

Morinville News

May 06, 2015

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Vol. 5 — Issue 18

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Leader interviewed

NDP Leader Rachel Notley was interviewed by MCTV crew member Julie Otte for the school's MCTV News program Friday. See Page 10 for more photos.

- Lucie Roy Photo

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Community Champions

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Citizens on Patrol President Keith Norris talks about his organization to Morinville News at the recent Morinville and District Chamber of Commerce Trade Show.

- Morinville News Video Capture



Community group continues its long tradition of helping police

by Stephen Dafoe

A car rolls up; a man gets out. He heads towards a car that's not his own, there to see if the owner left it unlocked. The door holds tight, the man has no pry bar to break it open. But then again, he doesn't need one because he's not there to rob the vehicle, only to let the owner know the importance of keeping vehicles locked and valuables safe.

It's one of the many things Morinville's Citizens on Patrol (COP) have done in the past to help keep their community safe.

They are a small group of dedicated volunteers, trained to assist police.

"Citizens on Patrol are a bunch of volunteers that assist the RCMP in patrolling to the point where we can itemize anything strange that's going on," said COP President Keith Norris. "We do it on a rotational basis as best we can."

But for the watchdog organization, as best they can is limited by the number of volunteer members they have to do patrols.

The organization is currently looking for more volunteers to train this summer to be ready for the fall and winter when increased darkness provides increased cover for those who would commit a crime.

"When it gets darker early, it seems to give the villains a little bit more darkness to hide in,"

Norris said. "The more people we can have going out on patrol, the better off the town and community is going to be."

Norris is quick to point out COP members to not engage in stopping the activity. Rather they are a line of sight for and a line of contact to the RCMP. "They can't be there all the time, so all we are is another set of eyes and ears for them," Norris said.

The COP president said the group prefers to patrol at night when criminal and suspicious activity is more prevalent.

"[It's] mostly when bars are closing. We're more attuned to speeding, drunk driving, but also vandalism," Norris said, adding he is disappointed recent vandalism occurred after COP were on patrol.

The math is simple. Each patrol, be it on foot, on bicycles or by car consists of two COP members. With a commitment of only one patrol per month, the organization needs 60 volunteers to cover every night of the week. The organization is currently far short of that number.

"What we are hoping for is a bunch of volunteers that we are able to pair together," Norris said. "After training, [they] can go out at various times of the evening as many times in a month as we can."

Norris said patrols are never scheduled for specific areas of Morinville and Cardiff that they cover. Patrols are always random.

Members are given a COP badge, registered with the organization, and given an RCMP member as a liaison.

Becoming a member

Norris said once a potential member fills out an application form; they are interviewed by two members of the organization, often himself and the vice president or treasurer. "For want of a better expression, we vet you," Norris explained, adding a letter is then sent to RCMP for a police check on the prospective COP member. Once the letter comes back from RCMP training can begin during a three-month probationary period. "You learn how to do things. You learn how to make reports, time reports, [then you] come back and explain at the general meeting how you are getting on," he said.

Norris said the current obligation is attendance at one meeting per month and volunteering for at least one patrol per month.

"The people who do it are good-hearted, and they enjoy what they are doing, Norris said of his team of volunteers. "We try to make it fun as well as complete."

Those interested in volunteering with the Morinville Citizens On Patrol can visit MorinvilleCOP.org, email president@morinvillecop.org, or call 780-939-4550 and leave a message.



Olson second lawyer to pass the bar in Morinville

by **Stephne Dafoe and Lucie Roy**

A small ceremony at the Morinville Court House Friday afternoon marked the start of a career for a local lawyer, but the gathering also marked the continuation of a tradition that began in 2013. Samantha Olson, who has spent the past year articling under Andrew Lawson at Putnam and Lawson, was the second lawyer to be called to the Bar in Morinville. Judge Vaughn Myers conducted the ceremony, as he did with Olson's colleague, Jessy Inkpen, in July Of 2013.

Olson took her oath Friday, signed the necessary papers and received her robe in the courtroom after Myers accepted the application to the Alberta Law Society submitted by lawyer Andrew Lawson on Olson's behalf.

Olson has been working for the past eight years to receive her robe, but the 25-year-old lawyer said she knew at the age of 10 that she wanted to practice law. "I come from a divorced family. I was six years old when my parents split. I suppose that I just felt like I wanted to help other people that were dealing with what I was dealing with," she said. "I grew up feeling that I wanted to be that person that could help others that are going through a similar situation to what I went through."

The lawyer said the path from elementary school to the bar was one of study. Though she never had a problem achieving solid grades in her edu-

cation, university provided a first-semester wake-up call. "I realized that I needed to put my nose into the books and get the grades that I wanted to. Not only was I young to be entering into law school, but I had virtually no work experience. It was an uphill battle for me."

Olson said the bulk of her work at Putnam and Lawson would be matrimonial law. "That's definitely the route that I want to go, but I've also been doing some solicitor's work with the girls in real estate and also in the wills department," she said. "I'm kind of all over the place getting general experience."

The lawyer said she had enjoyed working with Andrew Lawson, Gord Putnam, and Jessy Inkpen. "It's been a really amazing experience," she said. "Putnam and Lawson is so much more than just a law firm. They're like family to me, and we are all such a strong team. I love that I can come to work and know that people have my back, not only in work but also outside."

Above: Lawyer Gord Putnam, Samantha Olson, The Honourable Judge V.H. Myers, Jessy Inkpen — Associate Putnam & Lawson, and Lawyer Andrew Lawson at the Morinville Provincial Courthouse Friday afternoon.

- Lucie Roy Photos

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Morinville News - Editorial Pages



We give them an A for effort

Three politicians walk into an election with varying degrees of preparation. The incumbent has the advantage of knowing when the election will be called. The other two know it will be called, think they know when it will be called, and then have to scramble when it is actually called.

And scramble is the verb. The Wildrose picked their man in Barrhead-Morinville-Westlock Mar. 14, just 24 days before the writ was dropped Apr. 7. The NDP acclaimed their man just 11 days before the election was called.

Less than a month to prep and the normal 28 days to work a campaign made for a bit of work. But all three candidates hit the hustings and door steps to unfurl their platforms and aspirations to be the constituency's next MLA.

This period of door knocking was briefly punctuated by a much appreciated but flaccid All Candidates Forum put on by the Chamber, Rotary, teachers' unions, and sponsored by this publication. It was flaccid in its draw of just 150 from the community, flaccid in the predictability of the submitted and "rewritten-for-clarity" questions, and mostly flaccid in the delivery of many of the responses from candidates. If ums and ahhs were votes, all three would have scored well.

Unlike the provincial leader's debate that had its clear winners and losers, according to the

media that covered the event, the Morinville forum had little in the way of a clear-cut winner. If one sought a winner by the level of clapping — it was a three-way draw of little more than polite applause, the type of rhythmic politeness that is as Albertan as a maple glazed doughnut and a large double-double. But if one were to judge forum momentum by random whistles and crowd mutterings, then Turner and Van Dijken were in a two-way tie with left and right attendees. Not surprising in a race where the incumbent PCs were criticized for suggesting a different way by voters who say they never change.

Minor pratfalls occurred with two of the candidates — but a missed fact on schools and failing to acknowledge the party leader, while making for some mildly amusing Twitter snark, hardly is enough to win or lose an election.

Locally, all three candidates made an effort to knock on some doors — both going curb to step and by having booths at the recent trade show.

In the end, the last 28 days can be summed up as an election few wanted and poll numbers that was perhaps the biggest surprise of the campaign.

To find out if voter turnout and ballot results matched the so-called Orange Crush — visit MorinvilleNews.com May 6.

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- ◆ Available to work days, evenings and weekends. Position is 30 hours per week/8 weeks contract.
- ◆ Experienced working with children.
- ◆ Competent with alpha-numeric skills
- ◆ Knowledgeable and have practical experience with computers, internet and on-line resources
- ◆ Able to lift & carry up to 12 kg and to perform repeated hand & arm movements
- ◆ Able to multitask & work in a fast paced environment

More information on our website under career at www.morinvillelibrary.ca

To apply, submit your cover letter and resume no later than Saturday, May 23rd by mail, fax, email or in person to:

Morinville Community Library
10119 - 100 Avenue Morinville, AB T8R 1E9
Phone: 780-939-3292
Fax: 780-939-2757
director@morinvillelibrary.ca **ATTENTION: Isabelle Cramp**

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Above: Clay pets an owl at Francis Viewpoint. Right: A Canada Goose.

- Lucie Roy Photos

Nature Kids explore opportunities in Tofield

by Lucie Roy

A bus load of youth from the Morinville and Area Young Naturalist Club and the 1st Morinville Guides, Brownies attended the 16th Annual

Snow Goose Chase Saturday. The event was organized by the Edmonton Nature Club and the Town of Tofield.

Morning activities included displays and exhibits by the Valley Zoo, Beaverhill Bird Observatory, Beaverhill Lake Nature Centre, and visiting a wetland by the Tofield Nature Centre. The Snow Goose Chase included sightings of snow geese, tundra swans, cranes, hawks, owls and other birds.

The event for the local area was organized by Morinville and Area Young Naturalist Club Event Organizer Leanne Boissonnault. She said their club is also undergoing a name change. Operating under the umbrella of Nature Alberta — they are now known as Morinville and Area Nature Kids Explorer

The new name Nature Kids is a fresh new look for Nature Alberta's Youth Program and includes a new logo. Boissonnault requested to add the word Explorer, to become the Morinville and Area Nature Kids — Explorer.

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Council approves an earlier budget process

by Colin Smith

Development of Morinville's annual budget will begin earlier and allow for more public participation, as a result of Town Council's adoption of the 2016 Planning and Budget Process timelines at its regular meeting Apr. 28.

"The time lines provide marker posts for Council and Administration...places where we need to be at specific times," said Financial Services Director Andrew Isbister. "It also allows the public to become engaged in the process."

"While we had followed a timeline in the past, it was not formalized."

Council approval of the timelines follows its review of the general planning and budget process used in the preparation of the 2015 Annual Operating Budget and Capital Plan at a Committee of the Whole meeting April 21. The 2015 budget was passed last December.

Beginning with the revision and approval of the budget process, the timelines set out a series of steps to be followed by Council and Administration, beginning in May and culminating with final approval of the 2016 Budget in late November.

According to the operational planning timeline, by the end of June Administration will have updated budget workbooks and salary costs, and estimated tax, grant and other revenues. It will also identify required staff changes and assign salaries, staff changes, operating projects and revenues to departments.

During August, departments will use the workbooks to prepare the 2016 operating budget, with a consolidated budget draft to be completed by the end of the month. Administration will review the draft budget with Council, sitting as committee of the whole, in the middle of September.

The draft budget, along with the three-year



strategic and five-year capital plans, is scheduled to come before council for first reading on September 22.

Open houses and a public hearing on the document will take place in October.

Second reading of the budget and plans, at which amendments can be made, will take place Nov. 10, and its third reading and passage is planned for Nov. 24.

Council will review the 2016 budget process in December before the Christmas break.

Along with the operations budget, Council and the Administration will be working to a timeline to review and update Morinville's Municipal Sustainability Plan, the three-year strategic plan and the five-year and 25-year capital plans.

Administration prepared the 2016 Planning and Budget Process Timelines after reviewing the requirements of the Municipal Government Act, along with Town documents and the recommendations from the Organizational Review Council included in the 2014 Budget.

The timelines will be posted on the Town of Morinville website.



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Morinville Council briefs

by Colin Smith

Tax bylaw

A 3.39 per cent rate increase was approved by Town Council at its regular meeting Tuesday. Council gave second and third readings of the 2015 Property Tax Rate Bylaw. With this rate increase, the municipal taxes for a home assessed at \$300,000 will rise by about \$65 per year. For a property valued at \$300,000, total taxes for 2015 would be \$2,735.84 compared to \$2,664.73, an increase of 2.67 per cent or \$71.11 per year.

The Town of Morinville needs to raise \$8,160,137 in municipal taxes to meet its expenditures and debenture debt, in line with its 2015 Operating and Capital budget approved in December. In addition, it has to cover this year's Education Property Tax Requisition in the amount of \$3,091,592.65 for the Alberta School Foundation (ASFF) and Greater St. Albert Catholic Schools, and the Sturgeon Foundation Tax Requisition in the amount of \$115,861.26, for a total of \$11,316,388.

Tax assessment notices will begin going out immediately.

Land use bylaw

Council approved first reading of a bylaw to rezone an area of Grandin Heights to allow construction of single-family homes.

The zoning change for the 4.94-acre parcel

of undeveloped land at 96th Avenue, west of Eastview Drive is being sought as part of a subdivision application by Prism Engineering/Grandin Heights Properties Ltd. The bylaw redistricts the land from Urban Reserve (UR) District to Single Detached Residential (R-1A) District, and is supported by Town of Morinville Planning and Development.

A report presented by Planning and Development Director Greg Hoffmann said the proposed redistricting and subdivision are consistent in character and compatible with the existing residential neighbourhood.

A public hearing on the proposed bylaw will be held during the May 26 Town Council meeting.

Proclamations

May 3 to 9 will be Volunteer Firefighters Awareness Week in Morinville. The inaugural proclamation is intended to help to create awareness of the need for volunteers in fire departments across our region. While Morinville Fire Department has 49 active volunteers, considered a healthy number, and a waiting list of three, a Volunteer Alberta survey found many fire departments serving populations under 5,000 lack volunteers.

Mayor Lisa Holmes will also proclaim May 3 to 9 as North American Occupational Safety Health Week. First launched in June 1997, the aim of the week is to "focus employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home and in the community." More information about NAOSH can be found at www.naosh.org.



This week, we feature a typical service upgrade. This homeowner required their existing 60 AMP service to be upgraded to 100 AMP. The new 32 circuit panel also provided them with more capacity, which they needed for the development of their basement.

Thank you for looking at our project of the week.

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Join us to celebrate
Volunteer Firefighter Awareness Week!

MAY 6, 2015 – "Open Practice"
Stop by with your kids and everyone can try on some bunker gear, get their pictures taken, and spray some water out of an attack line!
Where: Ray McDonald Sports Center Parking lot (9908 – 104 Street)
Time: 7:30 p.m. to 9:00 p.m.

MAY 7, 2015 – "District Familiarization"
Crews will be driving around Morinville showing off the trucks and equipment. Keep your eyes out your windows and see if any trucks are in your neighbourhood!

MAY 9, 2015 – "Fire Hall Open House"
Stop by the Fire Hall for an Open House as the hall and trucks will be on display!
Where: Don Found Fire Station (10021 100 Street)
Time: 10:30 a.m. to 12:00 p.m.

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.

DP056/2015 – Single Detached Dwelling — As Built Porch, 9409-97 Avenue (Lot 120, Block 14, Plan 792 0204) — Minimum Required Rear Yard - Variance (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 780-939-7857 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 MAY 20, 2015. Appeals can be filed with the Secretary of the Subdivision and Development Appeal Board by calling 780-939-4361.

REMINDER

Please check to see that your fire permit has not expired. If it has expired, or you have a new fire pit, submit an application for a new permit, which are available at Civic Hall (10125 – 100 Ave) Monday to Friday 8 a.m. to 4:30 p.m. Sites are inspected by the Morinville Fire Department prior to approval.



www.morinville.ca

Reuse It or "Loose It"



May 30 & 31, 2015
Ray McDonald Sports Center (9908-104 Street)
9:00 a.m. to 2:30 p.m.



Residents are invited to set "loose" items no longer wanted or needed (but still useable) by bringing them to a central location for others to browse through and take home **FREE OF CHARGE**. This event lessens our environmental impact by sending less to the landfill.

The Town provides a removal service for residents with disability or mobility issues, and for those who are participating in the 2015 Town-wide garage sale.

For more information call Public Works at 780-939-2590.



**Pitch-In
and help keep Morinville a
clean community**

The Town of Morinville will host OPERATION CLEAN SWEEP as part of Pitch-in-Canada week on MAY 6, 2015.

If you would like to participate in this great event or would like more information please contact:

Allen Jacobson 780.939.7832
ajacobson@morinville.ca

www.morinville.ca



VACANCY: Council Compensation Review Committee

The Town of Morinville invites applications from residents who are interested in serving on the following committee for the Town of Morinville:

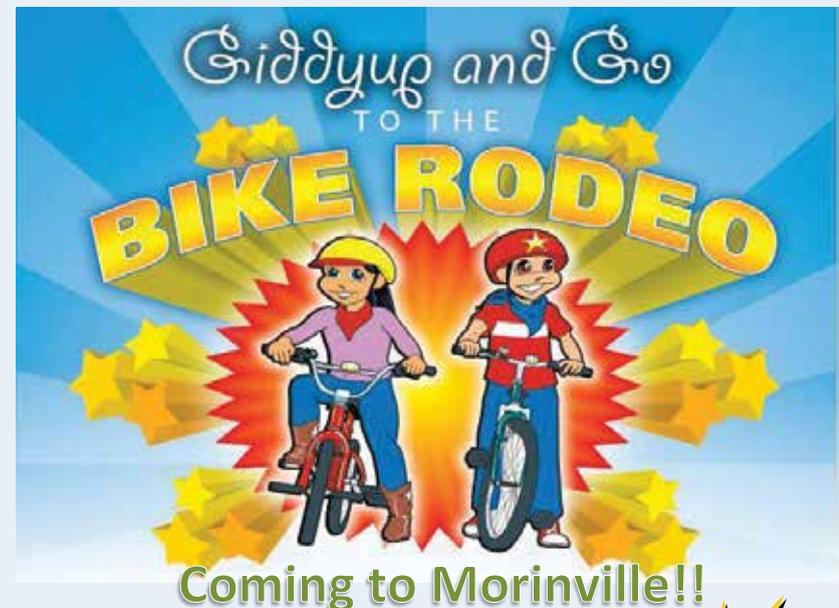
Council Compensation Review Committee (5 vacancies)

This committee will meet as required and is set to expire September 2015.

Application deadline: May 19, 2015

Application packages and information are available at Morinville Town Office, 2nd Floor, 10125 - 100 Ave or on our website at www.morinville.ca.

Please submit your applications to Jennifer Maskoske, Legislative Officer at jmaskoske@morinville.ca



Thursday, May 14, 2015
6:00pm-7:30pm

Ray McDonald Arena Parking Lot
9908-104 Street Morinville, AB
For ages 6-12 years old

**Must bring your own
Bike and Helmet**



Morinville Enforcement Services, Morinville RCMP and Alberta Health Services are pleased to bring you this 2015 Bike Safety and Awareness Event.

Its free to attend, but you must **PRE-REGISTER** by calling Morinville Community Services at **780-939-7833** or online at www.morinville.ca

******PARENTS MUST SIGN A WAIVER BEFORE THE EVENT******



Public Works Seasonal Reminders

Organics Waste Collection

Starts on a weekly basis May 5 or 6 (depending on location) until the end of October.

Free Compost Give Away

Will take place on Saturday May 9 at the Public Works Shop (10310 - 107 Street) from 10 a.m. to 2 p.m. Bring proof of residence and either trailer, bags or bins to transport compost.

Town Wide Garage Sale



9 a.m. - 4 p.m.

The annual event is back!

When: **Saturday May 23**

Where: Table Rentals — Ray McDonald Sports Center Curling Rink
Community Garage Sales — address will be on our community map which will be available on the Town of Morinville website on Wednesday, May 20, 2015, as well as at the arena on the day of the event.

Fee: \$15/Table (8x10') rental
Submit your address to be included on the map by 4:30 p.m. on May 15th.

Contact: Community Services at 780-939-7839 to rent a table or to be included on the garage sale map or for further information.

www.morinville.ca

Notley interviewed by MCHS' MCTV News



NDP Leader Rachel Notley took time to visit Morinville Friday morning after being invited for an interview by Morinville Community High School's MCTV. Notley was interviewed by MCTV crew member Julie Otte for the school's MCTV News program, which is broadcast inside the school.

- Lucie Roy Photos

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Bike rodeo teaches rules of the road

by Stephen Dafoe

Morinville's Community Peace Officers (CPO) are partnering with Alberta Health professionals for the annual Giddy Up and Go Bike Rodeo, taking place at the arena parking lot May 14. The free event runs from 6 p.m. to 7:30 p.m. and is open to children between the ages of 6 and 12. Children need to bring their bicycle and helmet to participate.

"I think it's important that we do these bike rodeos every year," said CPO Cody Rossing. "It's an ongoing thing where kids are constantly forgetting to wear their helmet, or they are unaware of the different hand signals and other rules that they should be following when they ride a bike."

Rossing said mid-May is a perfect time to hold the event to teach new riders and remind those who have ridden before. "As children they easily lose it over the winter," he said. "It's one of those things [we do] to keep the children safe as they ride their bikes around the community."

Last year's event drew about 45 children to learn the rules of the road. Rossing is hoping for similar numbers or more this year. He is planning to split children into three groups, each of whom will participate in three activities.

A bicycle obstacle course and riding on the roads with a peace officer will form the practical side. Alberta Public Health Nurses will offer the third segment, teaching children about brain injury and bike helmet safety.

Rossing and his fellow CPOs are encouraging parents to bring their children. "It's a free event. It's an hour-and-a-half out of your busy day that could save your child," Rossing said.

Re-registration is required. Parents can call 780-939-7833 up until the day of the event. There is a waiver a parent must sign for their child to participate.



Anniversary medal

Morinville residents Bob Peterson and Wayne Willis were presented the Legion 90th Anniversary Commemorative Medal at the District 8 meeting held in Leduc recently. The medal may be worn as of June 1 on the Legion and Ladies Auxiliary dress uniforms. The Legion commemorates its 90th anniversary as a veterans and community service organization in 2016, and the ribbon design includes Legion colours and the colours of the Royal Newfoundland Regiment. This regiment will be celebrating the 100 anniversary of their involvement in the battle of Beaumont-Hamel during WW1 in 2016, and their colours are being added as a tribute to the regiment.

- Lucie Roy Photos



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Guides wrap up

Guiders Dougie Edwards and Aimie Williams pose for a photo with members of the 1st Morinville Guides at their last meeting for the season Apr. 27. The girls celebrated in style with a PJ party, snacks and crafts. Edwards said they have 24 members ranging in ages from 9 to 11.

- Lucie Roy Photo





1st Morinville Scouts

www.morinillescouts.com



1st Morinville Cub Scouts held their Pancake Brunch and Silent Auction on April 25 at the Morinville Legion. With \$3100 in donated auction items and 83 people attending we managed to raise \$1800. The money will be spent on a piratethemed white water rafting trip with Wild Blue Yonder in Grande Cache with 2 nights of camping.

The Scouting movement does so much for today's children. We don't just teach them survival skills, we teach them life skills. The program helps introverted children blossom becoming confident leaders. Watching my own children do this has turned Scouting into my passion. Your support helps us to reward the hard work our Cub Scouts did this year and for that I sincerely thank you. Leader Sona (Jeanette Rubin)

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Thank you!



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Auto Centre

After 7 years, Integra Tire Morinville will be closing their doors permanently on April 30, 2015.

The management team of Tony and Tracey Lopaschuk have moved to a Saskatchewan location within the Integra Tire team. Unfortunately, we have been unable to find a suitable replacement team with the same customer service that the Morinville location has been accustomed to.

For your future tire and service needs, the following locations would be happy to help you out:

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We would like to thank the community and our customers for their support over the years.



A grand opening

Royal LePage Premier Real Estate Morinville held their Grand Opening Wednesday from 6-8 pm. From the left: Brian Macleod, Carolyn Campbell, Sheryol Shera, Merica Kennedy, Ron Wetsch, Mike Kinsella, Mayor Lisa Holmes, Scott Storry, David Centis, and Marcia Viggers. Absent from photo: Sonia Mackenzie, Shirley Williams, Jens Foxford, Patricia Gittersos, Michelle Gillespie, Brent Mcrae and Paul Perron.

- Lucie Roy Photo

Annual General Meeting

The Morinville & District Chamber of Commerce Annual General meeting will take place



**June 3rd,
2015
11:45 a.m.
to 1 p.m.**

at the Morinville Community Cultural Centre.

Annual Reports and Elections for the Board of Directors.

Call Diane at 780-939-9462
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Adopt-a-Pet



This gorgeous girl's name is Ellie! She is a Great Pyrenees mix. We have estimated her age at approx. 10 months old. Since in our care, she has been spayed, microchipped, tattooed, vaccinated and dewormed. Ellie is a bit shy at first but warms up quickly. She gets along well with other dogs. If you are interested in adopting this beauty, please contact the Morinville Vet Clinic at 780-939-3133.



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www.morinvillevet.com



Friendly competition

Morinville Community High School students played against members of the Morinville and Fort Saskatchewan RCMP Detachments in a game of floor hockey Friday afternoon. A wooden replica of the Stanley Cup was the prize. The students were victors in this first match up. The fun game of students versus RCMP is scheduled to be an annual event. **Opposite page:** MCHS student Tyrell Brink with the cup.

- Lucie Roy Photos

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École Notre Dame students visited the Morinville High Q Greenhouse as part of their educational field trip related to the science curriculum. Seeds, planting, soil, watering plants, and types of leaves were some of the many topics covered.

Top left: High Q Greenhouses employee Kay Thompson demonstrates the use of some of the equipment and various tray sizes. The students saw the seeds being planted and followed the process to the end of the assembly line where the seeds were being watered.

Top right: Notre Dame student Hayley Dupuis looks at one of the trays on display near the assembly line.

Left Top: High Q Greenhouse employee Rowanne Verheul shows one of the many types of planters.

Left Bottom: Students learn about planters, plants and bugs from a presentation by High Q Greenhouse employee Rowanne Verheul.

- Lucie Roy Photos

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Healthy Routes

by Gladys Kublik

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Everyone makes this comparison that your heart is your body's pump, and your veins and arteries are like hydraulic hoses. This analogy works very well to explain why diuretics are the first drugs prescribed to reduce blood pressure. If there is an excess of fluid in a closed hydraulic system, pressure increases and because we aren't using that pressure to lift anything as a hydraulic jack would, that pressure strains the pump and hoses. The first and easiest solution is to decrease the volume of fluid. In the body, this requires the kidneys to excrete more fluid than they normally do thereby also decreasing excess fluid in the blood.

As we age we lose elasticity; we are not as flexible, our skin is not as supple, our hair is drier and stiffer and our arteries, veins and capillaries are not as elastic as they were. This also may cause blood pressure to increase because the blood vessels can no longer expand to accommodate an increase in the volume of fluid. A lessening of elasticity is often accompanied by a less smooth surface of the endothelial cells, the lining of blood vessels. Although the cause of Atherosclerosis is a bit of a "which came first" dilemma, the resulting constrictions from plaques in the lining of our arteries and veins impede the flow of blood and are implicated in aneurysm, stroke and heart attack.

Our heart is a remarkable organ; it is liter-

ally a pump consisting of chambers, valves, an inflow and an outflow powered by oxygen fuelled muscle. If you use an average heartbeat of 80 beats per minute, your heart beats about 4,800 times per hour. That's 115,200 times a day. Over the course of a year, your heart would beat about 42,048,000 times. If you live to be 80 years old, your heart would have beaten approximately 3,363,840,000 times! That is over 3 billion beats, each one pumping approximately 5 litres of blood through a network of veins, arteries and capillaries that would measure about 60,000 miles long. For the most part, this tremendous feat happens independently without our thought, control or even awareness.

It is first when something is amiss that we become aware of our heart, its vitality and vitality to our well being. The public's growing awareness of the heart and its workings and its problems is the result of a younger demographic becoming aware that their miraculous muscle is not indestructible, but acutely susceptible to the ravages of a sedentary lifestyle, stress, poor food choices and lack of essential nutrients.

The Heart Association recommends at least 20 minutes of aerobic exercise three times a week. Aerobic exercise is an exercise that makes your heart beat faster. Drink plenty of liquids such as distilled water, herbal teas, fresh juices, avoid sugared sodas or juices and energy drinks.

Stress constricts the blood vessels. Exercise helps reduce stress and promotes relaxation. Nutritional supplements also help. Low levels of magnesium have been associated with a decreased ability to handle stress. Herbs such as valerian root, hops, kava kava, and passion flowers help promote relaxation and better sleep.

Also, during times of stress the body needs more of the B vitamins. According to the Heart

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This Week's Health Tip

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Association, B vitamins, especially vitamin B-3, B-6, B-12 and folic acid, might have the ability to prevent heart disease by preventing high levels of homocysteine, a risk factor for coronary heart disease.

One of the best ways to keep your circulatory system in tip-top health is by strengthening the walls of the various blood vessels, which are largely comprised of collagen protein tissue. Grapeseed extract and Pycnogenol both contain compounds that significantly help to strengthen the collagen fibers that form arterial walls. Silica gives arterial walls elasticity. Gotu Kola helps strengthen the connective tissue of veins. The aescin content of Horse Chestnut tones veins and makes them less permeable. Garlic helps keep the blood flowing through arteries. Lecithin emulsifies (breaks up) fats in the blood.

Blood doesn't lie stagnant within the walls of vessels; it courses through them due to the pumping action of the heart. Therefore, good circulation largely depends on a strong, healthy heart. Three outstanding supplements for promoting cardiovascular health are CoQ10, L Carnitine, and D Ribose. Several herbs are also very effective at revving up circulation including Ginkgo biloba, Butcher's Broom, Chickweed, Ginger, Hawthorn, Turmeric and Cayenne.

Vitamin C is an antioxidant vitamin that is essential for the normal growth and development of the body. The Linus Pauling Institute states that Vitamin C also helps treat the damage caused by heart attack and stroke by causing dilation of the narrowed blood vessels, thereby promoting proper blood circulation. The article further states that vitamin C supplementation can also help lower high blood pressure and decrease the risk of heart disease.

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Asparagus Is Perfect for Spring Recipes

Nothing says spring is here like a beautiful bunch of crisp asparagus. While asparagus is available year-round, it's much better when purchased locally.

Asparagus is easy to select and prepare, and comes in a variety of vibrant colors, including green, violet, purple and white. It is commercially available fresh, frozen and canned. The stalks range in size from colossal to small. Different types and colors of asparagus can be used without any noticeable difference in taste, so mix and match colors and sizes for visual interest.

Asparagus should be crisp and firm, not limp or wrinkled, with tightly closed tips. Dull colors and ridges in the stems are an indication of a lack of freshness. The stalks should not be limp or dry at the cut and be of uniform thickness.

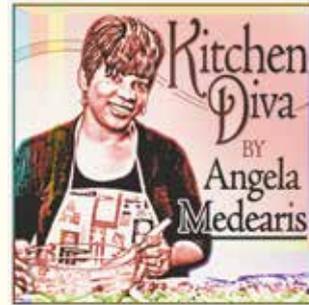
If you're planning to use the asparagus on the same day, rinse the stalks under cool water and pat dry with a paper towel. Smaller stalks can be broken or cut at the point where the stem naturally snaps. Peeling the end of thicker stalks with a paring knife or a vegetable peeler removes any woody stems and can be done up to 2 hours before cooking. Place the prepared asparagus in a plastic bag in the refrigerator to stay crisp until ready to cook.

Never wash or soak fresh asparagus before storing. If the asparagus is bound with a rubber band, remove it, as it will pinch and bruise the stalks. Asparagus can be stored for up to two days if the stalks are trimmed and placed upright in a jar with about an inch of water in the bottom. Cover the asparagus with a plastic bag and store in the refrigerator.

Asparagus cooks in minutes and can be prepared steamed or boiled in the microwave or oven. It tastes delicious hot or cold, and it also freezes well if blanched first in hot water.

Asparagus is a nutritional powerhouse. One-half cup of cooked asparagus contains significant amounts of folic acid, vitamin C, potassium and beta-carotene. It's also a heart-healthy food, and a natural diuretic.

This versatile vegetable works well as a room-temperature appetizer, blended into a



soup, as a flavorful side dish, the main ingredient in a colorful salad or as part of a main course like my recipe for Lemon Chicken With Asparagus. Preparing asparagus is a delicious and nutritious way to celebrate spring.

LEMON CHICKEN WITH ASPARAGUS

- 4 chicken breasts, about 3 pounds, washed and fat trimmed and removed
- 1 1/2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 teaspoons poultry seasoning
- 4 garlic cloves, chopped
- 1 red bell pepper, chopped
- 1/2 pound asparagus, stalks trimmed and cut into 1 inch pieces
- 1 teaspoon lemon zest
- 1/2 cup chicken stock
- 3 cups cooked rice

1. In a large non-stick skillet, heat oil over medium-high heat. Season chicken pieces with salt, pepper and poultry seasoning. Place the chicken, skin-side down, and cook for 5 to 7 minutes. Turn the pieces skin-side up, and cook until golden brown and done, about 5 minutes.

2. Stir in garlic and red bell pepper. Add asparagus and cook for 1 minute. Stir in zest and chicken stock and bring to a simmer. Cover and cook for 3 minutes. Serve immediately over hot rice.

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and Angela Shelf Medearis

And now for something completely different

Silver Shoes Pub Night To Try Comedy At Their Next Event

by Stephen Dafoe

Entertainers Peter and Mary

- Supplied Photo



When the doors of the Morinville Community Cultural Centre open for the next Silver Shoes Pub Night May 14, they will open for an evening of comedic entertainment. The evening will feature a dinner and show by St. Albert performers Peter and Mary, who will be providing a comedy act from 7 p.m. to 8:30 p.m.

It's something organizer Melonie Dziwenka says is a little different than the usual Silver Shoes Pub Night, which traditionally has featured musical entertainment and a dance.

"Sometimes laughter is the best medicine for an evening," Dziwenka said. "I think the reason to change it up was to provide a different type of night out as not everyone likes to attend dancing events. To try and meet the different needs of seniors I decided to try a comedy night. This provides more variety for the seniors to get out and be actively participating in our community."

Entertainers Peter and Mary performed at the Morinville Community Library last August. That performance of ventriloquist puppetry, magic, and live music was well received; however, this time around they will be performing for an audience considerably older than one finds at a library summer reading program.

Starting with successful independent careers in the United Kingdom in the 1970s, the duo went on to build a career playing festivals, trade fairs, community concerts, conventions, major resort hotels, and even cruise ships.

The upcoming event is the fifth show for the Town's Silver Active program and Dziwenka said each of the events has been an almost sell out event.

 *J. M. Turner* 
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"I believe the reason for the success is only hosting them twice a year," she said, adding lower costs, lower volume, and time to socialize has added to the success. "The only reason to try something different was to provide an alternative to those who do not want a dance night, but an evening out. Ole Pub Night is an opportunity to enjoy a sit down meal and entertainment."

Tickets for the May 14 event are \$25 per person. The catered supper will run from 6 p.m. to 7 p.m., and the 90-minute show will start immediately after.

Organizers say more than half of the 120 tickets for the event are gone.

Those interested in attending can buy tickets at the cultural centre box office or call Melonie Dziwenka at 780-939-7833.



Two local bands to rock out during National Youth Week

by Morinville News Staff

Several events were planned for National Youth Week (May 1-7), a week dedicated to celebrating youth and their active involvement in the community. The Town of Morinville had events scheduled for the after school period May 4 and 5, culminating in a double-header rock show Thursday night.

The final event takes place May 7 from 6 p.m. to 9 p.m. at the Morinville Community Cultural Centre. Area bands 7th Gear and If We Were Kings will perform a free show for those who bring student ID from Georges H. Primeau, Morinville Public School, Morinville Community High School or Sturgeon Composite High School. Food and drink will be available for a cost of \$2. CDs from the bands will be available at intermission.

"We believe that National Youth Week is important to the community because it is a great way to celebrate youth, and show them how appreciated they truly are," said Town of Morinville Youth Worker Tara Modien. "National Youth week is our way of giving youth opportunities to participate in different activities and recognize volunteer opportunities."



Dragon's Scale

Morinville Public School held a Rock Concert at the cultural centre Thursday afternoon. The Grade 4 students performed the Beatle's *Fool on the Hill* and the MPS Band Dragon's Scale band performed five numbers and a finale. **Clockwise from top:** Dragon's Scale Band member Avery Scrimshaw sings. MPS Band members Taebren Gordon and Kodie Powder perform. Morinville Public School Grade 4 students perform *Fool on the Hill*. Fog and fashion combined to complete the true rock concert effect.

- Lucie Roy Photos



Sports Briefs

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Roller derby rolling strong

by Stephen Dafoe

The Sturgeon County Junior Roller Derby Association will have their first bout of the season in Airdrie this weekend. A black and white scrimmage in Holden later this month and a major junior invitational event in Gibbons later this summer are evidence the association is rolling strong.

Just finishing their second season, the SCJRDA has grown to 15 players that are eager to lace up their skates and hit the oval each week for practice.

Association President Terri-Ann Waschlik said the assistance from Morinville Public School in providing practice space has provided a stability that has allowed the sport to develop in Sturgeon County.

"We started with seven kids, and now we are up to 15," she said. "We're really excited. Next year hopefully we'll grow even more."

As when the program began in the area, roller derby provides an outlet for girls who do not fit with conventional sports.

"We've noticed that a lot of girls who have come in the last year are girls that don't really fit in at school, don't really fit in with other groups," Waschlik said. "They come here, and we've noticed that our whole team is very close. Doesn't matter how old they are or how big or little they are, they're really close. It's nice to see that these girls, who a year ago didn't have anywhere to go, enjoy coming and look forward to coming here."

When the two May events are over, roller derby will take a break for the summer with the exception of the Little Brawl on the Prairie, taking place in Gibbons July 18.

The Association is excited about holding their first junior Invitational after two years in the sport. Junior skaters are invited to join SCJRDA for their double header Invitational, which will mix Level 1 and 2 skaters in the first bout, followed by the harder-hitting Level 3s.

The event is being hosted by the Town of Gibbons, which coincides with the community's Annual Pioneer Days Town Festival.

"It will be open to any junior in the area that wants to travel out to Gibbons," Waschlik said. "They sign up and we'll make the teams up."

Rolling from success to success is a good indication the sport is here to stay. In fact, the Association will be using the summer months to prepare for the next season.

"Over the summer we'll be putting in a new structure for our practice times. We're going to be growing, so we need to work on our structure for practice times so that everyone gets time with the coach," Waschlik said. "We're going to be working on finding a second coach, so we don't burn out our first coach. That's really important. We love our coach."

For more information on SCJRDA visit them on Facebook.



Top right: A player gets a little derby makeup. **Bottom right:** Players work on a drill.



Stromner takes bronze

MCHS student and St. Alberta Gators Triathlon Club member Lauren Stromner received the bronze medal in the Provincial Aquathlon Series on April 26, 2015. The Edmonton Triathlon Academy hosts the two-event aquathlons at the Kinsmen Sports Centre throughout the winter and participants accumulate points for every individual race in which they compete. An aquathlon includes swimming and running - two of the disciplines that triathletes train for. Stromner has been a competitive junior triathlete since 2013 and also won the bronze medal last year.

- Submitted Photo

Sturgeon Hockey Club looking to keep fees low for players

by Stephen Dafoe

Sturgeon Hockey Club President Wayne Gatza and his board know hockey is an expensive sport. They are working to get the cost lower.

"One of my mandates is to make it cheaper, and I think I've found a way to do that within our structure without making a whole bunch of changes," he said. "We want to make sure kids are getting what they pay for."

Part of getting what players are paying for is getting the word out about programs and play. Gatza said Communication Coordinator Adam Scharmann is already working on getting the SHC message out.

"I think we need to step that up and one of the things we're going to do is get that Facebook page active and, much like we did with Hockeyville, ask people to send us picture, send us pictures," he said. "I foresee that being an easy task. It's going to be a program that we mandate within the board. We're not going to drop the ball on that one."

Gatza sees it as relationship building with the community, a process that he and the board believe will get more people out to minor hockey games. "It's community spirit, community pride - all those things are important," he said, adding he believes in continued support of minor hockey from the Morinville Kings and Morinville Jets are important for young players. "We want to have that connection. I think the DOuble-A model is going to help build the Jets program too. Guys in Midget come here, and the Jets staff can watch them and scout them. They become a Jet, and then the become a King. Development is huge to me."

Gatza is still looking to fill two positions on his board: a registrar and a Bantam Director. Anyone interested in applying can contact Wayne Gatza at 780-399-8912 or president@sturgeonhockeyclub.com.



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Bantam Girls get their medals

The Orijen Sabretooths Bantam Girls show off their silver medals from provincials Apr. 29. Although the girls took silver a few weeks back, the medals did not arrive until their Apr. 29 gathering.

- Submitted Photo



On the run

Students from Primeau, Notre Dame and Legal School have been practicing for the RunWild event held Sunday in St. Albert. Last week Primeau students went for a jog to the Fish & Game Pond and back from Primeau in preparation for the event. The RunWild event is hosted by Leading Edge Physiotherapy to raise funds for the Edmonton Zebra Child Protection Centre and the St. Albert 50+ Club.

- Lucie Roy Photo

Upcoming Community Events



Chamber AGM

Morinville & District Chamber of Commerce Annual General meeting will take place June 3rd from 11:45 a.m. to 1 p.m. at the Morinville Community Cultural Centre. Annual Reports and Elections for the Board of Directors.

Hello Summer

A Market & Trade Show will take place at the Rendez-Vous Centre May 9 from 10 a.m. — 3 p.m. Organizers have 20 vendors and 20 door prizes to be won. There will be a concession on site. Contact Kass at 780-267-1382 for more info.

Minecraft

The Library will hold their Minecraft club from 3:30 p.m. to 5:30 p.m. May 11. Laptops provided for gameplay.

Like to see your organization's non-profit event here. Send your not-for-profit community events to editor@morinvillemnews.com

Library Corner

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

Lego Club

Wednesday, May 6th 6:00 pm

Scrap that Card!

Thursday, May 7th 6:30 pm

Minecraft

Monday, May 11th 3:30 pm & 5:30 pm

It's Movie Time!

LOVE, ROSIE (Rated R)

Wednesday, May 13th 6:00 pm

Kidz Flicks Movie!

PADDINGTON

Friday, May 15th 1:00 pm

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Exceptionally clean, well kept, large open concept 2 bed, 2 bath condo with den/flex room, 1 assigned underground and 1 titled above ground parking stall. This fantastic unit features laminate floors throughout the spacious dining and living room, gorgeous dark kitchen cabinets with an attractive backsplash, 4 black appliances and an island with breakfast bar. Just off the kitchen is the good sized living room that faces East and has patio doors leading out to a balcony with a gas BBQ hookup. 2nd bedroom is big enough to have a queen bed and furniture. This unit also boasts a 4 piece main bath, large bright master bedroom with a walk through closet, 3 piece ensuite, a good size laundry/storage room and as an extra bonus, a nice size flex room large enough to use as a TV room, office, sewing room or whatever you like! Don't miss out on this little gem!! Only \$219,900.

MLS# E3411946
\$219,900



Amber Waves



R.F.D.



The Spats



Weekly SUDOKU

by Linda Thistle

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

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. Israel Balm; 2. 900 years; 3. Aeronautics; 4. New York Mets; 5. John Banner; 6. Beatrix Potter; 7. 33 1/2 hours; 8. Bubble gum; 9. 30; 10. Eastern lowland gorilla.

This Weekly Puzzle Page Sponsored by Linda Getzlaf

King Crossword

- ACROSS**
- 1 Appear to be
 - 5 Erstwhile acorn
 - 8 KFC flavorer
 - 12 Notion
 - 13 Eisenhower
 - 14 Hodgepodge
 - 15 Chris Martin's band
 - 17 Desire
 - 18 Weep
 - 19 Ersatz bullets
 - 21 Pass along
 - 24 Piglet's papa
 - 25 Memo acronym
 - 26 Protect oneself
 - 30 Doctrine
 - 31 Prognosticators
 - 32 Half of XIV
 - 33 Fan of Jerry Garcia et al.
 - 35 Coop group
 - 36 Engrossed
 - 37 Fellows
 - 38 Poisons
 - 41 Jazz style
 - 42 Acknowledge
 - 43 Winter
- DOWN**
- 1 "—em, Fido!"
 - 2 Tokyo's old name
 - 3 Wet wriggler
 - 4 Wild and crazy
 - 5 Unctuous
 - 6 Alias (Abbr.)
 - 7 Computer

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
			18			19	20			
21	22	23		24						
25				26				27	28	29
30			31					32		
33		34					35			
				36			37			
38	39	40				41				
42				43	44			45	46	47
48				49				50		
51				52				53		

- ailment
- 48 Collections
- 49 Sphere
- 50 Met melody
- 51 Deuce
- 52 Like some humor
- 53 Abound
- component
- 8 "The Da Vinci Code" director
- 9 Verve
- 10 Skaters' mecca
- 11 Androids
- 16 Snoop
- 20 Deposits
- 21 Incurison
- 22 Being, to
- 23 Dalai —
- 24 Speak
- 26 X-rated entertainment, maybe
- 27 Still
- 28 "—
- Misbehavin' "
- 29 Ph.D. hurdle
- 31 Counterfeit
- 34 About to nod off
- 35 Jazz fan, maybe
- 37 Pantheon member
- 38 Expansive
- 39 Always
- 40 Staff member?
- 41 Infant
- 44 Blunder
- 45 Raw rock
- 46 Falsehood
- 47 Water barrier

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



1. ENTERTAINERS: What was Irving Berlin's name at birth?
2. MOVIES: How old in years was Yoda when he died in "Return of the Jedi"?
3. ACRONYMS: What does the first "A" in NASA stand for?
4. GENERAL KNOWLEDGE: Which pro baseball team calls Citi Field its home?
5. TELEVISION: Who played the bumbling Sgt. Schultz on TV's "Hogan's Heroes"?
6. LITERATURE: Who wrote the children's book "The Tale of Benjamin Bunny"?
7. HISTORY: How long did it take for Charles Lindbergh to make his famous first solo flight across the Atlantic?
8. INVENTIONS: What consumer product was invented by Walter Diemer in 1928?
9. BIBLE: How many pieces of silver did Judas receive for betraying Jesus?
10. ANIMAL KINGDOM: What is the largest primate on land?

Weekly SUDOKU

Solution time: 21 mins.

King Crossword

Answers

My Listings



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Win a 5-star vacation for 2 to Las Vegas

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It's time you hired a Professional!



RunWild

The Legal Titans held a fun run on Thursday afternoon with snacks and medal presentations for all student participants. More than 26 students, staff and teachers joined in for the 5-kilometre run. Student Graham Glaubitz ran solo in the last relay. He was the last to leave, and first to finish with a timing of 20:22. More than 16 Legal Titans took part in the RunWild event in St. Albert May 3, some doing the 5-km and others the 10-km.

- Lucie Roy Photo



Team Alberta

Sturgeon County basketball player Brooke Froment (No. 7) received her Team Alberta uniform over the weekend. Froment and her team will take part in three U14 tournaments this summer.

- Submitted Photo