

THE MORINVILLE NEWS

August 6, 2014 FREE

ISSN 2291-2738
Vol. 4 — Issue 36



Read Us Online Daily At MORINVILLENEWS.COM



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

2014 Best Gardens Winners
Pages 2-3

Column: Faith Matters
Page 5

Benefits of music for children
Page 7

Week in Photos
Pages 8-9

Wounded Warriors Weekend
Page 13

Healthy Routes
Page 15

Our Morinville & Area

Jeanne Hudson sent us this photo of a dragonfly enjoying its meal in her hollyhocks. See more Our Morinville and Area photos on page 16.

Northgate Country
CHEVROLET BUICK GMC

New Car Buyers
receive a \$300 Gas Card
With This Ad.

780-476-3371
karenp@northgategm.com

Lessons - Instruments - Equipment - Recordings

780.862.0340
smithmusic.ca

Linda Getzlaf *Getz You Moving!*

RE/MAX Real Estate®
Each Office Independently Owned and Operated

780-690-3861
Bus: 780-939-1111

Call and ask for me personally
for your free home evaluation

IRP APPROVED AGENT

Community Champions

brought to you by



Right: Judges Deputy Mayor Stephen Dafoe and Wheelbarrow Gardener owner Valerie Loeth judge the yard of Jean Wichowski who won in the Perennial Garden category. Wichowski also had an entry in the Outdoor Living Area; however, that category was won by Molly Platts.

Lucie Roy photos

The seventh annual Best Gardens Competition wrapped up Wednesday morning with judges viewing the handiwork of 17 local gardeners competing in a variety of categories. As has been the case in previous years, there was no shortage of horticultural creativity in the front and back yards of Morinville homes.

The three judges: Deputy Mayor Stephen Dafoe, Wheelbarrow Gardener owner Valerie Loeth, and Vintage Petals Tea Shoppe co-owner Julia Puchala toured area gardens with Allen Jacobson, Town of Morinville Community Development Coordinator.

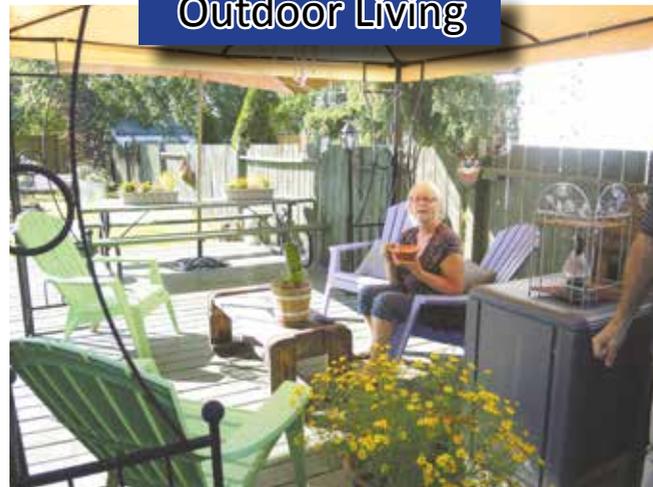
While judges may have felt all of the gardens viewed had merit and beauty, a tally of points determined the final victors. Each category and garden was weighed by a possible score of 100 points from each of the three judges.

Judging criteria for the plant portion of the contest included design with first impressions and the overall effect and visual appeal. Additional criteria included the choice of plant material, combinations, textual contrast, plant physical condition, grooming, staking and pruning. The judging for the Outdoor Living Area included design with overall effect, use of space and special features, hard landscaping with construction and choice of materials, plant material with consideration for physical condition and sustainability and cleanliness. The prize for each category was a \$75 gift certificate to a local merchant of the winner's choice.

Best Perennials



Outdoor Living



Molly Platts was the winner in the Outdoor Living Area category of the 7th annual Morinville's Best Garden



Front to Back



Mark and Marina Dell were the winners in the entire yard, front to back aesthetics category in this year's Best Gardens Contest.



Judges' Choice



Ten-year-old Jakob D'Aoust stands in front of the Russian giant sunflowers he grew. D'Aoust was the winner of the Judges' Choice category. This was his first garden, prepared with some assistance from his grandmother Aileen D'Aoust. See his story on Page 12.

CAREERS AT  **Champion Petfoods®**
Canada's Best Petfood

JOIN OUR GROWING WORLDWIDE TEAM!

HOW TO APPLY

Please contact us at
CAREERS@CHAMPIONPETFOODS.COM

Columns

COLUMN Faith Matters

Don't let the sun go down on your anger

(The Bible: 100 ways it can change your life)

by Pastor Greg Fraser, The Father's House Christian Fellowship



"Don't let the sun go down on your anger" is often said to people during times of conflict or relational difficulty. This little proverb is actually found in the Bible—in Ephesians 4:26. During pre-marriage counseling with couples, I will often end our sessions together with this information, highlighting it as the most important piece of advice that I am going to give them. "Don't let the sun go down on your anger!" I say, adding for humour, "By all means

stay up and fight!" That might sound funny, but when we are in a relational battle there is often very little in the conflict to make us chuckle.

Conflicts with others often cause anger to flare up. It is a natural response to upsetting situations. But the advice that precedes this quote from the Bible is the key: it says, "In your anger don't sin!" What does that mean? Basically it means this: don't let anger lead your responses. When we argue, in the moment of anger we can end up making the best speech we will ever regret!

Why should we deal with anger as soon as possible?

Anger, allowed to fester, often mutates into something far uglier. Too often, the longer we ponder and rehearse a circumstance that made us angry, the anger, and its side-effects, can grow bigger than the issue that gave them birth. "Turned outward it can become hatred. Turned inward it can become depression."

Dealing with anger promptly allows us to get on with life sooner rather than later. Regrets and grudges that arise from unresolved issues put our relationships and the business of life on hold. How much of our productivity and peace of mind is halted by the roadblocks of unresolved anger?

None of us are guaranteed a tomorrow. Too many people regret the last angry words spoken to a loved one. Not letting the sun go down on our anger is committing to live a regret-free life in our relational world.

Relationships are vital to all of us. Wasting precious time on unresolved anger will rob us of the joy and peace that accompany healthy relationships. Be a person who commits to waking every morning with a clean interpersonal slate!

Greg Fraser

[If you would like a free copy of *The Bible: 100 ways it can change your life*, please feel free to contact us. Just email us (admin@tfh-church.ca) or call us (780-939-2992) and we will be glad to drop it off or arrange for you to visit our offices to pick one up.]

Our focus is on helping you,
our neighbours, live life pain free.

**Morinville
PHYSICAL THERAPY
& SPORTS INJURY CLINIC**

We're excited to announce our new Physical Therapy Clinic in Morinville and we're now accepting new patients.

At Morinville Physical Therapy & Sports Injury Clinic we are dedicated and excited to become an integral part of your health and your community. Your now LOCAL health and wellness team is composed of two Physical Therapists (Andrea Eberhardt and Lori Shupak) and one Registered Massage Therapist/Personal Trainer (Dana Vinge).

JOIN US FOR A MEET & GREET
Unit 17, 8807 - 100 Street
Sunday August 10th • 6:00 pm - 9:00 pm
Enter-to-win a FREE 60 min. Massage.

780-939-5150
Email: info@morinvillephysio.com

morinvillephysio.com

NOTICE TO CREDITORS AND CLAIMANTS

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

If you have a claim against the estate,
you must file your claim by
September 15 2014

with:

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

Police STEP on problem drivers

by Morinville News Staff

Morinville RCMP, Town of Morinville Enforcement Services and Sturgeon County Protective Services ended the month of July by participating in a Selective Traffic Enforcement Program (S.T.E.P.). The July 30 initiative took place in the Town of Morinville and the Sturgeon County area. Sergeant Mark Mathias said in a release Friday that officers from all three departments worked together in several zones throughout the day and that the combined efforts resulted in a total of 73 charges being laid and nine warrants being executed. The following charges were laid during this S.T.E.P. initiative:

- ◇ Speeding - 43
- ◇ Seatbelt infractions - 6
- ◇ Equipment regulations - 13
- ◇ Insurance related - 2
- ◇ Distracted Driving - 2
- ◇ Stop Sign - 1
- ◇ Other charges - 6

Mathias said in addition to regular policing duties, police and partner agencies target specific areas of traffic safety and enforcement each month of the year. Impaired driving is the police focus for August.

"Impaired driving whether by alcohol, drugs, fatigue or distraction imposes enormous costs on our society," Mathias wrote in the release. "Families, the health care system, the legal system, insurance companies and the general public all pay the price for impaired drivers. If you drive impaired, your luck will run out – you will get caught. Even worse, you may be involved in a severe collision that harms someone you love."

Gibbons Council sanctions mayor

by Colin Smith

Gibbons Mayor Doug Horner has been stripped of much of his power to act for six months as a result of a decision to impose sanctions on him taken by the town council.

At the July 23 council meeting, its six other members unanimously passed several motions that will limit the mayor's roles and responsibilities for at least six months.

As a result Horner will no longer be able to act as the council's spokesperson or chair meetings and his authority to act as a member of internal committees, boards and associations. He is required to stay away from the Town of Gibbons municipal offices except to pick up mail and council packages and must limit his interaction with town staff.

The Deputy Mayor will chair council meetings and fulfill the official obligations and administrative responsibilities of the Mayor.

According to a council press release issued July 29 the decision to put the sanctions in place comes after a nine-month period of "great stress" following the last election.

The sanction process is intended to be the first step in the creation of a positive municipal environment, said the release. The second step is a formal mediation process that is scheduled to start in late August.

Horner could not be reached by telephone and did not respond to an email request for comment on the council move.

Read our full story at <http://wp.me/p4nfyh-6o2>

Leap of Faith

Golf Tournament, Silent Auction and Show & Shine

August 16, 2014

ALL PROCEEDS WILL BE DONATED TO THE ALBERTA CANCER FOUNDATION

Golf Tournament

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

Terrae Pines Golf and Country Club

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

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

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

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

Silent Auction and Show & Shine

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

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

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

Steak Dinner tickets available
\$15.00 per person

Door Prizes & 50/50 Tickets will
be on sale!

\$5000.00 HOLE-IN-ONE SPONSORED BY LINDA GETZLAF.

For More information contact Tina 780-572-4984



Arts & Culture

Sponsored by J.M. Turner Goldsmith

Library presents benefit of music for young children

by Morinville News Staff

A local musician is teaming up with the Morinville Community Library to help parents develop future musicians. Benefits of Music For Young Children is a two-hour session that will give parents tips on how to cultivate a passion for music in their child. The event takes place Aug. 21 from 6 p.m. to 8 p.m.

Paul Smith from Smith Music will talk about the valuable life lessons a child can experience as a musician, and will help assess whether their children are ready to take on the rewarding challenge of learning a musical instrument. A number of instruments will be on hand to let children interact with them.

Smith says the benefits for children involved in music are many. He lists improved memory, increased confidence and social skills, improved discipline and patience, and freedom of expression among the benefits of picking up an instrument and learning to play it.

"Learning to play an instrument is so much more than being able to make music," Smith said. "Over the years we have had many students come to us that were shy and lacking in confidence. But as they start to master their instrument, they become more confident in themselves in so many other areas. It's awesome to see that happen."

Smith said his own philosophy and those of his teaching staff is a little different than many music schools. Rather than force students to learn music they may not care for, Smith Music teaches them what they are interested in playing. By making some progress with songs they are familiar with hearing, students are much more receptive to building on their initial skills.



Smith Music owner Paul Smith poses with a number of musical instruments he will be bringing to the Morinville Community Library Aug. 21 for his session - Benefits of Music For Young Children.

The Aug. 21 session will give parents an opportunity to learn about the benefits of music, ask questions, and let their children try a variety of instruments to see what fits them best. There is no cost for the two-hour session. For more information, call the Morinville Community Library at 780-939-3292.

 *J. M. Turner* 
GOLDSMITH INC.

9602 - 100 St. Morinville • 780.939.3920

• fax: 780.939.3917 • jmtinc@shaw.ca

| | |
|---------------------|---------------------|
| Mon. Tue. Wed. Fri. | 10 a.m. - 5:30 p.m. |
| Thur | 10 a.m. - 7 p.m. |
| Sat (SUMMER) | Closed |

Keith Jack jewellery

The Tree of Life:

The tree of life is found in many cultures. It represents the natural law of life and the interconnection of all living things. The tree is a powerful and ancient symbol with branches weaving through time and mythology. Grow with the strength and wisdom of the ages and enjoy fulfillment in a fruitful life.

Shown: Tree of Life set with added family birthstones set by Jim Turner.





The Week

IN PHOTOS

Signs of change

Workers install the new Town of Morinville community information sign on 100 Street north of the tracks and south of the Husky gas bar. The sign is used to advertise town and community events to the thousands of drivers passing by each week.



TUESDAY

MONDAY



Firefighters for a day

Clockwise from top left: Liam Doucette colours some aircraft. Bon Accord firefighter Melissa Miller with Rhett Kieser in the back of the Bon Accord fire truck. Sturgeon County Fire Services Officer Glenn Innis shows Devin Wood how to operate a fire hose. The children met with firefighters at Sturgeon County's Jump into Summer theme day titled Planes: Fire & Rescue held July 28 at Cardiff Hall. More than 20 participants took part in the event.

- Lucie Roy photo

Face 2 Face with Local Businesses

Celebrating
25
Years



NOW WIRING!

**Electric Troubleshooting,
Alterations and Repairs**

780-939-3933



Office Genie

Celebrating 4 years in business!

SAVING BUSINESSES TIME & MONEY

Full Cycle Bookkeeping Desktop Publishing
Administrative Services Word Processing
Transcription Event Planning & Support

REMOTE & ON-SITE
SERVICES AVAILABLE

www.officegenie.org
780.720.7581

Putnam & Lawson
LAW OFFICES

ACCIDENT INJURY
WILLS & ESTATES
REAL ESTATE
MATRIMONIAL

GIBBONS
780.923.3500

MORINVILLE
780.939.2001

It's Your Gym

The BodyShop
Fitness Facility

Downtown Morinville
780-939-0220

Investors Group
Investors Group Financial Services Inc., I.G. Insurance Services Inc.*

Joel Chevalier — B.A., B.Ed. **CFP**
Consultant

9805 - 100 St. Morinville, AB T8R 1R3
Ph. 780-939-3994
Fax 780-459-4321
joel.chevalier@investorsgroup.com

*License Sponsored by The Great-West Life Assurance Company

Mike's Barber Shop
780 572 5055 9809 100 Street Walk-Ins Welcome

Mike invites you to come try
Morinville's newest barber shop

Mon - Fri 9:30 - 6
Sat - 9:30 - 5

WEDNESDAY



Park outing

Some of the residents from Heritage Place Lodge went for an outing to the park on Wednesday afternoon and were sporting their new hats compliments of Sturgeon Foundation to help protect them from the hot sun. Laura Kieser, seated Yvonne Leduc, Raymond Kwasny, Roberta Holden, Shirley Telford, Emilenne Dostie, Paula Nolte and Evelyn Henry posed after their walk back to the Lodge.

THURSDAY



Jam Jam

The Morinville Community Gardens Jams & Jellies Class was held in the MCCC commercial kitchen with more than 20 participants in attendance. Facilitator and Community Gardens Education Coordinator Paula Collins introduced the three instructors: Sandy Maclean, Carol Cooper and Ann Peters, members of the Fruits of Sherbrooke out of Edmonton. The class was taught how to make two jam processes, the traditional method as well as the freezer jam.

THURSDAY



Fiesta fun day

Ethan Lefebvre takes his turn at the piñata at the Sturgeon County Jump into Summer Viva la Fiesta event held at Cardiff Hall Thursday.

FRIDAY



BINGO camp

Gracie Arcand celebrates her BINGO win Friday afternoon. Summer Camp Leader Tarra Modien was the caller.

Face 2 Face with Local Businesses

THE Flower Stop & Gift Shop

- ✧ Excellent Service
- ✧ Fresh Flowers
- ✧ Fresh Gift Ideas

9918 104 Street Morinville 780.939.3440

GARRY'S HEATING SERVICES 24 hour emergency service

- ◊ Furnace Repairs & Replacement
- ◊ Residential Furnace & Sheet Metal Installations
- ◊ Air Conditioning Systems
- ◊ Air Cleaners
- ◊ Humidifiers
- ◊ Hot Water Tanks
- ◊ Water Softeners
- ◊ Duct Cleaning

TRANE BBB MasterCard VISA

garrysheatingservices.com 780.459.4919

ROTARY CLUB OF MORINVILLE

SUPER SIX LOTTERY 2014 \$20.00 PER TICKET (only \$500 to win \$1000)

rotarysupersixraffle@gmail.com

Tickets are available at:

- RV City
- Home Hardware
- Sobeys
- Servus
- Rotary & Interact Members

Chris & Tracey's **nofrills** lower food prices

nofrills.ca

WON'T BE BEAT

If you find a cheaper price, simply show us and we will match.

FROMENT HIPOPRACTIC CENTER

Serge R. Froment, D.C.
Doctor of Chiropractic

Exceeding above and beyond your health expectations

10405 - 100 Avenue, Morinville, AB T8R 1S1
Phone: (780) 939-3885 froment@telus.net

Dr. Darren Romanowski & Dr. Dan Nosyk
General Dentists

Family & Cosmetic Dentistry

10407 - 100 Ave. Morinville, AB
780.939.1288

Located next to the Flower Stop on Main



Town Talk



Glow Bowling and Dragons Tail Mini Glow Golf
**JOIN Brian and Katie as we head out to
 West Edmonton Mall!**

**To Register
 contact Community
 Services at
 780-939 7839**

Pre-Registration is required

**FEE: FREE! Includes
 Transportation and Activity Pass
 Bring your own money for food.
 Wear Your White Shirts!
 Pick up 11:30am & Drop off 5:30pm
 at Morinville Community Cultural Centre**

Family and Community
 Support Services
 (FCSS)



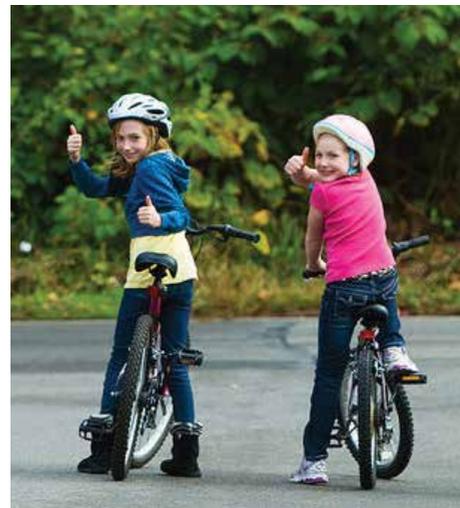
Morinville Community
 Services
 9502 - 100 Ave
 780-939-7839



The Tour de l'Alberta organizing committee would like to sincerely THANK all of our participating municipalities, sponsors, groups, associations and the 1400+ cyclists that made the 20th anniversary edition such a memorable event! We look forward to seeing you next year in Morinville for this celebration of cycling, community & culture.

NEW TRAFFIC SAFETY INITIATIVE

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



It is severe weather season in Alberta!

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

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

For additional details on emergency preparedness kits, please go to www.morinville.ca



Town Talk

ORGANICS PROGRAM

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



Game On August 11 - 15 \$125/week

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

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

2014 Toilet Rebate Program

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

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

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



Submit a photograph of your beloved canine and be entered to win the cover spot on the Morinville Off-Leash Dog Park Brochure.

Please submit your photos to:
tburke@morinville.ca

Include your name and phone number
in the body of the email.

Deadline for entries is 4:30pm on August 15, 2014

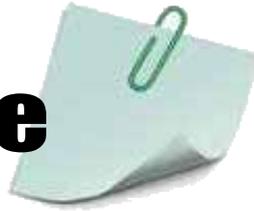
By submitting your photograph you are agreeing to the Municipality's use of the photograph in publications, advertisements, newsletters, social media and displays intended for the general public. Photograph will be used by the Town of Morinville only.

While we welcome photos from Town of Morinville employees, they will not be eligible to win the contest.

Only one entry per family will be accepted.



Home and Office



sponsored by

For over 40 years!
QUINN'S
Plumbing & Heating Ltd.

Friendly Professional
Service since 1972

2014 TOILET REBATE

Reduce Consumption / Double Your Rebate

The Town of Morinville is offering a **\$75.00 rebate** to residents, rental properties and business owners to encourage the replacement of old and inefficient toilets with low-flush or dual-flush toilets to reduce water consumption.



Double Your
REBATE
With This Ad

Get a new low-flush or dual-flush toilet supplied and installed by Quinns and receive the **\$75.00 REBATE** from the Town of Morinville PLUS a **\$75.00 REBATE** from Quinns Plumbing!

Must have coupon. Expires July 31st, 2014

For over 40 years!
QUINN'S
Plumbing & Heating
780-939-4217

Bon Accord Harvest Days promising three days of fun

by Stephen Dafoe

Although the fall harvest may be a little ways away, the annual Harvest Days Festival hits Bon Accord this weekend for three days. Organizers are once again hoping to lure residents from Morinville and surrounding area to the community for what they believe will be another great weekend event for families.

This year's event is once again being put on by a group of volunteers under the umbrella of the Bon Accord & District Ag Society. The event takes place Aug. 8 to 10, kicking off Friday night with a 12-team slo-pitch tournament and beer gardens, before kicking into high gear with a wide variety of activities on Saturday, including the annual parade, a full slate of entertainers on the Ag Society Stage, penny carnival, petting zoo, and a number other children's activities. New this year is a Firefighter Challenge event where firefighters will run attendees through the challenge and invite parents to compete against their children or one another. Also new this year is the addition of adult roller derby in the evening featuring the Oil City Derby Girls. Sunday will wrap up the

festival with the Ag Society Pancake Breakfast at the arena from 9 a.m. to noon, and the finale of the slo-pitch tournament.

Shelly Chubb, Bon Accord's Community Services Manager, believes it is the people behind the event that are the reason for the festival's longevity. "The volunteers and the partnership between the Bon Accord & District Ag Society and the Town of Bon Accord are what attribute to the longevity of this event," she said, noting her and the community's appreciation for the hard work of many volunteers that make the annual event a family favourite.



Organizers are hoping families outside Bon Accord will also come out to Harvest Days and take part in the weekend. "People come out to Harvest Days and experience the community spirit of a small town," Chubb said. "It is a great opportunity for people to connect or reconnect with families and friends,

as in family reunions. Because it is held annually on the same weekend in August, family and friends who are separated by distance can plan their vacation around this fun filled event."

Gate admission is \$5 per person for Saturday's events. Donations will be collected for the Burn Society to participate in the firefighters' challenge.

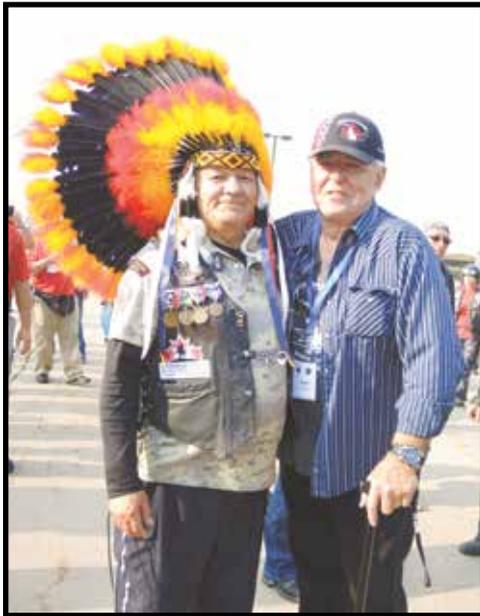


Home
hardware
BUMPER TO BUMPER
Auto Parts Professionals
www.ONE GREAT STORE.ca

*Serving Morinville and Area
for Over 70 Years*

9910 - 100 St. Morinville 780-939-2100

Wounded Warriors Weekend supports those with PTSD



by Lucie Roy

More than 175 veterans, caregivers and first responders from Canada, the United States, Australia, and England, arrived at the Edmonton International Airport on five different flights Friday. The group were in Alberta for the Wounded Warriors Weekend, seeking and giving support for those facing the challenges of Post-Traumatic Stress Disorder (PTSD).

From the airport the group set out for Slave Lake travelling the Heroes Highway (Highways 2, 19, 60, 16A, Yellowhead and 44 North) The cavalcade of five buses, vans, cars, and motorcycles was escorted by police

and passed through Devon, Spruce Grove, Stony Plain and Westlock en route to Slave Lake. In Westlock more than 100 bikers from motorcycle clubs across the province and five other provinces joined the group.

The group made their way through Sturgeon County on Highway 44. At Rivière Qui Barre they had people waiting for them along the road and further down the highway, Busby and Pickardville firefighters parked their fire trucks along the highway to welcome them. Lt. Governor of Alberta Donald S. Ethell and Lieutenant Governor of Saskatchewan Vaughn S. Schofield were both in Slave Lake on the weekend to show their support to the veterans in person.

Blake Emmons, Founder and Director of the Wounded Warriors Weekend, said this is the third year for the Wounded Warriors Weekend. The first two were held in Saskatchewan.

"We are a grass roots organization, totally dependent on ordinary people like ourselves," Emmons said of the event. "It was a committee from Slave Lake that came to our event last year that convinced us that the people in Alberta, particularly Slave Lake, understood the challenges

our soldiers are facing. After all, three years ago, Slave Lake was indeed like a war zone."

But whether in Saskatchewan or Alberta, Emmons said it is the community that really makes it happen. "The people understand the purpose and they step up in ways unimaginable," he said. "Sometimes people get us confused with Wounded Warriors Canada, but we are in no way connected to them. We are not in the business of raising money like they are. We are here only to help raise the self-esteem of our veterans and first responders, and to make their lives a better place to be."

Left: 1st Nations Veteran Peacekeeper Trooper First Class Chekotah Bronson with Air Force veteran Blake Emmons, Founder and Director of the Wounded Warriors Weekend. Bronson said he used to live in Morinville and attend school here. - Lucie Roy photo

Service dog helps with PTSD



Ret'd Medic Cousineau, SC, CD poses with his Service Dog, Thai. Cousineau suffers from post-traumatic stress disorder (PTSD) and was slipping into despair before family and friends put him together with Thai, a service dog trained to deal with PTSD. Since that time he has lost weight, sleeps better at night, is more outgoing and created Paws Fur Thought, a non-profit organization dedicated to the acquisition of trained service dogs to help others with PTSD.

Thai and other service dogs are trained in Intelligent Disobedience Interruptive Behaviour. The dog starts to act up and demand attention when they detect their owner starting to display signs of stress. This breaks his or her thought pattern and makes him focus on the dog. Thai is so good at recognizing Cousineau's triggers, she often interrupts him before an attack occurs.

Decorative Rock • Sand
Gravel • Top Soil
Bark Chips & Mulch
Trees and Shrubs
Landscape Fabrics
Firewood
Sidewalk Blocks
Bobcat Services
Snow Removal

MASON
landscaping & supplies

780-868-1961

9406 - 100 St. - Morinville

www.masonlandscaping.ca

BIDDISCOMBE
AUTO GLASS LTD. / WESTCOMBE
WINDOWS

Windshield replacement **\$150** / Crack Repair **\$20**
as low as

780-939-3455

9918 - 103 St.
Morinville, AB

Maureen Kubinec, MLA
Barrhead Morinville Westlock

Legislature Office:
610 Legislature Annex
9718 - 107 Street, Edmonton, AB T5K 1E4
Tel: (780) 427-7932 Fax: (780) 415-0951

Barrhead Constituency Office:
Tel: (780) 674-3225 Fax: (780) 674-6183

Westlock Constituency Office:
Tel: (780) 349-4936 TF: (780) 310-0000

Barrhead.Morinville.Westlock@assembly.ab.ca
www.assembly.ab.ca

Sobey's

Food & Health Pages

What's Cookin' Morinville?

NVS Neighbors Vitamin Shop
Morinville Health Foods
Your Local Health Food Store

This Week's Health Tip

Relax - it helps you lose weight by reducing cortisol, the stress hormone.

780.572.1011
10205 - 100 Avenue

@NVSHealthFoods
Visit Us On Facebook
NeighborsVitaminShop.com

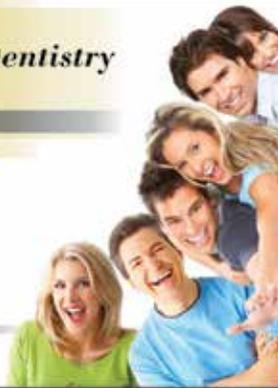
Mon-Fri
10 am - 6 pm
Sat 10 am - 3 pm
Closed Sun
& Holidays



Family Dentistry

Dr. Ross Horricks
Dr. Tim Barter
Dr. Tamara Brown
& Dr. Alex Brown
(a dynamic wife and husband duo)

Phone 780-939-5224
9701-100 Street Morinville AB



International Cuisine
With An Italian Influence

Open Every Day
Lunch: 11 am - 2 pm
Dinner: 4 pm - 9 pm

Bistro di
Madre Piccola
(Formerly Don's Bistro)

10015 100 Avenue
780.572.5545
Call Us For Reservations



Young gardener eager to grow

by Morinville News Staff

A 10-year-old Morinville gardener wowed judges in this year's Best Gardens Contest, so much so that they made a special category on the spot to reward the boy.

Jakob D'Aoust's vegetable garden impressed this year's judges, but it was his enthusiasm for growing things that most earned him the Judges' Choice Award and \$75 to spend at any Morinville business.

D'Aoust is growing a robust garden of greens, tomatoes, beans, corn, cucumbers and even some giant sunflowers. He said

this is his first garden, one he got some help from his grandmother Aileen D'Aoust.

Although tending to a garden over the summer break may seem an unusual pastime for a young student, when it comes right down to it, it's the harvest that appeals to him most. "When you get to take everything out it's pretty awesome," D'Aoust said. During the judges' visit July 30, D'Aoust eagerly shared some of his beans with the judges and his family.

When he's not looking after his own garden at home, he's helping his brother's friend's mom tend to her garden at the Morinville Community Gardens.

This year's Best Gardens Contest saw 17 entries, almost triple the number it has seen in recent years. A vegetable garden category may be added for 2015.

Sobey's
MORINVILLE
Better food
for all.

10003 - 100 St. Morinville 780.939.4418

Grilled Zucchini With Herbs & Parmesan

4 medium zucchini
1 tbsp (15 mL) Oregano Seasoning Paste
1/2 cup (125 mL) finely grated Parmesan cheese
1 tbsp (15 mL) fresh Chives, finely chopped

Add All Ingredients

Heat barbecue to medium-high. Cut zucchini lengthwise into 4 or 5 thick slices each. Brush one side of each slice with oregano seasoning paste. Grill both sides until lightly charred, about 4 min. per side. Transfer to serving dish. Sprinkle with cheese and chives and serve.

RECIPE
of the week

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

Food & Health Pages



by Gladys Kublik, coowner Neighbors Vitamin Shop

I'm eating "gluten free"...is that enough?

Persons suffering from celiac disease and many who are gluten or wheat sensitive are also at increased risk for many other serious illnesses from diabetes to lymphoma, compromised immunity and chronic deficiencies.

Dr. Andrew Weil MD, naturopath, teacher and holistic health researcher explains that "autoimmune damage (resulting from exposure to gluten) causes the loss of tiny protrusions in the small intestines called villi, which are essential to the proper absorption of nutrients from food. This can lead to malnutrition, no matter how well you're eating. Damage to the intestinal lining can also make the gut less able to protect the internal environment, and disrupt its ability to filter nutrients and other biological substances that pass through it. This can potentially allow certain bacteria and their toxins, as well as incompletely digested proteins and fats, and waste not normally absorbed to "leak" from the intestines into the blood stream. This process can trigger additional immune responses, thus worsening symptoms and contributing to the cycle of intestinal discomfort. Although leaky gut syndrome or intestinal permeability is not generally recognized by conventional physicians, evidence is accumulating that it is a measurable condition affecting the lining of the gut."

The damage gluten does to intestines has a long term negative effect on general health and well being and contrary to popular belief, intestinal damage does not miraculously heal itself with the removal of gluten from the diet.

"The rate of confirmed recovery was only 34 percent at two years," wrote Joseph A. Murray, M.D., of the Mayo Clinic College of Medicine in Rochester, MN. After 5 years on a gluten-free diet, Murray noted, one in three adults with celiac disease still showed intestinal damage. The research findings were reported in the February 9, 2010, advance

online issue of The American Journal of Gastroenterology.

"We have known for many years that patients with celiac disease have an increased risk of lymphoma, but we did not know whether intestinal healing and its timing affect that risk," said the study's first author Benjamin Lebwohl, MD, MS, assistant professor of medicine, member of the Celiac Disease Center, and assistant professor of epidemiology at the Mailman School of Public Health, at CUMC, and a gastroenterologist at NewYork-Presbyterian/Columbia.

"Our study shows that celiac patients with persistent villous atrophy—as seen on follow-up biopsy—have an increased risk of lymphoma, while those with healed intestines have a risk that is significantly lower, approaching that of the general population," said Dr. Lebwohl.

In another 2009 study from the American Journal of Gastroenterology, researchers looked at small intestine biopsies from 45 children with celiac disease and 18 clinical controls. The authors found an increased presence of T-cells (inflammatory marker) in well-treated celiac patients. Both studies looked at patients who were supposedly "healed" and "well-treated". Even though they appeared to be symptom-free, the medical tests paint a much different picture. These asymptomatic adults and kids still had inflammatory fires raging in their gut... promoting further disease development .

So far this research has only reviewed patients following a gluten-free diet for one to two years... but what about long term? Does the body just need more time to heal and get back to normal?

A 2002 study in the of Alimentary Pharmacology and Therapeutics looked at the vitamin status of 30 adults with celiac disease showing "biopsy-proven remission," after following a gluten-free diet for eight to 12 years. The authors concluded that:

"It is generally assumed that celiac patients adhering to a strict gluten-free diet for years will consume a diet that is nutritionally adequate. This is supported by the demonstration of a normal bone mineral density up to 10 years of dietary treatment. Our results may indicate otherwise. We found signs indicative of a poor vitamin status in 56% of treated adult celiac patients."

Even after following the conventional Celiac prescription for 10 years 56% still showed signs of poor nutrient uptake, meaning their digestive system still isn't working like it's designed to. That means after 10 years of being gluten-free, half of all celiac are likely starving for the critical nutrients required for health and longevity.

Next month we will look at some options to address these issues.

ZUMBA
FITNESS
Moving The World To A New Beat

Zumba Classes
Year Round
~ With Ralayne and Kayla ~

Morinville Schedule
Notre Dame Elementary
Tues and Thurs 7:45 - 8:45 pm
Saturdays 10:30-11:30 am

ralaynegood@me.com
780-919-5537

More Than One Reason To Love Fridays

Morinville
Farmers' Market

Champion Petcenter

EVERY Friday

Arena Parking Lot (9908 - 104 Street) 12 - 5 p.m.

blind designs
Warm Your Windows

Custom Blinds, Shades and Shutters

Competitive Prices With Superior Customer Service

780-722-9992 bdesigns@telus.net
www.blinddesigns.hunterdouglas.ca

Our Morinville & Area

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



Canola fields for winner

Kim Gosselin's fun photo of going head over heels in a canola field was selected as the best of our 20 Our Morinville submissions. Kim will get \$100 to spend at any of our Morinville News advertisers.



Clockwise from top left: Shelley Faganelo sent us this shot of a crop circle just outside of Morinville, and canola fields west of Cardiff. Linda Lyons sent us a photo called "Morinville's heated pool is for the birds". Frank Koenig sent us a shot of a sunset over Morinville and some smoky haze with the evening sun.

Good Coffee - Good Friends - Good Times

It's Hot Outside

Come In For Some

LIQUID SHADE

We Have Ice Cream Floats and 2-4-1 Ice Tea

HIGHER GROUNDS
ESPRESSO BAR

10019 - 100 Avenue Morinville

780.939.5154



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



Morinville Lions

65th Anniversary Dinner Featuring

THE ROAST OF RON CUST!

Saturday September 20th, 2014
 at the Morinville Community Cultural Centre
 Cocktails: 6:00pm • Dinner: 7:00pm
 Dance to Follow.

Tickets \$30.00
 with proceeds going to the Alberta Fire & Injury
 Reduction Safety Trailer.

Door Prizes & 50/50 Draw with DJ provided
 by Smith Music.

Tickets available at: J.M. Turner Goldsmith • Hunters Print
 & Copy • Home Hardware/Bumper to Bumper • Noah's Ark
 Technical Automotives Inc. or by calling
 780-720-1963 or email selenaturner22@gmail.com

Everyone Welcome!



**Photos courtesy of Kevin Ma



Stay On Top Of Your Community With
 Your Daily Community News Source

Come meet

Jim Prentice

LEADERSHIP CANDIDATE
 FOR THE ALBERTA PC PARTY

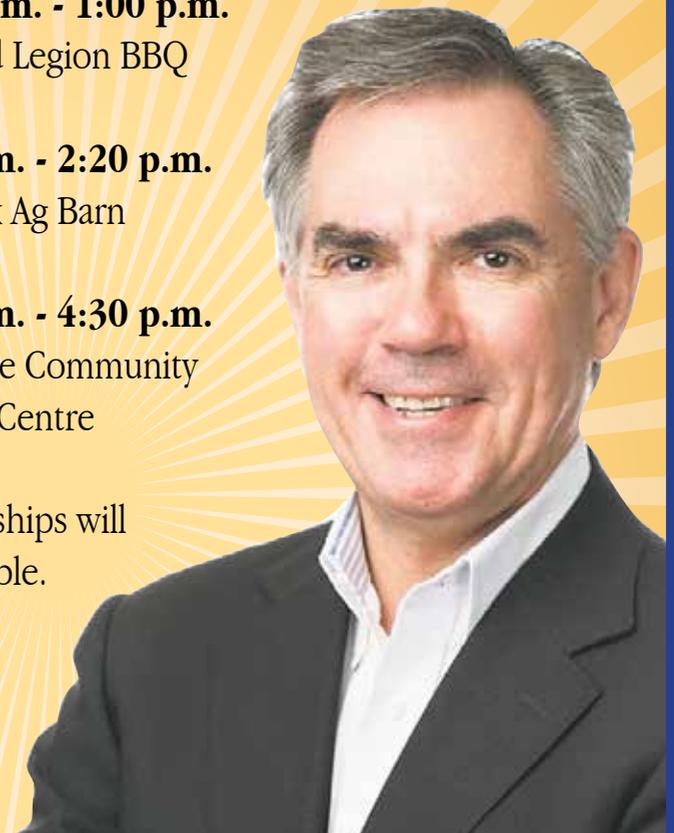
Friday, August 15, 2014

11:30 a.m. - 1:00 p.m.
 Barrhead Legion BBQ

1:30 p.m. - 2:20 p.m.
 Westlock Ag Barn

3:30 p.m. - 4:30 p.m.
 Morinville Community
 Cultural Centre

Memberships will
 be available.



Can you give this animal a loving home

Hello there. My name is Elphaba. Why, you might ask? Because of my wicked and unique colouring and pattern. But don't be fooled by the name. I am a very sweet girl and I just love people and the other kitties here at the Morinville Vet Clinic. I was found on the streets here in Morinville and I warmed up to my new temporary home immediately! I am just under a year old and I am a loving chatty girl who just gets along with other cats. Now that I am tattooed and microchipped, I can never get lost again. Next step - a forever home.

9804-90 Avenue, Morinville - 780-939-3133

This Adopt-A-Pet
 Feature is possible
 through a community
 partnership between



Auto Review

by Stephen Dafoe



2014 Buick Verano
From Northgate Chevrolet



Excellent comfort and ride in small car class



Plenty of safety

Much of what is attractive about this vehicle is what cannot be seen or felt initially. The Verano has 10 air bags, including dual front, head curtain side, front and outboard rear-seat-mounted side impact and driver and front passenger knee-bags. The vehicle also features a collapsible pedal system that detached the pedals in a collision to prevent ankle and leg injuries.

Though there is much in the vehicle to keep you safe in the event of a collision, there are also a number of avoidance features available as well. A Rear Vision Camera allows you to monitor what is behind you when

The Buick Verano is a five passenger, four-door luxury sedan that falls into the small car classification. Built on the same platform as General Motors highly successful, Chevrolet Cruze, the Verano carries plenty of room over its 105.7-inch wheel base and beyond.

Though the vehicle lost some marks for its curb appeal (it simply looks like many vehicles on the market) Buick's distinctive waterfall grill and colour options (particularly the Crystal Red) make this car stand out on second glance.

But what the car may lack in initial "wow" factor is more than made up for under the hood and in the cabin.

The vehicle we drove was the standard 2.4 L engine rated at 180 horsepower, which was plenty peppy in its own right. But a 2.0 L turbo engine, rated at 250 horsepower, is also available.

Regardless of the engine size, you will hear little because of the Verano's use of QuietTuning technology, which blocks and absorbs noise like noise-cancelling headphones do. Add to this the interior comfort level and you have a vehicle that truly is a driver's car.



backing up. Side Blind Zone alerts offer audio and visual cues of vehicles passing in your blind spot. Additionally, available Lane Departure Warnings and Forward Collision Alert offer drivers additional cues of potential danger.

Rolling mobile device

The Buick's premium sound system is married to the available Buick IntelliLink infotain-

ment system, allowing hands free access to your own music library as well as hands-free calling. Available Bluetooth technology mates your smart phone to the car's seven-inch LED-backlit touchscreen.

Though similar options can be found in many vehicles today, we liked the simplicity of the placement in the Buick and how everything could be accessed while keeping the eyes on the road.

The 2015 Verano will come with available 4G LTE WiFi hotspot, allowing passengers to access the Internet on the road.

Overall impression

After driving the 2014 Buick Verano 1SL for four days, we gave the car a 4.5 out of 5. Though considered a small car, the Verano provided ample room and a level of luxury one would probably not expect in a small car.

CLOSING SALE * CLOSING SALE * CLOSING SALE

50% OFF ALL INVENTORY
EXCEPT HELIUM & CARDS
EVERYTHING MUST GO!



**LOONIE
TOONIE
PLUS**

10406 100 Ave. Morinville - 780-939-7171

Monday - Friday 9:30 a.m. - 6 p.m.

Saturday 9:30 a.m. - 5:30 p.m.

Sunday 10 a.m. - 4 p.m.

CLOSING SALE * CLOSING SALE * CLOSING SALE

EMPLOYMENT OPPORTUNITY

ATB Financial Morinville is hiring
A Customer Service Representative
Permanent Full Time or Part Time

You are responsible for providing face-to-face core transactional banking services to ATB customers. This involves providing professional and efficient customer service, identifying client needs and generating sales referrals.

Job Requirements :

- Demonstrated customer service skills
- A creative team player who is flexible, cooperative and demonstrates a desire to work within a team
- An ability to work in an environment where performance goals are measured and tracked
- Demonstrate an ability to deal with change, make decisions and implement creative solutions
- Grade 12, preferably supplemented by post-secondary business courses
- A demonstrated ability to work with numbers
- Customer service and/or sales experience is required
- Computer Skills in excel, word, and outlook
- Preference will be given to applicants with previous banking experience

Please email or fax your resume to:

atb.morinville@telus.net

fax# 780-939-6779

ph# 780-939-2821

ATB Financial

MORINVILLE COMMUNITY HIGH SCHOOL



French Immersion? Arts? Trades? Academics?
Athletics? University Credits?
NO PROBLEM. MCHS HAS IT ALL!

Register now at your community school



Conveniently located in Morinville, MCHS offers a full complement of courses for students, including fine arts, French Immersion, trades, international travel, urban agriculture and post secondary preparation. Come and experience what we have to offer!

Visit our website for student registration information.

Families of all faiths are welcome.

NEW IN 2014-2015

- FLEX TIME PROGRAMMING
- UNIVERSITY CREDIT COURSES
- MODERN GYM FACILITIES

We are one of the top-ranked schools in Alberta for student achievement.

Morinville Community High School

9506 – 100 Avenue
Morinville, AB T8R 1P6

Phone: (780) 939-6891

Fax: (780) 939-6896

www.mchs.gsacrd.ab.ca



Open Houses Aug 10th 2-4 p.m.



\$325,000

**8605 104 Ave.
Morinville**

MLS No. E3378977

1,142sf 4-level split home with 5 bedrooms, 2 baths, and a detached double garage with shop

On-site mortgage pre-approvals!



\$324,900

**8902 102 Ave.
Morinville**

MLS NO. E3385093

Two story 1380 sf. home with 3 bedrooms, 2.5 baths, and a great detached double garage.

PROFESSIONAL REALTY GROUP

DORIS JOLICOEUR CD, ABR, CCSP
Assoc Broker/REALTOR®/Mort Assoc

780.278.4717

doris@professionalgroup.ca

DON SUMMERS CD, SRS
REALTOR®/Associate

780.237.4718

don@professionalgroup.ca



Greater St. Albert Catholic Schools
Faith in Our Students

FOR MORE INFO, CONTACT US

6 St. Vital Ave, St. Albert, AB T8N 1K2
Phone: (780) 459-7711 | Fax: (780) 458-3213
www.gsacrd.ab.ca

Brent Melville's Remax SPORTS REPORT



Hockey camps kick off the 2014-2015 hockey season

by Stephen Dafoe

The Town of Morinville, Sturgeon Hockey Club, Morinville Jets and Senior AA Kings are partnering this month to bring a hockey camp to town. The camp, running from Aug. 27 to 29 at the Ray McDonald Sport Centre, promises to get players properly prepared to hit the ice this fall.

Tyler Edworthy, Morinville's Operations and Program Coordinator, said the camp would cover a variety of aspects, including the fundamentals of hockey, skills development, conditioning, respect in sport, and some dry-land training for one of the groups.

"We ran it [the program] over the long weekend last year and felt there was a lot of camps and tryouts and stuff starting already that weekend," he said, adding this year they worked with public works to do the event earlier. "Hopefully we will attract some of these players that are going to head off to these camps and try to get some ice time and some conditioning in before it."

Edworthy said the entire focus of the camp is player development, something he is trying to do across all sports played in the community and across all age groups. The Hockey Camp will be split into two groups this year. Wayne Gatza, Kim Edworthy and players from the Morinville Junior B Jets and Morinville Senior AA Kings will participate with the two groups: a fundamental camp for six- to 10-year-old players, and a development camp focused on players up to the age of 16.

"We found that there is a real need for people that are still at the beginning levels of development that need to play a bit of catch up, so we don't want to deter them," Edworthy said of the first camp.

Dryland training will be an integral part of the older group's activities geared towards helping them for the season ahead. "The kids that are a little bit more competitive and going to these camps over the long weekend and further on to try-outs, we want to make sure that they get an awesome head start when they go to these camps," he said, adding the dry-land training will include cardio plus muscle endurance training. "It's stuff that will directly lead to hockey.



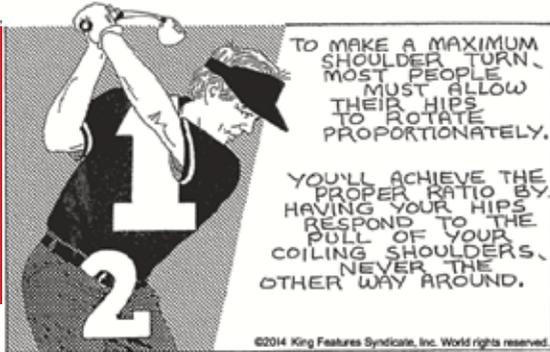
The cost for the program is \$60 per player for the fundamentals camp, and \$75 per player for the conditioning camp. There will be an hour on ice each day for the fundamentals camp, and 90 minutes of ice time each day for the development camp plus dry-land training.

Needed program

Edworthy sees both programs as being important to local hockey players. "This is the foundation of sport in Morinville," Edworthy said of hockey. "It's one of the oldest sports that we've ran in Morinville. To develop this one first as kind of a blueprint for others sports moving forward is important in what we are trying to do in developing consistent sport across the board."

For more information on this summer's hockey camp, contact Tyler Edworthy at 780-939-7834 or 780-939-7839. Those interested in registering can also do so online through the town of Morinville's

Play Better Golf with JACK NICKLAUS



by Chris Richcreek

1. When was the last time a division in Major League Baseball finished a season with no teams having a losing record?
2. Who was the last major-league rookie to win a regular-season Most Valuable Player Award?
3. Name the quarterback who holds the Tampa Bay Buccaneers record for most touchdown passes in a season.
4. Which No. 16 seed took No. 1 seed Michigan State into overtime before losing in the men's NCAA basketball tournament in 1990?
5. The New York Rangers set a regular-season franchise record in 2013-14 for most road victories. How many?
6. Who was the last back-to-back pole winner at the Indianapolis 500 before Ed Carpenter (2013-14)?
7. Which is the only Grand Slam event tennis star Serena Williams has not won in consecutive years?

Quiz Answers:

1. The National League East Division, in 2005. 2. Seattle's Ichiro Suzuki, in 2001. 3. Josh Freeman threw 27 TD passes in 2012. 4. Murray State lost to the No. 1 Spartans, 75-71, in overtime in 1990. 5. Twenty-five. 6. Helio Castroneves, in 2009-10. 7. The French Open.

(c) 2014 King Features Synd., Inc.



Brent Melville
Cell 780-699-2903



Janine Hurtubise
Cell 780-983-6670



Ashley Ermantrout
Cell 780-221-0620

Each office independently owned and operated

Brent Melville

780-939-1111 direct 780-699-2903

10018 - 100 Ave. Morinville, AB T8R 1P7

3-car garage
\$469,900

9502-85 Ave

Almost 1900sqft home in South Glens, minutes to St Albert. Spacious entry, great kitchen with stainless steel appliances. Large master suite with 2 additional bedrooms and a bonus room. Heated triple garage with tandem that has door to back yard.



Almost 1/2 acre
\$429,900

64 Menalta Pl.

Large 4 level split in desirable Cardiff Echoes. Totally renovated top to bottom in the last 10yrs including Windows, Doors, Flooring, Kitchen, Bathrooms, Shingles, Wrapped and Sided, New Front and Back Deck, New Attic Insulation, Security System. Approx \$90K in renos! You'll love this meticulously maintained home on a huge, private lot close to Cardiff Golf club.



Buying or selling? Let the **BRENT MELVILLE TEAM** of dedicated & qualified Real Estate Professionals look out for your best interests.

Our mission when you hire **THE TEAM** is to provide outstanding service and education on every level so that every client has **THE TEAM** behind them to ensure a positive real estate experience. Why have one agent when you can hire a team!

#1 Team in Morinville for the past 10 Years

Registered with Brookfield & IRP Approved Agents!

IRP Approved Agent. Registered with the Brookfield Global Relocation Services



CHECK OUT OUR LISTINGS at remax.morinville.ab.ca



Library Corner

Happenings at the Library this week...

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

Eureka!

Summer Reading Program Register Today!

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

COST: 3 Weeks \$20 per child

1 Week \$10 per child

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

Register at the Morinville Community Library

Peter & Mary Concert

Wednesday, August 6th 10:30 am

Library program room—see website for more details!

Cozy Corner Stories

Friday, August 8th 10:30 am in the library program room

Check our website for more information on the above events.

NEW! HOOPLA

Downloadable videos, music and audiobooks



10125 - 100 Ave.
 Morinville, AB T8R 1P8

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

info@morinvillelibrary.ca

Hours of Operation

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

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

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

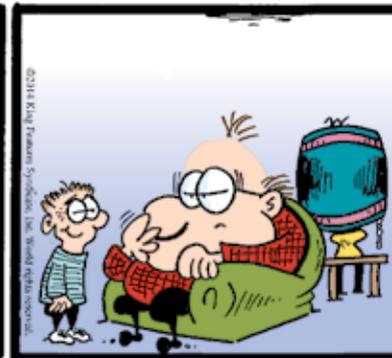
Sunday 12 p.m. - 4 p.m.

www.morinvillelibrary.ca

TRIVIA TEST by Fifi Rodriguez

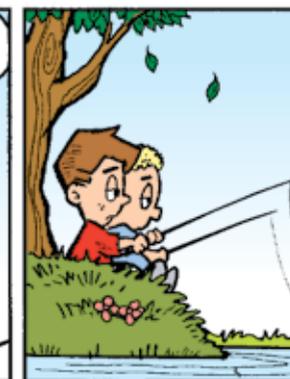
- LITERARY:** Who wrote the novel "The Bridge of San Luis Rey"?
 - MUSIC:** What country does the band U2 call home?
 - SCIENCE:** Which famous scientist was known as "The Wizard of Menlo Park"?
 - MOVIES:** What was the name of the town in "Back to the Future"?
 - SPACE:** Who were the first and last astronauts to step on the Moon?
 - ENTERTAINERS:** Which famous leading man had a pot-bellied pig named Max as a pet?
 - ANIMAL KINGDOM:** What is the name for an animal that eats only plants?
 - MEDICINE:** Who produced the first vaccine for rabies?
 - TELEVISION:** What 1980s sitcom featured the Seaver family?
 - GEOGRAPHY:** What is Ethiopia's capital?
- (c) 2014 King Features Synd., Inc.

The Spats

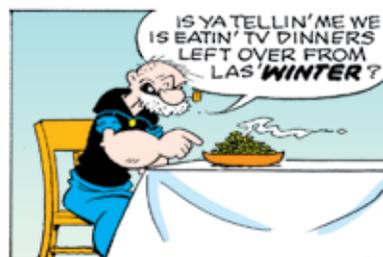
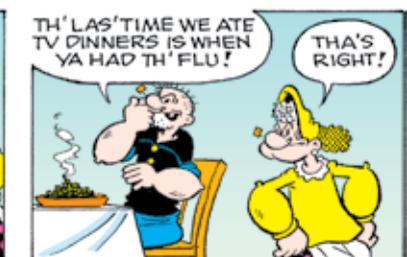
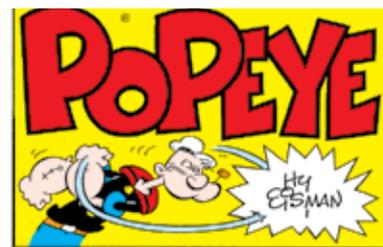


by Jeff Pickering

Amber Waves



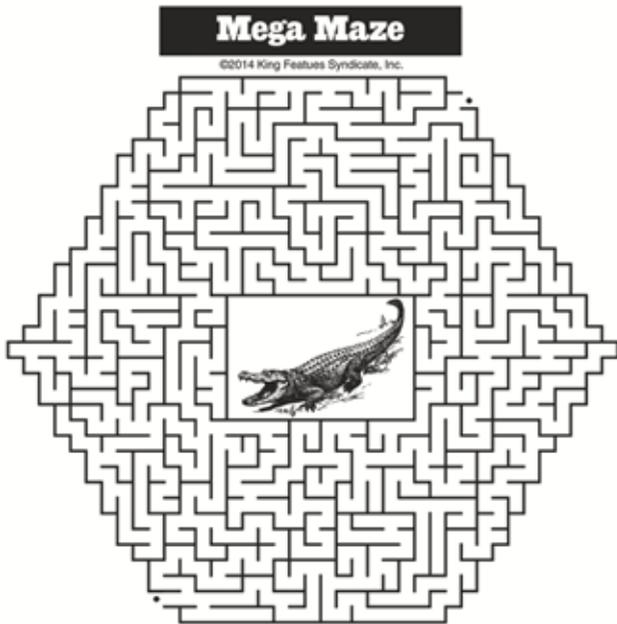
by Dave T. Phipps



Trivia Answers: 1. Thornton Wilder 2. Ireland 3. Thomas Edison 4. Hill Valley 5. "Growing Pains" 10. Addis Ababa
 Eugene Cernan 6. George Clooney 7. Herbivore 8. Louis Pasteur 9. "Growing Pains" 10. Addis Ababa

Linda Getzlaf

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



Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2014 King Features Synd., Inc.

Preferred Rates courtesy of
MYRON MORITZ, Mortgage Advisor



| Term | Our Rates | Scotia Bank | RBC (posted rates) | Servus | ATB |
|--------|-----------|-------------|--------------------|--------|------|
| 1 Yr | 2.89 | 2.99 | 3.14 | 2.99 | 2.94 |
| 2 Yr | 2.59 | 2.64 | 3.04 | 2.99 | 2.89 |
| 3 Yr | 2.69 | 2.79 | 3.75 | 3.09 | 2.99 |
| 4 Yr | 2.77 | 2.84 | 4.54 | 3.49 | 3.04 |
| 5 Yr | 2.99 | 2.99 | 4.94 | 3.49 | 3.29 |
| 5 VAR* | 2.40 | 3.20 | 3.00 | 2.70 | 2.70 |

Prime Rate 3.00

BOC Qualifying Rate 4.79

* 5 VAR = 5 Yr Variable. Rates shown as Posted on July 23th, 2014. Rates subject to change without notice. All rates deemed accurate but not guaranteed.

5% Borrowed Down payment still available – Call Today!

(780) 705-5912
myron@mortgagetailors.com

SCRAMBLERS

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



"Before I _____ to your daughter I thought I'd check her out to see how she looks in the morning."

Hungry
NEARY

Spongy
SOUPOR

Unique
CLASPIE

Point
DOPIER

TODAY'S WORD

My Listings



Download a QR Reader for your smart phone, then scan the QR Code

Office Listings



RE/MAX
Real Estate®

Each Office Independently Owned and Operated

780-690-3861

Bus: 780-939-1111

www.lindagetzlaf.com

lindagetzlaf@gmail.com

IRP APPROVED AGENT

Registered with the Brookfield Global Relocation Services



ATLAS
PREMIUM HOME DEVELOPMENT

✓ AFFORDABLE CUSTOM
QUALITY HOME BUILDER

✓ FREE 3D HOME DESIGN
CONSULTATION

Quality built homes that include all the little things

AtlasPremiumHomes.ca 780-719-3757

It's time you hired a Professional!

PROFESSIONAL
REALTY GROUP



780.939.2772 fax 888.501.4071

Your full-service real estate team!

Win \$2000 In Travel Bucks

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

IRP
Approved

*Travel must take place before Dec. 15, 2014

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

Professional Realty Group is dedicated to providing ALL the services you need!

DON SUMMERS CD, SRS

REALTOR®/Associate

780.237.4718 don@professionalgroup.ca

DORIS JOLICOEUR CD, ABR, CCSP

Associate Broker/REALTOR®/Mortgage Associate

780.278.4717 doris@professionalgroup.ca

VERICO Stage *When* Sell
Brokers for Life Inc. Home Staging

Win a 5-star vacation for 2 to Las Vegas

(No purchase necessary. Ask for details)

It's time you hired a Professional!

MORINVILLE Festival Society
a festival for all seasons

The Morinville Farmers' Market

Country FAIR

August 23
9 AM - 4 PM

Morinville Community Gardens
FARM-TO-TABLE
DINNER
To Follow At 6 PM

Ray McDonald Sports Center
9908-104 Street Morinville

Free pancake breakfast
On 104 Street - Hosted by the Lions Club

Bench Show
Bring your produce, poultry, critters and crafts to be judged

Farmers' Market

Mechanical Bull

Tug-o-War Contest & Watermelon Eating Contest

MAIN CONTEST The Extreme Chop Challenge

LOTS Of Games For Everyone ★

For Further Information On Event Times Or Bench Show Applications please visit MorinvilleFarmersMarket.com

*Tickets may be required for some games & contests and can only be purchased on site

MORINVILLE Festival Society
a festival for all seasons

Champion Petfoods
Canada's Best Pet Food

Sobeys
Better food for all

Noah's Ark
Pets & Supplies
K-T Admin
Friends & Neighbors

Craig's Welding
Linda Getzlaf
Abacus Enterprises
Town of Morinville