

Morinville News

May 04, 2016 ISSN 2291-2738 Vol. 6 — Issue 18

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Ladybug, Ladybug

A ladybug sits on a Haskap bush in a Morinville garden. The week ahead is calling for temperatures in the low to high 20s.

- Stephen Dafoe Photo



Business blooms
Story Page 2



Green Bean Expands
Story Page 3

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Flower and gift shop fulfills dream for local couple

by Stephen Dafoe
stephen@morinvillenews.com

Taking over The Flower Stop on 100 Avenue from former owner Lisa Bertschi was the achievement of a lifelong dream for Lori McLaughlin. She and husband Darci took over the longtime Morinville business Apr. 18 and are looking forward to providing Morinville and area residents with some familiar and some completely new products and services.

"It's been my dream to own a shop for quite a long time," said Lori McLaughlin. "When it came for sale we jumped at the chance and bought it. I've just always dreamed of having my own little shop, bringing some home decor and some great gift stuff into Morinville."

Lori McLaughlin has lived in Morinville since 1979 and has been with the Morinville RCMP for 24 of those years. She will continue to work there. Darci McLaughlin said he came to Morinville with the military in 1996 and never left. Now retired, he is looking forward to helping Lori and her staff at the store and with deliveries.

Part of the store's new line of products is McLaughlin's daughter's Brushstrokes by Jodi art line and its placement in the shop is a return to home for the local artist.

"My daughter started here in high school working at the same shop designing flowers, and that is kind of how her career in art began," McLaughlin said.

The Flower Stop will also sell Grace & Lace, a women's product line of accessories that appeared on Shark Tank; Country Affair Candles, a Flower Stop exclusive in Morinville; and Mel V Tiles, ceramic plaques with inspirational messages. They will also carry a variety of other gift items.

One line the couple is excited about adding to the mix are wine baskets. The McLaughlins have applied for a liquor licence that will enable them to create custom gift baskets with wine and other spirits.

"We'll be doing different wine baskets, Father's Day baskets - whatever the interest is," Lori McLaughlin said, adding they should be starting the program by the end of May.

Flowers will continue to be a significant part of the business. McLaughlin said floral designer Jaye Parrent is still with the company and has been designing for 22 years.

"She is an accredited designer, so she has stayed on with us," McLaughlin said. "The



community can still expect the quality and service of the flowers. We've also kept the same supplier, and we're carrying the same quality of flowers."

The Flower Stop is currently planning for the Town Wide Garage Sale on May 28. They will join next door neighbour Morinville Sports in setting up outside with some good clearance deals.

"We're going to put out some stock at a discounted price and show people what we have to offer," Darci McLaughlin said.

But before the Town Wide Garage Sale, the shop is actively preparing for Mothers' Day.

"Mothers' Day is important because you recognize the person that cared for you your whole life, and you want to thank her in some special way," Darci McLaughlin said. "We should treat them with the utmost of kindness and respect every day but especially that day."

Although closed on Sunday, McLaughlin said the store will be open the Sunday of Mothers' Day.

The Flower Stop hours have changed to longer hours in general. They will be open Monday through Friday 9 a.m. to 6 p.m. and Saturdays from 10 a.m. to 4 p.m. in the hopes of offering better service to commuters and those

shopping Saturday afternoons.

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Popular Morinville eatery now open in Edmonton

by Stephen Dafeo
stephen@morinvillenews.com

Chef Doug Adsit unlocked the doors of the Green Bean Java Bistro to customers for the first time Monday morning. The new restaurant, located at 11120 142 Street in Edmonton's west end is the second location for the brand which first opened in Morinville on Thanksgiving weekend 2011.

Since that time, the business has continued to expand its line of food and beverage offerings as well as become a busy base for a growing catering operation.

Adsit said the decision to open a second Green Bean location was to fulfill a growing demand to serve Edmontonians who had tried the food in Morinville or seen Adsit cooking dishes on Global News.

"Our sales were doing good and with doing Global TV so much, there was a demand from people through our Facebook asking when we were opening in Edmonton," Adsit said. "We have a lot of people coming from St. Albert and Edmonton asking when we were going to open."

After three years of inquiries, a location became available in Edmonton; one Adsit thought was a great spot to expand his business. After renovating the former Quizno's location to a Green Bean, the company was ready to open its second spot under the Green Bean Java Bistro brand.

"Since we opened the Green Bean in Morinville we've got more food involved," Adsit said. "I think by calling it a Java Bistro, we emphasize



on coffee and food. At the Coffee House people got confused not knowing we had food. Putting the word Bistro in there lets people know there is food in there."

BANO is Adsit's parent company for the restaurants, an initialism that stands for Biologically Appropriate - Never Outsourced. It is a philosophy, borrowed in part from another Morinville business - Champion Petfoods - that Adsit has worked into his company's philosophy.

"We're going to stick to our guns in that the products that we buy are consistent," Adsit said. "I don't just shop around for better pricing - I buy the best."

The Edmonton location will not serve the Neopolitan Pizza that Morinville has come to be known for, at least not out of the gate. Instead, the Green Bean Java Bistro will offer a nightly pasta special. Breakfast will continue to be served at both locations

from 8 a.m. until 11 a.m. and the board menus of sandwiches, salads and soups will be identical at both shops, and both locations will offer a lunch special.

The Green Bean Java Bistro is open Monday through Friday from 8 a.m. until 8 p.m. and on Saturdays from 10 a.m. until 4 p.m. Both locations close on Sundays.

Send your brief non-profit listing to
editor@morinvillenews.com



UPCOMING

Tuesday, 10 May
3D Printing Club

If you would like to learn about the exciting world of 3D Printing, this club may be for you. Their first meeting is open to everyone and takes place at the Morinville Community Cultural Centre from 6 p.m. to 8 p.m. Children under 12 need to bring a parent. Cost is \$40 per month.

Wednesday, 11 May
MCHS Spring Play
Suite Surrender

Morinville Community High School will be performing Suite Surrender, a comedic farce on May 11 at the cultural centre. Tickets are \$5 and available at the school office or at the door the night of the show. See our story on Page 10 for full details. Showtime 7 p.m. Doors open at 6:30 p.m.

Monday May 30, 2016
Monaville Lisa Painting Class

The Morinville Community Library will be hosting their Monaville Lisa Painting Class from 6 p.m. to 8 p.m. at the library. Visit the Library of MorinvilleLibrary.ca for details on how you can participate in this event.

EVENTS

Monday June 13,
2016 - Sturgeon
Victim Services 19th
Annual Golf Tournament

Sturgeon Victim Service golf tournament is again being held at Sandpiper Golf Course. The tournament is open to the public. This is a fun Texas Scramble format tournament so come and register as a single golfer or as a team. Activities on the course include food and beverage holes, hole in one opportunities, team photos and a 50/50 ball drop followed by a steak dinner and raffle prize draws. Cost is \$110.00 per golfer and includes 18 holes of golf, cart rental and supper. All proceeds go to Sturgeon Victim Services to support victims of crime or trauma. To register or for more information please contact strugeonvictimservices@shaw.ca or call 780-939-4590

Want to see your event in
our Community Calendar?

Send your not-for-profit
Community Event listing to:

editor@morinvillenews.com

Two weeks prior to our Wednesday publication date.
Listings will be placed based on available space.



Library Corner

Happenings at the Library this week...

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

IMAGINE And Create

Monaville Lisa Painting Class

Monday, May 30th 6 - 8 pm

Artastic for Kids Painting Class

Tuesdays, May 17th 4 - 5:30 pm

Art'in It Up with Mom

Sunday, May 15th 1 - 3 pm

Art'in It Up with Dad

Sunday, May 29th 1 - 3 pm

Cozy Corner Stories

Thursday, May 5th 10:30 am

Mom & Me Craft Time

Thursday, May 5th 11:00 am

Minecraft

Monday, May 9th 3:30 & 5:30 pm

Knit Wits

Tuesday, May 10th 6:30 - 8:00 pm

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Editorial: We must not accept or justify violence

Jessica Martel's common law husband murdered her on Apr. 29, 2009. Seventeen months later the Morinville man pleaded guilty to second-degree murder. We must never forget this or that it happened in Morinville.

Friday marked the seventh anniversary of that tragic loss of life, and we have not forgotten, nor has the organization that carries her name forward in the hopes of helping others.

From the first hit to the fatal last, the life of the domestic violence victim is ugly, and, as an American friend once remarked on the topic, "It doesn't get better after the first black eye. That is a great sign to get out!"

Sadly, too few women do. Too few women feel they can leave because domestic violence is not merely about fists in faces, rape, and physical violence. That is horrible enough. It is about control and subjugation, about turning a partner into a possession. Financial, psychological and emotional abuse is part of the master plan of weak men — and weak women — as men are also sometimes victims of such abuse.

We must not condone this. And yet some do.

A survey commissioned by the Alberta Council of Women's Shelters and released earlier this year indicated one in five men in Alberta had witnessed abusive behaviour towards women in the past year.

Though the number is shocking, so too are those willing to condone violence against women. Too many people are willing to use justification as if lifting a hand to blacken a woman's eye or break her arm is a momentary lapse in reason. He was drunk. He was high. He lost his job. He had a bad day at work. She made him angry. She pushed him too far.

A couple can overcome minor breaches in trust, but once the trust of basic human safety is broken, evidence in shelters and in coffins shows that personal safety can and should never be taken as a future certainty.

Some numbers we should all know: Family Violence Info Line 310-1818; Child Abuse Hotline 1-800-387-5437; Sturgeon Victim Services 780-939-4590 and most important of all is 9-1-1.

And please visit and support The Jessica Martel Memorial Foundation and the work they continue to do in Jessica's name — www.thejessicamartelmemorialfoundation.com

Stephen Dafoe
Publisher, The Morinville News

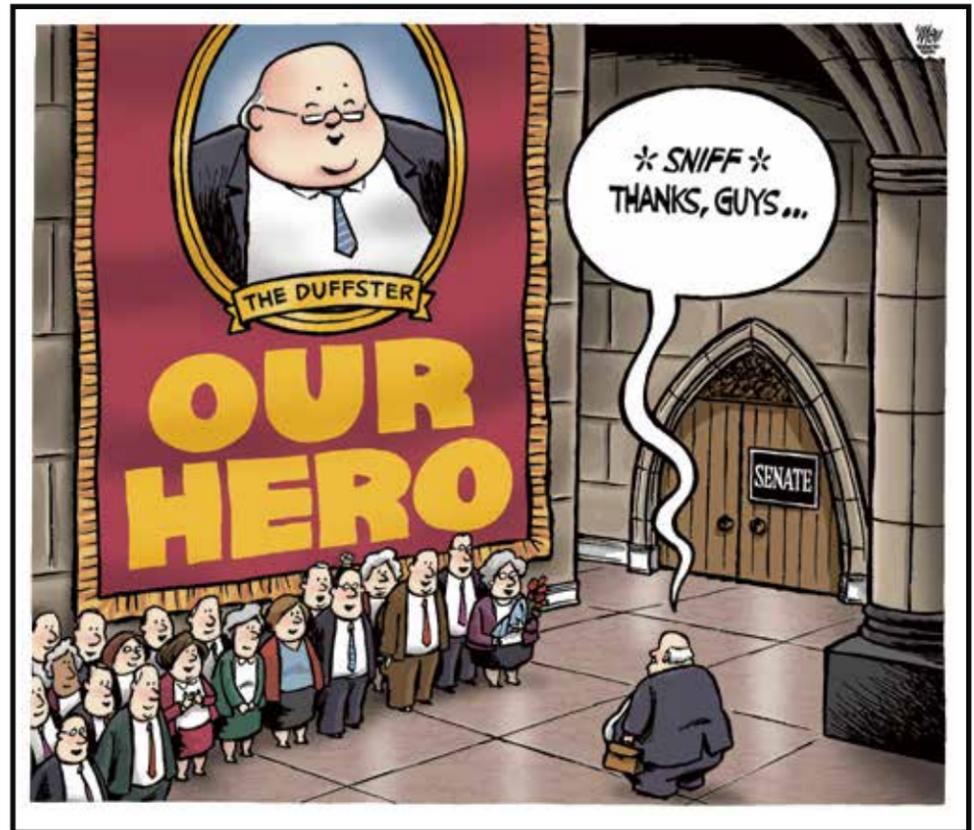
Police Briefs

Police investigate multiple business break-ins

Police are investigating a half dozen commercial break-ins that occurred in Morinville over the month of April. Kelley's Deli and Bakery was among the local businesses illegally entered; however, Morinville RCMP are not releasing the other businesses hit pending obtaining permission to do so from the owners.

Corporal Sheldon Robb of the Morinville RCMP said while it is possible the same person or group committed the crimes, it is also possible a number of people or groups were involved.

"There's a good chance it can be the same people, but we can't rule



out other people as well," Robb said, adding the incidences have occurred between midnight and the early morning hours.

The RCMP corporal did not want to speculate on whether the current unusual rash or break-ins were related to current economic conditions.

"It could be tied to the economy where people are running out of money, and we are also not ruling out people who are addicted to drugs and need some money for a quick fix," Robb said.

The RCMP are currently investigating the crimes. Robb said they were looking at patterns and other modus operandi.

"In a few cases we have our forensic identification department come out and look for fingerprints," Robb said. "It is going to take a bit of time to come up with those results, and we're hoping those results will pan out."

As the investigations proceed, RCMP are offering some tips to local businesses to help them avoid becoming victims of crime. Robb recommends a good alarm system as a deterrent, noting that the presence of an alarm sign can often be enough to ward off potential criminals and a crime stopper when activated.

Police end search for truck and occupants

A search for a blue Dodge that was alleged to have been involved in an Apr. 16 complaint from the hamlet of Cardiff in regards to a suspicious vehicle has ended.

The Morinville RCMP announced Monday morning they were no longer looking for the owner or occupants of the vehicle and that the investigation resulted in no charges laid for the incident.

Police are thanking members of the public for providing information for the investigation.

The occupants, both the driver and passenger of the vehicle, were alleged to have pointed what appeared to be long barreled firearms out the windows of the vehicle. It was alleged that the occupants of the vehicle were going to discharge the firearms at gophers and ducks in the area.

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is published by

pawn publishing
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- Morinville News welcomes Letters to the Editor for publication.
- Letters must contain a name and a phone number or email address to verify writers identity.
- Morinville News reserves the right to edit letters for legal considerations, taste and brevity.

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*We monitor calls evenings, weekends and holidays for breaking news stories

The letters appearing in this publication have been edited for length and other considerations. Please try to keep letters under 500 words to ensure your Letter to the Editor appears as close to its original form as possible. Email or phone us with your stories.

www.MorinvilleNews.com

May is Young Drivers Awareness Month

Submitted by Corp. Bryce Tarzwell

Safety on Alberta roads is always our top priority. We all have a stake in our efforts to reduce the number of deaths and injuries on our roads. Government, law enforcement, and the many traffic safety partners are working together to find solutions. Drivers also need to realize the importance of the role they play too.

Over the five years, 2009 – 2013, 206 young drivers (between 14 - 24 years of age) were killed, and 12,421 young drivers were injured in collisions. Although young drivers represent only a small percentage of the province's licensed drivers, they have the highest casualty collision rates.

Crash rates are especially high during the first year of unsupervised driving.

Crash rates for young drivers are highest when there are teen passengers in the vehicle and at night.

In terms of involvement per 1,000 licensed drivers, males aged 18-21 are consistently more likely to have consumed alcohol prior to a casualty collision than any other age group.

Another high-risk behaviour that significantly contributes to young driver road crashes in Alberta is driver intoxication (including drugs and alcohol).

Other factors associated with young driver road crashes:

Driver inexperience: Often young drivers don't realize that it takes time and a lot of practise to develop safe driving skills.

Overconfidence and risk taking: Young drivers can be over confident about their driving ability and underestimate dangers on the road.

Having friends as passengers: Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding.

Alcohol and other drugs: Young people often do not understand that alcohol and other drugs affect a driver's skills, mood and, most importantly,

behaviour, putting the driver at greater risk of crashing. Safe driving requires clear judgment, concentration and the ability to react to what's happening on the road.

Busy lifestyles: Work, study, and extracurricular activities often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver does not feel sleepy.

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It is for youth in grades 7-12. If you would like any more information please checkout our website, www.tfhchurch.ca or contact Pastor Matt Sampson, matt@tfhchurch.ca or 780-939-2992.

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Residents to pay 3 per cent more on 2016 taxes

by **Tristan Turner**
Morinville News Correspondent

Morinville taxpayers now know how the Town Budget will affect their own, with some clear numbers from Council on tax rates. Council has unanimously passed all three readings in one night from the 2016 Tax Bylaw that supports the 2016 budget. Ratepayers will be paying approximately \$61.40 more this year, based on a home valued at \$300,000 following the vote.

While unusual, Council has passed all three readings of a Bylaw in one night many times before. In this instance, all three readings were given so that tax notices can be given out with the required notice as outlined in the MGA. While usually these bylaws would come forward earlier in April allowing them multiple meetings of review, Shawna Jason, Interim Director of Financial Services with the Town, told Council that the later presentation was a result of the province lagging behind on forwarding school tax rate

information.

This increase includes a \$0.27 increase to the Sturgeon Foundation requisition, and a \$1.64 increase to the school requisition, both rates that are not set by the Town. The municipal tax increase is \$59.49 based on a \$300,000 home, a three per cent rise over last year.

The total percentage increase from last year's final total is 2.24 per cent after the lower percentage increases are averaged out with the Town increase.

These numbers are averages assuming a \$300,000 property value, so individual resident's bills will be different come tax time, particularly if the assessed value of a property significantly changed due to renovations or other changes.

There was limited discussion of the motion, but Councillor Gordon Putnam commented that that this motion was given three readings in one night because of the chance council had to review this information at an earlier Committee of the Whole meeting.

First Reading of new Utility Bylaw passes unanimously

by **Tristan Turner**
Morinville News Correspondent

During their Apr. 26 meeting, Council — excluding the absent Councillor Rob Ladouceur — unanimously passed First Reading of Utility Bylaw changes that will no longer permit utility accounts to be in a tenant's name.

The changes are intended to save the Town time and money, with the Town currently on the hook for tracking down missed payments and collections.

Morinville currently maintains more than 3,300 utility accounts, of which nearly 10 per cent represent residential and commercial tenant accounts. Utility write-offs on rental arrears have averaged \$15,000 per year over the past three years, with an average collection rate of 15 per cent (or \$2,250).

"The proposed changes demonstrate effective fiscal responsibility to existing taxpayers, is

consistent with other municipalities in the region, and will eliminate the reliance on external collection agency and internal resources spent on collections; both proving to be ineffective and costly," said Shawna Jason, Interim Director of Financial Services.

Town Administration believes the changes — if passed — will promote "property owner rental business accountability." The Town would be able to transfer unpaid utility related costs directly to the property owner's tax roll account after all other internal collection measures have been exhausted, as is currently the case with non-rental properties.

The changes will save the town a little over \$15,000 a year, but the program will also save Town staff time in tracking down unfulfilled bills.

Beyond the changes to agreements themselves, the new utility bylaw includes steps to streamline the application process for utility applications, and provisions that include more

e-service and email options for ratepayers.

There was limited discussion at the meeting, Council having previously reviewed the proposed changes at Committee of the Whole, but Mayor Lisa Holmes did thank Jason for her work on bringing forward the bylaw saying she did "a great job" and that the new plan will be more efficient and save the town money.

If Second and Third reading pass at a subsequent Council meeting, the changes would take effect July 1; however, all current rental utility accounts will remain in effect until a tenant vacates, or the disconnection of utility service has been scheduled due to missed payment. The property owner will be required to pay a connection fee, open a new account in their name and will be responsible for utility charges after that.

Council will be reviewing Second and potentially Third reading of the Bylaw at their next meeting on May 10.

Morinville News | BUSINESS DIRECTORY



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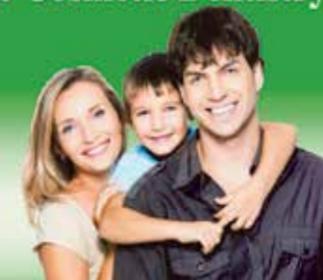

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Council approves First Reading of Westwinds ASP Amendment to include new Catholic Elementary

by **Tristan Turner**
Morinville News Correspondent

Council has unanimously passed First Reading of a new Area Structure Plan amendment (ASP) that will include a new Catholic elementary school and a shopping centre. The new Westwinds development is located between Petro-Canada and the No Frills Parking lot on the West side of 100 Street.

The proposed amendment is to a previously passed ASP, which changes the location of the school site, provides for a connection to the business park, centralizes the stormwater management facility, and makes some changes to allowed zoning.

The Greater St. Albert Catholic School Board had no objections to any of the changes in the revised ASP following contact from Town Administration.

While the site is mostly void of structures the ASP's report identifies the first home ever built in Morinville is on the property. Mayor Holmes asked about the structure, bringing up questions about its potential significance in light of the Morinville Historical and Cultural Society's recent proposal to save the Heppler House (100 Avenue and 100 Street) from the wrecking ball. The ASP identifies the structure as one that may be evaluated for historical importance. Town Administration noted that there were a variety of factors that influence a structure's historical value, including if it is true to its original architectural form.

As is typical with first Readings, there was limited discussion or debate during the passing of the motion. A public hearing is set for May 24.

Residents can find the complete ASP on the Town's website (Morinville.ca), within the April 26th Council agenda package.



It's all in the details

Chelsey Brown and Kelli Toelle of ProShine Cleaners finish up detailing a car. The Morinville company recently expanded into automobile detailing. You can find them on Facebook at www.facebook.com/ProShineCleaner.

- Stephen Dafoe Photo

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Midstream Society location to be discussed in May

by **Tristan Turner**
with files from **Lucy Roy**

The plight of the Midstream Society and their thrift store will be on the May 10 Council agenda.

Council received a letter informing them that the Midstream Support Society and the Morinville Lions Club will be cooperating in a bid to construct a new building for both organizations to use.

In the letter penned by Midstream Support Society President Linda Krauskopf and Lions Club President Francis Fryters, they thank the Town for providing the building for the volunteer-driven thrift store at no cost, and state that they are willing to comply with the Town's urging that they vacate the well-worn structure.

The letter indicates the Midstream is looking for a 35 year lease on the existing property with the intent of finding funding for a new building.

Their current building was originally designed as a residence, but has seen decades of use as an ambulance building and from the society in

recent years. According to Town Administration, the building is no longer suitable for continued use.

The new centre would be a replacement for the currently aging property that the Town lends to the society free of charge along 101 Street, and would also provide a new place for Lions Club events and meetings.

On Mar. 23, Council unanimously approved setting up a meeting between Administration, the Midstream Society, the Morinville Food Bank Society and Councillors Stephen Dafoe and Barry Turner to discuss the two organizations further needs.

The meeting followed tensions between the Society and Town Administration due to Administration's calls for the society to move to a new centre from their current location on 101 Street.

Following the Midstream / Lions Club letter being entered into the public record as correspondence Apr. 26, Councillor Dafoe moved to discuss the letter and what the Town can do at the May 10 Council meeting. The motion passed unanimously except for the absent Councillor Rob Ladouceur.

Town may get new Community Services Advisory Board

by **Tristan Turner**
Morinville News Correspondent

In a unanimous decision (excluding the absent Councillor Rob Ladouceur) Council has passed Councillor Stephen Dafoe's motion to create a Terms of Reference for a new Community Services Advisory Board.

The motion followed a presentation by Chris Fish, Morinville's Community Services Business and Operations Manager on different options for what a potential community services board could look like, including overviews and the pros and cons of different board types, and how they have been implemented in nearby municipalities. Fish's report was developed as a result of a previous information request from Councillor Dafoe.

The two primary options presented to Council in the report were an Advisory Board or an Operating Board. An Operations Board was identified as having more legal power and independence, but also more costly and with less flexibility and more bureaucratic baggage. Meanwhile, advisory boards were presented as having more flexibility and efficiency, but with



limited authority.

Council had a few questions for clarity on the board's role (providing some community direction to community service) and makeup (members of the public) but quickly offered unanimous support for the motion.

Deputy Mayor Barry Turner thought the board could help provide a service to existing community groups.

"I think the time has come to take a look at establishing this type of committee," he said. "We've seen a number of gatherings in the community... meetings of community groups that have some common issues in terms of volunteer recruitment,

coordination of events, and some could use support in terms of development of their local group. I haven't yet seen any development based around those things, and I've also seen the same [concerns from community groups] come up again and again. I think that's part of the role that this board could fill."

Dafoe's motion directed Administration to return to Council with the terms of reference after the summer break.



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Bike rodeo pedals into summer on the right path

by Stephen Dafoe
stephen@morinvillenews.com

A Bike Rodeo will take place at the Ray McDonald Sports Center parking lot May 12 at 6 p.m. The free event will run 90 minutes and offer children aged 6 to 12 an opportunity to get their spring and summer riding off on the right pedal.

The event is a partnership between the Town, Community Peace Officers, RCMP and Alberta Health Services, and will provide children with a variety of skills and the opportunity to put them into practice.

"Cyclists are vulnerable users of the roadway especially when they are children," said Morinville Community Peace Officer Sergeant William Norton. "It is important that children know the rules of cycling and have the skills needed to ride a bike while interacting with vehicles and other users of the road."

Norton said the May 12 event not only increases rider skills and rule knowledge but is another way to promote cycling and activity in youth.

"This is a great way to build positive relationships with youth all while delivering important safety messages," he said.

The CPO Sergeant is hoping to see strong numbers of local children at the upcoming event.

"This is a fun event that allows children to expand their skills and learn the rules of cycling in an effort to keep them safer while they ride," he said.

"It is conducted in a safe manner in a closed course with the option of an officer supervised road portion. Children will leave the Bike Rodeo with a renewed enthusiasm for riding a bike and safer habit to go with it."

Pre-registration is required by calling 780-939-7839. Children must bring their own bike helmets and parents must sign a waiver.



Children will have the opportunity to learn about bicycle safety and the rules of the road during the free Bike Rodeo May 12.

- Morinville News File Photo

Caregiver training coming to area

by Stephen Dafoe
stephen@morinvillenews.com

Sunflower Community Resources is partnering with area Family and Community Support Services and the Alberta Caregivers Association to offer training for caregivers.

Sunflower Program Coordinator Amy Dribnenky said they had applied for a grant to fund two training sessions for caregivers.

The main program will take place May 16 to 18 from 9 a.m. to 3:30 p.m. in Bon Accord Council Chambers.

"The goal of Compass is it teaches volunteers so they will be able to teach the course," she said. "We've noticed a huge gap in that there are no supports for caregivers."

The concept of the program is that it does not teach people how to be a better caregiver. Instead, it is there to support caregivers on the emotional side with a focus on taking care of the caregiver and being well enough to continue doing the role of caregiver. The workshop looks at where the caregiver is at and what their limitations are. Additional topics include

managing stress and many other topics that caregivers struggle with on a regular basis.

Dribnenky said she has heard through other groups she is a member of that families are struggling to find support for children with special needs or ill and aging family members.

"When you live in a small municipality there are resources in Edmonton, but people can't get there, especially if you are dealing with a high needs family," she said. "The hope is that we're going to be able to get eight facilitators throughout Sturgeon County that are interested in doing this Compass training."

Dribnenky said the organization is seeing a lot of people that are taking care of children and aging parents.

"It's overwhelming for many people and if you can have those tools or meet other people that are in the same kind of situation," she said.

The program is open to those offering care and those interested in offering support to those offering care by teaching the program.

For more information contact Amy Dribnenky at 780-923-2374 or visit sunflowerinfo.ca. To view a video on the program visit <https://www.youtube.com/watch?v=TMRHpkqL-tY>.

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Sing-a-long

Alice Sinclair entertains with a sing-a-long at the Morinville Legion during 2nd Annual Seniors' Spring Appreciation Celebration Apr. 27. See Page 16 for more photos.

- Lucie Roy Photo

Library starting Imagine and Create Art Program Series

submitted by Morinville Community Library

The Morinville Community Library will be introducing a new series of programs called 'Imagine and Create'. The programs will focus on learning how to paint, draw, sculpt, and most importantly, let out your inner artist.

Artists Naji and Rima Matta will be teaching each program. Naji is a professional sculptor and painter artist, who holds a Masters degree in Fine Arts, and has more than 30 years experience, which includes working as a university art instructor. He holds a broad spectrum of knowledge on different styles of art, including classic, modern, expressionism, figurative, surrealism and abstract. Rima has worked as a school art teacher for 13 years and holds a BA in Psychology. She has practiced art therapy and has held multiple exhibitions.

The first program of the Imagine and Create series is called Monaville Lisa — Adult Painting Classes. Participants will learn about composition, colors, brush and palette knife techniques, all while creating a landscape or still life painting of their own using acrylic paints. The program will run for two sessions – Session No. 1 will be held on May 9 and 30 from 6 p.m. to 8 p.m., and Session No. 2 will be held on June 13 and 27 from 6 p.m. to 8 p.m. The cost of each session is \$90, or participants can sign up for both sessions for \$120. The cost of the classes includes all supplies. Please register at the library by Saturday, May 7.

The second program is called Artastic for Kids — Learn the Basics Painting Class. This program will be for children ages 7 to 11, and will focus on learning the basics of drawing, painting and mixing colors, all while creating a small, personalized, expressive piece of artwork each class. The class will be held over six sessions, running Tuesdays from 4 p.m. to 5:30 p.m. starting May 10 and ending June 14. The cost of each session is \$15, or participants can register for all the sessions for \$90. All supplies are included in the cost. Please register, as space is limited.

The third program of the series will give moms and dads a chance to spend some creative time with their children. Artin' It Up with Mom and Artin' It Up with Dad will give parents an opportunity to work as a team with their child to encourage creativity. The Artin' It Up with Mom class will be held on Sunday, May 29 from 1 p.m. to 3 p.m. Artin' It Up with Dad will be held on Sunday, May 29 from 1 p.m. to 3 p.m. The class will focus on molding and creating animals with modeling clay. The cost is \$15 per session, per child (no fee for moms and dads), and the ages for these programs are 4 and up. Please register, as space is limited.

On Thursday, May 19 Naji Matta will be performing a live art show at the library at no charge. He will be creating a portrait, sculpting in clay. Naji is an experienced sculptor, using bronze, fiber and resin, stone, cement, paper mache, metal, and wood. If you have ever had an interest in learning to sculpt, come out and watch how it is done. Naji will be creating his sculpture from 4:30 p.m. to 8 p.m.

For more information, please check our website at www.morinvillelibrary.ca.

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Lions looking for dog walkers for Purina Walk for Dog Guides

by Stephen Dafoe
stephen@morinvillenews.com

The Purina Walk for Dog Guides takes place in Morinville at the Fish and Game Association pond trail May 28 at 10 a.m. The Morinville Lions Club are once again looking for walkers and pledges to help them in their national goal of raising funds to provide specially trained Dog Guides to Canadians with physical and medical disabilities.

Last year's event raised \$1,195,154 for the cause across the country, and the Lions are hoping for great results again this year from the more than 200 communities participating.

"It is something that the Lions Club has done for many years through all the various other Lions Clubs," said Lions Spokesperson and incoming club president Deborah Robillard. "This is our fourth year of doing this, and we feel it is important because everyone should have the freedom of life to enjoy life."

Robillard said many Canadians would benefit from the funds raised.

"A service dog can help with their anxieties, with their sight, hearing - all that kind of stuff so they can outside for walks and enjoy what everyone else enjoys," she said.

Registration for the 5-kilometre walk is at 9 a.m. at the gazebo. The walk will start an hour later and consist of two laps around the pond trail and down the back trail to the 100 Street crossing and back again. Snacks and prizes for those who raise the most funds will follow the walk.

Those interested in pre-registering can pick up pledge forms at Technical Automotives or TASER Inc. in the industrial park 780-907-8139 to arrange a drop-off.

People can bring their own dogs that are friendly with other animals or walk one of the dogs at the event. Those interested in walking on their own



Korien Sampson walks a dog during the 2015 Purina Walk for Dog Guides.

- Morinville News File Photo

can also do so.

New club member Maigen Butler is certified to train service dogs and will be on hand to teach people about service dogs, what they do and how they are trained.

Robillard said the walk would serve the dual purpose of generating food for the Morinville Food Bank Society. They are encouraging walkers and spectators to bring a donation of food to the event.

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INFORMATION & REGISTRATION EVENING

TUESDAY, MAY 10 AT 7:00PM

Learn more and register for the Dance and Sports Academies in the school library.

This is open to all parents with children in grades 5 to 9 for the 2016-2017 school year.

REGISTRATION WILL BE ONGOING

MAY 9-13 DURING SCHOOL HOURS

Parents are welcome to register students from kindergarten to grade 9 by visiting the school. Information is also available on our website.



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This Week's Recipe

Honey-Mint Fruit Salad

Prep Time: 15 min Total Time: 20 min Serves: 4

- 2 Honeycrisp Apples, cored and cubed
- 1 fresh mango, peeled and cubed
- 1 cup (250 mL) blueberries or blackberries
- 1 cup (250 mL) strawberries, quartered
- 1 lime, juiced
- 1 tbsp (15 mL) Pure Natural Liquid Honey
- 6 fresh Mint leaves, thinly sliced
- 1 tbsp (15 mL) Medium Desiccated Unsweetened Coconut

Directions:

- 1/ In a large bowl, combine apples, mango and berries.
- 2/ In a small microwaveable bowl, mix lime juice and honey. Microwave on HIGH for 15 to 20 sec. to soften honey. Pour mixture over fruit. Add mint and gently toss to combine.
- 3/ In a dry skillet, toss coconut over medium heat until lightly toasted, 5 to 7 min. Sprinkle over fruit salad right before serving.

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Busy bee

A honey bee fills its pollen sac from a Nanking Cherry (*Prunus tomentosa*) in full bloom in a Morinville garden.

— Stephen Dafoe Photo

Healthy Routes Column: It's allergy season again

Spring is a lovely time of year unless you suffer from allergies. The first culprit making life miserable for a lot of people is snow mold. Whether it is the white grey spot known as Typhula blight or the pinkish cobweb appearance of Fusarium patch or other fungal growths on wet leaf matter, the effects are the same. Hay fever symptoms such as coughing, sneezing, nasal congestion and burning eyes could be a sign you're allergic to snow mold, or other fungi present during spring.



Healthy Routes

by Gladys Kublik

Neighbors Vitamin Shop / Morinville Health Foods
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@NVSHealthFoods or Visit Us On Facebook

Follow Gladys Kublik online at **NeighborsVitaminShop.com**, on Twitter - @NVSHealth and on Facebook

The next onslaught to the system is pollen. You may not see any flowers blooming, yet the air will be full of pollen from willow bushes, poplar trees, and even conifers. This is followed by the grasses, which some people find the worst offenders. I love the smell of a freshly mowed lawn, yet for some people that are enough to have them heading indoors before that aroma triggers an asthma attack.

For some people, staying indoors lessens the effects of exterior allergens, but the interior air has its own pollutants which can create the same kinds of symptoms. Allergens and chemical pollutants are positively charged particles or molecules that have been stripped of an electron. Also known as positively charged ions, they have been demonstrated to have a negative effect on your body. This is particularly the case with your lungs and respiratory tract but your immune system can also be affected because positive ions can be so small they are absorbed directly into your bloodstream from the air you breathe.

An excess of positively charged ions in your environment is believed to contribute to tiredness and a lack of energy, tension, anxiety, and irritability. Positive ions have even been investigated as a contributing factor for asthma and depression. In your home, fluorescent lighting and electrical equipment such as televisions, computers, women's hair dryers and clothes dryers are big sources of positive ions, as are the fibers in carpets, curtains, and upholstery.

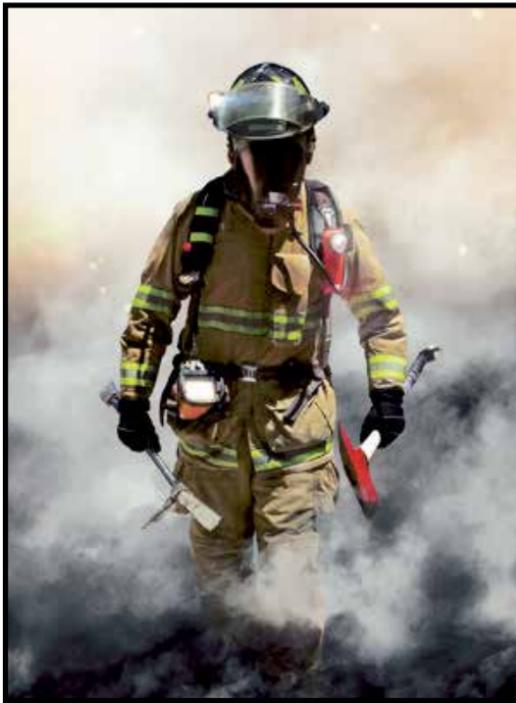
In Europe allergies, asthma and a host of respiratory diseases are being treated with Speleotherapy. This is the respiratory therapy involving breathing of the mineral infused air of a salt mine. Speleotherapy originated in Poland in the 1950s, when medical providers noticed that salt miners rarely suffered from tuberculosis. Long before that time, the naturally occurring

salt caves in Eastern Europe were credited with improving symptoms of allergy, asthma, skin conditions, depression and myriad other health problems. European monks treated patients with respiratory ailments in natural salt caves. They noted that these patients got well much more quickly. The monks actually ground salt rocks against each other to release a cloud of "salt dust" into the air, which patients then inhaled.

While it may be difficult and not that appealing for us to spend our next holiday sitting in a salt mine, there are easier ways to experience the benefit of salt. Salt lamps are made from salt crystals, the most popular of which are mined from 250-million-year-old deposits in the Himalayan region. In one study, salt lamps were shown to increase the negative ion count of the surrounding air up to 600%. Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance in certain environments. They naturally fill the air near waterfalls, forests, ocean areas, and even cities after a rainfall. Step outside after rain and take a deep breath, it feels truly rejuvenating. That is the effect of negative ions.

According to several studies accredited as (Kreuger, 1974; Soyka, 1991; Tchijewski, 1960) positive ions, which occur in high levels in many indoor environments, inhibit the body's ability to prevent pollutants and contaminants from entering the vulnerable areas of the respiratory tract. However, an overdose of negative ions has proven to provide a counteraction to this effect.

In addition to the beneficial salt lamps discussed in this article, we have available many herbal products and formulas which can help reduce symptoms of allergenic rhinitis, congestion, and even asthma. Some products may help to desensitize the body to some common allergens as is the case with Bee Pollen. That is why it is important to eat Alberta producers bee pollen and honey in Alberta and BC bee products in BC and Ontario honey in Ontario. Each area has its own unique set of plants with their own pollen which becomes an integral part of the honey or bee pollen produced there. Eating these raw, unpasteurized bee products helps the body to become less sensitive to these allergenic triggers. Combined with the negative ion generating capabilities of the Himalayan Salt Lamps, allergy season may be a thing of the past.



Volunteer Firefighter Awareness Week May 1 - 7, 2016

The Morinville Fire Department invites you to join them

Wednesday May 4, 2016

7:30 - 9:30 p.m.

**Morinville Fire Hall
(10021-100 Street)**

for an Open House and Vehicle Extrication Demo.

Everyone Welcome!

For more information, call 780.939.4162.

Upcoming Town Events

National Youth Week May 1 - 7, 2016

National youth week will be celebrated the week of May 1-7, 2016 at the Morinville Community Cultural Centre. There will be daily events as well as a Youth Connect Conference on May 6 & 7. For more information, call 780.939.7839, or visit our website at www.morinville.ca

Free Compost Giveaway Saturday May 7, 2016

Bring proof of residence and either trailer, bags or bins to transport compost.

Time: 10 a.m. - 2 p.m.

Location: Public Works Shop (10310 107 Street)

For more information, please call 780.939.2590.

Bike Rodeo

Thursday May 12, 2016

Free Bike Rodeo coming to Morinville at the Ray McDonald Sports Center Parking Lot (9908-104 Street).

Time: 6 - 7:30 p.m.

Must pre-register by calling Morinville Community Services 780.939.7839.

Reuse It or "Loose It" Saturday May 28, 2016

Residents are invited to set "loose" items no longer wanted or needed (but still use-able) by bringing them to a central location for others to browse through and take home. This event is one-day only with extended hours!

Time: 10 a.m. - 5 p.m.

Location: Skyline Ball Diamonds (10510-107 Street)

For more information, please contact 780.939.2590.

FOR A FULL LISTING OF COMMUNITY EVENTS GO TO www.morinville.ca

Town Reminders

Holiday Trailers

All trailers parked on the roadway MUST be attached to its towing unit. From April 1 to October 31, Trailers may be parked at the front of a property as long as it is parked on an approved hard surface (i.e. driveway, parking pad). No portion of any trailer or vehicle may block, impede or encroach any portion of a sidewalk. No portion of a trailer may overhang or encroach onto an adjacent roadway.

Organics Waste Collection

Organics Waste Collection starts on a weekly basis this week (May 3 or May 4 depending on your location), and will continue on a weekly collection basis until the end of August.

Fire Permits

Fire permits are required for fire pits (new & existing). Permit applications are available at Civic Hall (10125 100 Ave.) Monday to Friday between 8 a.m. and 4:30 p.m. Permits are \$35 for a lifetime. Sites are inspected by the Morinville Fire Department prior to approval.

Fire Advisory Issued for the Town Of Morinville

On Monday April 18th, the Morinville Fire Department issued a fire advisory due to dry conditions and the possibility of extreme grass fires. Morinville Fire Department is asking all residents to exercise extreme caution when using their approved/permitted fire pits. Should residents have any questions, please call the Morinville Fire Department at 780.939.4162. For the most up-to-date information regarding fire alerts or bans, please check the Town website, social media pages, or www.albertafirebans.ca.

Council Community Grants

Second Intake Deadline: May 31, 2016

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

For more information regarding this program, please contact Melonie Dziwenka at 780.939.7833

Morinville RCMP Hours

May 20 Front Counter and Administration lines closing at 4 p.m.

May 23 Front Counter and Administration lines closed all day for Victoria Day.

Town-Wide Garage Sale

Saturday May 28, 2016

The annual event is back! Rent a table (\$15/table) at the Ray McDonald Sports Center or register your address to be on the Town map before May 25. Stop by the Ray McDonald Sports Center to "let the shopping begin." While there, pick up a map that lists all of the registered addresses that are hosting garage sales in the community.

Time: 9 a.m. - 4 p.m.

Location: Various Morinville locations

To register a table, or your home address, or for more information, please call 780.939.7839.



Sports Field Hotline

Call the Sports Field Hotline at 780.939.6635 for Soccer, Slowpitch and Minor Baseball field updates. The hotline will be updated daily.



Building or Renovating?

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Town Council



Agenda packages for Regular Council & Committee of the Whole Meetings are posted on the Town website at www.morinville.ca by 4:30 p.m. the Friday prior to the meeting date.

Regular Council Meeting May 10, 2016 | 7:30 p.m.

Council Chambers
St. Germain Place 10125-100 Ave.

Committee of the Whole Meeting May 17, 2016 | 6:30 p.m.

Council Chambers
St. Germain Place 10125-100 Ave.

Regular Council Meeting May 24, 2016 | 7:30 p.m.

Council Chambers
St. Germain Place 10125-100 Ave.

Council Highlights — available online

Council highlights provide a short, informal update on what occurred at the Council Meetings. To access the highlights, visit www.morinville.ca

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Send your sports write ups and photos to editor@morinvillenews.com for inclusion in our sports roundup

Spirit of the North on this week

by Morinville News Staff

The 2016 Spirit of the North began Apr. 30 and runs until May 7 at Desa School of Karate in St. Albert and Servus Place.

This year's event puts guest instructors Grand Master Kiyohide Shinjo and his sons Kiyohito and Shuichi in front of students of Traditional Okinawan Karate.

Four Sturgeon area students took black belt testing Saturday, which was the kickoff to the weeklong event. Richard Mead tested for his 1st Degree Black Belt, and Marina Casavant, Rebecca S kyrpan, and Jordan Rooke tested for their 2nd Degree Black Belt.

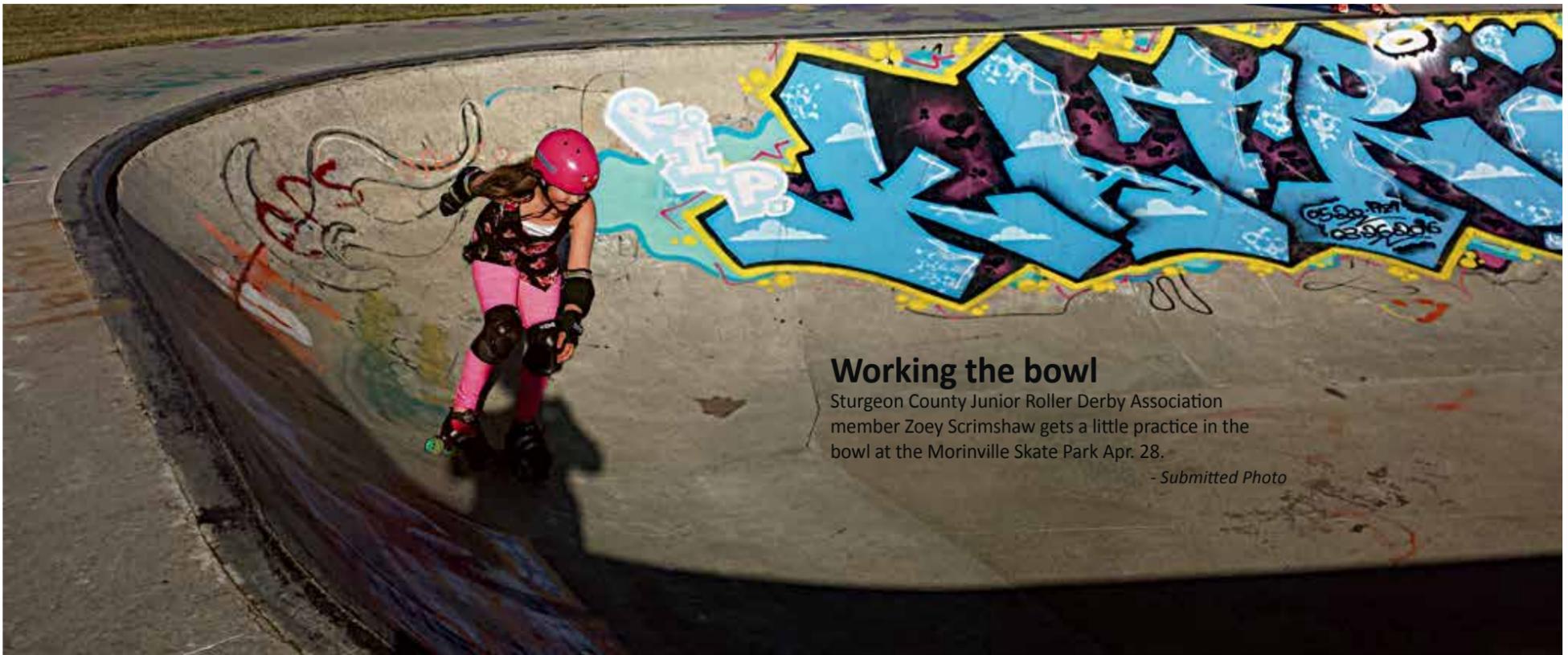
Desa School of Karate, the host of the event, is celebrating their 20th anniversary this year. They have three locations in Sturgeon: Camilla School, Legal and Cardiff Hall. Together with Morinville's Rooke School of Karate there are more than 100 Sturgeon County area students taking part in the week-long event.

Testing and sparring take place throughout the week, and Black Belt and coloured belt tournaments take place at Servus Place on Friday and Saturday.

For details visit www.spiritofthenorth.net.

Left: Heritage Lodge resident Anne Musick gives Clayton Brown a hug as Emilienne Dostie looks on. The Rooke School of Karate performed a recent demonstration at the Lodge and spent some time with residents after the demonstration.

- Submitted Photo



Working the bowl

Sturgeon County Junior Roller Derby Association member Zoey Scrimshaw gets a little practice in the bowl at the Morinville Skate Park Apr. 28.

- Submitted Photo

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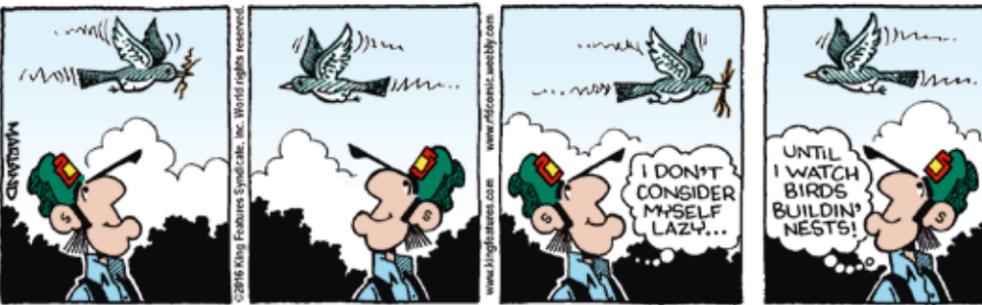


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R.F.D.



The Spats



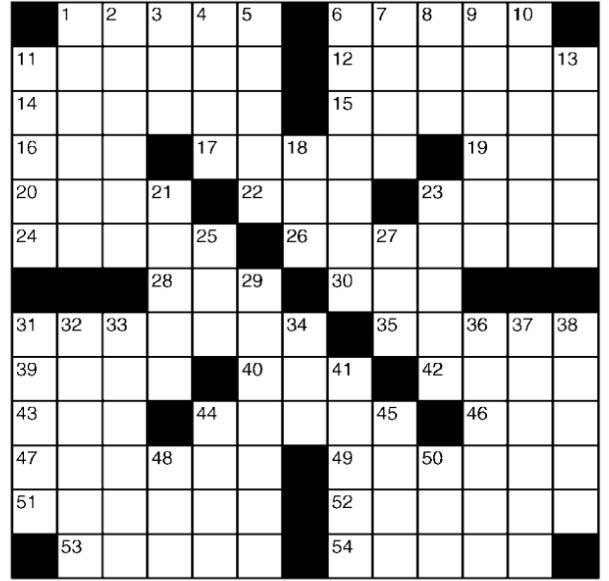
THE CASHIER



King Crossword

ACROSS

- 1 Nervous person?
- 6 Pack animal
- 11 Hold together
- 12 Each
- 14 Glanced
- 15 Drunk
- 16 Shade provider
- 17 Urge
- 19 Muhammad or Laila
- 20 Symbols of intrigue
- 22 A billion years
- 23 Laugh-a-minute
- 24 Attack from concealment
- 26 Arid areas
- 28 Third-party abbr.
- 30 Longing
- 31 "The Faerie Queene" writer
- 35 People of Cardiff
- 39 Lion's pride
- 40 Coquettish
- 42 Ridge on corduroy
- 43 List-ending abbr.
- 44 Nibbles



- 46 Shell game need
- 47 Appeared ominously
- 49 Pillaged
- 51 Long, loud speech
- 52 Slues
- 53 Genders
- 54 Rebuffs a masher
- 6 Nonsense
- 7 Topping
- 8 "Flying Down to --"
- 9 Fix
- 10 Spotted wildcat
- 11 Balls of yarn
- 13 Redacts
- 18 Deity
- 21 Backbone
- 23 Freshen, maybe
- 25 Type measures
- 27 Stitch
- 29 Makes up one's mind
- 31 Do refinery work
- 32 Non-standard dialect
- 33 Concert call
- 34 Deteriorate
- 36 Computer style
- 37 Winter forecasts
- 38 Coin toss option
- 41 Shriek barks
- 44 "Adam --"
- 45 Earth
- 48 Upper limit
- 50 Lab eggs

DOWN

- 1 Fleecy
- 2 Diamond shapes
- 3 "A mouse!"
- 4 Algonquian tribe
- 5 Small anchor

Weekly SUDOKU

by Linda Thistle

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

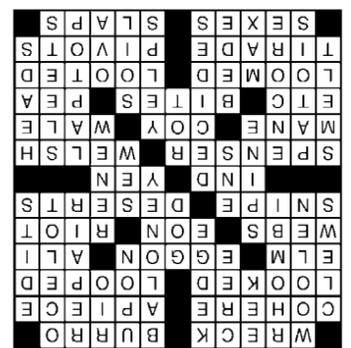
- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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

Answer

Weekly SUDOKU



Cardiff 4 Level Split
\$359,900
MLS# E4017429

1100sq.ft. 4 level split in Cardiff offering 4 bdrms & 2 baths. Updates include newer flooring, furnace, shingles, R40 insulation in attic, vinyl windows & garage doors. Huge park like backyard with no neighbors behind you. Central air for those warm summer nights. Low Taxes!



Bi-Level with Triple Car Garage
\$489,900
MLS# E4010420

Stunning 1775sq.ft fully finished Bi-Level boasting 4 bdrms & 3 baths. Open concept, maple hardwood, vaulted ceilings, granite countertops. Private master bedroom above garage. Triple car garage with driveway of exposed aggregate boarded w/stamped concrete.



Walk-Out Bungalow on 2.47 Acres
\$339,900
MLS# E4017593

Fully finished walk-out Bungalow on 2.47 acres featuring 3 bdrms, 1.5 baths, newer windows, doors, HWT & furnace. Lots of room for kids to play and huge deck for the adults to enjoy. Not in subdivision and 1/2 mile off pavement. Minutes from Morinville & only 15 minutes to St. Albert.



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Celebrating Seniors

The Morinville Legion held and hosted their 2nd Annual Seniors' Spring Appreciation Celebration Apr. 26. More than 80 seniors attended the event, which included a roast beef dinner, sing-a long with entertainer Alice Sinclair, and door prize draws. Emcee Raelyn Crush said the Legion is planning another event again next year. **Above:** It was a full house for the event. **Left:** Jane Morrow serves Sheila Houle roast beef and Yorkshire pudding.

- Lucie Roy Photos

Rotary receives \$5000 from Town for Mentorship Program

by Lucie Roy

The Rotary Club of Morinville received a \$5000 cheque through the Town of Morinville's Family and Community Support Services Department. Councillor Gordon Putnam made the presentation on behalf of the Town to Gordon Boddez on behalf of the Rotary Club.

Last September the Rotary held a signing ceremony in partnership with Sturgeon School Division, Greater St. Albert Catholic Schools, and the Boys and Girls Club, Big Brothers & Big Sisters (BGCBBBS) of Edmonton to undertake a student mentorship program for students in Morinville and the surrounding community.

The program has been running since the start of this year.

Rotary member Gordon Boddez, Director for Vocational Services, said part of the vision is to extend the program to Camilla School in Riviere Qui Barre in a year or two and also to Alexander First Nation.

The partners believe children with mentors in their lives are more likely to finish school, less likely to turn to alcohol and drugs, and more likely to have a better relationship with their parents as well as their peers.



Morinville Legion holds Awards Night

by Lucie Roy
Morinville News
Correspondent

The Royal Canadian Legion Morinville Branch 176 held its awards night May 1 with more than 50 in attendance.



Left: Royal Canadian Legion Alberta- NWT Command District 8 Commander Wayne Willis with Morinville Legion Padre Gary White and Morinville Legion President Gerry Morrow. Comrade White was presented with the Branch Service Medal and a Certificate of Merit for going above and beyond with his time and service to the Legion.

Right: Morinville on behalf of the Legion Branch 1st Vice-President Ira Austin and President Gerry Morrow were presented with a plaque for 70 years of service by RCL District 8 Commander Wayne Willis. The Morinville Branch was chartered Feb. 7, 1946.



Above: Four Legion members were presented with the Morinville Legion Legionnaire of the Year Award. At the presentation was RCL AB- NWT Command District 8 Commander, Legion members presented with the award: Joe Jacob, Danny Clarke, Raelyn Crush and Ira Austin. Presenting the awards was President Gerry Morrow and assisting was Sgt-at Arms Claude Phaneuf.

Right: Morinville Legion Associate member Phil Morrow was presented with his twenty-year pin.

Years of Service pins are awarded every five years. Pins for 5 years, 10, 15, 20, 25, 30, 35, 40, 45, 50 and 70 were ready for presentation. Comrade Leo Brochu, a WWII veteran and charter member of the Branch was unable to attend to receive his pin.

