

N Morinville News

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Let's End Bullying In Our Schools



Differences Celebrated
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Scouts March
See Page 3



Chamber to China
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Feeling pretty

Morinville Public School student Rowan Melnyk applies makeup to Principal Wayne Rufiange after the school passed its fundraising target of \$15000. See story page 2 and 3.

- Lucie Roy Photo

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Morinville Public School student Natasha Langenfurth parted with her hair Friday afternoon during the school's Hair Massacure event. A large number of students participated in the fundraising and shaving.

- Lucie Roy Photos



Dragons raise nearly \$18,000 during Hair Massacure event

by Lucie Roy

Morinville Public School Dragons held a party in the gym Friday afternoon to celebrate the school having passed their 2014 total of \$12,161.21 raised for the Hair Massacure, a major fundraiser with its roots in Morinville. With a target of \$15,000 for this year's campaign, students were pleased to learn they passed that goal by nearly \$3,000 and last year's amount by almost \$6,000. MPS raised \$17,974.50 this year.

More than 60 students participated in raising the funds, and 25 of those had their pink hair shaved Friday afternoon by Sturgeon Composite High School Cosmetology students.

As was the case in 2014, Principal Wayne Rufiange committed to doing something special if the students hit their goal. In 2014, he had his head shaved. This year he stepped it up a notch and put on a skirt, heels and long blond wig for the event. MPS student Rowan Melnyk received the honours of applying Rufiange's makeup for raising the most money.

Deputy Mayor Stephen Dafoe also participated Friday, allowing MPS student Caden Robinson, who raised the second highest amount, to shave his head.

Activities at the assembly included a number of games with Edmonton Eskimo Grant Shaw, students and staff, and a musical performance by Paul Smith and Jean-Luc Coupal.





Opposite page bottom: Edmonton Eskimo Grant Shaw signs an autograph for MPS student Jackson Webb. Principal Wayne Ruffange looking good. The principal committed to wearing a dress if students raised \$15,000 or more.

This page from top: Students reveal the amount raised number by number. \$17,974.50 was raised this year, passing last year's total by almost \$6,000. Deputy Mayor Stephen Dafoe lets MPS student Caden Robinson shave his head.



Scouts pay tribute to founder

1st Morinville Scouts held a torchlight parade in Cardiff Park Feb. 18. The annual march and campfire is in honour of the birth of Scouting's founder, Lord Robert Baden-Powell. The event included a march with torches and traditional campfire with songs and skits.

- Stephen Dafoe Photos

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Column: NDP has more to gain by refuting Bill C-51

by Chantel Hebert



The internal debate over the NDP's stance on the Conservative anti-terrorism legislation was settled some time before Thomas Mulcair made his decision to oppose Bill C-51 public on Wednesday.

That the die was cast was obvious as of the moment NDP elder statesmen Ed Broadbent and Roy Romanow co-signed an open letter in the Globe and Mail last week calling for the bill to be defeated or withdrawn.

Mulcair, Broadbent and Romanow have locked horns in the past – notably at the time of Jack Layton's succession – but in this instance any light between their positions would have split the party wide open.

The NDP braved public opinion when it opposed Pierre Trudeau's decision to suspend civil liberties in Quebec at the time of the 1970 October Crisis. For many of its members – including past and present leaders – supporting Bill C-51 would have been akin to turning their backs on a defining page of party history.

But the NDP's approval level dropped precipitously over the 1970 episode and polls suggest the party could be courting the same result with

its contrary stance on the government's anti-terrorism agenda.

Given that the Conservative majority will see this bill passed in the end, would it not have been better politics for Mulcair to imitate the Liberals and keep his powder dry, thereby presumably increasing his chances to be in a strong enough position to tone down the legislation after the election?

On substance, there is no doubt that there is a contrary case to be made against C-51. More than a few politically unaligned security and civil liberties experts have argued against its broad definition of terrorism and its silence on an oversight mechanism as muscular as the new powers granted to the security services.

(As an aside, even as former Liberal leader Stéphane Dion was defending his party's decision to give the bill a pass, his wife, Janice Krieger, who is a security expert, was on Radio-Canada echoing most of the NDP's concerns.)

But as counterintuitive as it may seem, opposing the bill is also less perilous politically for the NDP than supporting it.

Here is why:

As opposed to the Liberals, the New Democrats cannot argue that non-Conservative voters should coalesce behind them because theirs is the party most likely to beat Harper next fall.

The polls just don't bear that out and it is unlikely that there will be a sea change in the pattern of voting intentions between now and the beginning of the campaign.

In the circumstances, copying Trudeau's pliant position on C-51 would only give voters for whom job one next fall would be to oust the Conservatives from power even fewer reasons to stick with the NDP rather than rally behind the more popular Liberals.

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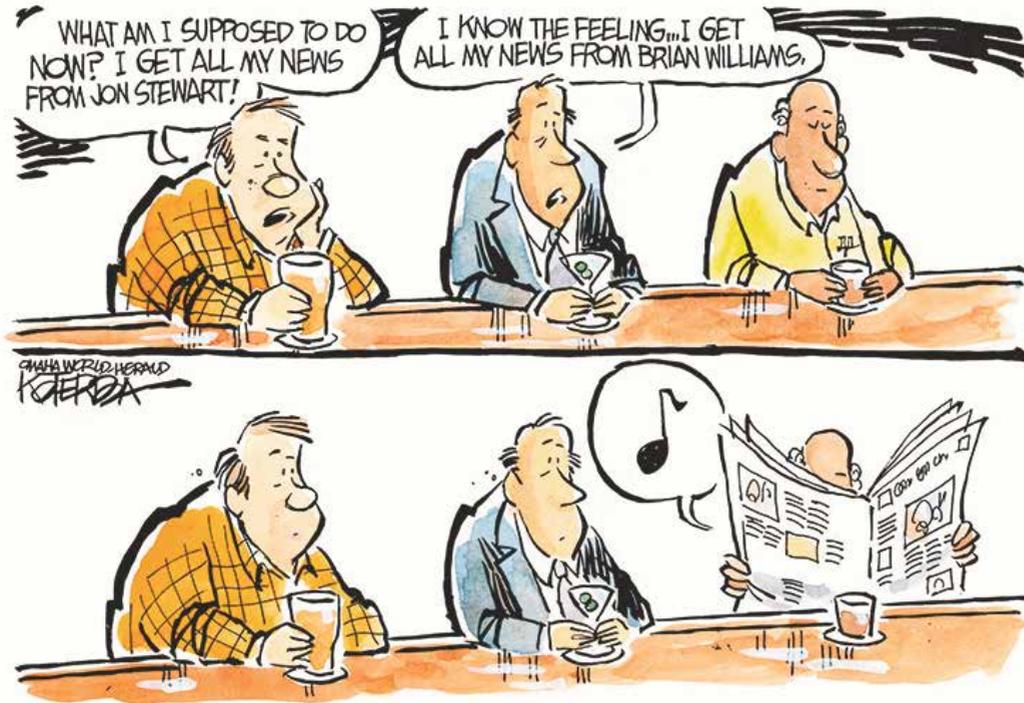
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The NDP has to guard against bleeding votes to the Green Party, in particular in British Columbia, where leader Elizabeth May – whose seat is on Vancouver Island – is often more of a household name than Mulcair.

May has hit the ground running with the argument that the environmental movement could end up in the crosshairs of the anti-terrorism legislation.

Given past Conservative rhetoric on environmental advocates, it does not take a huge stretch of the imagination to see the pipeline projects as government-designated critical infrastructure and the groups that oppose them as potential security threats, as broadly defined in the bill.

In provinces such as B.C. and Quebec, where the environmental battle of the hour revolves around pipelines, such concerns resonate.

In Quebec, the anti-terrorism agenda of the

government is currently so popular that the Bloc Qu'Ébécois still does not oppose it outright. But if anything the best way to further vindicate the Conservatives' handling of the issue would be for the NDP to give it its blessing.

It is premature to assume that Mulcair – on his home ground – will not ultimately win the argument against Harper on Bill C-51 but, in any event, it is always dangerous to draw a straight line between a popular but potentially polarizing initiative and the ballot box.

The Parti Qu'Ébécois (along with many observers) did just that last year when it assumed that its secularism charter would be its ticket to a majority government, only to end up wandering in the wilderness in search of a saviour.

Chantal Hebert is a national affairs writer. Her column appears Tuesday, Thursday and Saturday.

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Dragons dash in aid of playground this summer

by Stephen Dafoe

The Morinville Public School Parent Fundraising Association are hoping people will walk or run to their next fundraiser, a 5 kilometre run/walk in aid of their efforts to build a school and community playground.

The Dragon Dash, set to take place Apr. 26 at 10 a.m. Apr. 26 will start and finish at Morinville Public School, winding its way 5 km through the community.

The idea to do the fun run/walk was out of a desire to add a physical activity aspect to the group's fundraising initiatives. "We try to encourage things that the kids that attend our school could eventually participate in," said Leah Elzinga, one of the organizers of the event. "That's sort of where it began."

Elzinga said the event is a run for bling. Participants will get specialized medals. "We have Dragon medals that we'll be giving out," she said. "They're quite nice. It's not like you have to win. You pay your registration; you get your medal."

Organizers are hoping to draw 150 registrants in the inaugural year, and although a fundraiser, the group is looking to add something for residents to do this spring. "A lot of the time our goal is first and foremost to put on a community event and fundraising is secondary," said organizer Leah Elzinga. "We would like to make between \$1000 and \$1500."

In it's early stages, Elzinga said they already have registrants from as far away as Leduc.

Long-term project

Although 5km is not a long way for runners and walkers to go on a spring morning, the MP-SPFA still has a ways to go in their playground project.

Elzinga said the first phase of the proposed



playground project will cost \$150,000. They have raised roughly \$100,000 thus far, and they are hoping for good news on grant funding for an additional \$50,000. "If that grant goes through, then it would be construction in August of 2015," Elzinga said.

Phase one will address what the group sees as a dire lack of equipment in the existing playground. The initial structure will contain three levels with four slides, a rock climbing wall, and a drawbridge.

Phase 2 would see the replacement of two existing structures on the north side of the existing playground with new equipment. Phase Three will include cosmetic items to beautify the playground and surrounding grounds.

Registration for the Dragon Dash is \$25 until Mar. 11, \$30 after that date. Youth can register for free.

For more information on the upcoming Dragon Dash or to register for the event, visit <https://www.events.runningroom.com/site/?raceId=11542>.



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Local Rotarians learn about debt counselling

by Lucie Roy

Linda Mak, Stakeholder Relations Coordinator Money Mentors, was the guest speaker at Rotary Feb. 18. Money Mentors is the only Alberta-based not-for-profit credit counselling agency. They have six offices, including one in Edmonton. They assist people in becoming debt free and in finding financial solutions, credit counselling, money coaching, retirement planning and financial literacy. They provide free first appointments for advice, free drop-in financial fitness classes across Alberta and free debt information online at moneymentors.ca.

The Financial Consumer Agency of Canada (FCAC) raises awareness across Canada about the importance of financial literacy. Financial Literacy is being able to balance spending, saving credit and debt successfully and making smart money decisions on a daily basis.

In her presentation, Mak said, it is not what you make but what you spend. Mak went on to say financial literacy is important because education changes behaviour. More education leads to more changes in behaviour and attitude that help make better decisions and right choices.

Part of that education takes place in November



Linda Mak, Stakeholder Relations Coordinator Money Mentors, was the guest speaker at Rotary Wednesday.

- Lucie Roy Photo

during Financial Literacy Month (FML). Mak said FML precedes the highest annual spending, which usually occurs in December for Christmas.

Mak said the organization is the exclusive provider of the Orderly Payment of Debts (OPD) program in Alberta. Money Mentors helps clients pay back all unsecured debts with a reduced rate of five per cent that comes with credit protection and the end of collection calls. Debts under the Orderly

Payment of Debts program includes credit cards, lines of credit, unsecured loans, payday loans, student loans, personal loans, income tax, utility and phone bills for discontinued service.

The difference between the OPD and bankruptcy is creditors are paid in full in OPD. Debtors keep their assets, and the debt remains on the debtor's records for two years after completion. Bankruptcy stays on a credit report for six years after discharge.

Mak said Edmonton leads the province with the highest debt ratio.

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Chamber's China trip more tour than trade mission

by Stephen Dafoe

The Morinville & District Chamber of Commerce is embarking on a "5-star Adventure to China" this fall and are making the opportunity available to members and non-members alike. The nine-day trip will include sight-seeing and shopping opportunities in Shanghai, Beijing, Suzhou and Hangzhou.

The Chamber held an orientation and information session Feb. 18 at the White Rose Diner to allow Citslinc's Peter Liu to tell potential travellers some details about the trip. Although the Chamber's representation at the session included only Chamber Administrator Diane Mineault and a couple local business owners, approximately 20 came out to hear Liu speak about the upcoming trip.

But attendees expecting to learn about how the trip could benefit their business may have been disappointed. Liu's entertaining and engaging talk was mostly about tourist attractions, the need to carry toilet paper to some public restrooms, and the importance of drinking bottled water. The only discussion of economic development beyond what souvenirs to buy in China and how to bargain for them was an added tidbit that there might be a business meeting one evening if there was sufficient interest. That meeting would be held in a hotel meeting room if numbers warrant, in a coffee shop if fewer turned up.

Chamber Administrator Diane Mineault said the focus of the trip has changed from purely business. "Originally it was all about business. However, a lot of people want to combine business with pleasure," she said, adding there will be some opportunity for businesses to network during the evening business meeting and in one-on-ones later that night. "Each business person from Canada can talk individually with a company he/she has requested. During this evening meeting, Chinese government officials and Chinese Chamber of Commerce leaders will make an introductory presentation which is followed by the individual meetings."

Mineault said those wishing for more business connections during the day can cancel a tour in order to meet with the business people in their field. "Citslinc does not charge for making these business matches nor do they charge a business consulting fee," she said. "They want to encourage business people to meet with Chinese business people to form relationships



Peter Liu of Citslinc speaks to attendees about the Chamber's upcoming trip to China this fall.

- Stephen Dafoe Photo

The trip will include round-trip international airfare from Vancouver, 4- and 5-Star hotel accommodations, three meals per day and experienced English-speaking tour guides at a cost of \$2,499 per person. An additional charge of \$500 will apply for those wanting single occupancy.

The trip takes place Oct. 10 to 18. Those wishing to put a business face on their trip must register for that portion by July 15. The general tour booking deadline is Aug. 1.

For more information, call the Morinville & District Chamber of Commerce at 780-939-9462 or visit morinvillechamber.com/chinamission.

that can move forward once the traveller returns to his home business in Canada."

Peter Liu, one of the company's three tour managers in China said the trip is an excellent opportunity for local business owners to see how China has expanded over the years.

"China grew very fast. I think it is a good opportunity for you [Chamber members] to see why China grew fast. Some things must have been done correct[ly] there." Liu said, explaining China's emergence as a major economy offers Canada an opportunity to do more trading in resources, including lumber.

Like Mineault, Liu said there are also some opportunities for business connections on a smaller scale. "We have forwarded the information to the Chinese Chamber of Commerce. They work very close with Citslinc," he said. "They send you a partner if you need it. But not all Chinese businesses [are] interested. They want to make money as well. They don't want to waste their time. That's why they want to find a counterpart they are interested in. China [doesn't] have a good wine, so if you are a wine producer, you can be selling your wine to China."

Liu said travellers might be surprised at just how much the country has embraced capitalism. "China is already more [into] capitalism than America and Canada," he said. "A lot of things have changed in China. We want you to see how fast China grew in the past 30 years."

Penny Modien of Scotia Bank is one Morinville Chamber member who has been on the trip with the St. Albert Chamber of Commerce. She attended the Feb. 18 session and told attendees the trip is worth going on. "It was a phenomenal life experience," Modien said. "You don't get tired. You just keep going. There are so many things to do." They put on a fabulous trip."

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You guys can do absolutely anything - speaker tells GH Primeau students

by Stephen Dafoe

You can call Chris Koch many things. Farmer, longboarder, and world traveller, to name a few. But most of all, you can call him inspirational.

The Nanton motivational speaker / farmer / traveller brought his message of positivity, acceptance and the endless potential of the human spirit to Georges H. Primeau students Friday morning.

Koch said he found growing up without limbs an easy experience, largely due to the dry and quirky sense of humour present in his family and the fact his parents did not treat his disability as a tragedy.

Beyond parental, familial and community acceptance, it was Koch's own determination to be just like everyone else that has made him the confidant and positive man he is today. It is a confidence and positivity that makes him capable of helping those to whom he meets see their personal potential.

Whether playing road hockey as a boy, touring the world with his longboard or presenting his inspiring story to Oprah Winfrey fans, Koch's message is a constant one about living up to our full potential.

"A lot of times we actually create our own obstacles in life. Some of the biggest obstacles we will come across, we've created in our own minds."

- Chris Koch

It can be summed up in the words "If I Can..." Though the words form an incomplete sentence, the absence of words allows the listener to fill the void with the endless possibilities Koch believes his audiences can achieve.

"If I can work on a farm, snowboard, surf, can travel the world, can live a completely 100 per cent independent happy life. If I can do that, you guys can do absolutely anything," Koch told students. "A lot of times we actually create our own obstacles in life. Some of the biggest obstacles we will come across, we've created in our own minds. If it is a legitimate obstacle, we've taken something that's this big and turned it into something that is seemingly insurmountable. Our mind gets in the way of our dreams a lot of times."

Koch believes the same mindset of doability that has allowed him to overcome his lack of limbs to do so much, is the same mindset that can let anyone accomplish whatever they want to do. It is only a matter of mindset, determination and effort.

The motivational speaker said people need to celebrate their differences and those of others. Though fortunate to not have been the recipient of bullying as a child or as an adult, he realizes it exists and says it needs to



stop.

"For those who are bullying - stop. It's not cool at all," Koch said. "It's all right to joke around and have fun, but draw the line. I joke around about my situation, but when it gets to a point where you are hurting somebody; it's not cool."

Accepting and celebrating his difference is what Koch believes has made him bullyproof over the years. "I'm confident and comfortable with who I am," he said. "You can tease me all you want, but you are not going to phase me. When you let people get into your head like that, that's when bullying becomes effective. Be confident in yourself. Love who you are. Love your differences. People's differences should be celebrated. You shouldn't be teased because you don't look the same as the person next to you. We all look different, and that is one of the greatest things about our society."

Koch encourages people to pursue their dreams, whatever they may be, but shuns the expression - you only live once.

"I disagree. You only die once," he said. "When you woke up the morning of January 1st, you were given 365 opportunities to live. I encourage everyone to make the most of each and every day, and just get out there and have so much fun because there is so much to do."

Chris Koch's inspirational story and travels are chronicled at www.ifican.ca. He is also active on social media through Twitter and Facebook.

Above: Motivational speaker / farmer / world traveller Chris Koch speaks to Georges H. Primeau students Feb. 20 about what can be accomplished when they believe in themselves.

- Stephen Dafoe Photos

Plenty of pancakes

by Lucie Roy



Notre Dame

Notre Dame Principal Raymonde Roulston was busy cooking pancakes for students on Shrove Tuesday. Grade 3 classes hosted the event and money was collected for the Canadian Catholic Organization for Development and Peace Build-a-School Campaign.

- Lucie Roy Photo



Primeau

On Shrove Tuesday Georges H. Primeau School Secretary Colleen Durand helped make more than 1000 pancakes for students.

- Lucie Roy Photo



MCHS

MCHS Principal Todd Eistetter pours the first of more than 1400 pancakes he made on Shrove Tuesday in the school kitchen.

- Lucie Roy Photo

Morinville active with \$200,000.00 150th Anniversary Legacy Project



Sofiya Chvojka fills juice cups prior to the start of the Shrove Tuesday pancake breakfast hosted by the school's Grade 3 students.

- Lucie Roy Photo

by Lucie Roy

The Greater St. Albert Catholic School Division (GSACSD) has committed to raising \$200,000.00 by the end of the 2015-2016 school year to assist with reconstruction efforts in the Philippines.

In celebration of the 150th anniversary of the founding of the school division, GSACD has partnered with The Canadian Catholic Organization for Development and Peace for their Build-a-School Campaign.

The project seeks to aid the Philippines, hit by Super Typhoon Haiyan Nov. 7, 2013, a storm that killed 6300 people.

The GSACSD initiative is to help build a low-cost and disaster resilient school that is designed to withstand typhoons and also be used as an evacuation center when required. Construction in Tacloban City in the Leyte province will take two years.

Two Morinville schools have already started to pitch in on the division project. Morinville Community High School and Ecole Notre Dame began this week with projects. Each GCACSD school has a goal to raise \$10,000 for the Legacy project.

MCHS Principal Todd Eistetter said all proceeds from the school's Feb. 18 Charity Coffee House would go to the project, as will monies from a recipe book now in the works.

"Everything we collect will go towards the Philippines Build-a-School Campaign," he said Eistetter. "The goal for the 2014/2015 year is to raise the equivalent of \$18 per student at MCHS and then raise the same amount in 2015/2016, all supporting this initiative. This [money] would help construct one classroom for a city that no longer has

any schools."

Prior to the coffee house, the school held two events: one at the student / faculty hockey game and another at the Senior Boys' Basketball Tournament. The two events raised just over \$900.

Notre Dame began their role Shrove Tuesday. Vice Principal Lisa Kleparchuk said the school's Pancakes and PJ's Feb. 17 was their first fundraiser for the Development and Peace project.

The toonies students brought for their pancakes and juice raised more than \$885 from the event. During the presentation on the Philippines, Kleparchuk told students the United Nations have reported that 14 million were affected by the disaster with four million displaced.

Students got a glimpse of what the new school and evacuation center would look like: The steel frame, arched structure will be elevated one meter from the ground to prevent damage from storm surges. The design allows cross ventilation through wide jalousie windows and operable storm shutters to totally close off the entire building during typhoons.

"This shows solidarity with the people of Philippines," Kleparchuk told students during the assembly. "Solidarity is not a feeling of vague compassion or shallow distress at the misfortunes of so many people both near and far. On the contrary, it is a caring and persevering determination to commit oneself to the common good. [It] is to say to the good of all and of each individual because we are really responsible for all."

Notre Dame's next fundraising event Mar. 6 during World Day of Prayer.

Rotary honoured by Canadian government

by Lucie Roy

Rotary International received high praise from the Government of Canada recently, recognition as one of the fifty outstanding Canadian organizations and individuals.

Members of parliament presented a flag to Rotary International representatives Feb. 17 on the occasion of the 50th anniversary of Canada's flag.

The honour comes just ahead of the 110th anniversary of Rotary Feb.

23, which will highlight progress towards global polio eradication and the continued good work of Rotary.

Canadian Rotary clubs were previously recognized by Prime Minister Stephen Harper on World Polio Day in October of 2014.

Canadas more than 25000 Rotarians have contributed more than \$27.2 million of the total US \$1.3 billion Rotary has provided to the Global Polio Eradication Initiative. It represents the largest contribution by an international service organization to a public health initiative. Only three countries - Nigeria, Pakistan and Afghanistan - are polio-endemic. Polio numbers are at their historical low.

Scouts Canada were among the government's group of 50 for teaching Canada's youth always to be prepared. The Royal Canadian Legion was recognized for their work to support Canada's veterans. Girl Guides Canada was recognized for making a positive difference in the lives of girls and women.



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



Arts & Culture

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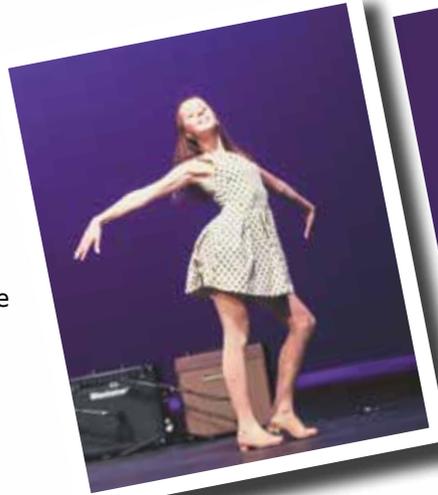
Morinville Community High School held their annual Charity Coffee House performance Feb. 18. A total of 17 acts took to the stage, punctuated by an intermission with coffee and desserts. The school division has committed to raising \$200,000.00 by the end of the 2015-2016 school year to assist with reconstruction efforts in the Philippines. Proceeds from this year's Charity Coffee House will go to that cause. See story Page 14.



Clockwise from top left:

Liam Winfield does a guitar solo. Kali MacDonald and Aaron Macintyre. Miqeal Bourque belts out a pop tune. Albert Nault does soem crooning. Liz Turner sings some Broadway. Emma Wiwchar performs a tap dance routine.

- Stephen Dafoe Photos



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The Little Mermaid hits the stage Saturday with 60 local actors



by Stephen Dafoe

A little red truck arrived in Morinville Monday filled with actors, costumes and props, items necessary for a major stage production where the community is the cast. The Missoula Children's Theatre has brought their knowledge and skill to town for the second time in as many years to put on a week of rehearsals and two performances of The Little Mermaid. Auditions were held Monday afternoon for the 60 local actors who will put on two performances Saturday.

Cultural Services Manager Laurie Stalker is looking forward to the production, now underway, because it gives residents an opportunity to be a part of the show, not just audience members. "It's kids being able to come and participate in a variety of different ways in the theatrical process and have lots of fun," she said. "Last year the kids in the schools were calling each other by their stage names. It's that kind of excitement and buzz and vibe that I hope to accomplish [again this year]."

Those who auditioned Monday began with some theatre games to demonstrate their theatrical chops. Roles were assigned and rehearsals began the same night. Rehearsals will continue through the week ahead of two performances Saturday: one at 3:00 p.m. and another two hours later.

Stalker sees the Missoula opportunity as the type of opportunity that can set students on a future path. "Last year some of the key roles were performed by high school students who have aspirations to go on to post-secondary school education in theatre," Stalker said. "This is how kids get the opportunity to find out if this is something they enjoy."

Tickets for Saturday's shows are \$10 and available at the cultural centre box office during business hours.

Cultural Services Manager Laurie Stalker holds the poster for Missoula Children's Theatre's upcoming production of The Little Mermaid, a show that will include 60 local performers. – Stephen Dafoe Photo

Adopt-a-Pet



Morinville News
www.MorinvilleNews.com



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

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Senior writers sought for new literary award

by Morinville News Staff

Writers 55 and older living in the Edmonton Metropolitan Area have until Mar. 30 to enter their work for the John W. Bilisland Award, a new literary award offered by the Strathcona Seniors Society.

The group has served older adults in South Edmonton for 42 years by providing a range of social and recreational programs. Part of that programming has included creative classes by the award's namesake, John W. Bilisland, Professor Emeritus of English at the University of Alberta. In addition to a 30-year career as a teacher, Bilisland has volunteered teaching creative writing at the Strathcona Place for the past 25 years. Seniors attending Bilisland's classes over that time have produced more than 20 publications, including books.

The Society's John W. Bilisland Award offers a \$500 cash prize in each of three categories: short fiction, short non-fiction and poetry. Short Story non-fiction entries should be between 500 and 3000 words, fiction entries between 500 and 7000 words and poetry entries can be up to 30 lines. Previously published authors are welcome to enter; however, previously published works are not eligible.

Deadline for award submissions is Mar. 30. Entry rules, regulations and entry forms are available online at www.strathconaplace.com. Entry forms are also available at the Strathcona Place Senior Centre, 10831 University Avenue. There is a \$5 entry fee. Interested parties can email JackBilislandAward@gmail.com for more information.

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Food & Health Pages



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Sobeys employee Halaina shows off the store's new line of balloons that can be filled while you wait.

- Stephen Dafoe Photo

Country-Style Ham and Potato Chowder

by Healthy Exchanges

I love any kind of soup, but I especially love potato soup. It's the most comforting soup I can think of. Try this healthy version and see if you don't agree.

- 1 (10 3/4-ounce) can reduced-fat cream of celery soup
- 1 cup fat-free milk
- 1 teaspoon dried onion flakes
- 1 teaspoon dried parsley flakes
- 1 1/2 cups diced extra-lean ham
- 1 1/2 cups diced cooked potatoes
- 1 cup frozen whole-kernel corn, thawed
- 1 cup frozen cut broccoli, thawed

1. In a large saucepan, combine celery soup, milk, onion flakes and parsley flakes. Add ham, potatoes and corn. Mix well to combine. Stir in broccoli.

2. Bring mixture to a boil, stirring often. Lower heat, cover and simmer for 10 minutes, stirring occasionally. Makes 4 (1 1/4 cup each) servings.



by Healthy Exchanges

• Each serving equals: 240 calories, 4g fat, 19g protein, 32g carb., 730mg sodium, 4g fiber; Diabetic Exchanges:

es: 1 1/2 Starch, 1 1/2 Meat, 1 Vegetable.

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Permaculture! What is that?

If you google permaculture, you will find a plethora of pages discussing this ecological design process, yet when talking with friends and family very few know or understand what it is. David Holmgren, one of the co-founders of permaculture defines it as: "Consciously designed landscapes which mimic the patterns and relationships found in nature, while yielding an abundance of food, fibre and energy for provision of local needs." 1

Now if you're like me, you probably read that and said "Huh?" I didn't understand it at first. It wasn't until I started to do some research on Permaculture that it began to make sense. In very simple terms, it is people working with the land the way nature intended, observing the connectivity of plants, animals and humans to live a life that regenerates the earth rather than depleting it.

Permaculture is based on three fundamental ethical principles and 12 design principles and strategies. People inspired by these principles and strategies are working both locally and globally by building an interdependent system of living. They are living not ON the land or OFF the land but WITH the land. By implementing the permaculture design principles, they create small local changes that are directly and indirectly influencing a wider global environment. The human race has managed to do a fine job of damaging the earth; now we have a plan of action to repair it and thrive together vs. survive together.

Residents of Morinville and Sturgeon County will have an opportunity in March to learn about this design science that is inspired by nature from Kenton Zerbin, a permaculture designer, consultant and educator. I had the pleasure of attending one of Kenton's workshops last spring. I came away with renewed hope, a desire to make a change in how I approached gar-



The
**Wheelbarrow
Gardener**

by Valerie Loseth

dening and my sustainable living practices, and the practical ideas and strategies to make things happen at home and within my community.

Kenton will be hosting two Introductions to Permaculture workshops that will inspire you to Repair Land, Grow Food and Build Community.

Kenton says this of his workshops:

"This is a perfect introduction for those who want to start growing their own food, those who want to improve their home or garden, and those who want to learn how humanity can be a regenerative force on this planet. Come and learn about this growing movement that has national governments, world renowned scientists and backyard gardeners alike optimistic and creating change on the ground."

Workshops are happening at the following places and times:

Sunday, Mar. 22 from 1:00 p.m to 3 p.m. at the Morinville Community Library, and Friday, Mar. 27 from 6 p.m. to 8 p.m. at the Morinville Farmer's Market.

Reserve and ensure your spot today by registering on www.eventbrite.ca or take a chance and pay at the door (24 limited seats).

Cost: You pay what you think it's worth \$20-\$50 it's up to you. Profits go towards creating ongoing educational opportunities.

The following websites are great resources to start understanding and learning more about permaculture.

www.permacultureprinciples.com
www.edmontonpermaculture.ca

Reference:

1. www.holmgren.com.au

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Pasta Ya Ya Salad
Caesar Salad With Cajun Croutons
Assorted New Orleans Relish Tray
American Cheeses

Dessert Bar
Pecan Pie
Assorted Tourtes & Cheesecake
French Cream Puffs
Assorted Fruit With Bourbon Chocolate Fountain



Upcoming Games



Feb. 25 ROAD GAME 8:00 p.m.
Jets vs. Red Wings

Feb. 27 HOME GAME 8:30 p.m.
Jets vs. Red Wings



Feb. 27 ROAD GAME 8:30 p.m.
Kings vs. Devon Barons

Feb. 27 HOME GAME 8:30 p.m.
Kings vs. Devon Barons

Sports Briefs

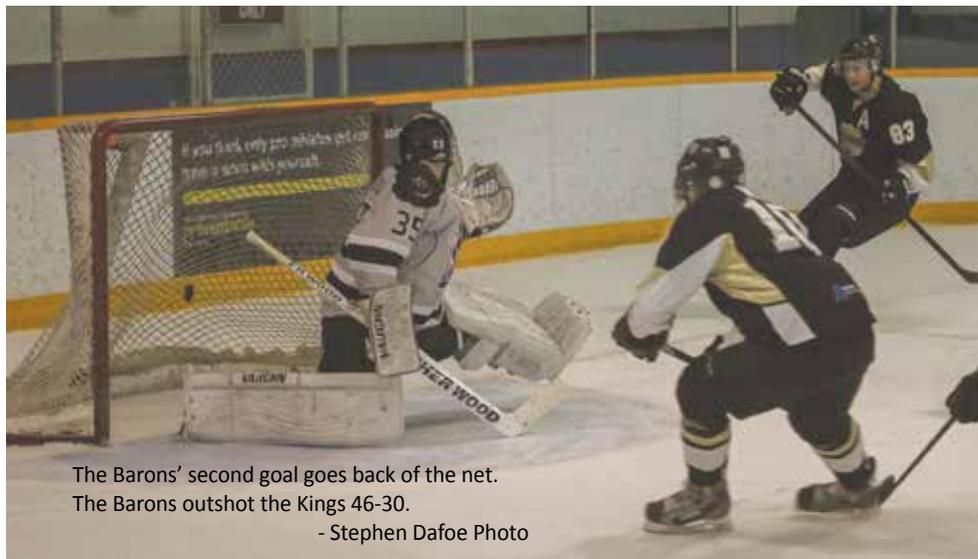
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Kings drop game one to Barons



The Barons' second goal goes back of the net.
The Barons outshot the Kings 46-30.

- Stephen Dafoe Photo

by Morinville News Staff

The Morinville Kings are a game down in the second series of NCHL playoffs after an 8-4 home-ice loss to the Devon Barons Saturday night.

The Kings got off to a rough start Saturday night against the rival Devon Barons. A short bench left the Kings short a goal and trailing the Barons 2-1 at the end of the first.

The second period saw the senior AA club battle back to a 4-3 deficit with a minute and five left on the clock. Panasuk's goaltending kept that deficit from being higher as the Barons lead in chances 33-21 by the end of the middle frame.

Returning to the ice trailing by one, the Kings soon found themselves down by three goals in a rough game.

With 6:13 left in the contest, the Kings closed the margin to 6-4, but found that the gap widened to 7-4 a minute later and to 8-4 with 2:42 left on the clock.

Game two takes place in Devon Friday night. Game three will be played Saturday night in Morinville at 8:30 p.m.

Jets need to take three in a row

The Morinville Jets are 0-2 after back-to-back losses over the weekend. The Jets fell 4-2 to the North Edmonton Red Wings on the road Friday night and dropped an 6-2 decision to the club on home ice Sunday night.

Friday night's road game saw the Jets trailing 2-1 at the end of the first, 4-2 by the end of the second and both sides scoreless for the final 20.

Though the Jets came onto the ice with a goal in the first minute of play Sunday night, a series of penalties gave the Red Wings three back-to-back powerplay goals to bring the game to 3-1 in the Red Wings' favour less than 10 minutes in. That's where the scoreboard stayed for the final 10, giving the Jets a two-goal deficit to overcome heading into the middle frame.

The second period saw both clubs taking nearly equal chances to score, advancing from a 14-13 shots on net pairing in the Red Wings favour at the end of the first to 22-20 for the Jets by the end of two. But despite equal opportunities to score, only the Wings capitalized, once again on the power play.

Trailing North Edmonton by three at the start of the third period, the Jets found the gap widen to 5-1 with 11:34 left on the clock, but answered back two minutes later to narrow it to 5-2. Though the Jets had a power play opportunity in the closing minutes, they failed to capitalize on the opportunity. An empty net in the closing seconds would give the Red Wings a 6-2 victory and put them within one game of taking the series.

The Jets take to the road Wednesday night for game three. If the Jets pull off the win, game 4 will be played at home Friday night at 8:30 p.m.



Coyotes take 2nd spot

The Georges H Primeau Coyotes attended the Redwater Tournament Friday and Saturday and finished with Silver. Our Lady of Perpetual Help from Sherwood Park took the top slot after defeating Primeau 62-22 in the final.

- Submitted Photo



Hockey heritage

Norm Meunier poses with a photo of the 1933 Morinville Hockey Team. His father Gustave (Gus) Meunier is pictured third from left in the back row. Gus was raised on a farm west of Morinville. He was asked to play hockey for the Edmonton Eskimos team prior to Edmonton Flyers. Gus played hockey in Morinville as did Norm. Norm's son Raymond and great grandchildren Chantal, Joel Josh and Ty Meunier are all hockey fans.

- Lucie Roy Photo



Timbits Jamboree

Timbits Initiation players took to the ice in Morinville and Legal for the Timbit Jamboree, a fun day of hockey sponsored by Tim Hortons. Left: an Athabasca and Spruce Grove player work for the puck. Below: A Sturgeon Mustang moves in on Lamont Hawks player.



- Stephen Dafoe Photos



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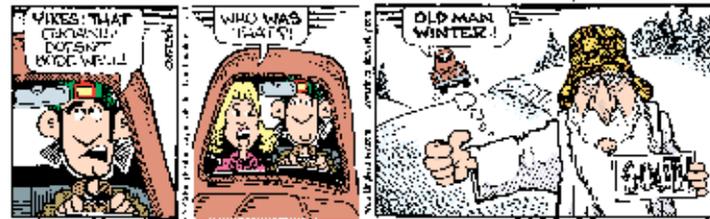
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R.I.D.



The Spats



Weekly SUDOKU

by Linda Thistle

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

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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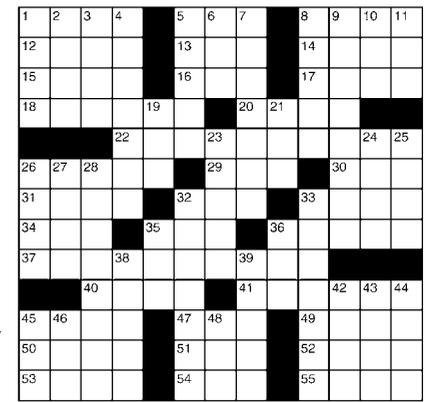
Trivia Test Answers
1. Annapolis; 2. Derek and the Dominos; 3. Claude Monet; 4. Pine Valley; 5. Upton Sinclair; 6. Maryland; 7. Nutmeg; 8. Krypto; 9. William; 10. 1965

This Weekly Puzzle Page Sponsored by Linda Getzlaf

King Crossword

ACROSS

- Venomous vipers
- Panhandle
- Pinnacle
- Secular
- Pitching stat
- Slender
- Culture medium
- Shriner's topper
- Wet wrigglers
- Jungle expedition
- Grand story
- Killjoy
- Nasality
- Every last bit
- Rowing tool
- Like a Cabernet
- Color
- Remedy
- Mel of Coopers-town
- Greet the villain
- Name
- Pianist's supply
- Blue hue
- Geronimo, for one
- Fonteyn's frill
- Ailing
- Membership fee



- On the briny
- Ultramodern
- Memo acronym
- Reiner or Sandburg
- Sermon subject
- Nimble

- runner
- Had a home-cooked meal
- Supermarket section
- Wire measure
- Type units
- Rule, for short
- Chum
- Louisiana waterway
- Count counterpart
- Genealogy chart
- Not merely
- 14-Across
- Suit
- Preceding
- Graceful

DOWN

- "Oh, woe!"
- "The Forsyte"
- Chanteuse Edith
- Not merely
- Noah's passengers, e.g.
- Accompany-

- ing
- Pangolin, for one
- Territories
- Noisy insects
- A/C meas.
- Gratuity
- Same
- Beauty parlor
- Point
- Listen to
- Catch sight of
- Middle O?
- Mex. neighbor
- Island garland

? Trivia test by Fifi Rodriguez

- GEOGRAPHY: Where is the U.S. Naval Academy located?
- AD SLOGANS: What company promoted its products with the slogan, "Nothin' says lovin' like something from the oven"?
- ART: Who painted a series of famous works of his garden at Giverny?
- TV: What is the name of the city in TV's long-running soap opera "All My Children"?
- LITERATURE: Who wrote the novel "Dragon's Teeth"?
- MUSIC: What rock group originally recorded the song "Layla"?
- FOOD & DRINK: What other spice is similar in flavor to mace?
- COMICS: What was the name of Superman's superdog?
- GENERAL KNOWLEDGE: What was the first name of the pirate known as Captain Kidd?
- HISTORY: In what year was Malcolm X assassinated?

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

Weekly SUDOKU

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

Solution time: 25 mins.

Answers

King Crossword

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by Sam Struckhoff

PHOTO: Scene from *Big Hero 6*

Big Hero 6 (PG) — This Disney animated feature takes us to the futuristic fictional metropolis of San Fransokyo, where a bunch of tech whizzes (and their inflatable robot) build themselves into superheros to battle a Kabuki-masked supervillain. The heart and soul of the supergroup is 14-year-old Hiro (voiced by Ryan Potter) and a doughy, adorable robot caregiver named Baymax (Scott Adsit).

It hits all the notes you'd expect from a Disney super-adventure — a kid for the kids to relate to,

a goofy show-stealing sidekick, quirky supporting characters, vulnerable feelings and dazzling animated action sequences. While the characters are loosely adapted from a lesser level of the Marvel Comics world, this world fits in with genre demands while still bringing a refreshing energy to the screen.

Whiplash (R) — A gifted young jazz drummer gets pushed to his furthest edges by a merciless music teacher so sadistic and single-minded that you'll be scared of him too. Andrew (Miles Teller) is a prodigy behind a drum kit, and he's determined to reach the highest level at his musical conservatory. He catches the attention of the school's most feared and respected teacher, Terence (J.K. Simmons), who immediately starts with the mindgames, working Andrew to the bone and changing him to the core.

The performances are downright amazing. The central pair have such a dynamic going -- are they teacher-and-student, tormentor-and-prisoner, father-and-son? J.K. Simmons has, until this point, been known for bit dad roles and insurance commercials. Now he's buried in awards from this outstanding breakthrough role.

Beyond the Lights (R) — This touching romance follows Noni (Gugu Mbatha-Raw), a pop singer about to take over the charts with her astounding voice and full-scale sex appeal. Trouble is, stardom and objectification aren't all Noni

was told they would be by her overbearing stage mom (Minnie Driver). When things seem darkest and Noni can't take it anymore, she's rescued by a hunky, virtuous cop named Kaz (Nate Parker). Even when the plot wears thin, the performances and directing give it gravity it needs.

Horrible Bosses 2 (R) — Jason Bateman, Charlie Day and Jason Sudeikis are reunited as the three bumbling revenge-plotting pals from the pretty good 2011 prequel. The trio is trying to launch a small business — selling some silly invention — when they get swindled by Bert Hanson (Christoph Waltz), a big businessman who said he could help them succeed. Our protagonists decide to kidnap Hanson's playboy son (Chris Pine). Unfortunately, while the leads still have their comedy chemistry, a confused script strangles the humor and pushes things into a more predictable territory.

TV RELEASES

Sons of Anarchy: Season 7
Midsomer Murders, Set 25
Mountain Men: Season 3
Return to the Wild:
The Chris McCandless Story
The Alps From Above:
A Symphony of Summits

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Upcoming Community Events



Kraft Hockeyville 2015

If you are taking hockey photos in Morinville, be sure to share them on Instagram and Twitter with the hashtag **#khv_morinville**. Let's show our support for the Hockeyville 2015 competition and help the community score an NHL pre-season game and \$100,000.

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

28 FEB
TIME: 3:00 pm - 4:00 pm

Presented by **servus**
Missoula Children's Theatre
THE LITTLE MERMAID
TICKETS: \$10

Purchase tickets at Servus Credit Union Morinville Branch, by phone at 780-939-7888 or in person at the MCCC box office.

20 MAR
TIME: 7:30 pm

TOMÁŠ KUBÍNEK
TICKETS: Adult \$25 | Senior \$20 | Student \$10

Purchase tickets at www.tixonthesquare.ca, by phone at 780-939-7888 or in person at the MCCC box office.

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, Feb. 27th 3 - 5 pm
(small fee for supplies)

All ages welcome!

Check our website for more information!

Gaming Night
Friday, February 27th 6:30 pm

Loose Threads
Monday, March 2nd 6:00 pm

Word Docs
Tuesday, March 3rd 6:00 pm

Knit Wits
Tuesday, March 3rd 6:30 pm

LEGO Block Party
Wednesday, March 4th 6 - 7 pm

Morinville Community Library

Hours of Operation
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Saturday 10 am - 4 pm
Sunday 12 pm - 4 pm
Closed Holidays

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Around Town

5K Foam Fest promises a fun run

by Lucie Roy

Michelle Logan, the resident fitness instructor for the Town of Morinville, is hoping to have 20 to 24 people from the community participate in Foam Fest in Red Deer June 20. She held an info session on the obstacle run event at the cultural centre last week.

Logan said there are 16 to 30 obstacles, including running through foam, body washer, slip and slide up and over a cargo net, climbing walls, and a chamber of foam. If a person is too scared or not wishing to perform a certain obstacle, the staff will assist the participant to get around it. The event will go on rain or shine.

"The event is not a hardcore race; it is a fun core race, and the goal is to have fun while running," Logan said. You will not be given timing chips."

Registration began Thursday night. Those interested in participating can contact Melanie Dziwenka at 780-939-7833.



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Dragon's gather

Heritage Lodge residents Chris Dowding, Mary Kobylka and Anne Musick sit at the Dragon's table for the lodge's Chinese New Year celebrations Thursday. Heritage Place Lodge also hosted the seniors from Legal's Chateau Sturgeon Lodge. The residents were called up for dinner by their Chinese Zodiac sign.

- Lucie Roy Photo



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