sent it to overtime at 4-4 with 6:15 on the clock.

But the first five minutes of overtime left both sides lacking the one goal they needed. The second round saw both backstops blocking everything that came their way for much of the period until the Wings Captain Dillon Duley pocket one to end the Jets hopes at playing on.

Though the club lost the series in three straight, a strong effort was put forth in the final game. Even the Red Wings praised the club on their Twitter feed. "Congrats to the [Morinville Jets] on an excellent played game today - Nice clean hockey," the club wrote.

Brayden Arcand makes a play on net during Saturday night's home-ice game. The King's took the contest X-Y. Game three will be played on the road Friday night and if a fifth game is needed, it will be played Saturday night at 8:30 p.m.

- Stephen Dafoe Photo



Kings leading best-of-five series

by Stephen Dafoe

The Morinville Kings are 2-1 in a best-of-five series with the Devon Barons. After an opening game loss, the Kings took games two and three by a good margin over the weekend.

Friday night's road game to Devon saw the Kings take the contest 7-3. That win was built from an impressive first period 6-0 lead. Though the Barons would answer back with the period's only two goals in the middle frame, a goal apiece in the final period would give the Kings the win and tie the series at a game apiece.

Saturday night's home-ice showdown was a closer margin.

The Kings dominated the opening frame 2-1 and 15 shots to 8. The Barons goal came with 2.5 seconds left on the clock. The second period saw the Kings build on their first period lead with another three goals to the Barons single entry. Leading the game 5-2, the Kings added their final goal with 3:22 left in the game.

Game four will be played in Morinville Saturday night at 7:30 p.m. Game 5 (if needed) will be played Sunday night in Devon. Game time for that contest is set for 6:45 p.m.



Submitted Photo

Young keeps on winning

by Morinville News Staff

Wheelchair Basketball athlete Arrin Young, who graduated from Morinville Community High School last summer, has just returned from the Canada Games for Wheelchair Basketball with a bronze medal.

Team Alberta defeated PEI in the Bronze final. Quebec took first place and Saskatchewan placed second in the recent games.

Young joined the national team in 2014 and became one of 12 athletes named to the 2015 Canadian Senior Women's National Wheelchair Basketball Team in December. She is the only Alberta athlete among the dozen.

Young's team will compete at the Toronto 2015 Parapan American Games in the hopes of a top three finish that would let them qualify for the Rio 2016 Paralympic Summer Games.

The Parapan American Games run from Aug. 7 to 15 at the Ryerson Athletic Centre in downtown Toronto.

Above: Arrin Young competes for Team Alberta at the Canada Games for Wheelchair Basketball recently.

- Submitted Photo

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by Sam Struckhoff

PHOTO: Natalie Dormer in The Hunger Games: Mockingjay

The Hunger Games: Mockingjay — Part One (PG-13) — After wrecking the Hunger Games and igniting a revolution, Katniss (Jennifer Lawrence) -- the franchise's arrow-slinging teen heroine -- is determined to rescue Peeta (Josh Hutcherson) from the clutches of the evil President Snow (Donald Sutherland). Katniss gains new allies from District 13 led by Alma Coin (Julianne Moore), who means business, and from the Capitol when Cressida (Natalie Dormer) and her

camera crew flee. However, it seems like Katniss and the 13ers have different priorities. Those two words at the end of the title tell you everything else you need to know about the movie. Part One is now the universal code for "we stretched out a single book of material into two bloated movies, because you'll see both anyway, and we'll get twice as much money." It's a shame. While the looks and performances are all there, this movie — or more accurately the first part of a movie — has a lot of set up and no climax.

Foxcatcher (R) — Based on real events, this film looks at the toxic relationship between two wrestling brothers and the rich man who sees them as his way to greatness. Channing Tatum plays Mark Schulz, a once-revered Olympic wrestler who is invited to train for the 1988 Seoul Olympics at the estate of John du Pont (Steve Carrell) — the not-so-athletic heir to a fortune. David Schulz (Mark Ruffalo) is Mark's older brother, coach and a hitch in John's control over Mark. This is a movie of steady building suspense, meaningful small moments and an undeniable sense of aggression and violence just under the surface. Tatum plays a seemingly simple, icy character, but you can tell there's a lot of energy and confusion swirling behind that heavy brow. Carrell's role is often described as a "transformation," and it fits — he is unsettling and almost unrecognizable.

The Captive (R) — A young girl goes missing in an instant, leaving no trace and little to clear the guilt from her father (Ryan Reynolds). Almost a decade later, the parents are divorced, damaged and still searching for the people who kidnapped their daughter — somebody who apparently kidnaps and abuses children, and spies on the parents while their lives fall apart. You'll endure plot twists and TV crime-show cliches, and all you'll be left with an icky feeling.

The Better Angels (PG) — This ponderous black-and-white film takes us into the childhood of Abraham Lincoln, but it's not a biography, and it's certainly no history lesson. Much of the story comes from the environment — little sounds of nature, a timely breeze swaying the old oak branches. But it's easy to miss the story. It's a more moody, artsy look at growing up and the role of virtues. It's plain to see that filmmaker A.J. Edwards has drawn on his work with Terrence Malick; he just hasn't reached that level with this offering.

TV RELEASES

Outlander: Season One — Volume One
 Longmire: Season 3
 Chips: Season 3
 A Place to Call Home, Season 1
 Da Vinci's Demons Season 2

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Upcoming Community Events



March is music month...

... at Higher Grounds Espresso Bar. It all starts **Friday March 6** with Hot Dogma, an open mic night filled with song, musicians and fun. Natalie Bryson, raised in Morinville, will be performing on **Thursday March 12 at 7:30**. She will be bringing some of her excellent cd's for sale. **Saturday March 21st**. Jacob Lienau will be appearing with friends commencing

at 7:00 pm. This event will be a ticketed one, phone 780.974.5240 for details. **Friday March 27** will feature the very talented Paul Wolda, starting at 7:00 p.m.

Cribbage tournament

The 7th Annual Ron Falls Memorial Cribbage Tournament will take place Friday, March 13, 2015 at the Alcomdale Hall. Doors open 7 p.m. and the games start at 7:30 p.m. \$6 per person to play - 7 game format, cash prizes, free munchies, booby prize, 19-hand pot. Bring your favourite partner or we will find another player for you to play with. For more information and a map, visit our blog at AlcomdaleEvents.blogspot.com

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Library Corner

Happening at the Library this week...

Introduction to Permaculture Workshop

Sunday, March 22nd 1:00 - 3:00 pm
 by Permaculture Teacher and Designer Kenton Zerbin
 Cost: Entry fee is a donation of \$20 to \$50
 Tickets available at the library front desk.

LEGO Block Party

Wednesday, March 4th 6:00 - 7:00 pm

Word Docs

Tuesday, March 9th 6:00 pm

It's Movie Time!

Mockingjay - Part 1

Wednesday, March 11th 6:00 pm

KIDZ FLICKS - Family Movie

BIG HERO 6

Friday, March 13th 1:00 pm

Morinville Community Library

Hours of Operation

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 Saturday 10 am - 4 pm
 Sunday 12 pm - 4 pm
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Champion receives Premier's Award

by Morinville News Staff

Two Morinville businesses were finalists in the Alberta Business Awards of Distinction held in Edmonton Friday night. Champion Petfoods was a finalist in the Alberta Business Awards of Distinction in the Marketing Category, and Smith Music was a finalist in the 2015 Employer of Youth Distinction. Though neither company received the award in their respective category, both were eligible for the Premier's Award of Distinction, the top award given that night. Champion Petfoods was not only the finalist for the coveted award; they were also the recipient.

Both local businesses were subsequently recognized by The Honourable Maureen Kubinec, Minister of Culture and Tourism and Barrhead-Morinville-Westlock MLA, according to a Town of Morinville social media post on Saturday morning.

But the Town was not the only one's boasting of the win. Councillor Brennan Fitzgerald made a late-night post on Facebook expressing his pleasure at the win. "Excellent (and long) night

celebrating, with many friends, the success of Champion Petfoods and Paul Smith Music," the Councillor wrote. "Both companies are very deserving of the recognition they received and they serve as testaments to the quality and strength of the Morinville business community."

It is another year of awards for the local manufacturer. Champion Petfoods took the Alberta Chambers of Commerce Award of Distinction in the Export Category in 2014 as well as The Alberta Export Awards' Agricultural and Consumer Products division award.

Smith Music has also been among the nominees at other awards recently. The business took medium-sized business of the year at the Morinville and District Chamber of Commerce Awards last October.

Both businesses have seen expansion over the past year - Smith Music in the variety of services it is offering its clients, and Champion Petfoods with the announcement and commencement of their third plant, and the start of a research and development facility in Morinville.