

Morinville News

Jan. 14, 2015

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Mustached minors

The Sturgeon Initiation 2 Timbits were all about the mustache in this dressing room photo. See Page 19 for details on this fun-loving group of skaters.

- Submitted Photo



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Higher Grounds Espresso Bar, a local non-profit coffee and sandwich shop, will resume their Hot Dogma open mic talent night later this month. They are looking to put the spotlight on local performers.



Local coffee shop to provide venue for local performers

by **Stephen Dafoe**

There's something besides coffee brewing at Higher Grounds Espresso Bar later this month. The Main Street coffee shop will be holding another of their Hot Dogma community talent nights Jan. 30 at 7 p.m. Riley Quinn, who will be playing with his band during the event, will also act as emcee for the free evening of entertainment.

"Anyone can sign up to play a song, sing or tell a joke," said Higher Grounds Volunteer Manager Crystal Terhorst, adding the performances must be family friendly. "We love to see what local talent is available in Morinville. It's great entertainment and a lot of fun. We enjoy our evening and enjoy our youngsters and oldsters that are performing."

Although the range of performances is limitless, performing slots are not. Performers need to sign up no later than the day before the event to ensure a spot. They can do so by visiting Higher Grounds at 10019 - 100 Avenue or by calling 780-939-5154.

Excited to be hosting talent

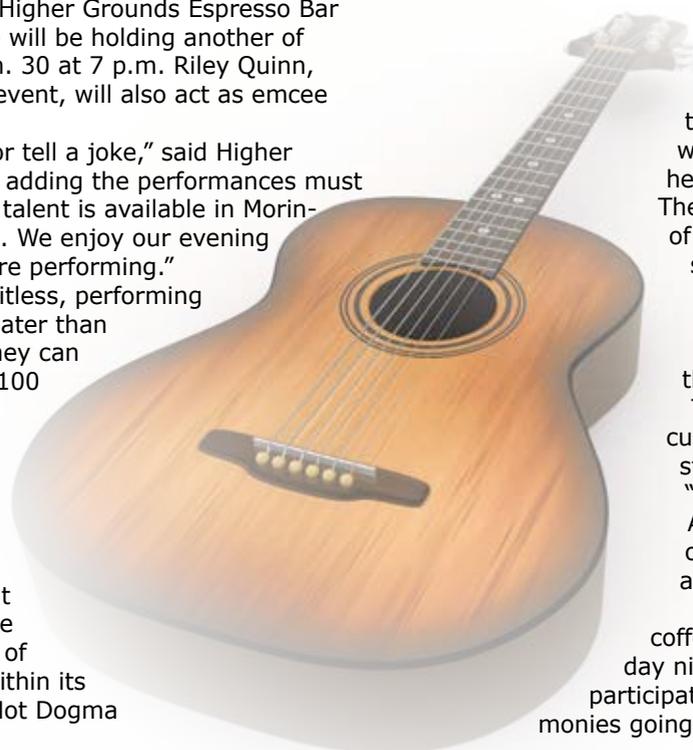
Over the past four years the coffee and sandwich shop has brought in a variety of talent for special evening performances, but it is the Hot Dogma open talent nights that have offered Morinville a chance to see the variety of performers and performing styles available within its boundaries. Originally a monthly event, the Hot Dogma

night's faded away over the past year due to a lack of participation and attendance, but Terhorst and her fellow Higher Grounds volunteers are excited about heating things up again.

"We took a break from it but there's been so many people interested and asking about it again that we thought we'd kick-start it again and see what happens in 2015," Terhorst explained. "The heart behind it is to promote what Morinville has. There are musicians, singers, comedians, other types of talent here - but they are hidden. This is a good start for them, a small venue. Everyone is pretty well accepted and cheered on. It's about ... promoting and encouraging those in our community who might be a little bit nervous about getting out there."

Terhorst is hoping people will come out for a hot cup of coffee and some hot local talent rather than stay home binge watching TV on a cold evening. "You can do that anytime. You can watch Sons of Anarchy, Breaking Bad, all those things at midnight or eight in the morning," she joked. "There's not always a Hot Dogma."

In addition to the upcoming talent evening, the coffee house will also be resuming their monthly Friday night charity cribbage tournament Jan. 23. Cost to participate in the tournament is \$10 per team with all entry monies going to a local charity.



Hair Massacure enters its 13th year

by Lucie Roy with Morinville News files

An annual fundraising event for the Make-A-Wish Northern Alberta and Stollery Children's Hospital Foundation kicked off in Morinville Friday, 13 years after the event began in the community.

The annual Hair Massacure event began in Cardiff and Morinville in the fall of 2002. Kali MacDonald, now a Morinville Community High School student, was undergoing chemotherapy treatments at the time. In her third year of treatment, Kali had another bout of hair loss, which the family was not expecting. Kali's father Gordon wanted to do something and took the idea of a head shave to Canada Post where he worked at the time.

In its first year, 42 people had their heads shaved, raising \$37,000 for the Kids with Cancer Society. Over the past 13 years, the Hair Massacure has raised more than \$9 million. The 2014 event generated \$1.4 million. Morinville Public School students and their families raised \$12,000 of last year's total.

Throughout the event's decade-plus history, Hair Massacure co-founder Tammy MacDonald has played a major role in growing and running the event. MacDonald has largely retired from the Hair Massacure's operations side but remains involved in an advisory role.

"They're doing a stand up job of keeping the event going," MacDonald said of the charities involved in the Hair Massacure. "It's easier to hand off something when they have the best interest, and they recognize the grass roots feel."

Amanda Race, Fund Development Coordinator for Make-A-Wish Northern Alberta, one of the charities now running the event, provided a short history of the Hair Massacure to MPS students Friday afternoon. "This is the thirteenth year for the Hair Massacure," Race told MPS students. "That's older than some of you here."

Today the event largely consists of people dyeing their hair Kali pink, raising pledges, and shaving their heads at the West Edmonton Mall's Ice Palace Feb. 20. Each year the campaign, in addition to raising more than \$1 million, also collects more than 60 pounds of hair, which is then used to make wigs for children.

There are a number of incentives for student participants. Those raising \$25 to \$499 receive a Dilly Bar and Hair Massacure lanyard. Those raising \$500 or more receive a Dilly Bar, lanyard and a Kali Bear. There is also a special Hair Massacure toque for those who shave their head or donate their hair.

For more information on the annual Hair Massacure, visit www.hairmassacure.com.



Hair Massacure mascot Kali Bear was a hit during a Morinville Public School assembly Jan. 9. The annual fundraiser is now in its 13th year.

- Lucie Roy Photo

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Publisher: Stephen Dafoe 780-800-3619
stephen@morinvillenews.com

Advertising Sales: Stephen Dafoe 780-800-3619
sales@morinvillenews.com

Design & Layout: Stephen Dafoe 780-800-3619
graphics@morinvillenews.com

Correspondent: Lucie Roy 780-800-3619
community news / schools lucie@morinvillenews.com

Correspondent: Colin Smith 780-800-3619
town / province colin@morinvillenews.com

Correspondent: Tristan Turner 780-800-3619
town / province tristan@morinvillenews.com

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Minister of Culture and Tourism
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Legislature Office:
229 Legislature Building
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tel: (780) 422-3559 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
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To make an appointment with
the Hon. Maureen Kubinec, MLA
please contact Audrey at
780-674-3225

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

Morinville News Editorial Pages



Sir John A Who?

Sunday marked the 200th anniversary of the birth of Canada's first prime minister. Sir John A. Macdonald was born Jan. 11, 1815, and became prime minister in 1867.

He was "kind of a big deal," at least if one considers uniting a nation or forming a country in the realm of big deal things.

And yet here we are two centuries later. Less than a century and a half after Confederation, and we find one in four Canadians have no idea who Sir John A. Macdonald is. At least according to a Historica Canada poll published over the weekend in The National Post. The results go on to indicate 28 per cent cannot place the date of Confederation, and 44 per cent are unaware



Will taxpayers fund declining photo radar program?

News Flash to all drivers in and around Morinville, Ài Congratulations. According to the Independent Traffic Services (ITS) reports to Council, there has been a substantial decrease in the number of photo enforcement tickets issued during 2014 in comparison to 2013?

Here is the comparison as submitted by Independent Traffic Services (ITS).

Year To Date Totals
2013 - 4,086 Tickets issued
2014 - 2,468 Tickets issued
Decrease of 1,618 tickets or 40%

Further analysis of the ITS third quarter report to Council shows that only 36% of these tickets were in areas where pedestrians may have been at risk, with the bulk of these tickets going to - Naughty Naughty - the site located on 101 Ave, just in front of the public school. Only 25% of all tickets were issued to Morinville addresses. Let us

Canada will celebrate its 150th birthday in 2017.

It's not like Macdonald was a dull historical figure. One cannot help but wonder what a modern media would do with Macdonald's thoughts on women or those who did not share his skin shade. One could fill entire television newscasts with accounts of his penchant for the bottle. Our first prime minister was a colourful carouser, and yet a quarter of the country, he helped build, could not identify him in a police lineup.

But if there is any solace in the Historica Canada poll, we appear to have gotten sharper over the past six years. A 2008 survey revealed 42 per cent of Canadians could not identify our first PM. Maybe his birthday sharpened us up.

continue to strive to bring these numbers down to zero and keep our children safe.

I do, however, wonder, that if this trend continues (obviously thanks to improved driving with a greater concern for speed) if it will continue to be profitable enough for ITS to continue their valued service to our Town without it costing the taxpayer extra money out of their pockets to provide it?

However, it is time to congratulate all drivers who have obviously slowed down. We give you the Thumbs Up Award (Similar to the Pride of Morinville awards given out by Council).

Revenue shortfalls maybe, property taxes may go up, but our children are safer with your obvious attention to speed.

Happy New Year to all and drive slow, just like us old-timers, and maybe we will shut up - not!

Richard Price,
Morinville Resident

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Candidates must be available weekdays, evenings & weekends.
More information on our website under career at www.morinvillelibrary.ca

To apply, submit your resume no later than January 31 by mail, fax, email or in person to:

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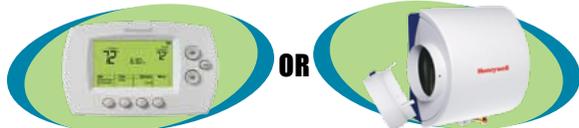
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Rotary speaker calls on club to work with First Nations

by Lucie Roy

It is time for Rotary members to think of Aboriginal relations. That was the message from Rotary Club of Sherwood Park Youth Director John Vrolijk, the Morinville Rotary Club's guest speaker Jan. 7.

"The Morinville Rotary Club is 10 miles from Alexander First Nation. This Club should go to Alexander reserve and tell them what Rotary does and say how can we, as Rotarians get involved," Vrolijk said. "How can we help you? How can we help you put pressure on the government - provincial and federal - to assist you with housing? Bring Alexander members here make them as Honorary members."

Vrolijk spoke about Rotary Community Corps (RCC), a group of non-Rotarians who share the worldwide organization's commitment to service. They RCCs carry out projects in their communities and support local Rotary Club projects and become eligible for grants. The Rotary members are there solely as advisors. Because the community members have a vested interest and work on the project, the project is more likely to live on. "Not far north from here you have Metis settlements," Vrolijk said. "There are huge needs in our Aboriginal population in our nation. As Rotarians, it is easy for us to get involved. Rather than going to Africa, let's look 10 miles west, let's make this a national project."

Vrolijk also spoke of the Rotary Aboriginal Partnership (RAP) within the Rotary 5370 District, of which Morinville is a member. The vision is to have every club in the District involved in a project to support Aboriginal people. He said Rotary has historically done great work to assist people in third world conditions internationally and now to also direct Rotary efforts to meeting the needs of Aboriginal Canadians living in similar Third World conditions.



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Rotary planning two adventures for students

by Lucie Roy

Ontario and Saskatchewan are the points of call for two Rotary adventures taking place this spring. The Adventures in Technology program runs from Apr. 27 to May 1 in Saskatoon. The Adventure in Citizenship Program runs from May 3 to 6 and takes place in Ottawa. The programs will be available to Morinville Community High School and Sturgeon Composite high School students.

Rotary Youth Services Chair Kathy Sandmaier said Adventures in Technology is designed raise awareness and understanding of technology, how it affects daily lives, and what opportunities it presents for the future. Participants will visit a number of research facilities, including the University of Saskatchewan, Saskatchewan Research Council, and the Canadian Light Source Synchrotron. The application deadline for the limited enrollment program is Mar. 14.

The Adventure in Citizenship Program includes meetings with political leaders, senior officials, and an opportunity to learn about Canadian democratic institutions. Students will take a tour of Parliament and be in discussions with the Speaker as well as House of Commons staff members. They will also attend a sitting of the Citizenship Court where they will witness new Canadians getting their citizenships.

Rotary Clubs may only sponsor one student between the ages of 16 and 18. Only 200 students will be able to participate in the program.

Sandmaier said the adventures assist students in deciding what they want to pursue when they finish high school.



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Council Community Grants

1st Intake Deadline: January 31

If you are a not for profit organization, have not applied in this fiscal year (Jan. to Dec. 2015), and have a project that benefits our community, you may qualify for assistance through the Council Community Grants Program.

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



Snowman Festival ~ Family Day

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Photo Contest

We are in the process of designing the Spring Community Guide and are looking for your great spring/summer photographs that showcase Morinville. Whether it is kids splashing in puddles, slushy tobogganing, or new life that comes with spring, we would love to have it! Email your best spring/summer pictures to fbergman@morinville.ca! From all of the photos received we will choose a selection to appear throughout the Guide! Staff will also choose from all of the submissions and the winning photograph will appear on the front cover of the Guide with photo credit recognition on page 2. Let's showcase what makes this community so great!

Please email your high resolution photos by January 30, 2015!



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COMING SOON!

Future Arena/ Multi-Use Recreation Facility User-Group Stakeholder Meetings

All meetings will be scheduled in the last two weeks of January.

User Groups include:

Arena/Curling • Sports/Recreation
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Community Groups/Organizations
Public/Private Institutions

If you have not previously signed up for a group(s) and are interested in doing so, please email Tracy at treame@morinville.ca or call 780-939-7853.

Dates are expected to be finalized soon and will be posted in local media, on the Town website, and social media pages.



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DEVELOPMENT PERMIT PUBLIC NOTICE

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

DP248/2014 – Non-Conforming Single Detached Dwelling, 10023 – 104 Street (Lot 44, Block 1, Plan RN8B) – Minimum Required Rear Yard – Variance (R-1A District).

DP249/2014 – Major Home Occupation, 9510 – 104 Avenue (Lot 31, Block 37, Plan 062 6668) – Discretionary Use (R-1B District).

DP255/2014 – Show Home, 9825 – 106 Avenue (Lot 22, Block 2, Plan 142 4439) – Discretionary Use (R-VC2 District).

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

Persons wishing to appeal the above noted decision(s) of Morinville's Development Authority must do so by filing a "NOTICE OF APPEAL", along with payment of a \$200 non-refundable fee to the Subdivision and Development Appeal Board, NO LATER THAN January 28, 2014. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.

SOUTH BUSINESS COMMERCIAL ASP (100 STREET NORTH OF CARDIFF ROAD)

PUBLIC HEARING



You are invited to attend a Public Hearing for the proposed **South Business Commercial Area Structure Plan (ASP)** 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 January 26th, 2015. These comments will be reviewed as part of the hearing process.

What is the South Business Commercial ASP about?

The purpose of Bylaw 16/2014 is to adopt the South Business Commercial Area Structure Plan (ASP) to establish a framework for future site development and servicing requirements for an area along 100 Street north of Cardiff Road (Part of SW 27-55-25-W4M), as shown right. Planning & Development supports this proposed bylaw in principal.



How Will This Affect Me?

The proposed bylaw will allow for the development of primarily corridor commercial land uses.

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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Sturgeon Heights School

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Learn about

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Kindergarten at 6:45pm

*Contact Stefanie Bovenmars at 780-934-7938 to book childcare

Namao School

February 11 starting at 6:30pm

Learn about

Reggio Emilia, Headstart, Kindergarten and **Enrichment** at 6:30pm

*Contact Ginger Gardiner at 780-935-9028 to book childcare

For more information, please contact Carla Oleski, Early Childhood Education Advisor, Sturgeon School Division, at 780-939-4341.

*Children accepted into this program must be qualified through a screening process and meet the Alberta Special Education requirements for funding.

sturgeon.ab.ca

Farmers' Market needs customers to survive

by Stephen Dafoe

The Morinville Farmers' Market is hoping to see more people coming through the door at their Friday indoor market. Numbers of attendees have been in decline this season, and management have taken steps to find out why.

A recent online Morinville Farmers' Market survey sought to find out whether it was hours, awareness or offerings that were keeping shoppers away. Full results of the survey have yet to be made public.

But the drop in market shoppers is not a Morinville anomaly. Morinville Farmers' Market Manager Korien Sampson belongs to an association of market managers and organizers and says other markets are struggling.

"One of the things we've noticed is a huge decrease in the number of people attending farmers' markets," Sampson said. "We're trying to figure out why and how we can encourage more people to shop locally."

Sampson said when the association began looking at numbers, they discovered that less than one per cent of the population in the Edmonton region shop at farmers' markets.

"Even for Morinville's market, I would say less than one per cent of the population actually comes out to the market," she said. "That's really too bad because we have such amazing producers."

The annual summer market traditionally saw 500 customers per week in Morinville, but Sampson says the number of shoppers dropped to 300 per Friday last summer. She estimates 50 to 100 customers at the indoor market each week since it kicked off in October, which is 10 to 20 per cent of the number the summer market saw at its peak.

Sampson said she'd like to see more people buying from local producers at the weekly market instead of going to the grocery chains in and out of town. "We need to encourage the local producers so that they keep producing," she said.

It is a difficult task to accomplish in the winter months, and Sampson is aware there are no fresh local vegetables produced in the January cold. "We've learned that people want fresh fruit and fresh vegetables, which unfortunately I can't bring in during the winter," she said. She is also trying to find a meat vendor to come to the market each week in response to survey participants who have requested it.

Beyond produce and meat, Sampson has been working to expand her stable of vendors - building on the craft vendors and product suppliers who are regulars at the market. Initial survey results indicated people wanted to see more variety in what was being offered.

It's a catch-22 situation, however, as it is difficult to attract sellers when there are so few buyers. "If I don't have enough customers coming to the market asking for meat products, then I can't show the producer that it's worth their while to come down to the market to set up a stall," she said.

Colleen Dollfus, a Party Light distributor and owner of Love is Homemade, has been finding the market a struggle of late. She has



Love is Homemade owner Colleen Dollfusz poses with Morinville Farmers' Market Manager Korien Sampson at a recent Friday market.

- Stephen Dafoe Photo

had a booth since January of 2014.

"I don't know why they don't want to come out to the market," Dollfusz said, adding she did find the Christmas season a little busier than other times of the year. "I think that sometimes they just don't realize what is here. Just getting it out there and telling people that we are here every week would help a bit."

But matching vendors and sellers is not the only catch-22 the market is facing. Sampson said a limited budget has confined them to promoting the weekly market solely through Facebook, Twitter, and the market's website. They also get some additional promotion during festivals from The Morinville Festival Society, who oversee and sponsor the market.

Sampson is planning a number of initiatives in 2014 to help add a little sizzle to the market steak, including more children's events, competitions, and entertainment.

The Morinville Farmers' Market runs Fridays from 4 p.m. to 7 p.m. at the Ray McDonald Sports Center. Their website is morinvillefarmersmarket.com.

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Puffs - the magic

Scrap Happy Quilters were busy Jan. 7 making and stuffing 230 puffs they require to make a Puff Quilt. Renee Knight said puff quilts, sometimes referred to as biscuit quilts, involve sewing squares on fabric together to form pockets and stuffing the pockets with fiberfill. The individual puffs have to be sewn together, a backing fabric added, and then the whole quilt is bound.

- Lucie Roy Photo



Square dancing

Yellow Rock dancer Vera Brown and guest Jeannine Laberge enjoy the group's dance practice Jan. 5. Dance Caller Ken Sipe said newcomers are welcome and they are always looking for new members. The club members start up in the fall and finish the season in April for a summer break.

- Lucie Roy Photo



Patriotic painting

Robert Johnson was busy painting his RCMP ceramic figurine at the Alberta Health Services Day Program held Jan. 8 at the Morinville Clinic. The Program times are Monday, Wednesday and Thursday from 10 a.m. to 3 p.m.

- Lucie Roy Photo

Police Briefs

by Morinville News Staff

Buckle up this month of face fine

The Morinville RCMP Detachment and their traffic enforcement partners are focusing on occupant restraints this month, paying close attention to whether or not seatbelts and child restraints are being used. They will be conducting roving patrols and check stops looking for those who are not buckled up.

In a press release sent out by Morinville RCMP, Corporal Sheldon Robb said occupant restraints are "a simple action that could make the difference between life and death."

Police say seatbelts reduce the likelihood and severity of motor vehicle injuries because the belts distribute the force of a collision evenly to the stronger parts of a person's body.

In a crash at 50 kilometres per hour, an unrestrained person, weighing 80 kilograms (176 pounds), will strike whatever they hit first with a force of 2,785 kilograms (6,215 pounds). Because airbags deploy at excessive speeds, police say it is important for people to be properly positioned to avoid injury from the supplemental safety devices.

The fine for not wearing a seatbelt is \$115. Drivers are also responsible for making sure children under 16 wear their seatbelts and restraints.

For more information on the province's occupant restraint regulations, as well as safety tips for parents visit www.albertaseatbelts.ca.

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Legal Council briefs

by Lucie Roy

The Town of Legal held their Regular Council Meeting Jan. 6 with Councillor Kurtis Hauptman, Mayor Ken Baril, CAO Robert Proulx Councillor Pat Hills and Manager of Corporate Services St. Jean in attendance.

The year is starting strong with four development permits to be processed in the coming weeks.

Two members of Council, Councillor Hauptman and Deputy Mayor TremCarol blay, who are also part of the Recruitment Committee, are scheduled to attend the Alberta Rural Physician Action Plan (RPAP) Community Attraction & Retention Conference to be held in March.

The seventh annual Community Conference theme is titled *Shift Happens* and includes a full agenda with opportunities for networking, sharing ideas on recruitment and retention strategies.

Last year more than 100 participants, representing more than 50 communities across Alberta, attended the conference.

A motion was also passed at the meeting to provide sponsorship for the Legal-Lerie newsletter for 2015. Council approved \$1,680 in sponsorship for 12 issues, an \$80 increase from 2014 sponsorship.

Programs cancelled

The Town of Legal announced Friday on their Facebook page - that the Women's Floor Hockey and Learn to Skate programs would be cancelled due to lack of registrations.

Recycling facts

Legal's recycling program accepts and rejects a number of items, according to recent Town of Legal information. Accepted items include: office paper, magazines, phone books, shredded paper, margarine containers, windshield washer fluid jugs, soup cans, milk cartons, pop cans. Unaccepted items include: styrofoam, plastic bags, bubble wrap, soiled paper, glass, leaves, yard waste, diapers, scrap metal, wood, batteries, lids, ceramics.

The Town also reports that the recycling trucks can only accommodate items less than 36 inches squared, and advises that cardboard be cut and bundled no larger than that size.



The St. John Baptiste Parish, the Knights of Columbus and the Food Bank of Morinville would like to acknowledge the generosity of the business people, the church groups, the schools, the clubs and many individuals in and around Morinville who donated food, money, toys and their time for the Christmas Hampers.

Food Hamper Co-ordinator
Henry Lamoureux
Knights of Columbus

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Kickstart Program

for 4-5 year olds also available starting at 4:30 pm

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Tuesdays, Jan. 13 - Mar. 24

5:00 p.m. start time for white-blue belts all ages

5:45 p.m. start time for red belt and above

Kickstart Program

for 4-5 year olds also available starting at 4:30 pm

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This Page

Nancy Kenny as
The Little Prince

Tara Travis
as The Pilot

Opposite Page

The Little Prince
takes off

- Pink Monkey
Studios Photos

Graphic Design
by Kurt Firla

Story by
Stephen Dafoe

Monster Theatre brings The Little Prince to CCC

Monster Theatre's production of *The Little Prince* will take place at the Morinville Community Cultural Centre Jan. 24 at 2 p.m.

The children's performance is Monster's original adaptation of Antoine de Saint-Exupéry's 1943 novella, *The Little Prince*. The book is the story of a pilot stranded in the desert who meets a prince who has fallen to Earth

from an asteroid. The book was published in more than 250 languages and adapted for the stage as live theatre and ballet productions.

Monster Theatre, who specialize in repackaging history and mythology for today's audiences, will present de Saint-Exupéry's story with puppets, masks, original music and Monster's brand of theatrical magic.

 *J. M. Turner* 
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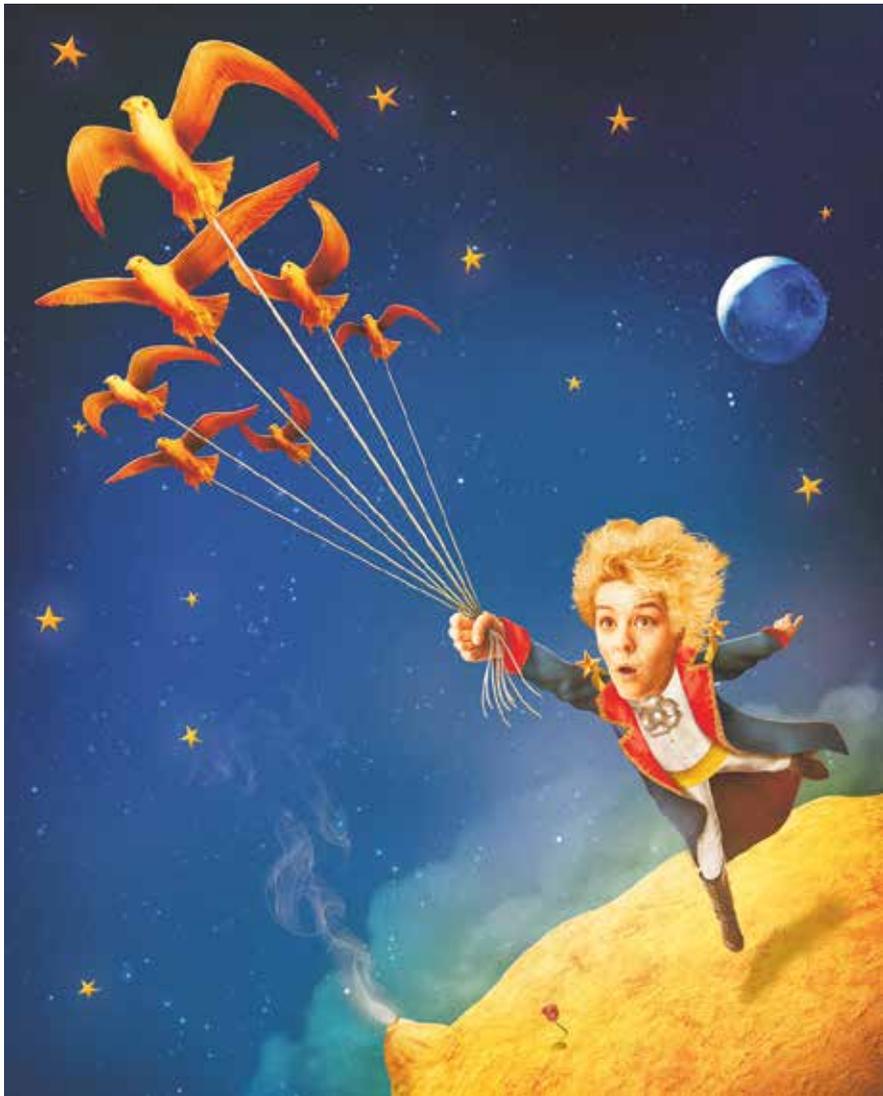
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Tara Travis, an actor, writer, and puppeteer said the audience can expect an original, inventive and playful adaptation with puppets, songs, and colourful, interactive projections. "It's cheeky and funny, with a true heart," Travis said.

It is a performing philosophy that is at the core of what Monster Theatre brings to the stage. "Monster Theatre creates original plays that challenge preconceptions, excite imaginations and embody the way of the Monster: strange, twisted and bizarre on the outside, but always with a noble heart," Travis said. "Our unique brand of theatre applies the philosophy and techniques of improvisation during both the creation process and in performance. The results are fast-paced, physical, loose, cerebral and often, but not always, comedic."

In the upcoming run of *The Little Prince*, the titular role will be played by Nancy Kenny. Travis will play all the other parts, a situation that is business as usual.

"Part of our signature style is our ability to shape shift and play multiple roles," she said. "As a performer, I love the challenge of finding a completely different physicality and voice and set of mannerisms for each character. We have several different kinds of puppets in the show, so I get to animate them all differently."

The actor and puppeteer said she enjoys the experience and hopes the audience in Morinville will as well.

Tickets for the Jan. 24 performance are \$10 and available at the Morinville Community Cultural Centre, Servus Credit Union in Morinville. Tickets are also available at tixonthesquare.ca or by calling 780-939-7888.

Adopt-a-Pet



Meet Anna, aptly named after the famous "Frozen" character because she came in on one of the coldest days in 2014! She is a smart little pup, quick to learn and although she gets excited sometimes and forgets, she is very well behaved! We are guessing she is about a year old and has been spayed and vaccinated here at the clinic! She has no problems making friends with other dogs and we are certain she would make a great companion! Come on down and say Hi!



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Jets vs. Leduc Riggers

Jan. 18 HOME GAME 6:45 p.m.
Jets vs. Edmonton Mustangs



Jan. 16 ROAD GAME 8:30 p.m.
Kings vs. Whitecourt

Jan. 17 HOME GAME 8:30 p.m.
Kings vs. Slave Lake

Sports Briefs

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They're in a pickle

by Lucie Roy

The Rendez-Vous Centre hosted their first game of pickleball Jan. 8. Linda Mondor, Julaine Hamer Ann Chapotelle and Bob Moquin were the first to try out the game. Moquin said pickle ball combines elements of tennis, badminton and ping pong. The game can be played with singles or doubles, and will be played at the Rendez-Vous Centre on Thursdays from 9 a.m. to 11 am for the month of January. Rendez-Vous Club members pay a \$2 facility fee to play, and non-members pay \$4.

Left: Linda Mondor served up the ball to Bob Moquin at the first Pickleball game held at the Rendez-Vous Centre Jan. 8.

Kings and Jets move toward playoffs

by Stephen Dafeo

Morinville Kings

The Morinville Kings took to the ice for a rare Sunday afternoon game in Morinville Jan. 11. The Senior AA club emerged with a 7-4 win over the visiting Devon Barons. Sunday's win brings the Kings' record to 11-4-0 this season and three games away from hitting the ice for playoffs.

The Kings will play two of their remaining games over the next weekend, taking on Whitecourt on the road Friday and Slave Lake at home Saturday night.

The North Central Hockey League agreed to extend their regular season by a weekend to fit in a couple of postponed games. An earlier scheduled game between Rocky Mountain House and the Morinville Kings takes place Jan. 24 in Morinville, the Kings final game of the regular season. Time of the game is not yet know.

What is clear is that when playoffs commence the following weekend, the first-place Westlock Warriors will get a bye and sit out the first round. Although the Kings had hoped for a first-place finish in the regular season, there is no way for them to surpass the Warriors at this point. Similarly, there is no way for any of the other clubs to knock the Kings out of second place. The Kings will take on the 7th-ranked team, likely to be the Slave Lake Winter Hawks or Rocky Rams in the first-round best-of-five series.

Morinville Jets

The Morinville Jets suffered a 9-4 defeat at the hands of the Edmonton Royals Jan. 7, and rebounded with a 5-3 win over the Beaumont Chiefs Jan. 11. The week's tally brought the Jets to an 19-9-1 record this season and a third-place standing in the CJHL's West Division. The Jets are seven points behind the North Edmonton Red Wings and St. Albert Merchants.

The midweek game saw the Royals grab a power play goal a minute-and-a-half into the first period. Though the Jets answered back 13 minutes later, the Royals grabbed another before the buzzer to lead the frame 2-1. The Jets remained mostly scoreless in the second period, unable to respond to any of the Royals' six goals until Travis Geislinger picked up an unassisted short-handed goal with 1:11 left on the clock. Though the club sprung back in the final frame with two goals, it was too little to counter the number piled on by the Royals.

The Jets hosted the Beaumont Chiefs Sunday night at the Ray McDonald Sports Center and although they ended the opening frame tied 1-1, another three goals in the second period gave them a 4-1 lead heading into the final 20 minutes. Another goal to Beaumont's pair in the final period gave the Jets a 5-3 win.

The Jets play the Beverly Warriors Wednesday at 8 p.m. on the road and the Leduc Riggers on the road Friday night at 7:45 p.m. They play host to the Edmonton Mustangs Sunday night at 6:45 p.m.



Sturgeon Minor Hockey Club Team of the Week



Sturgeon Novice C2 Mustangs

submitted content

Our team consists of 15 players. The team has been practicing very hard and getting better with each practice. We have had been working very hard and they have been improving daily; their skating, puck handling and passing has improved by leaps and bounds since the beginning of the season. With hard work, great listening and huge hearts this group they have had a fun and successful season so far; playing in one tournament already this year and doing amazingly well! We are looking forward to a fun and successful season this year! Thank you to all the families for the help and support.

Sturgeon Initiation 2 Timbits (photo front page)

submitted content

As second year hockey players, these 5- and 6-year-old players are always out there to have fun! They are full of passion and energy. Giving a 110%, they are having a blast developing skills and learning to play the game they all love. Team ability and competency expands with every skate. They aren't just a bunch of kids — they are a group of friends. Giggles and laughs, fill the arena while learning c-cuts and stopping. Coach Matt yells his signature "ONE, TWO!" and "Good Job, Buddy!" as parents watch their little all stars flourish and make new friendships of their own. Practices, games and - soon - tournaments fill their weekends. Travelling from Westlock to Spruce Grove, Gibbons to Onoway - the boys are carving up ice all over! Coaches Matt, Gerald, Randy, Matt and Glenn are teaching the boys sportsmanship, and respect as well as on ice skills. Team manager Megan and treasurer Jamie keep the games coming in, the ice time plenty, and everything running smoothly. Our team is a proud group of players, and parents. Win or lose Team Two is always number one!



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Baked Apples with Granola Topping

Ingredients:

4 Granny Smith apples, halved and cored
 4 tsp (20 mL) butter
 1/4 cup (60 mL) packed brown sugar
 1/2 tsp (2 mL) ground cinnamon
 2 tbsp (30 mL) water
 1/2 cup (125 mL) Compliments
 Balance Raisin Almond Granola Cereal
 8 tbsp (40 mL) fat-free plain Greek yogurt

Directions:

1/ Preheat the oven to 350°F (180°C.) Dot centre of each apple with 1/2 tsp (2 mL) butter. Combine brown sugar with cinnamon. Sprinkle evenly over each apple. Sprinkle granola evenly overtop.

2/ Place apples, cut side up, in 8-inch (2 L) square baking dish. Drizzle water over and around apples. Cover with foil. Bake in the centre of the oven for 40 to 45 min, or until apples are tender.

3/ Serve warm topped with yogurt.



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Food & Health Pages

Comfort Foods Made Fast & Healthy

Grandma's Meatloaf Deluxe

by Healthy Exchanges

If you enjoy meatloaf as much as I do, you can never have enough recipes. Here's one more quick, tasty and healthy recipe to add to your collection.

16 ounces extra-lean ground sirloin beef or turkey breast
 15 reduced-fat butter crackers, made into crumbs
 3/4 cup chopped onion
 3/4 cup shredded carrots
 1/8 teaspoon black pepper
 1 (10 3/4-ounce) can reduced-fat tomato soup
 1 teaspoon prepared mustard
 1 teaspoon dried parsley flakes

1. Preheat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.

2. In a large bowl, combine meat, cracker crumbs, onion, carrots, black pepper and 1/3 cup tomato soup. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 30 minutes.

3. In a small bowl, combine remaining tomato soup, mustard and parsley flakes. Evenly spread mixture over partially baked meatloaf. Continue baking for 30 minutes. Place pan on a wire rack and let set for 5 minutes. Makes 6 servings.

Each serving equals: 178calories, 6gfat, 16gprotein, 15gcarb., 300mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch, 1/2 Vegetable.

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This Week's Health Tip

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Exercise for Fun and Family Health

Column:
**Donna's
Day** Creative
family fun

by Donna Erickson

Getting out the door for fresh air and exercise during a cold Minnesota winter is a big challenge. No wonder I'm jealous when my friend in Florida emails cheery news about playing tennis in 74-degree weather.

To console me, she offered to share the warmth. In her playful manner she said, "If only the weather could be more evenly distributed across the country — as if getting a good shake, like an upside-down Etch-a-Sketch, could even things out a bit."

She wouldn't even mind sharing some Florida sunshine and warm breezes to help us through these brutal winter days in the Midwest. Come summertime, I could reciprocate the favor. If only ...

Whether it's hot or cold, or somewhere quite perfect in between, getting motivated to exercise is always the same. It's the matter of taking those first steps.

So, the bottom line is, wherever you live, getting out and getting moving is important all year round, even if you have to wear snowshoes instead of running shoes.

Here are quick start ideas:

Give me five! Get muscles moving for five easy minutes. Set the timer and arm-wrestle, jump rope or run and up down the stairs. Squeezing in a few minutes of playing in the snow will burn calories and give you a workout. Make snowballs, a fort, a tall snowman or a chorus of snow angels. If you lose track of time, remember that in family life, there doesn't have to be a clock or a finish line.

Fun and games. Challenge your family with activities that inspire healthy play both indoors and out. Have a ball playing basketball and football. Make it "tag" or "touch football" for all ages to be part of the workout. When you come indoors, play ping-pong, set up plastic bottles for bowling pins or enjoy a floor hockey competition on the basement carpet.

Take a walk. Enjoy this year-round exercise anytime of day. At 3 mph, you can burn 112 calories in a half hour. Increase your pace to a jog with older kids for an extra challenge. Or visit a nearby park or nature center for a long adventure hike. Climb rocks, inhale the aromas of the natural world around you and take pictures to capture the visual memories.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is *Donna Erickson's Fabulous Funstuff for Families*.

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Distributed by King Features Synd.



MORINVILLE Housing Report

by Doris Jolicoeur,
CD, ABR, CCSP

Associate Broker/Realtor, Professional Realty Group
Mortgage Associate, Verico Brokers for Life

In some ways, December's housing market was quite average for that month of the year and in other ways; it was quite extraordinary.

Last month, Morinville saw seven single family homes, and one condo sell at average prices of \$326,142 and \$184,000, respectively. The prices are a 5% decrease over November's price of \$343,250 and a 3.2% decrease over October's. A year ago last month, the average price was 5% higher and 12.7% lower in 2012. Morinville's average home is now 23.4% less than Edmonton in price and 31.3% less than St Albert's. The average price in the whole of the Greater Edmonton Area in December was a whopping 24.1% higher. Being that the average price from November to December in Town has decreased, I suspect it is Edmonton's prices that stayed steady.

Morinville homes took 34 days to sell, which is 46 days less than in November, two days less than in October, and 43 days less than a year ago. It took a Morinville home 17 days longer to sell than average Edmonton or St Albert homes. The short number of days-on-the-market is the statistic that I find extraordinary from last month.

Historically, in December every year, we find that the number of homes listed decreases, and the number of homes that sell do not decrease as much. The MLS system reported 534 new listings and 439 units sold giving us an 82% ratio in the Greater Edmonton Area. For the last few years, ratios of 90-95% have been typical. Is this a sign that market activity is slowing?

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Amber Waves



R.F.D.



The Spats



Weekly SUDOKU

by Linda Thistle

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

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

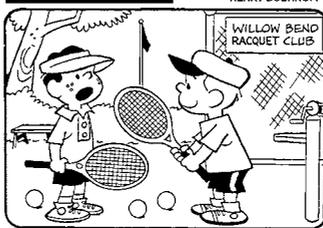
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

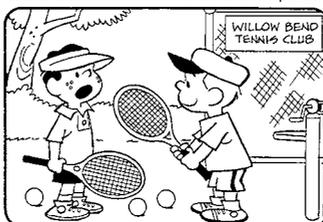
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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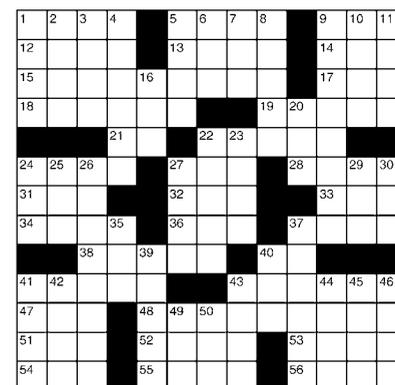
Trivia Test Answers
1. Three; 2. Aug. 1, 1981; 3. Mont Blanc; 4. The heel bone, or calcaneus; 5. Frederick Douglass; 6. Not of sound mind; 7. Chattanooga, Tenn., 1899; 8. Joey; 9. 3,700 miles per second; 10. Pine Valley, Pennsylvania

This Weekly Puzzle Page Sponsored by Linda Getzlaf

King Crossword

ACROSS

- 1 Hanks role
- 5 Love (Sp.)
- 9 Cauldron
- 12 Vicinity
- 13 Sandwich shop
- 14 Lawyers' org.
- 15 Computer access codes
- 17 Fa-la link
- 18 Small chalkboards
- 19 Art supporter
- 21 Blood type
- 22 Antillean language
- 24 Osculation "tools"
- 27 Every iota
- 28 Additional
- 31 "— Little Teapot"
- 32 Greet the villain
- 33 Erstwhile acorn
- 34 Cold War initials
- 36 Leading lady?
- 37 Terrier type
- 38 Move laterally
- 40 Acidity factor
- 41 Angle
- 43 Read
- 47 Ullmann or Tyler
- 48 World



- 10 Reed
- 11 Helios
- 16 Symbol of intrigue
- 20 Intend
- 22 Piece of garlic
- 23 Shaving cream additive
- 24 Actress Lucy feeder
- 25 Online exchanges
- 26 Nisan holiday
- 27 Son of 36-Across
- 29 Shaft of light
- 30 — out a
- 35 Wardrobe malfunction
- 37 Cover
- 39 Profundity
- 40 Energy
- 41 At a snail's pace
- 42 100 centesimi, once
- 43 Unpaid TV ads (Abbr.)
- 44 — Major
- 45 Goblet part
- 46 Being, to Brutus
- 49 "Eureka!"
- 50 Collection

DOWN

- 1 Spaces
- 2 Caspian
- 3 Arizona city
- 4 Penne and ziti
- 5 Commotions
- 6 Mal de —
- 7 On in years
- 8 Stair part

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

Answer

Weekly SUDOKU

W	A	R	H	V	H	A	V	S	D	A	M	E
O	R	E	T	H	E	V	E	L	L	E	S	
S	L	O	P	E	S	S	P	A	S	S	A	I
U	S	S	R	O	S	S	P	A	S	S	S	E
S	K	P	L	E	S	I	T	L	E	S		
A	V	O	O	O	B	L	A	V	I			
L	P	A	T	L	A	L	S	A	L			
S	L	A	T	E	S	F	A	C	A	R	I	B
T	G	L	A	S	W	O	R	L	D	S		
A	R	A	D	E	L	L	A	R	A			
G	L	A	M	P	A	M	O	R				

Solution time: 25 mins.

Answers

King Crossword

Trivia test

by Fifi Rodriguez

- LITERATURE: How many daughters does King Lear have in Shakespeare's play?
- MUSIC: When did MTV make its debut?
- GEOGRAPHY: What is the tallest mountain in Western Europe?
- ANATOMY: What is the biggest bone in the foot?
- HISTORY: Who founded the abolitionist newspaper "The North Star"?
- LANGUAGE: What does the Latin phrase "non compos mentis" mean?
- GENERAL KNOWLEDGE: What was the site of Coca-Cola's first bottling company?
- COMICS: What is the name of Dennis' younger buddy in the "Dennis the Menace" comic panel?
- SCIENCE: How fast can a bolt of lightning travel?
- TELEVISION: In what fictional city does the soap opera "All My Children" take place?

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by Sam Struckhoff

PHOTO: Rosamund Pike, Ben Affleck in *Gone Girl*

Gone Girl (R) — Based on the best-selling novel by Gillian Flynn, this film adaptation tells the twisty story of a screwed-up marriage between two god-awful, selfish people. Nick (Ben Affleck) goes to the police because his wife of five years, Amy (Rosamund Pike), has gone missing. She's a pretty young lady, so the search gets national attention. The police and media put intense scrutiny on Nick and Amy's marriage — which, of course, is full of secrets and sleaze.

Director David Fincher *Fight Club*, *Se7en* has

fun with the dark themes and off-putting scenes of the story. He dialed in the perfect setting for a moody, atmospheric thriller by bringing his whole crew of award-winning technicians, including Trent Reznor, the industrial rocker who won an Oscar for the score he put to *The Social Network*.

A Walk Among the Tombstones (R) — As a stone-cold ex-cop, Matt Scudder (Liam Neeson) works as a private investigator in modern New York City. Some bad guys lose their wives to super-bad guys, and Neeson is called in to punish the extra-wicked. As Neeson campaigns through the underworld, he picks up a self-appointed sidekick in the form of a homeless, streetwise teen (Brian Bradley). Neeson's character is unflappable — seen it all — but this job just might push him too far.

Neeson has really nailed down the Icy Baddass Harboring Inner Pain role. You might think it would be old by now, but he keeps upping his game. This film focuses on suspense and stomach-churning tension over shaky, flailing fight scenes. Neeson walks like he's the Grim Reaper on his way to an appointment.

Love is Strange (R) — Ben (John Lithgow) and George (Alfred Molina) have been together for about 40 years, and only just decided to get married in a nifty little ceremony in Manhattan. Unfortunately, George's job as a music teacher at a Catholic school is terminated. They've known

about and tolerated his partner for years, but his marriage apparently puts him over the line. The couple lose their apartment, and each of them have to crash with family and friends in different parts of the city. It's a fine movie about love, its long-term place in our lives and how it changes as we grow.

The Two Faces of January (R) — A couple of happy, attractive newlyweds (Viggo Mortensen and Kirsten Dunst) take a trip to the sun-soaked Mediterranean coast, not actually intending to get caught up in any love triangles or homicides. But, as you know, these things tend to happen. The happy couple — who may be hucksters themselves — strike up a friendship with a young American tour guide/scam artist (Oscar Isaac) working in Greece. The plot forces the three to run toward Turkey after an accidental killing. This scenic little jaunt quickly becomes a confusing, sexually charged escapade fraught with all types of danger.

TV RELEASES

Boardwalk Empire: Season 5
 Dallas: Season 3
 House of Lies: Season Three
 Gargoyles: Season 2 Volume 2
 Tyrant Season 1
 The Facts Of Life: The Complete Series

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Upcoming Community Events



Blood Donor Clinic

The Morinville Lions Club and the Knights of Columbus will host a blood donor clinic Jan. 15 from 4 p.m. to 8 p.m. at the Rendez-Vous Centre (9913 104 St.)

Charity Cribbage Night

Higher Grounds Espresso Bar will be holding their monthly Charity Cribbage Night Jan. 23 at 7 p.m. Cost to participate is \$10 per team with all entry fees being donated to a local charity. For more information call Higher Grounds at **780-939-5154**.

Hot Dogma Talent Night

Higher Grounds Espresso Bar will be holding an open mic talent night Jan. 30 at 7 p.m. Entertainers interested in performing need to sign up no later than Jan.

29. See story Page 2 of this issue. For more information call Higher Grounds at **780-939-5154**.

Board members needed

The Morinville Public Library Board is currently looking for a couple new members to fill out the 10-member board. If you have an interest in your community library and its successful operation, please visit the library for further information on what is required to be a board member.

Knit Wits

The Morinville Community Library will host the Knit Wits quilting club Jan. 20 from 6 p.m. to 8 p.m. Newcomers are always welcome.

School Open Houses coming

Notre Dame Elementary School and Morinville Public are both holding open houses this month. For more information see their ads on Pages 10, 11 and 15.

Send your not-for-profit community events to editor@morinvillenews.com

Library Corner

Happening at the Library this week...

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

Celebrate the Winter! Join our Winter Blues Reading Program

Open craft time each week - Friday, Jan. 16th 4 - 5 pm (small fee for supplies)

All ages welcome!

Check our website for more information!

Lego Block Party

Saturday, January 17th 1 - 2 pm

Loose Threads

Monday, January 19th 6 - 9 pm

Knit Wits

Tuesday, January 20th 6 - 8 pm

Writers Night

Every Tuesday night at 6:00 pm

Scrap that Page

Wednesday, January 21st 6:30 - 8 pm

Morinville Community Library

Hours of Operation

Monday - Thursday 10 am - 8 pm

Friday 10 am - 6 pm

Saturday 10 am - 4 pm

Sunday 12 pm - 4 pm

Closed Holidays

10125 - 100 Avenue

Morinville, Alberta T8R 1P8

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

EMAIL: info@morinvillelibrary.ca

WEBSITE: www.morinvillelibrary.ca



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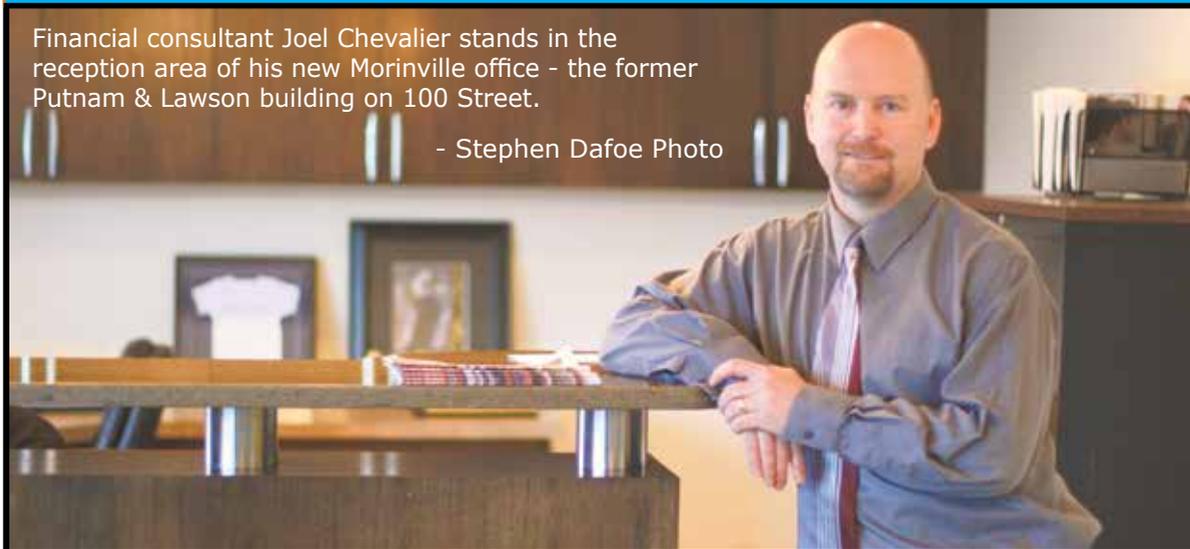
(No purchase necessary. Ask for details)

It's time you hired a Professional!

Shop in Morinville It's OUR Business

Financial consultant Joel Chevalier stands in the reception area of his new Morinville office - the former Putnam & Lawson building on 100 Street.

- Stephen Dafoe Photo



Investor invests in Morinville

by Stephen Dafoe

A local investment consultant has made a significant investment in the community he has called home for most of his life. Joel Chevalier, a financial consultant with Investors Group, recently purchased the former Putnam & Lawson building on 100 Street. He is planning on expanding his own business as well as offering an affordable opportunity to those who may be looking to move their businesses to the next level.

"We're going to be here forever," Chevalier said. "We've been looking for a building of our own since we moved here."

That opportunity presented itself when Gord Putnam and his business partner Andrew Lawson built a new building for their law practice across the road.

Now that Chevalier has plenty of office space to help his clients reach their financial goals, he is looking to take on more consultants, so the business has an even stronger presence in the community.

"It's time to have a bigger presence. With the growth that's happening in Morinville, I think it's a time that we can try and do that," Chevalier said.

The financial consultant, who has been in the business for 11 years, has been speaking to a number of people who are looking to make the transition to a new career. He is hoping to add one consultant with a military background and a French-speaking consultant to serve Mor-

inville's French and military population.

Chevalier said those interested in joining his team have to acquire a mutual funds license and a life insurance license, two licenses required prior to the start of training. "Investors Group does the rest of the training to help people develop their knowledge," he said. "Like any new career, there is a high learning curve."

Above all - it is a friendly attitude that is essential to success. "One of my mentors said 'People don't care what you know until they know that you care,'" Chevalier said. "You have to be a people person and willing to learn."

Office space for lease

In addition to using his new space to expand his business, he is also looking to help other entrepreneurs make the transition to the next step. He has two or three furnished offices for lease on one-year leases as well as the potential to share a receptionist. "It's a very professional work space," he said of the offices for lease.

He sees the future of the community as a bright one for his own business as well as those of others. "I think there is confidence in what is occurring here," he said. "I think Morinville will continue to grow. That's exciting."

Those interested in getting into the financial consulting business or leasing space in Chevalier's building can contact Joel Chevalier at 780-939-994 or by email at joel.chevalier@investorsgroup.com.