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The setting sun

Tessa Mitchell-Getzlaf took this photo of the setting sun at the Morinville Fish and Game Association pond during a recent trip to Morinville to visit her father.

- Tessa Mitchell-Getzlaf

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Sturgeon County resident Rosa Semenchuk won gold at the Alberta 55 Plus Summer Games. The gold medal was in the Pickleball 65+ Women's Doubles event.

- Lucie Roy Photo

Sturgeon County and Morinville take gold

by Lucie Roy

Sturgeon County resident Rosa Semenchuk, alongside her teammate Vivian Oko of Westlock, won gold at the Alberta 55 Plus Summer Games. The gold medal was in the Pickleball 65+ Women's Doubles event, which qualifies the duo for the Nationals to be held in Ontario next year.

Semenchuk said this was the first year they had Pickleball at the Games. The fastest growing sport in Canada, Pickleball has now become an authorized event for the Alberta and Canada Senior Games. The game is part tennis, part badminton, and part table tennis. The game is played on a badminton court with a net at tennis level, the paddle is a bit bigger than a table tennis bat, and a tennis sized ball with holes in it is used.

Semenchuk said there is outdoor and indoor Pickleball, and although she plays both, she prefers the indoor games.

She is a member of the St. Albert Pickleball Club, which started off playing at Servus Place. The memberships have grown so much that they can't accommodate them.

"There are outdoor facilities for pickleball in St. Albert, but there is not [an] indoor facility," Semenchuk said. "So what we would like, which would be wonderful, is a place like the Red Willow Badminton Club. We need more courts as many are sitting and waiting to play. The Club has over 200 members [and] not everybody comes at the same time, thankfully. It is just so so popular and [a] wonderful way for seniors to socialize and have fun."

Semenchuk said they were also teaching the game in junior and senior high school as well as elementary to get the younger people interested in it. So far the game seems to be popular with students.

The St. Albert Pickleball Club is open to members of all ages, but it is usually 55 plus who play, as it is during the day, and most players are retired.

Semenchuk said she was first exposed to pickleball in Arizona when she spent a month there. "The community that I lived in had a pickleball club and I wanted to know what it was like," she said. "I went and enjoyed it."

When she returned home she found the sport was not as popular here, but within a couple years Snowbirds returning home started playing and it grew from there.



It was just in the last two or three years that she got into it in a big way. Her Summer Games partner Vivian Oko belongs to the same Pickleball club and the duo played together in St. Albert and Westlock. Oko approached her one day to consider playing in the Alberta 55 Plus Summer Games, and they started training together ahead of their Summer Games win.

"We would love to have a facility in Sturgeon County," Semenchuk said. "That would be great. People are really enjoying it. It is fun."

Hosted in Strathmore, the 2015 Alberta 55 Plus Summer Games came to an end July 19 with more than 1200 participants 55 and over from eight provincial zones competing in 17 sport and cultural events.

Semenchuk and Oko were not the only local winners. The theme this year was Our Time to Shine. Zone 5 did just that with other winners including Mira and Terry Fenton of Legal placing third in the Pickleball 65+ Mixed Doubles event. George St. Laurent and Jerry Wozniak, both of Morinville, finished in first place in the Slo-Pitch 65+ Open Tournament "A" Division. Norman Carruthers of Sturgeon County placed fourth in the Slo-Pitch 70+ Open Tournament.

The medal count for Zone 5 was 43 gold, 31 silver and 23 bronze, putting the Zone in second place out of the eight Alberta Zones.



Hockeyville cheque presentation and Council movie part of end-of-summer community event

by Morinville News Staff

The Ray McDonald Sports Center will be the venue for an end-of-summer community celebration Aug. 29.

The Town of Morinville is planning a day-long event they are calling a "wonderful way to wrap up summer."

The event starts at 10 a.m. and includes a hockey skills competition and a three-on-three tournament

Kraft Hockeyville will also be presenting the Town with a cheque for \$25,000, the prize for finishing in the Top 10 the 2015 Kraft Hockeyville competition.

Residents are invited to come back to the arena grounds the evening for a Council sponsored Movie in the Park event. The movie, yet to be determined, will start at 9:30 p.m. and Council will be serving popcorn to those in attendance.

Residents are encouraged to bring non-alcoholic refreshments, blankets, and lawn chairs.



Sturgeon Proud

Sturgeon County Mayor Tom Flynn sported one of the new I'm Sturgeon Proud hashtag buttons Thursday night.

The button is part of an awareness campaign that was started this year and was kicked off at the open house in mid-June.

"You will see it come up a little more — we are using it on Twitter," said Sturgeon County communications employee Gwen Wolansky. "One of our objectives is to have those who live in the County to be a little more vocal about it and then when they have pictures they can post and hashtag Sturgeon Proud and we will get it and see it."

The County sees it as a feel good positive opportunity people can use to share positive things to do within the County.

The concept was designed by Leanne McBean, a Graphic Designer/Coordinator with Economic Development and Sheila Macaulay, Senior Communications Officer. They came up with the catch phrase and spearheaded the project.

- Lucie Roy Photo

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National Affairs Column: Anything could happen in this political marathon

by Tim Harper – Toronto Star

Historically, the dramatic visit of a prime minister to the Governor General foreshadows a political frenzy and sets off a gruelling sprint.

In the middle of a holiday weekend, Stephen Harper sounded the bell on a marathon, and the political dynamic ushered in on Sunday morning is unlike any we've ever seen.

In short, anyone who suggests they know what is going to happen over the next 11 weeks also has a bridge you'd be interested in.

Seat forecasts and polling data right now are mere summertime ice cream, because 11 weeks offers too many chances for the unexpected and too many opportunities to blow campaigns off course to properly handicap today.

For starters, it is likely fewer Canadians were engaged by this campaign kickoff than during elections past.

It is also likely that anything that appeared important Sunday morning will be forgotten by Oct. 19.

Yes, Conservative Leader Harper offered a disingenuous answer when asked to justify the costs of a 77-day marathon, somehow suggesting this unnecessarily long race is a favour to taxpayers.

Indeed, it was interesting that NDP Leader Tom Mulcair, a man whose party has never had political power, refused to take questions, not only leaving Harper to justify the early election call but playing the role of front-runner who would not allow his message to be hijacked.

So, Liberal Leader Justin Trudeau decided to fly to Vancouver instead of playing the traditional role of third party leader immediately standing in front of television cameras to respond to Harper? No one will be talking about this tomorrow, let alone Oct. 19. He got his TV time and there are probably more potential votes at the city's Pride Parade than in a message-by-rote television appearance on a Sunday morning.

As expected, the prime minister, in his dark suit, blue tie and maple leaf lapel pin, used the Rideau Hall backdrop to solemnly play the "risk" card on the economy and security, reminding voters of the gravity of the decision before them.

For Harper, the danger posed by Mulcair and Trudeau comes in threes.

On the economy, they threaten "higher taxes, reckless spending, permanent deficits."

On external threats, they threaten "political correctness, inexperienced governance or an ideological unwillingness to act."

That will be an extremely difficult message to sustain through a campaign that will traverse three holiday weekends, almost three calendar

months and two seasons.

Voter commitment is shallow. Swings are more likely. Since we last went to the polls federally, we have seen voter volatility in play – not theoretically through the polls – on the ground provincially in Alberta, British Columbia, Ontario and Quebec.

We need look back only to the 2011 campaign to see how this volatility can play out in a campaign of half this length.

The 2011 consensus, proved correct, was that Liberal leader Michael Ignatieff didn't have enough time to turn around negative perceptions. But we went into that campaign expecting a Harper-Ignatieff showdown.

Trudeau clearly has the toughest task ahead, but he does have time in 2015. No one can be written off so early and party membership and fundraising numbers suggest there is much more Liberal strength on the ground than four years ago.

The early 2011 story surrounding NDP leader Jack Layton was sparsely attended rallies and his inability to gain any momentum. That proved wrong.

So fixated were most of us on Harper versus Ignatieff that the voters realized Layton won the English-language debate before the pundits.

The test for the NDP this time is whether Mulcair has staying power — and the betting here is that he does — but the Conservative calculation is clearly that increased scrutiny will expose a leader of a party viewed with skepticism on the economy in uncertain economic times.

Yet the NDP has never entered a federal campaign with this many incumbents or this level of strength in the national polls. No longer will the NDP sneak up on anyone, but increased scrutiny is a happy price to pay for a party with a legitimate claim to be a government-in-waiting.

If this is an election about change, and it appears to be, then putting your man out in front of the cameras longer than necessary seems counterintuitive at best, even if it comes with a healthier war chest and an opportunity to blanket the airwaves and social media with your message.

Counterintuitive, but it's folly to dismiss the strategy of a guy who has won.

So, looked at from the Conservative perspective, over 11 weeks, if Harper can lure 1 per cent of voters back into his fold per week, he can stand in victory again in late October.

Tim Harper is a national affairs writer. His column appears Monday, Wednesday and Friday. tharper@thestar.ca Twitter: @nutgraf1
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Joe MORINVILLE

Well, the publisher of this rag up and went to Ontario last week to see his grand baby, and he come begging me to write something for the editorial page on account of his being away. So I blew the dust off of my computer and sat down to write what's been going through my mind lately.

1 I don't have much to say about stuff what I've seen on the Facebook because I hardly ever get on there no more. Whenever I do, it's this one bellyaching about this, and that one bellyaching about that. At least on some of them groups. I like looking at what my friends is up to. Looks like you are all having a good summer.

2 So Prime Minister Harper went to see the Governor General a week ago Sunday and we're gonna have an election. We was always gonna have an election on Oct. 19. But now we're gonna have 11 weeks of advertising on the TV about the darned thing.

3 I don't know about what new commercials they're gonna come up with to make the other guy look bad, but I've had enough of that one about how Trudeau just isn't ready. I'm not ready to listen to that one much more, and I imagine they'll just get worse.

4 Seen a piece on Saturday night where they interviewed people on the beach about what they thought of the election being called on Sunday. All the people they talked to said they did not care because they was enjoying their summer vacations on the beach and up in

the cabins. They said they'd care about it when the summer was over. I figure voter turnout in this country will show folks don't care about this election after summer either.

5 Speaking of caring, I had a few of my coffee buddies moaning and groaning when the NDP kicked the PCs out of office in the last provincial election three months ago. Some of those guys said they was gonna move to other places in and out of the country. Well, I'm here to tell you, every one of those guys is still here and still complaining about what's going on right here in Morinville.

6 There has not been a lot going on in Morinville this summer. The festival came and went. I hear there is a Country Fair coming up and another one of them meals where you sit on a bale of hay and eat at one big table what runs down the street. I'll likely buy a ticket for me and the missus for that one because it was pretty good food last year.

7 Speaking of good food, if you've not tried the new Golden Szechuan Buffet place or Doug's flat pizzas over at the Green Bean, you probably ought to do that. We haven't had a Chinese buffet here in a while. And Doug's flat pizzas are made the way Italians make them. I've never been to Italy, but if their pies are half as good as Doug's, I'm gonna book a flight and go live there.

8 Seen on the news over the weekend that they was holding a demonstration in Waterloo, Ontario on account of a cop asked some woman not to go topless. Apparently it's legal to go topless for both sexes in Ontario. Anyway, they interviewed some of the women, blocking out their toplessness. Apparently it is legal to be topless in Ontario but not legal to show them topless in Alberta on the news. Anyhow, they interviewed one old fella like myself about why he come out to support the woman, and he just said, "I'm just here to see the boobies." Now it's guys like that old guy what gives old guys like me a bad name.

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Champion's new research centre nearing completion

Above: Champion President and CEO Frank Burdzy takes a look at the progress of the new BAFRINO Research and Innovation Centre July 27.

Above right: A construction worker runs a packing machine on the job site.

Right: Aerial photo of Champion's Morinville Kitchen facility.

- Morinville News Video Stills

by Stephen Dafoe
 with files from Colin Smith

Champion Petfoods' \$5.9 million product development facility is nearing completion. The 6,500 square foot BAFRINO Research and Innovation Centre announced last November, is being built behind Champion's existing administrative offices.

"The research and innovation centre is a concept we've had for about six years now," said Champion President and CEO Frank Burdzy. "It came from the fact that we're a leader in our industry, making the world's best pet food. We have to keep getting better at innovation and creating our own foods, looking at ingredient

development as well as putting new technology to work for us."

Burdzy said the build began in April and is currently 90 per cent finished. Over the next six weeks, the company will bring in all the equipment necessary for lab testing, research and innovation.

"It's very exciting. We've been able to hire 10 people over the last three years that are all specializing in food science, food safety, innovation, and technology," Burdzy said. "They're all coming together in one location to be able to bring the world's best pet food to market."

Plans are for the new facility to work closely with the University of Alberta's new pilot-scale extruder to develop new fresh meat processing technologies that will enable Champion to include more fresh meat in its cat and dog foods.

"We're working with the University as well where we can leverage all their resources and bring them in house as well," Burdzy said. "They will be back and forth on a number of occasions working together."

It is a partnership with the UofA that began about five years ago to create a pilot facility at the University. The UofA has a pilot extruder and dryer, equipment used by Champion in its Morinville kitchens.



"I think what's exciting about it is we're going to be bringing resources together that are going to be doing first ever in the world — right here — for the pet food business," Burdzy said. "We're going to leverage ideas from the human food industry, leverage ideas from our ingredients suppliers, and make food and prepare food in a way that never has been done before."

The BAFRINO Research and Innovation Centre joins Champions other major project, a new kitchen facility in Kentucky, in helping the company supply its customers around the world.

Champion Petfoods products are currently available in 74 countries.

Though the company ships product around the world from Morinville, the community regularly

Shop in Morinville It's OUR Business



plays host to Champion clients from around the globe.

"We bring them here not only to show them what we do for food production, but we also show them what kind of organization we are," Burdzy said. "We show them the community that

we're in. We celebrate with them downtown at the Green Bean. We have a lot of time and effort to show them Canada as well as our company as Champion as well."

Visit MorinvilleNews.com to see our full interview with Champion President and CEO Frank Burdzy



Fun on the water

The Morinville Sports Camp held Aug. 4 to 7 at the Morinville Community Cultural Centre included a field trip with a ride in a 30 man canoe, volleyball, badminton, basketball, gymnastics and a mini Olympics.

- Submitted by Lauren Henderson, Sports camp Coordinator



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Off-Leash Dog Park



The Morinville Off-Leash Dog Park is now equipped with doggie agility equipment in both the small and large dog areas.

The park is located at the Northwest quadrant of Morinville, east of the Bob Foster Extreme Sport Park (skateboard park). This gives you access to and from trails as well as having the convenience of a built-in parking lot.

Incredible Edibles

You will find a variety of mixed herbs in the aggregate planters on 100 Avenue. Lettuce, peas, beans, raspberries, tomatoes and onions are ready to pick and can be found at the East entrance and at the rear of St. Germain Place (Civic Hall). These edibles are for ALL residents so please help yourselves...and enjoy!




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Communities in Bloom:



Morinville has once again joined the Communities in Bloom program in the non-competitive category. This is a global initiative that celebrates green spaces, environmental responsibility and civic pride! Help us showcase and celebrate our vibrant community through:

- Environmental responsibility and beautification
- Floral displays
- Tidiness
- Heritage conservation

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LAND USE BYLAW AMENDMENT (9702 – 101 Street) PUBLIC HEARING



You are invited to attend a Public Hearing for a Land Use Bylaw Amendment and provide your comments directly to Council. If you prefer to write to Council, send your written comments to the Legislative Officer before 4:30 pm on August 24th, 2015. These comments will be reviewed as part of the hearing process.

What are the Bylaw Amendments about?

The purpose of proposed Bylaw 13/2015 is to change Land Use Bylaw 3/2012, Schedule A – Land Use District Map, from Single Detached Residential (R-1A) District to Coeur de Morinville Two-Unit Residential (DC-C-2) District for 9702 – 101 Street (Lot 1, Block 5, Plan 7406 AX), as shown below.

Planning & Development supports the proposed bylaw.

How Will This Affect Me?

The proposed amendment will allow for future side-by-side duplex residential development.

How Do I Get More Information?

A copy of the proposed bylaw and background information may be examined between the hours of 8:30 am and 4:30 pm, Monday to Friday, at the Office of the Legislative Officer at St. Germain Place, or online at www.morinville.ca/planningnews.



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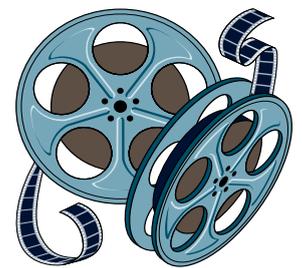
Kraft Hockeyville Ceremony/Cheque presentation



Council Sponsored Movie in the Park

Join Mayor & Council for free popcorn. Movie starts at 9:30 p.m. (movie TBD). Bring a (non-alcoholic) drink and blanket/lawn chairs.

This is a wonderful way to wrap up the summer!




Fall Community Guide

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

Life in soil and light farming

by Lucie Roy

Morinville was one of seven stops in Alberta for Australian soil ecologist Dr. Christine Jones. Jones is on a tour of the Northern Hemisphere with her workshop and field day on Amazing Carbon and the Fundamentals of Soil. Jones is an internationally renowned ground cover and soil ecologist and is an active participant and supporter of an Australian movement into a Soil Carbon Accreditation Scheme.

"Agriculture is mostly about food, but something is fundamentally wrong," Jones said. "You would need to eat twice as much meat, three times as many fruit and four to five times as many vegetables to get the same amount of minerals as available in the same food in the 1940s."

An Australia study showed the average mineral depletion in 28 kinds of vegetables from the 1940s to 1991 shows a copper decline of 76 per cent. The same study shows a calcium decline by 46 per cent, iron by 27 per cent, magnesium by 24 and potassium by 16 per cent.

Similarly, a Canadian study found dramatic declines in the nutrient content of produce grown over a 50-year interval up to 1999.

Jones said the average Canadian spud lost 57 per cent of its vitamin C and iron, 28 per cent of its calcium, 50 per cent of its riboflavin and 18 per cent of its niacin during that period.

"The story is the same for all 25 fruits and vegetables analyzed," Jones said. "The Canadian data showed that nearly 80 per cent of the foods tested showed large drops in their calcium and iron content, three-quarters showed significant decreases in vitamin A, one-half lost vitamin C and riboflavin and one third lost thiamine."

Jones said the double whammy is the nutrient decline coupled with chemical residues.

"How can it be that we are using more and more high analysis fertilizer in conventional farming and getting fewer and fewer nutrients in our food," she asked. "But we do not see the same nutrient decline on high yielding crops grown in biologically active soils. Indeed, we see the opposite."

Jones said researchers are also at a loss to explain why protein levels in grain is falling when the rate of nitrogen application has increased several folds over recent decades. Levels of calcium and iron have declined significantly in food while these minerals are abundant in most soils. Dilution and soil depletion are not the causes, she emphasized.

"The problem is that plants can no longer acquire the minerals and trace elements they need from soil," Jones said. "Fertile topsoil is a product of photosynthesis and microbial re-synthesis. It is photosynthesis, not soil, that forms the base of the pyramid of life."



Above: Dr. Christine Jones spoke of the aggregate as the fundamental unit of soil function during the field trip portion of the workshop. Jones said, A great deal of biological activity takes place within aggregates and this is fueled by liquid carbon.

- Lucie Roy Photo

Prior to 1940, the importance of life in the soil was clearly recognized. Scientists were undertaking research into mycorrhiza fungi and free-living nitrogen-fixing bacteria in the 1890s. Both of these microbes are plant-dependant. In fact, most soil microbes are plant dependant. That is where they get their food. There can be no life without soil and no soil without life. Plant nutrient acquisition is 85 to 90 per cent microbially mediated. Without microbes, plants would starve unless we fertilize them. It is plants that feed the microbes with liquid carbon.

The liquid carbon pathway is photosynthesis, translocation to roots, transfer to soil and humification. Jones went on to describe how humans interfere with that process. The important principles of soil health and living groundcover were covered.

"Whether you produce milk, beef, lamb, wool, cotton, grain, sugar, nuts, fruit, vegetables, flowers hay, silage or timber you are first and foremost a light farmer," Jones said. "And the two rules for light farming are build photosynthetic capacity and enhance photosynthetic rate. Building topsoil is a biological process."

Jones said farmers and landowners can increase the capacity by having green plants all

year round as far as climate allows.

The new face of agriculture would be a crop direct drilled without herbicide into dormant perennial groundcover that enhances plant microbial association and improves rates of biological nitrogen, stimulate the nutrient cycle, makes it easier to sequester humified soil carbon and promotes formation of new topsoil.

Grazing management diversity is encouraged with desirable species of plants grown in a rotational grazing method with short and long rest periods. Jones said the benefits include one hundred percent ground cover, a huge increase in diversity of perennial plant species, an improvement in soil nutrition and microbial activity, and an increase in soil organic matter, increased water holding capacity, no need for artificial fertilizers and reduced chemical use.

Farmers have to use a transitional period to convert from a chemically intensive system to soil biology as it takes time for soil microbial populations to re-establish.

More than 30 attended the workshop and field day. The study took place behind the centre. Various plants were dug up and Jones spoke of their root and demonstrated how the aggregate is the fundamental unit of soil function.



Left: Agriculture and Forestry Minister Oneil Carlier doing a field tour in Morinville with Merle Jacobson, Chief Operating Officer, Agriculture Financial Services Corporation (AFSC) on Aug. 4.

Above: Jacobson inspects a crop.

– Lucie Roy Photos

Ag Minister tours fields in Morinville Province offers relief for farmers

by Lucie Roy

Provincial Agriculture and Forestry Minister Oneil Carlier conducted a field tour with Merle Jacobson, Chief Operating Officer, Agriculture Financial Services Corporation (AFSC), with respective staff Tuesday afternoon.

Minister Carlier said the Morinville area farm was the third he had looked at, the other two being in Westlock and Smoky Lake.

Carlier said the Morinville area field was probably the worst of the three. "It is spotty," he said. "This is probably the worst we have seen, but even down the road, we can see one canola crop different from the other one. A lot of it is business practices the farmers have done. Have they reseeded it, and all that, a lot of things are considered, not just moisture, but moisture is the biggest issue or lack there of."

Jacobson had a similar opinion of the field. "Those that had showers are not too bad," he said. "This farm had very little rain. I think this is where if I see each farmer individually to make sure we are responding best to their particular circumstances it is better rather than trying to deal with people in general."

The purpose of Tuesday's tour was to get an overview of what the area is like so as to get a better understanding of what farmers are going through, and all the programs that work and respond

Jacobson said they tried to pick the areas that were the worst and North West Edmonton has some of the worst areas.

Looking at the wheat, Jacobson said there was a little bit of stooing as the three stems came from one seed, but it should be seven or nine com-

ing out of one seed. Most of the heads are empty.

"This is basically dying, not ripening, and this is beginning of August," he said. "If this would be the third week of August maybe more ripening naturally rather than dying from drought.

Relief at hand

On Thursday, the Government of Alberta announced steps to help ensure agriculture producers dealing with dry conditions have resources to feed and water their livestock.

Rental fees were cut in half for Agriculture and Forestry's Water Pumping Program, a program that provides pumps and pipes to help producers get water for domestic and livestock use by filling dugouts and suitable catch basins from nearby water sources.

"It's clear that many producers are facing challenges because of the dry conditions this year, and that's why we are finding common sense ways to help out farmers during these difficult times," said Oneil Carlier, Minister of Agriculture and Forestry, in a release Thursday.

The emergency water-pumping program serves 400 and 1,400 clients every year. Fee reductions will apply to anyone who uses the program in the 2015-16 fiscal year and will be retroactive to April 1.

Alberta Agriculture and Forestry has a number of online resources at www.agriculture.alberta.ca to assist producers with decision making, including crop and moisture reports, planning information for dry conditions and a hay and pasture directory.

Morinville will vote in new federal riding this fall

by Colin Smith

It became official after Prime Minister Stephen Harper met with Governor General David Johnson Aug. 7: Canada's 42nd election campaign is on. Canadians will vote in a general election on October 19 following a 78-day campaign, more than double the usual length in recent decades.

The Conservative Party led by Harper is seeking a fourth consecutive term in office.

Prime Minister Harper justified the unusually early election call by saying the other parties had already been campaigning, although observers say that the long campaign will give the well-funded Conservatives the opportunity to substantially outspend their rivals.

It's also been noted that the lengthy election will cost Canadian taxpayers more. Elections Canada's costs go up from the \$375 million it costs to administer a standard election because it has to keep returning offices open for a longer time. The increased spending limits of a longer campaign will result in parties and individual candidates receiving more in tax rebates.

In contention are 338 seats in the House of Commons, up 30 from the last election. New electoral districts have been added in Alberta, British Columbia, Ontario and Quebec.

Challenging for those seats will be candidates for the Conservatives under Stephen Harper, Green Party led by Elizabeth May, Gilles Duceppe's Bloc Québécois, and the New Democratic Party headed by Thomas Mulcair.

At the time the Governor General dissolved the last Parliament the Conservatives held a majority of 159 of 308 seats in the House of Commons.

The NDP had 95 seats, Liberals 36 and the Green Party, Bloc Québécois, and Forces et Démocratie party had two seats each. Eight independent MPs and four vacant seats made up the total.

Recent polls have had the Conservatives and New Democrats neck and neck in terms of voter support, with the Liberals several points back. However a Forum Research poll August 2 put the NDP substantially ahead at 39 per cent, versus 28 per cent for the Conservative party and 25 per cent for the Liberal Party.

On election day, Morinville and area residents will be voting in the electoral district of Sturgeon River-Parkland, one of six new ridings in Alberta. Morinville is in the western half of the riding, which stretches to just past Redwater, and also takes in Legal, Spruce Grove and Stony Plain.

The community was previously in the Westlock-St. Paul electoral district and has been represented by Conservative MP Brian Storsteth, first elected in 2006, who previously announced he wouldn't be running in this election.

In the 2011 election, Storsteth won with 32,625 votes, 77.8 per cent of the total cast. New Democratic candidate Lyndsay Sanders received 5,103 votes, Liberal Rob Fox took 2,569 and Green Party candidate Lisa Grant received 1,634.

Former Spruce Grove MP Rona Ambrose announced in January that she would be seeking election as a Conservative in Sturgeon River-Parkland. Other candidates who have announced their intentions are Brendon Greene for the Green Party, Guy Desforges for the New Democrats and Ernest Chauvet for the Christian Heritage Party.

Individuals are eligible to vote in the upcoming election if they are Canadian citizens, are 18 or older and are registered to vote. Those who voted in a federal election since 1997 will already be on the National Register of Electors, which was created that year.

This database of Canadians who are qualified to vote is continually updated through information from agencies including Citizenship and Immigration Canada, the Canada Revenue Agency, National Defence and provincial and territorial drivers licence agencies, and used to produce the voters list at the beginning of the election.

New Canadian citizens, people who have just turned eighteen and anyone else who is unsure whether they are registered to vote can check Election Canada's website. People who have recently moved may have to update their address information.

Between September 28 and October 2 registered electors will receive a voter information card in the mail that will tell them where to vote. In addition to entering the polling both October 19, electors can also use the advance polls on October 9, 10, 11 and 12, vote by mail, or vote at the nearest Elections Canada office.

Elections Canada will be providing mobile polling stations in some hospitals and long-term care facilities, and workers if necessary will carry the ballot box from room to room so residents can vote. For more information about mobile polls call Elections Canada at 1-800-463-6868.

When electors do go to make their choice, they will be facing stricter identification requirements following the passage of the controversial Fair Elections Act in June. Now both name and address have to be shown on identification.

If a voter doesn't have a driver's license or provincial/territorial ID card that indicates both, he or she can use one piece with their name and a second with your address, for example a health card and a phone bill. Identity can no longer be vouched for, but voters can stake an oath at the polling station to verify their address. They will

need two pieces of identification bearing their name and have someone corroborate their address. This person must have proof their own identity and address and be registered in the same polling division.

Your voter information card that comes in the mail cannot be used to corroborate your identity as it was in the 2011 election.

For further information on the electoral process go to the Elections Canada website, www.elections.ca

In addition to the major political organizations vying for votes, there are 18 other parties registered or eligible to have their names on the ballot.

These include the Communist Party of Canada, Libertarian Party of Canada, Canadian Heritage Party, Seniors Party of Canada, Marijuana Party, Pirate Party, Rhinoceros Party and the Bridge Party of Canada.

According to The Canadian Press, only Canada's first two election saw campaigns longer than the current one, and those were "rolling" elections in which voting took place in different parts of the country at different times. The 1867 campaign lasted 81 days while the 1872 campaign went for 96 days.

The longest race in recent history was a 66-day campaign in 1980. Only one of the campaigns since 1997 has been longer than 37 days.

Declared Candidates

As Of Aug. 2

Rona Ambrose
Conservatives

Brendon Greene
Green Party

Guy Desforges
NDP

Ernest Chauvet
Christian Heritage Party



Ready to raise the roof

Work continued at the Morinville Baptist Church site last week, as walls began to be put in place. Builders are hoping to have the roof trusses installed soon and be completely closed in by winter.

- Lucie Roy Photo

Shop in Morinville **It's OUR Business**

Morinville Physical Therapy celebrating first anniversary

by Stephen Dafoe

It's balloons and barbecues this Friday as Morinville Physical Therapy & Sports Injury Clinic (8807 100 Street) opens their doors to clients and non-clients to celebrate their first anniversary in Morinville. The barbecue and cake events run Aug. 14 from noon until 1 p.m. and from 6:30 to 7:30 p.m.

Owners Lori Shupak and Andrea Eberhardt said the past year in Morinville has seen their business grow from three employees to five.

"It's been a good year," said Andrea Eberhardt. "We've been welcomed very strongly by the community. Lots of talk around town and lots of patients coming to us that way has been great."

Business partner Lori Shupak said she feels the business has been lucky in that Morinville has embraced the new company. "I think there have been a great number of individuals who have taken it upon themselves to refer friends, family, colleagues," she said. "There just seems to be a lot of pride in Morinville, and a lot of people want to support local businesses. We feel so lucky to be included in that."

Shupak and Eberhardt both had it in mind to open a business. The initial idea to do so together was Eberhardt's. "Andrea and I have always had a unique connection where we didn't see each other a lot, but we always kept in touch," Shupak said. "We had a good mutual respect for each other. So when she approached me and said she was doing it [starting a business] and gave me the opportunity to join her, I thought I'd be an idiot if I didn't."

The business partners did a lot of research on Morinville before locating in the community. "With full sincerity, it looked like a great opportunity," Shupak said. "I just think there is tremendous growth here, and the year has just been wonderful."

Though the support from Morinville residents has been strong, not all of their patients reside here. The business draws clients from as far away as Southwest Edmonton, as well as St. Albert and throughout Sturgeon County, including Redwater.

Both Shupak and Eberhardt share a common philosophy of providing quality patient care in their practice. "Definitely quality care and spend-



Andrea Eberhardt and Lori Shupak outside their Morinville business

ing time with our clients, getting to know them and knowing what they need," Eberhardt said. "Not rushing through treatments and taking time with them would probably be one of our main philosophies."

Shupak said she believed her and her business partner's love of being physiotherapists shows. "Every time people come in here, they can tell that we love our jobs, that we love our staff, and our staff love their jobs," Shupak said. "I think we have a very positive and liked energy in here. When people come to us, they are in pain. If we can take their mind off that in any way, we've helped them. We tend to get to know our patients, tell goofy stories, and make fun of ourselves, throw each other under the bus. Whatever it takes, so our patient's hour here is a good hour."

The business hopes to keep growing over the next and coming years. They are hoping to bring on more staff and create more job opportunities. "We really want to have deep set roots in Morinville," Shupak said. "We are committed and dedicated to being here."

The business' actual one year anniversary is Aug. 11. They will celebrate it with two barbecue events Aug. 14. One will run from noon until 1 p.m. and the other from 6:30 p.m. to 7:30 p.m. All are welcome.

Want to see your photos in print? Send them to editor@morinvillenews.com



Photo radar fun

Morinville residents Linda Lyons and Cliff Haryett have created a few laughs in their neighbourhood with their photo radar lawn ornament, Haryett recently built as a conversation piece.

- Submitted Photos



Hare today, gone tomorrow

A rabbit relaxes in a Morinville back yard. Soon enough the brown and grey coat will be replaced with white.

- Lucie Roy Photo

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Music in the Park

Musicians Bill Werthmann, Mary Kieftenbeld and Rob Heath came to the aid of the local Food Bank Thursday night with the second of three Music in the Park evenings. The next is set for Aug. 20 and will feature Jessica Heine, Laura Bachynski, and Tim Chesterton. Show time is 7:30 p.m. All are welcome. A donation for the food bank is appreciated.

- Lucie Roy Photo

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Food & Jam Festival returns this fall

by Stephen Dafoe

The first weekend of October will be set aside for a celebration of regionally-grown food and regionally-grown music. The Morinville Festival Society will hold its annual Food & Jam Festival on Saturday, Oct. 3 and are currently in the process of planning the event.

Festival Society President Korien Sampson said they had hoped to hold the event on the last weekend of September in order to avoid competing with Smokey Lake's Pumpkin Festival; however, Alberta Culture Days fall at that time, so the Society went back to the first weekend in October.

Regardless of the date, Sampson said the Society is looking to put a heavy focus on what the event was meant to be -- promoting fresh, regional foods and home grown music. But they realize they will be running their event the same weekend as the community Oktoberfest.

"The Oktoberfest is turning into more of something different than what we had envisioned, which is good because it worked well to get the Oktoberfest off the ground," Sampson said, adding it is something the Society wanted to do for several years.

The Festival Society will add a Chili Cook-Off event to this year's Food & Jam Festival, something the Farmers' Market used to do a few years back, as well as a Bake-Off. The Society will also host a Farmers' Market at the Saturday event.



Although Sampson said the Society has not narrowed the parameters of just what the Bake-Off will be, they are certain they do not want to make it compete with the Bench Fair, taking place during the Country Fair the Society is planning for Aug. 22. However, there will be some comparisons between the two events.

"We're going to do the biggest, smallest and wierdest fruit or vegetable that you have in your garden," Sampson said. "We're also going to have pumpkin carving for the kids."

But crafts and carving pumpkins are not all they have planned for children and adults. Sampson said the Society is looking at bringing in a bungee jump activity. "If there is enough tree clearance in the park, we're going to have a bungee jump," she said.

Other adventures from past years may or may not return. Last year's Monster Burger eating competition found people could not consume the five-pound hamburger Kelly's Deli prepared for contestants to consume in under one hour. "I have to rethink it," Sampson said. "I think the idea is fantastic."

 *J. M. Turner* 
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Music to play a major role

It is still too soon to know what acts will perform in St. Jean Baptiste Park during Food & Jam Festival 2015; however, Sampson said she would like to take things back to the roots of the festival three years ago.

"The very first year, we had competitions for the music, and we kind of want to bring that type of flavour back," she said. "We know that we have amazing local talent, and we want to showcase that local talent. And we know that there is more local talent we haven't seen yet. We'd love to see as much local talent as we can."

Although the Society is certain they want to go back to showcasing local and regional talent in a competition format in St. Jen Baptiste Park, what remains to be seen is the fate of the annual Rocktober concert at the Morinville Community Cultural Centre. In its inaugural year, the Paul Smith Band brought a Queen tribute to the stage. Last year, the band shifted to Pink Floyd. This year, Sampson said the Society may go another direction.

"We haven't figured out what we want to do for that," Sampson said. "We may actually just end up showcasing more local talent that night as well. We want to keep it as much local talent as we can."

Partnerships an option

Sampson said she is open to partnering with different groups to expand the festival, although none are in place yet.

"The Festival Society being a committee of [only] so many people, we only have so many ideas," she said. "We'd love it if other groups came up to us and said, 'Hey, how can we work together?'"

The Food & Jam Festival takes place in SJB Park Saturday, Oct. 3.



Opposite page: Children carve pumpkins at the first Morinville Festival Society Food & Jam Festival in 2013.

This page: Edmonton band Death by Robot perform in the park in the 2015 competition.

- Morinville News File Photos


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Above: Jackie Rheubottom was busy planting flowers for the project. In the background, some of the bikes nearing completion.

Right: Sebastian Spila works on his pot of flowers before they are placed on a bike.

- Lucie Roy Photos



Town and community group partner to peddle their plants

by Morinville News Staff

Plants and bicycles met volunteer hands Aug. 5 at the Town of Morinville and Morinville Centennial Community Gardens gathered to do something decorative and green in honour of last weekend's Tour de l'Alberta cycling event.

"The two groups converted old bicycles into planters," said Allen Jacobson, adding the work bee converted the pieces into whimsical and creative, conversation pieces. "These pieces of art are a great example of community sharing, spirit and pride."

The art works were on display at the Morinville Community Cultural Centre and throughout the Town during Tour de l'Alberta and will be out for the Aug. 12 Communities in Bloom judging event.

"We hope this is the beginning of an annual Bike Planter event and are looking forward to similar green projects and collaborations," Jacobson said.

See Page 20 for some photos from last weekend's cycling event and next week's edition for info on Communities in Bloom.



Chronic inflammation and how to cool it

The pursuits of summer have great rewards: Vitamin D absorbed in abundance, exercise in the fresh air, the produce of the garden, and the satisfaction of seeing a lot of jobs done. The downside is a frequently occurring complaint after all these activities. From the pain of a sunburn or a sting from an insect to the sore aching muscles and joints after physical exercise inflammation is the immediate result of many of these activities.

The body uses the complex system of inflammation as first its first response to injuries and irritations.

Inflammation is a protective immunovascular response that involves immune cells, blood vessels, and molecular mediators. The purpose of inflammation is to eliminate the initial cause of cell injury, clear out dead cells and tissues damaged from the original insult and the inflammatory process, and to initiate tissue repair.

The classical signs of acute inflammation are pain, heat, redness, swelling, and loss of function. Inflammation is a generic response, and therefore it is considered as a mechanism of innate immunity, as compared to adaptive immunity, which is specific for each pathogen.

Inflammation is tightly regulated by the body. Too little inflammation could lead to progressive tissue destruction by the harmful stimulus (eg. bacteria) and compromise the survival of the organism. In contrast, chronic inflammation may lead to a host of diseases, such as hay fever, periodontitis, atherosclerosis, rheumatoid arthritis, and even cancer (e.g., gallbladder carcinoma). It is, therefore, important to help the body cool and control chronic inflammation.

Chronic inflammation is commonly seen and felt in the joints and connected tissues. When the pain and stiffness of over exertion refuses to subside in a few days, it is wise to take healing herbs and supplements which help the body repair injured tissues and disperse the swelling and heat which over the long term can cause damage to joints and tissue.

According to the Mayo Clinic, Rheumatoid arthritis occurs when your immune system attacks the synovium — the lining of the membranes that surround your joints. The resulting inflammation thickens the synovium,

which can eventually destroy the cartilage and bone within the joint. The tendons and ligaments that hold the joint together weaken and stretch. Gradually, the joint loses its shape and alignment. Doctors don't know what starts this process, although a genetic component appears likely. While your genes don't cause rheumatoid arthritis, they can make you more susceptible

to environmental factors — such as infection with certain viruses and bacteria — that may trigger the disease. Uncontrolled inflammation, however, is a key factor in joint degeneration.

Chronic inflammation is also a factor in Osteoarthritis. Osteoarthritis occurs when the cartilage that cushions the ends of bones in your joints gradually deteriorates. Cartilage is a firm, slippery tissue that permits nearly frictionless joint motion. In osteoarthritis, the slick surface of the cartilage becomes rough. Eventually, if the cartilage wears down completely, you may be left with bone rubbing on bone.

Common over the counter pain medications often taken for painful joints have an adverse effect on the digestive system and do nothing to help the body heal and resolve the issue of

chronic inflammation. There are many herbs and supplements that have been scientifically proven to reduce inflammation and thereby reduce pain.

Significant studies have shown that curcumin, the active ingredient in the spice turmeric has very effective anti-inflammatory properties. The turmeric extract worked as well as a non-steroidal anti-inflammatory drug for treatment of osteoarthritis of the knee in a study published in the August 2009 issue of the Journal of Alternative and Complementary Medicine.

Fish oil can also ease the inflammation and pain caused by many chronic conditions. The dose used in the most convincing research is 2 to 4 grams of DHA + EPA daily. Although beneficial omega-3 fatty acids are available from other sources, experts say that fish oil has the best evidence.

A lack of vitamin B6 can increase inflammation associated with rheumatoid arthritis, leading to more joint damage. In a vicious cycle, inflammation from rheumatoid arthritis can deplete the body's vitamin B6 stores. Taking vitamin B6 supplements daily can correct the deficiency.

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Healthy Routes

by Gladys Kublik

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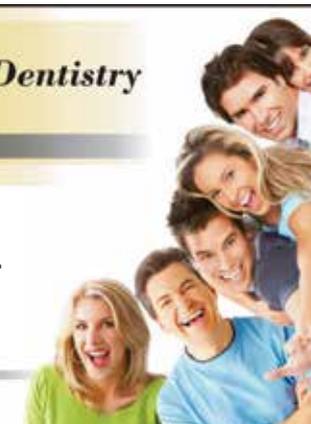
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Sports Briefs

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Tour de l'Alberta puts nearly 1000 on the road

Sunday's 21st Annual Tour de l'Alberta drew nearly 1000 cyclists to partake in four different legs of the popular event. Cyclists departed at 8 a.m. from the cultural centre for the 160-kilometre ride, and were followed on the hour by those taking part in the 100-km, 50-km and 15-km family fun ride. This year's event toured through Westlock, Legal, Edmonton Garrison, Prairie Gardens, and a number of stops in Sturgeon County. The event is a partnership between the Town of Morinville and the Edmonton Touring & Bicycle Club. See MorinvilleNews.com for video footage of the day's events.

- Stephen Dafoe Photos



Morinville Ladies in baby trouble

by Jon Whittal-Williams

After several years of super success, Morinville Ladies are in "baby trouble" Two of the team have newborns and four more are expecting their own bundles of joy this side of October. Clearly, there is something special in our local water wells.

The ladies' team was founded 13 years ago. They play in the St. Albert Women's Soccer League in the summer and in the Edmonton (EDSA) in the winter. Historically they have been very successful, having won Division 2 once and Division 1 six times in their outdoor season. They have never finished lower than 3rd. Further, they won a Bronze medal at outdoor provincials as well as a 4th at indoor provincials. This year they won promotion to Division 2 for the upcoming indoor season.

The upshot is this: we are looking for experienced, committed players for the indoor season. The games will be on Tuesdays in Edmonton (rotating between the West, East and South centres). Practices are on Sundays in the Morinville Community High School gym.

If you are interested in playing, please call Jon at: 780-939-4825 or 780-245-4825. IF you leave a message, please speak clearly and leave a contact number. Alternatively, feel free to e-mail at jrww22@shaw.ca.



Meeting the best

It was a cool day for a couple Morinville Orijen Sabretooths. Hayley Deveau and Melanya Misener got to train with and meet former National Team basketball players as well as meet some of the competitors in the FIBA America's Womens Basketball Championship. The girls attended some of the competition Sunday night.

- Submitted Photo

Brent Melville Team



Ashley Ermantrout Brent Melville Janine Hurtubise
 Cell 780-221-0620 Cell 780-699-2903 Cell 780-983-6670
 Each office independently owned and operated

www.remax-morinville.ab.ca

Brent Melville

780-939-1111 direct 780-699-2903

10018 - 100 Ave. Morinville, AB T8R 1P7



Single Attached Garage
#39 9904-101 Ave.

Built in 2010, great complex of Larose Terrace. Freshly painted in fall 2014, carpets and furnace also cleaned. 3 Bedrooms, 2.5 Baths, all appliances included. Close to downtown and Military base.

\$262,900



.92 acres across from Golf Course
172-25100-TWP 554 Rd.

1290sqft 2012 built Bungalow. Fully treed and landscaped. Double detached, heated garage w/RV parking. 3 Bedrooms, 2 full baths.

\$539,900



Large Balcony
#207 9910-107 St.

2 Bedrooms, 2 baths, 1060 sqft. Large kitchen w/all appliances. Hardwood, Carpet and ceramic tile. Separate laundry in-suite.

\$189,900



2.01 Acres Out of Subdivision
24216 TWP Rd 570

2350sqft Beautifully Renovated 2-Storey. Large kitchen, 4 Bedrooms up. Fully treed and landscaped with circular driveway. Only 1/2 mile off pavement.

\$545,000

IRP Approved Agent. Registered with the Brookfield Global Relocation Services



Visit www.parkbench.com for Community Information/Events.

It pays to Shop Local

Every dollar we spend has the power to influence our community. A dollar spent at a local business will turn over seven times in the community, helping our local businesses to continue to employ their staff, support other local suppliers, and support community groups and initiatives.



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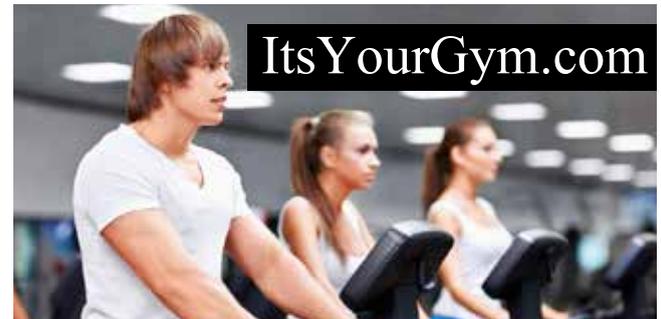


Lori Shupak Andrea Eberhardt Dana Vinge

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Champion Petfoods

COMMUNITY UPDATE

Community members have asked us to publish this information. Champion Petfoods is committed to reducing the frequency, duration, and intensity of odour that comes from cooking Fresh Regional Ingredients. In June, our annual odour test was conducted. The results of the test are presented in the table below and confirm Champion's goals are on target.

As part of Champion's on-going odour mitigation efforts, the goal of the testing was to assess current odour emission rates from Kitchen 1 and 2, including the extruder stack, dryer stack, and cooler stack. All measurements and results obtained were used to predict the current impact beyond the industrial zoned area and at sensitive receptors neighbouring the industrial zone.

The current results were compared to the pre-mitigation baseline results, the projected results of the odour abatement plan, and the average historical results to date. Under certain weather conditions there will be some odour. This data reflects that odour is now much less frequent and intense than it was in the past.

SUMMARY OF ODOUR IMPACT					
	Max. Beyond Industrial Zone (ou/m ³)	Maximum at Most Impacted Receptor			
		Odour Concentration (ou/m ³)		Frequency (n/yr > 2 ou/m ³)	
		Residence	Commercial	Residence	Commercial
Pre-Mitigation Baseline	96.1	57.6	58.5	412	264
Mitigation Plan Projected	4.6	3.4	3.3	15	32
Post-Mitigation – Historical Average	3.1	2.0	2.1	0	1
Post Mitigation – Current 2015	2.3	1.4	1.4	0	0

The testing program was successfully completed. Source operating parameters and odour emission rates for both Kitchens were typical of historical and predicted values. Off-property odour concentrations were lower than predicted for the Odour Abatement Program and were also lower than the previous test program conducted in 2013.

Champion reaffirms its commitment to the community to be diligent in mitigating odour. Here are some of our next steps:

- 2015 August general housekeeping of buildings, silos, transfer conveyors, piping, floors and roadways
- 2015 Fall Champion Open House to engage the community
- 2015 Winter installation of a velocity cone in Kitchen 1 and Kitchen 2

As a community member, Champion is committed to invest in odour mitigation, Morinville families, and our community. If you have any questions or comments please contact David Marshall at 780 784 0311 or davidm@championpetfoods.com.

Warm Regards,

David Marshall
 Director of Planning and Development
 Champion Petfoods LP

in your community

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



Harry Potter Summer Reading Program

Don't forget that you will need to hand in your reading logs in by Friday, August 21st.

For more details call the library front desk at 780-939-3292.

Summer Reading Program FREE Drop-in Craft

Thursday, August 13th 11 am - 5 pm

Cozy Corner Stories

Thursday, August 13th 10:30 am

Knit Wits

Tuesday, August 18th 6:30 pm

Scrap that Page!

Wednesday, August 19th 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

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WEBSITE: www.morinvillelibrary.ca

