

Morinville News

Jan. 07, 2015

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Vol. 5 — Issue 01

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Pages 11-14

Our Annual
Year in
Review



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Community Champions

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Morinville resident Brandi Robinson and her daughter talk to Little Warriors founder Glori Meldrum after Robinson's moving speech at the Be Brave Ranch opening Sept. 27. Robinson, who was recognized for her efforts with Little Warriors earlier in the year by the Bahai Community of St. Albert, is our 2014 Morinville News Newsmaker of the Year.

2014 Newsmaker Of The Year



2014 sees many Morinville residents making news

by Morinville News Staff

The pages of The Morinville News were filled last year with residents making a difference in and out of the community. As we poured through our 2014 archives, we realized there were far too many stories presented in 2014 to reprint them all here, even in brief. Here are some of the People Pages highlights from last year.

Lavallee recognized

A local woman was heralded an ambassador of Francophone sport in the province for her track record of volunteerism with the Alberta Francophone Games (JFA). Monique Lavallee of Morinville received the Alberta Francophone Sport Ambassador award during the Federation of Francophone Alberta Sport (SSAB) General Annual meeting held at Cite Francophone in Edmonton Feb. 5. Lavallee has been dedicated to the promotion of sports in French since 2002. In addition to being Head of Mission to the JFA, she has also helped with the logistics for the Games of the Canadian Francophonie (JFC) in 2008 and was Ambassador of the Canadian team at the 8th World Cup in Athletics held in Edmonton in 2001.

Fire Chief Ron Cust retires

Morinville Fire Chief Ron Cust retired Mar. 11 after 12 years as chief and many more with the Morinville Fire Department. Cust was presented a golden helmet by the Town of Morinville in March, and put in the hot seat by the Morinville Lions Club Sept. 20



for a fundraising roast. Cust has remained active in the community since his retirement, helping out at community events and promoting the Morinville Redliners Car Club. Cust also remains active with the Morinville Firefighters Association.

MCTV nearing two decades

The MCTV program, a live news broadcast that airs from October to June at lunch on televisions throughout Morinville Community High School (MCHS), celebrated its 19th anniversary in March. The program is entirely staffed by students from Grades 9 through 12 who work to learn the skills required in television production. Groups of students work to write, produce, edit, and conduct interviews about events occurring at the school, and in the community at large. MCHS teacher Greg Boutestein heads the program and has been working with students in the community for nearly two decades.

LeBel a Flood Hero

Morinville resident David LeBel was the recipient of a citation from the province in March for his efforts assisting with flood relief in High River in the summer of 2013. The 25-year-old welder and front man for the band Edgore said he was surprised to receive the package in the mail but grateful for the recognition. "It was really unexpected," LeBel said. "I opened it up and there was this award. At first I didn't know how to react, but I was thankful there was this level of recognition. I'm thankful for the appreciation."



LeBel was in school learning the welder's trade the previous summer when waters rose in High River. Though in an intensive course of study, there was little choice - he left SAIT to assist.

Realtors to reality stars

Don Summers and Doris Jolicoeur of Professional Reality were on HGTV's *Caribbean Life* Apr. 27, the result of three full days of filming in St. Lucia to create the 30-minute program. Summers said when the opportunity to be part of the show came up - he did not need much prodding since he is always happy to return to the island.

Local volunteer returns to El Salvador to lend a hand

Pleasant Homes co-owner and Morinville and District Chamber of Commerce President Simon Boersma left for El Salvador July 8 on a humanitarian trip. The journey was his sixth trip with the Flying Doctors of Canada, a non-governmental, non-profit registered charity made up of general volunteers, doctors, nurses, and other healthcare workers, each committed to helping those most in need. Boersma was part of a group that spent 10 days in the Central America nation seeing patients, teaching them how to build special stoves, and making a significant contribution to the local economy while they are there.

Father Ignacy Warias leaves after six years at SJB

After six years of serving local Catholics at St. Jean Baptiste Church, Father Ignacy Warias, OMI, took on pastoral duties at St. Albert Parish in July.

Reflecting on more than a half decade of serving area Catholics, Warius said his fondest memories are of the people themselves. "I would say the people. Working with the people, talking to them, listening to them, and growing those relationships," he said. "When I came here I said, 'I came to walk with you on your journey of life,' and I am thankful for being given the six years

because I have been enriched in many ways by the people that I have met, working with them in different areas. Hopefully they have grown a little bit too by working with me."



Radford appointed Greater St. Albert Catholic Board Chair

Noreen Radford was acclaimed Greater St. Albert Catholic Schools Board Chair in September.

In her nomination, Trustee Joan Crockett said Radford served as a trustee in the District for four years and in the capacity of vice-chair for the past school term. "Noreen brings many skills and talents to the table," Crockett said. "She is a holistic person, involved in her family, her church and in the Morinville community. Most importantly, she serves as a model of her Catholic faith." Crockett went on to say that when the community of Morinville was going through a difficult time, Radford asked the superintendent to speak to the Parish Community at a mass and attend a Knight of Columbus breakfast, which he did, along with his family. She had the foresight to make the connection and determine what could help the community to begin to heal.

Robinson speaks at Be Brave Ranch opening

Many tears were shed Sept. 27 as people hugged one another, joyful that a dream had become a reality. Little Warriors held the official grand opening celebrations of the Be Brave Ranch by Ray LaBonte and Family, a facility that offers children who have been sexually abused and their families a place to heal. The ranch offers abused children more than 200 hours of multiple therapies to help them grow into healthy adults. More than 500 attended the opening to share in the

celebrations and to hear those involved in bringing an idea to reality speak about the journey.

One of the main speakers at the opening was Morinville resident Brandi Robinson, a woman who has been a strong advocate of the Little Warriors' initiative since the beginning, and a mother whose daughter Halie was one of the first seven children to be treated at the Be Brave Ranch.

"This place is the embodiment of the human spirit," Robinson said in her speech, adding the facility was a place built with love and more blood, sweat and tears than she could count. "I've had the privilege to be here day in and day out while my daughter Halie was at the ranch, and I was able to see firsthand the impact this place is already having on the hearts of these little warriors."

Robinson was recognized by the Bahai Community of St. Albert in March during an International Women's Day event for her work with Little Warriors. Robinson was joined by fellow Morinville residents Kaileen Chisholm and Rebecca Balanko, two women who were recognized for their own res[ective community involvement.

Interact Club on the move

MCHS Interact and Religious Studies students reserved several volunteer dates with a number of Edmonton agencies, including the Bissell Centre, the Edmonton Food Bank and the Hope Mission in 2014, making a commitment to volunteer their time and talents with each group.

More than two-dozen students and teachers took part in the first volunteer session Oct. 10 at the Bissell Centre.

The Morinville Interact Club aims to bring together local youth in the spirit of volunteerism and community participation. The MCHS-based club is currently accepting new members. Anyone wanting more information about the club can contact MCHS school office.

The students' efforts caught the attention of the Honourable Rona Ambrose, Minister of Health. Ambrose sent a copy of the Morinville News article on their efforts to the school with a handwritten note praising their efforts.

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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



And that, Morinville, was the year that it was

And so another year has come and gone in Morinville, one in which it was revealed the population had swelled nearly 9% from the last time a census was done. There can be no doubt the community has grown considerably since this publication began on June 11, 2010. Nearly 2,000 people have moved to the community since The Morinville News released its first article online. We like to think we have grown along with the community over the past five years.

It is at this time of year - the New Year - that we reflect on where we have been and where we are going as a company. It is also at this time of year that we dig through our archives from the previous year to assemble this annual Year-in-Review issue, a collection of the words and pictures that have dominated our pages over the previous 365 days.

It would be impossible in 24 pages to re-



capitulate the majority of the year's high and low points, but we believe this brief recap of 2014 will let us look back on not only the news that made us sad and the news that made us mad, but also the news that made us proud we chose to live in Morinville.

Each week we bring you stories of people and groups that are making a difference.

Whether it was retired Fire Chief Ron Cust being given a golden helmet or a flaming roast, The Morinville News was there. Whether it was recognizing each of our minor hockey teams through our Team of the Week or capturing the expression on the captain's face when the Morinville Kings took the provincials last spring, The Morinville News was there. From school concerts to rock concerts, we have brought you the news and views of your community for the past five years and we look forward to doing so for a number of years more.

Stephen Dafoe,
Publisher, The Morinville News



Family receives visit from a living Christmas angel

My name is Adam, and I would just like to share a wonderful experience that had happened to me and my family last night in Morinville.

As me, my wife and kids were gathering some groceries at No Frills in Morinville last night there was a lady standing behind us waiting to pay for her items. As we were unloading our cart and putting them through the cashier, my wife and the lady behind us had struck up a conversation. I couldn't hear what they were talking about but all I heard was my wife say "are you serious?" So I looked over and seen tears in my wife's eyes. As I approached to see what was the matter my wife then told me that the lady offered to pay for our entire grocery bill which was pretty close to \$300.

I was at a loss for words and I began to get all choked up. Nothing like that has ever happened to us. You see the stories on TV and Internet but never really think that something like this can ever happen to you.

As we finished packing up our items we all approached the lady and gave her the biggest hug ever. As we drove back home we still could not believe what had just happened.

This gesture has warmed our hearts and renewed my faith in humanity just knowing that there are kind, generous and beautiful-spirited people like that in this world leaves a comfort within me knowing that everything will be alright.

To the wonderful and kind hearted lady that paid for our items - we would like to wish you nothing but good things to come your way for you and your family. You are truly an angel in disguise and we will never forget what you have done for me and my family that night. May God bring peace and prosperity to your house hold and just know that even though we didn't get your name you will always have a special place in our hearts.

Adam White

News briefs

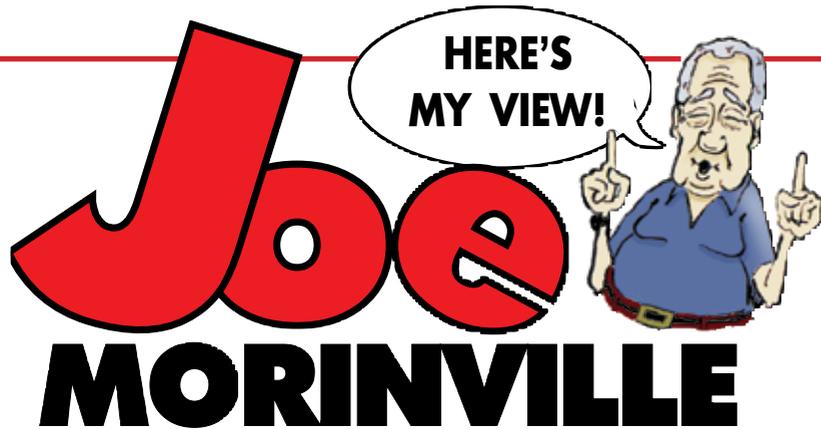
Police recover stolen goods

Morinville RCMP searched a residence in the Town of Morinville Dec. 20 and seized a substantial quantity of stolen property. Constable Luke Rogers said in a news release that further investigation lead to a search warrant being executed at another location in Morinville, resulting in the recovery of more stolen property. Some of the items recovered included a side-by-side ATV, a Yamaha quad, a dirt bike, a utility trailer, numerous tools, a generator and three spools of copper. The estimated total value of the recovered property is \$75,000. Police say a number of property owners have already been contacted and advised that their property has been recovered. The investigation is continuing and several suspects have been identified. Charges are anticipated in the near future.

Town offering grant money

The Town of Morinville is offering worthy groups funding for their projects through the Community Grant Program. The funding is designed to support "projects focused on attaining positive outcomes for the community." Arts/Culture, Recreation/Sport Development, and Community Development are the program categories. Fundraising or for-profit applications do not qualify. Jan. 31 is deadline for projects taking place Mar. 1 to June 30. The application form can be downloaded from the town Website at Morinville.ca. For more info call 780-939-7833.

	<p><i>In Loving Memory of</i> Fred Scharmann Feb. 22, 1957 - Dec. 30, 2012</p>
	<p><i>Not how did he die, But how did he live, Not what did he gain, But what did he give. These are the units to measure the worth, Of a man as a man, regardless of birth. -Anonymous</i></p>
<p><i>Fred, the Cast Man</i></p>	<p>Missing You. . . Love From Sheila, Adam, Adrianna, Tyler, Eric, Craig and Rachel.</p>



There's been a bunch of stuff what happened this past year and some of it was good and some of it was not so good. I'm sure my list of top things what happened won't make it into this Year-in-Review issue they are putting together. So here's my highlight reel.

1 Getting nearly drawn and quartered on the Internet a couple months back when I said people ought to quit complaining about the schools was the low point of my year. Ain't a topic I'm going to bring up again. But all I was trying to say is it don't matter what school you go to — Catholic or Public — both those school groups need more schools on account of the town is getting so big. So if you go to a Catholic school, it don't matter - you need more school space. And if you go to the public school, it don't matter - you need more school space. And it looks like the gov-

ernment agreed on account of both Public and Catholic is getting school money.

2 Mind you the year wasn't all about old Joe Morinville getting stoned in the school yard. I mean with rocks, not the other kind of getting stoned in the school yard. Some folks sent me some pretty nice emails over the months, telling me they liked my column and how they hoped it would be published in the paper more regular.

3 The two quiet days on the local rant and rave at Christmas reminded me of the time during World War I that the Germans and English called a truce and broke bread. Now that Christmas is over, I see everyone's jumped back in their foxholes and started taking shots at one another.

4 Since it's a New Year and lots of stuff is changing at this rag, I got to thinking that maybe it's time I changed some stuff with this column since they're still going to let me write it. Guess I'm not getting bumped right away after all by the big time national news column people they are publishing in The Morinville News now.

Anyway — I think it is time I did an advice column like Dear Abby and the like. E-mail me here at joe@MorinvilleNews.com and I'll answer your troubles in my column. Or you could just go post on one of the pages on the Facebook that everyone goes to for advice on stuff they could just look up on the Google or some such.

Thank you!

The Town of Morinville would like to thank the residents, groups, organizations, schools and businesses that so generously gave of their time with energy and enthusiasm in 2014.

Your volunteerism, participation, sponsorship, and partnerships

have a profound and positive effect on the community and are crucial to the events, festivals, programs and numerous other activities that take place in the town and region.

We are looking forward to a very eventful 2015 and to celebrating this wonderful Town with you.

Happy 2015 Morinville!
Town of Morinville

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February 14-16, 2015

Tobogganing, Family Dance, Family Curling and Fun Spiel, Bob Foster Memorial Family Ice Fishing, Snowman Building, Ice Sculpting, Cabane a Sucre, Snowman Competition, Shiny Hockey and Much More.



Specific dates and times for activities will be available in mid January.

For more information call 780-939-7839 or visit www.morinville.ca



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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!



Main: 780-939-4361 Fax: 780-939-5633 Public Works: 780-939-2590 Community Services: 780-939-7839

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.

DP250/2014 – Show Home, 9823 – 106 Avenue (Lot 23, Block 2, Plan 142 4439) – Discretionary Use (R-VC2 District).

DP251/2014 – Show Home, 106 Houle Drive (Lot 4, Block 8, Plan 072 8989) – Discretionary Use (R-1A 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 21, 2015**. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.

Christmas Tree Disposal



Christmas tree collection will begin on Monday, December 29, 2014. Please be sure to remove all tinsel and decorations before leaving your tree(s) by the curb.

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.

SHARE YOUR VOICE

We're Listening

Public Hearing

Tuesday, January 27th, 2015 at 7:30 pm
Council Chambers
St. Germain Place
10125 – 100 Avenue
Morinville, Alberta



Phone
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Important Reminders from the Town



All unpaid taxes are due by December 31, 2014.

Any taxes that are in arrears as of January 1, 2015 will be subject to a penalty of 18%.



First Council Meeting of the New Year
January 13, 2015

Business Licence Renewals
Deadline: January 31, 2015



Animal Licence Renewals
Deadline: February 28, 2015



Morinville Community Grants

Morinville Community Grant Policy offers grants to not for profit community groups, teams, organizations and associations of community development purposes. Projects focused on attaining positive outcomes for

the community may be funded through the Community Grant Program. The funding categories are: Arts/Culture, Recreation/Sport Development, and Community Development. Fundraising or for-profit applications do not qualify. Submission deadlines for 2015 are: **JANUARY 31** (projects March 1-June 30), **May 31** (projects July 1-October 31), and **September 30** (projects November 1-February 28). The application form can be downloaded from our website: www.morinville.ca and must be completed before the deadline date. If you have questions please contact Melonie Dziwenka at 780-939-7833.

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2014 - The Year In Front Page Photos



Though The Morinville News prides itself on publishing good news on the front page through our weekly full page photo, there are issues where the top news of the day must take the front spot. Here is a mixed recap of some of our front page news coverage over the last year.

Vehicle blaze - Jan. 22

Members of the Morinville Fire Department battled a diesel truck fire in a laneway off 97 Avenue Jan. 16. The truck was a stolen vehicle.

Photo radar - Apr. 16

Morinvillans took to the polls Apr. 14 to decide the Photo Radar and Red Light Camera Bylaw plebiscite. When votes were tallied, the No-we-do-not-want-to-abolish-it side won the day by a narrow margin of 654 votes to 525 votes. As of this edition of The Morinville News, published nine months later, Town Council has yet to vote on a photo enforcement policy for the community.

Home destroyed - June 4

The Morinville Fire Department was called to a house fire May 28 in the Sunshine Lake neighbourhood. Despite their best efforts, the home and garage were destroyed.

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But not everything that made major news and our front page was controversial or sad — 2014 was a year for great community events and just some good fun.

SJB Festival - June 25

As we do each year, the annual St. Jean Baptiste Festival took over the front page of our publication with a number of photos. The three-day event simply has too many events to fit on a couple pages.

Canola Fields - July 23

Kim Gosselin sent in this playful photo of someone going head over heels for canola for last year's Our Morinville & Area photo contest. We liked it so much we published it on our front page. Our judges liked it just as much and selected it as the July winner.

That's one big table - Aug. 27

Twenty-seven eight-foot tables were lined up on 104 Street Aug. 23 for the Morinville Centennial Community Gardens first Farm-2-Table Dinner. More than 200 diners from Morinville, St. Albert, Edmonton, Sturgeon County, Manitoba, and British Columbia came out to support the event. The four-course meal included local ingredients prepared by local chefs. The dinner was preceded by the Farmers' Market Country Fair and followed by a street dance.

Interactive madness - Dec. 24

As part of our publication's redesign, we released our first Interactive Edition Dec. 24. Those downloading our weekly PDF version will now have direct access to our advertisers' websites at a click as well as access to additional audio, video and pictorial content.



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Our Annual **Year Review** in

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Council passes 2015 Budget, residents looking at 3% increase

by Tristram Turner

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Life Up the Nite Events Schedule Pages 12 & 13

Summer pilgrimage

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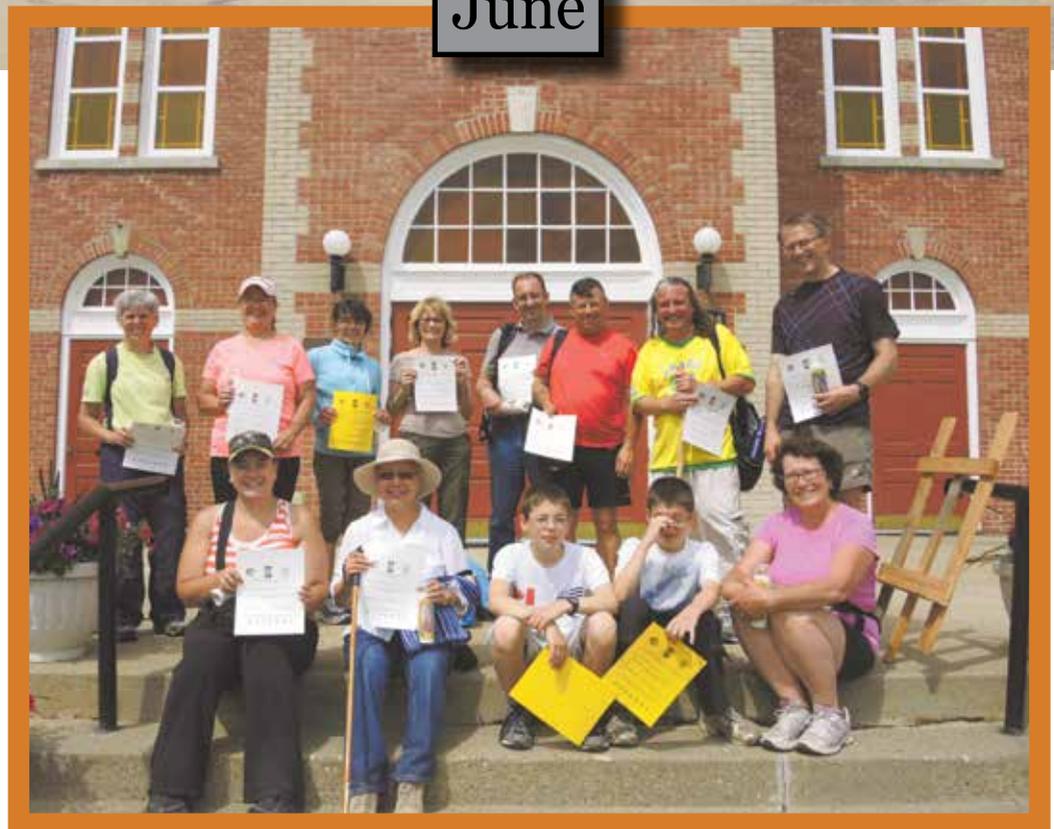
June

Summer by Lucie Roy pilgrimage

Fifteen people completed a 20-kilometre pilgrimage from St. Emile Parish in Legal to the St. Jean Baptiste Parish in Morinville on June 28. The adults and three children from St. Albert, Morinville and Legal met at the St. Emile Church at 8 a.m. to receive a blessing from Father Ignacy Warias, OMI and Father Brian Bricker, OP. The walk started an hour later and was completed as a team effort by 2:30 p.m. Each pilgrim received a certificate and souvenir to attest they had completed the journey.

For event organizer, Pierre Rousseau, the journey was not a new experience. "My family and I often walked a very popular pilgrimage from Quebec City to Ste-Anne Basilica," Rousseau said. "There is something very special about walking. It takes time. It is an invitation to withdraw from the continuous distractions and solicitations of our daily lives. Also, I wanted this to be linked to St. Jean Baptiste Day, a very popular French-Canadian feast on June 24." That is why it was held on 28 June, the first Saturday after St. Jean Baptiste Day.

The plan is to make the pilgrimage an annual event.



January



Ambrose makes defibrillator program announcement in Legal

Federal Minister of Health Rona Ambrose, representatives from the Heart and Stroke Foundation, and an advocate of Automated External Defibrillators (AED) gathered at the Legal Curling Club Jan. 22 to announce that life-saving defibrillator units would be installed in recreational arenas across the country. In her second stop of the day in the region, Minister Ambrose announced that more than 2,000 AEDs, an electronic device used to restart a person's heart that has stopped beating, would be installed by 2016. Legal's was the first to be installed under the four-year, \$10 million initiative the Harper Government announced in February of 2013.

January



École Citadelle gets school funding announcement

École Citadelle was among a number of schools to receive funding announcements from the province January 31. Barrhead-Morinville-Westlock MLA Maureen Kubinec said the project would involve modifying the interior areas of the existing school to better meet educational programming needs and make better use of existing space. The project will include the addition of two regular size classrooms, a locker room, washrooms, an infirmary and a gathering area for junior high students. Kubinec was not able to unveil exact dollar amounts or timelines as the project has not been tendered yet. "The planning starts right now, and hopefully [it will be] completed by 2016," Kubinec said. "It is dependent on contractors, material and on a needs basis."



August

Cairn care

The 59 year-old cairn, located at the corner of the St. Emile Roman Catholic Church in Legal, got some repair work done to it in August. The cairn was soda blasted and sealed before a new coating was applied. There are four plaques on the cairn: the Knights of Columbus, one for the priests, one for Town of Legal, and one from the former Legal Legion to representing veterans that served. The cairn is used each Nov. 11 for Remembrance Services but is not a cenotaph.



August

Four!

Legal Mayor Ken Baril gives the thumbs up for his golf partner, Sturgeon County Mayor Tom Flynn during the Capital Region Board Golf Tournament Aug. 7 at the Cardiff Golf and Country Club. The tournament was hosted by the Town of Morinville and proceeds went to the Morinville Food Bank and Morinville Community Gardens.

June

LegalLedger

Legal Titans enjoy success

The Legal Titans 4-H Club completed their first year and held their first Achievement Day and Banquet in June. 4-H is an after-school program unique to the Legal School and the Legal Titans 4-H Club is part of the Sturgeon 4-H District in the Northwest Region.

Launched in September 2013, the Club had more than 41 students registered for its first year and received support from many teachers acting as project leaders as well as the support of the community and businesses to help make it happen.

The club had done well in their first year. They had presenters and speakers who went on to represent the club at the Sturgeon 4-H District competitions. They were involved with many projects, including the Electronic and Tire Round-up held May 31 during the Town-Wide Garage Sale and the Annual provincial Highway Clean-up.



September

Legal fête ses 100 ans

The Town of Legal celebrated its centennial in early September with a wine and cheese event for dignitaries and founding families on the Friday night, and a full day of events on Saturday that included a centennial dinner and an Aaron Lines concert at the arena.



September

Historic books released

The Centralta Tourism Society (CTS) produced and released a series of new books in collaboration with students from Legal and Morinville. The books highlight the history and stories behind the murals in Legal and Morinville.

CTS Director Ernest Chauvet said the book *Mural Town* was created in partnership with Morinville students Colette Bachand, Emilie Lusson, Beatrice Lai, Myriam Pelletier, and Karen and Martin Blanchet. Bachand designed the cover for the book.

Other books in the series include *Welcome to Art in the Park*, covering the Morinville murals and tableaus, *Visual Heritage*, a book that covers both Legal and Morinville, *Adventures in Alberta*, which will be available in English and French, and a book on the Grey Nuns.

The unveiling was held at their Annual General Meeting on Sept. 20 at the Centralta Community Centre in Legal. Some of the books were available at that time, others were still in the final proofing stages when the release was held.



LegalLedger

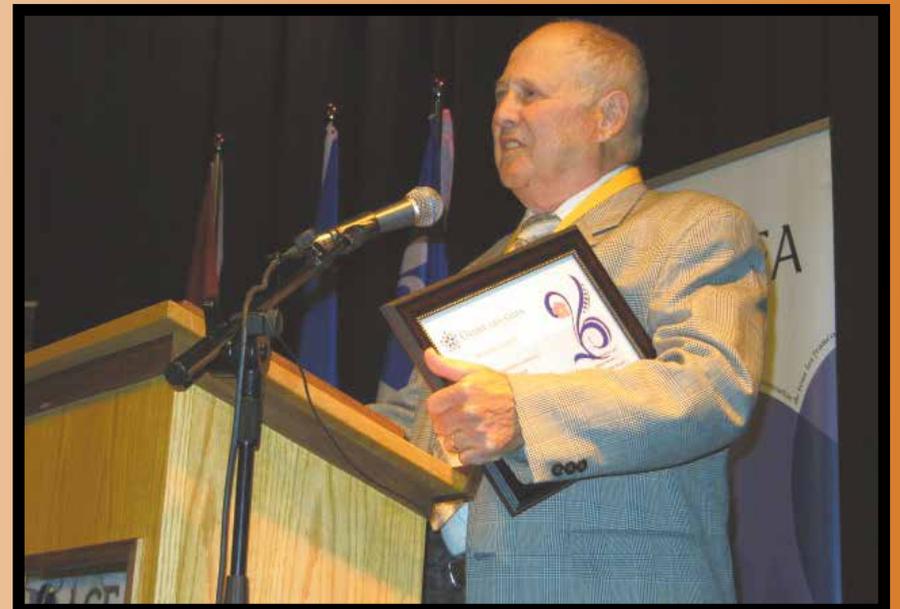
October

Houle recognized as Francophone Elder by ACFA

ACFA member Lucien Houle was introduced into Ordre des Sages (Elder recognition) at the Royal Alberta Museum Oct. 18.

Houle, who was born in Morinville, received the award in recognition of his work in the French community of Morinville.

He is still an active volunteer at the Rendez-Vous Club, Morinville Historic Society, Centralta Tourism Society and ACFA Centralta.



LegalLedger

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Welcome to **The Legal Ledger**, a supplement to The Morinville News that offers Legal residents a snapshot look at what has taken place and what is coming up in their community.

If you have news items for **The Legal Ledger**

Please email them to:
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Arts & Culture

Sponsored by J.M. Turner Goldsmith

Arts and culture strong in 2014

Whether it was local talent performing in our schools or travelling shows bringing their acts to our cultural centre and festivals, 2014 was a year for arts and culture in Morinville. Though we present arts and culture on a weekly basis, artistic endeavours dominated our front page 12 out of the 50 issues we published in 2014. Here is a recap of the talent that came to our community throughout the year.



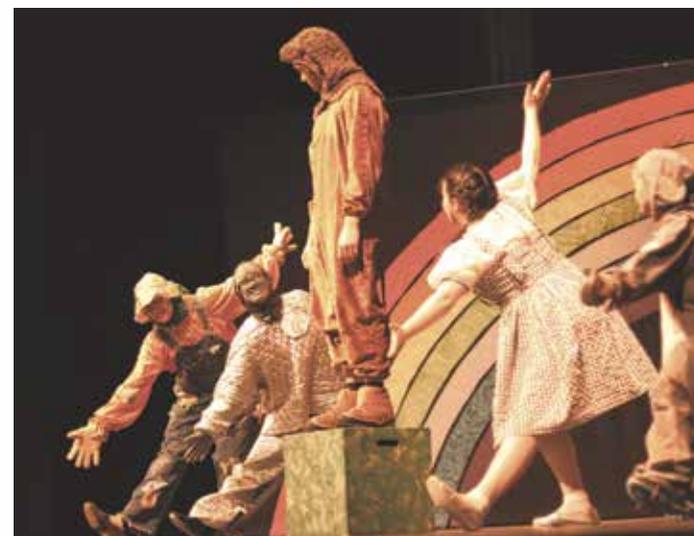
Comedian Chris Gibbs performed his act *Like Father, Like Son? Sorry!* at the Morinville Community Cultural Centre in January. The performance was a comedic look at one man's exploration of the terrors of fatherhood.

Left: Ballet Jörgen dancers battle it out Valentine's Day during a performance of *Romeo and Juliet* at the Morinville Community Cultural Centre.

Below: The Scarecrow, Tin Man, and Dorothy try to instill a little courage in the Cowardly Lion in Missoula Children's Theatre's production of *The Wizard of Oz*. Approximately 60 local youth took part in a week-long program of auditions, rehearsals and back-to-back performances in March.



Above: Penny Sycamore, played by Alyssa Short, works on her manuscript while her husband Paul, played by Mitchell Fraser reads during MCHS' performance of George S. Kaufman and Moss Hart's 1936 comedy *You Can't Take It With You* Apr. 24.



 J. M. Turner 
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A contortionist got bent out of shape when the one-ring European-style circus came to the Ray McDonald sports Center at the end of May.



Booming Tree's Gregory Shimzu and Twilla MacLeod put on a standing ovation performance at the cultural centre Sept. 27. The 90-minute show combined traditional taiko drumming with taiko versions of songs by contemporary artists.



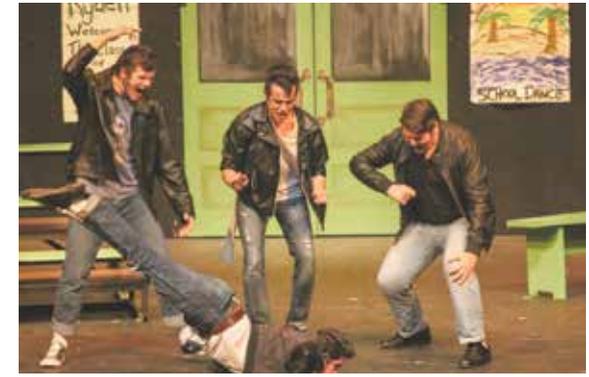
Les Smith (Elton John) and Leo Frantz (Billy Joel) perform Piano Man at the conclusion of the *Face-to-Face* concert at the cultural centre Oct. 25. The event drew a crowd of 220 John and Joel fans.



Headline Lars Callieou performed a 45-minute set during the Library Comedy Show at the cultural centre, the kickoff to last year's St. Jean Baptiste Festival. Callieou was joined by Master of Ceremonies and performer Scott Belford, and Morinville's own Wyatt Zieger.



Rocktober brought a number of local musicians on the Morinville Community Cultural Stage for an evening tribute to the music of Pink Floyd as well as other cover and original music. About 150 attended the three-hour show Oct. 4.



Morinville Community High School actors sold out the Morinville Community Cultural centre over three nights for *Grease: the Musical*. After months of endless rehearsal, the efforts paid off with a highly successful run Dec. 4-6.

24

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Upcoming Games



Jan. 07 ROAD GAME 8:00 p.m.
Jets vs. Edmonton Royals

Jan. 11 HOME GAME 6:45 p.m.
Jets vs. Beaumont Chiefs



Jan. 11 HOME GAME 3:30 p.m.
Kings vs. Devon Barons

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

Sports Briefs

Sponsored By

Brent Melville

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2014 sees local athletes making the news



Morinville Kings crowned provincial champions

The Morinville Senior AA Kings were crowned Hockey Alberta Provincial Senior A Champions Mar. 30 after a 4-3 victory over the Devon Barons. The win was the culmination of a strong inaugural season for the hockey club. Kings' Captain Braden Arcand was well pleased with the outcome. "Beating our arch rivals in the finals is crazy," Arcand said moments after hoisting the Marsh Cup above his head. "We've come a long way. We've come from a thrown-together group of guys to a team ending up second in the league. [We had] disappointing playoffs, but we worked hard after playoffs to come here."



The kids of summer

Five young sports-minded youth received the Morinville Pride Award in September. Mayor Lisa Holmes presented a certificate of recognition to Noah Patrick, Haillee Reaume, Brooke Froment, Jaeda Reaume and Kade Knight. Patrick and the two Reaume girls received recognition for their success at the 2014 Alberta Summer Games in the sport of Canoe and Kayak. Froment received recognition for her gold-medal win in basketball at the 2014 Alberta Summer Games. Knight was acknowledged for placing first at the 2014 Baseball Alberta Peeewe AAA Tier 1 Provincials and placing fourth at U13 Baseball Canadian Championships.



Sabretooth gold

It was gold medals all around for the Bantam Morinville Orijen Sabretooths in March. After sweeping their regular season 15-0, the Bantam Girls took to playoffs at the Saville Community Sports Center in Edmonton, emerging with the city championship. The Bantam Girls would return from provincials the following week with fourth place.



Van Brabant signed

Morinville native Bryce Van Brabant was signed to the Calgary Flames as a free agent in a two-year contract in March. The third Morinvillian to be signed to the NHL, 22-year-old Van Brabant had played with the Quinnipiac University Bobcats for the previous three seasons. Van Brabant racked up 37 points in 40 games this season, a tally made up of 15 goals and seven assists. The hockey player also accumulated 113 minutes in penalty time with the Bobcats. Van Brabant previously played in the AJHL with the Spruce Grove Saints from 2008 to 2011.

Young chosen for Parapan Am Games

by Morinville

News Staff

An 18-year-old Legal athlete is continuing her successful career six months after helping to take gold in the 2014 Women's World Wheelchair Basketball Championship. Arinn Young, who graduated from Morinville Community High School last summer, was named to the national team earlier this year and was selected as one of 12 athletes named to the 2015 Canadian Senior Women's National Wheelchair Basketball Team in December.

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



Babies crawl to fame

Above left: Emcee Sheldon Fingler has a little mid-race chat with first-place winner Rhett Carrol during the Morinville News Baby Crawl in April.



Below left: Rhett Carrol crosses the finish line to earn his first-place prize.

The annual Chamber Trade Show event has been sponsored by the Morinville News for the past three years.

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Directions:

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- 2/ Toast baguette slices under broiler or in toaster until light golden.
- 3/ While warm, top each baguette with one slice of brie and two slices of pear.
- 4/ Sprinkle with hazelnuts.

Tips: Switch it up, spread grainy mustard or fig jam onto crostini before topping with cheese - or - drizzle top of each crostini with honey if desired.



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Food & Health Pages

A New Series of Articles for a New Year



Healthy Routes

by Gladys Kublik

neighborsvitaminshop.com

The success of last year's *Health Through Digestion* series inspired me to research some of my favorite topics. The common theme which emerged was "If we don't look after our health - who will?"

It occurred to me that this was very much in keeping with our information age. Libraries are full of self-help books, the internet has many "How do I. . ." sites and as a society we are more willing to try our hand at something new, be it fixing the dryer to cooking exotic dishes.

This year I'd like to share with you a brief guide compiled from natural health resources to aid you with what I like to call *Do It Yourself Health*. Within the limits of this monthly column, I hope to present a tool guide for keeping the varied systems of our body healthy and at top performance. The first task, the same as for any project, is to clear the slate.

In search of optimum health, people spend thousands of dollars a year on healthcare, supplements, gyms, weight loss products and more. But what if there was an underlying issue that is zapping your energy and degrading your health? Toxicity is just such an issue. If you experience any of the following symptoms, you should be cleansing on a regular basis:

- Constipation
- Bad breath or body odor
- Fatigue

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This Week's Health Tip

Beat the January Blues with some restful sleep, try Melatonin, or Sleep Essence.

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- Poor skin
- Joint or muscle pain
- Sensitivity to chemicals or perfume smells
- Depression or anxiety
- Trouble losing weight especially around the middle
- Headaches
- Low libido
- Suffer from a lot of colds and flus throughout the year
- Gas and bloating after meals

In the words of one of our supply team: The good news is that you don't have to follow extreme diets in order to cleanse your body. There are many herbal cleansing formulations that are designed to work regardless of diet or lifestyle. This is important because cleansing should enhance your life, not interrupt it.

It is important to look for a total body cleanse that supports each of the body's seven channels of elimination as these organs work together to detoxify the body. The seven channels of elimination are:

The Liver - changes or detoxifies harmful toxins into substances that can be safely eliminated from the body.

The Colon - eliminates toxins from the liver as well as the waste which has accumulated in the intestines.

The Blood - flows through the vascular system and carries oxygen and nutrients to the cells of the body while removing harmful waste.

The Lymphatic System - eliminates poisons from cells through a network of vessels that

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extend throughout the body.

The Skin – eliminates waste and toxins through perspiration.

The Lungs – expel toxins through breathing (ex. Carbon dioxide). Deep breathing stimulates lymphatic flow to eliminate toxins.

The Kidneys – receive water-soluble waste from the liver, so that they can be further filtered and finally eliminated through the bladder.

The liver is the chemical treatment plant for the entire body; however it does not come equipped with disposable filters. The collective effect of these specific nutrients cleanses, detoxifies, and restores optimal hepatic performance. It's estimated that up to 80 per cent of immune function originates within the intestines.

Depending on your state of health, you can experience a range of results while cleansing. Results ranging from weight loss, increased energy, improved health and vitality, clearer thinking, brighter complexion and an increase in bowel movements (quantity and volume). If you have a high level of toxicity you may experience symptoms like headaches, flu like symptoms and skin break outs when you start the program but these should subside within a few days.

At NVS Health Foods/Morinville we have a variety of Cleanse/Detox formulations to suit every need, from a first experience with cleansing to what is considered the industry standard. We also have formulas to target specific needs which may be used as a follow up after an initial cleanse.

If you are serious about improving your health this year, make cleansing part of your health maintenance plan. Come see our knowledgeable staff. You won't believe how much better you'll feel!

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Kitchen Diva

by Angela Shelf Medearis
and Gina Harlow

A World of Flavor: What's Hot in 2015

Unlike yoga pants, white trainers and fake fur, the food we eat might be considered more classic than trendy. The fact is, we all need to eat. Basic and vital as it seems though, food, like fashion, is not without its fads.

More than a succession of fads however, is the history behind what and how we eat. In this column we've talked about the how and why of certain foods we've grown up eating, and other foods we've grown to love. Now, more than ever, our cuisine choices reflect our vast multicultural population and the willingness of many of us to try something new. Even children, known for their fussy palates, are trying more complex flavors like macaroni and cheese with truffle oil -- probably due to their forward-eating parents.

In 2015, there is a high-pitched buzz about food. Heat and spice will be hot, a trend that has been growing steadily and now is predicted to explode. Ethnic cuisines from all over the world, with a focus on new and exotic flavors, will take the stage.

Is it because we are just bored and want something else for dinner? Or is it because we now work and live with people from all over the world and, like people do, we share our food, and in the process discover something new that tastes delicious? It's probably all these things, and something more. The health of our nation is a growing concern. In our desire to eat for wellness, we've discovered many elements of global cuisines that possess health benefits we need while keeping our diets interesting and tasty.

Also on the rise are recipes highlighting umami vegetables, which exhibit the "fifth taste" that gives food a pleasant, desirable flavor. Our taste buds are naturally attracted to these foods, which include sweet potatoes, mushrooms and nori. This year, try using a Japanese Seven Spice mixture in your recipes, or a flavorful Middle Eastern Shawarma Spice Blend.

My recipe for Chicken Shawarma converts what has been a restaurant recipe into a dish



that can be prepared at home. The Shawarma spice blend is a cure for taste buds that are tired of the same old chicken dish. It's an adventurous way to kick off a new year.

SHAWARMA SPICE MIX

Toasting the spices in a dry pan for 1 minute before using them in a recipe enhances the flavors.

1 tablespoon cumin
1 tablespoon ground coriander
1 1/2 teaspoons salt
1/2 teaspoon ground oregano or thyme
1 teaspoon paprika
1 teaspoon turmeric
1/2 teaspoon ginger
1/4 teaspoon cayenne pepper
1/8 teaspoon nutmeg

Mix all ingredients together. This spice mix will keep in an airtight container for about 4 weeks. Makes about 1/4 cup.

Recipe Continued On Page 24

Linda Getzlaf
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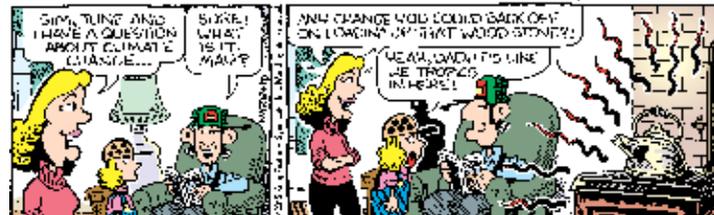
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The Spats



Weekly SUDOKU

by Linda Thistle

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

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!

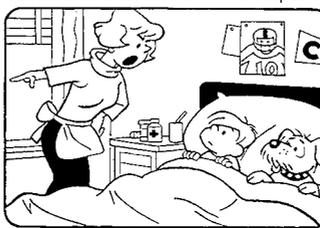
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BY HENRY BOLTINGOFF



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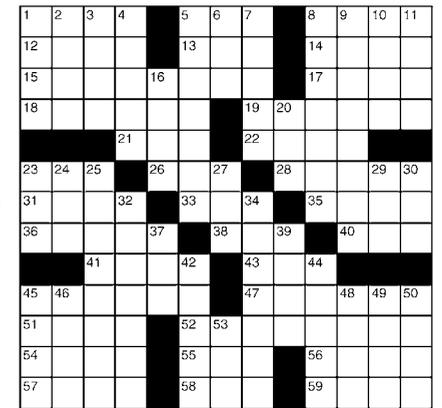
- Trivia Test Answers
1. Belize; 2. In the midst of things; 3. "Wall Street" (Michael Douglas); 4. Ford Motor Co.; 5. Abruptly or in a disjointed manner; 6. Rawhide; 7. Six (English, Arabic, Spanish, Chinese, French and Russian); 8. Female beings who rule the destiny of gods and men; 9. "Married With Children"; 10. Complete color blindness

This Weekly Puzzle Page Sponsored by Linda Getzlaf

King Crossword

ACROSS

- 1 Birthright barterer
- 5 Shade provider
- 8 Agree
- 12 Money
- 13 "The Raven" writer
- 14 Quite some time
- 15 Desire for success
- 17 Break suddenly
- 18 Actors' lines
- 19 Patterned cotton fabric
- 21 Corn spike
- 22 Skirt feature
- 23 Klutzy sort
- 26 Light touch
- 28 Insinuating
- 31 Old Italian bread
- 33 Kitten's comment
- 35 Quite some time
- 36 Intoxicated
- 38 Pitching stat
- 40 Siesta
- 41 Mid-month date
- 43 Conclusion
- 45 Electricity problem
- 47 Begins
- 51 Not "fer"



- 52 Document with many signatures, maybe
- 54 Coin aperture
- 55 Ailing
- 56 Beige
- 57 Actress Daly
- 58 Hearty brew
- 59 Melody
- 6 of wit
- 7 Repairs
- 8 Flower used to flavor tea
- 9 Car starter
- 10 Throb
- 11 Catch sight of
- 16 Frog's cousin
- 20 They (Fr.)
- 23 Antiquated
- 24 Football fill
- 25 Realization
- 27 Spelling contest
- 29 "CSI" evidence
- 30 Kreskin's skill
- 32 Slowish in music
- 34 Emulate
- 37 Gorgeous George
- 39 Con
- 42 Bygone photo hue
- 44 Goes out with
- 45 Brewery kiln
- 46 Unightly
- 48 Puerto —
- 49 Ripped
- 50 Tightly fitting
- 53 Right angle

DOWN

- 1 "Zounds!"
- 2 Big rig
- 3 Goya's "Duchess of —"
- 4 Functional
- 5 Pithy piece

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1. GEOGRAPHY: What is the only Central American country that doesn't have a coastline on the Pacific?
2. LANGUAGE: What does the Latin phrase "in media res" mean?
3. MOVIES: What movie featured the line, "The point is, ladies and gentleman, that greed — for lack of a better word — is good"?
4. AD SLOGANS: What American manufacturing company once used the slogan "Quality is job one" to sell its products?
5. MUSIC: What does it mean to play notes in a "staccato" style?
6. U.S. PRESIDENTS: What was the Secret Service's code name for Ronald Reagan?
7. GENERAL KNOWLEDGE: How many official languages does the United Nations have?
8. MYTHOLOGY: Who were the Norns in Norse mythology?
9. TELEVISION: What television sitcom featured parents who were named Al and Peggy?
10. MEDICAL TERMS: What is the common name for monochromatism?

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Couch Theatre

DVD Reviews

by Sam Struckhoff

PHOTO: Ellar Coltrane, Ethan Hawke in *Boyhood*

Boyhood (R) — Over the course of 12 years, director Richard Linklater made a film about growing up in which we get to see an actor age. Mason (Ellar Coltrane) lives with his mom (Patricia Arquette) and his spastic older sister (Lorelei Linklater). Every so often, their rolling-stone dad (Ethan Hawke) comes back around to teach the kid a lesson about being a man or voicing his feelings.

It's a big story told in a series of small moments.

Starting when he was just 7 years old, Ellar Coltrane worked on the film shoot with Linklater for a little while each summer. The result is Mason's coming-of-age story, in which we see how a contemplative boy caught between his estranged parents changes over years. It may not be the most life-altering story, but it truly is a unique movie-watching experience.

Get On Up (PG-13) — James Brown, the Godfather of Soul, lived one of those lives made for musical biopics. He grew up impoverished in a dusty part of Georgia with an abusive father (Lennie James) and a mother who walked out (Viola Davis). Chadwick Boseman (the lead in last year's Jackie Robinson biopic, "42"), brings Brown to life with a crackling energy and fervent commitment.

Director Tate Taylor ("The Help") shows the highs, lows and explosive performances that defined the man. Behind the scenes, Brown could be a tyrant and a monster consumed by drugs and ego, but a completely different vision comes out when he's breaking himself down on stage. The wild use of flashbacks and uneven pacing can be difficult, but Boseman's performance keeps you watching and caring.

Horns (R) — Ig Parrish (Daniel Radcliffe) and Meri Williams (Juno Temple) are two little lovebirds, until Meri's body is found brutalized in the woods. Ig, even with his boy-next-door looks, becomes the prime suspect and the most hated guy in town. Depressed and reviled over a crime he didn't commit, Ig starts to grow horns, literally. As Ig's visage becomes more devilish, people around him feel compelled to spill their darkest desires to him, seeking permission to do the bad things they really want to do. It's a dark fantasy thriller comedy with a new twist, but it's so distracted that it can't settle on a tone. A lack of tonal clarity makes it hard to laugh at jokes or gasp at drama.

Left Behind (PG-13) — This is a religious disaster flick that goes light on the religion and comes out as an overall disaster. Nicolas Cage (oh yes) stars as Rayford Steele (cool name, bro), a morally impure airline pilot who gets left behind when the biblical rapture takes all of the good people to heaven. He's flying a commercial jet over the Atlantic ocean when a bunch of people disappear, leaving only empty clothes behind.

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Upcoming Community Events

What's Next

in your community

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.)

Morinville Art Club

Always wanted to try your hand at art? Join us to take time to rejuvenate and reconnect with your inner creativity.

When: Tuesdays - 7:00 p.m. to 10:00 p.m.

Where: Morinville Community Cultural Centre in meeting room five.

Fee: Membership is \$25.00 to join the club, Workshop fees and Instructor TBA.

Registration: Tuesday, January 6, 2015. Registration night, Instruction and Workshops 16 weeks until Tuesday, April 21, 2015.

Contact: Please call Morinville Art Club President, Dolly Bolen at 780-572-2603 or ... e-mail dcbolen@shaw.ca for more information.

Note: If you have already paid your membership fee in September 2014 your membership is not renewed until September 2015, all memberships are for one full year.

Board members needed

The Morinville Public Library Board are 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.



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 Program

Do you have the sub-zero blues? Need something to do during the cold, snowy months? Join the library's Winter Blues Program.

All ages welcome!

Read for 7 hours during the months of January and February. (That's less than 15 minutes per day!) and you could WIN one of six iPad Minis, or one of three \$50 Chapters gift cards or many other prizes!

Open craft time each week (small fee for supplies)

Plus, register for the winter program Book Chat before January 31. Book Chat will be on Monday, February 23 from 6:30 - 8:00 pm



Must register at the Morinville Community Library. Must have a current Morinville Community Library card in good standing.

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

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Shop in Morinville

Shopping Bucks

Christine Pearson was the winner of our \$500 **Shop in Morinville** prize from our annual Christmas Shopping Guide.

Our lucky winner chose to spend her \$500 prize at Sobeys, Home Hardware and The Flower Stop. After dividing the \$500 winnings three ways, we gave her the difference in cash to be spent locally.



Kitchen Diva

Continued from Page 17

CHICKEN SHAWARMA

- 1 1/2 pounds thinly cut skinless, boneless chicken breast
- 1 pound thinly cut skinless, boneless chicken thighs
- 1/2 cup lemon juice
- 2 tablespoons tomato sauce
- 4 tablespoons plain, Greek yogurt
- 3 tablespoons white vinegar
- 1 head of garlic, crushed
- 2 tablespoons olive oil
- 1 1/2 tablespoons Shawarma Spice Mix
- 3 Roma tomatoes, sliced into thick rounds
- 4 pita bread rounds

1. Rinse chicken pieces with cold water, then cut horizontally into thinner cuts of about 1/2 inch (each piece could possibly be split into 2 slices depending on thickness). Place chicken pieces in large bowl.
2. In a blender, mix lemon juice, tomato sauce, yogurt, vinegar, garlic, oil and spice mix. Add the mixture to chicken and mix well. Cover and let marinate in refrigerator at least 4 hours, or overnight.
3. When ready, grill marinated chicken and some sliced tomatoes using grill pan on stovetop. Heat grill pan and add 2 tablespoons oil. Or alternately,

grill using Panini grill or George Foreman grill for about 15 minutes on medium heat. You also can cook the chicken on a BBQ grill. Baking or broiling in the oven will dry out the chicken.

4. Once cooked, allow chicken to cool, and then shred as thinly as possible. Traditionally, the pita bread is spread with Lebanese Garlic paste, or you can use a good-quality mayonnaise mixed with 1/2 teaspoon garlic powder and 1/2 teaspoon of lemon juice.

5. Spread the chicken shreds along diameter of a piece of pita bread. Some restaurants place French fries inside the sandwich. Others add a cabbage and mayo salad, along with salty Middle Eastern cucumber pickles. You can substitute shredded coleslaw and sliced dill pickles, if desired, and grilled or fresh tomatoes. Makes 4 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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