



MORINVILLE'S Monday Morning News

On the march

Members of the Morinville RCMP march in the Remembrance Day parade Nov. 11.
- Stephen Dafoe Photo



Speed signs continue to have impact on drivers

By MMN Staff

Educational speed display signs continue to have an impact on drivers passing through Morinville. That's the word of Independent Traffic Services Ltd., Morinville's photo radar contractor.

In a report on third quarter 2010 data, the company indicates the largest impact to driving habits has been northbound 100 Street near 95 Avenue. When the company started the Automated Traffic safety program in 2009, 35 per cent of the nearly

85,000 motorists using the roadway each month were recorded as speeding. That number has now decreased to 12 per cent due to a combination of education and enforcement, a company spokesman said.

Third quarter statistics show more than a quarter million vehicles were recorded travelling west on 100 Avenue. The average speed recorded was 42 kilometres per hour and 10 per cent of that number were exceeding the speed limit. The top speed recorded was 114 kph, considerably less than the peak speed of 158 kph recorded

in the summer of 2009.

Eastbound 100 Avenue saw 205,593 vehicles between July and September. Of that number, 16 per cent were recorded exceeding the speed limit—the average speed being 44 kph. The top speed recorded on the stretch of road was 124 kph, slightly higher than the peak speed of 121 kph recorded during the third quarter of 2009.

Forty speeders who were ticketed on eastbound 100 Avenue opted to fight their tickets. All tickets were upheld in court.

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Monday Morning Editorial

A reintroduction to the Art of Conversation

Years ago communication between two people meant looking each other in the eye and having a solid discussion. Fast forward to today and young and old alike often communicate with one another while looking downward and using their thumbs in ways that would have seemed strange ten years ago.

But while the medium of communication has changed over the years, so too has the content. Conversations on Main Street that once revolved around the important news stories of the day now seem to revolve around trivial matters involving aging sit-com stars and their ability to ballroom dance with people who have surpassed their fifteen minutes of fame.

Part of the emergence of trivial news is society ceasing to care enough about what's going on municipally, regionally, provincially or nationally. But part of the situation (a large part in fact) is the failure of community media to provide relevant content to their readers so as to give them reason to care.

In its insatiable desire to jam as many ads onto the page as possible, many community news papers have little room

left for anything of substance. And when it does, it is too often past its expiration date. As nice as they are, random photos of smiling locals holding inanimate objects are seldom a conversation starter beyond acknowledging that we saw so and so in the paper.



What seems to be missing in our communities, besides our ability as a society to engage in the art of conversation, is the material to give us something to converse about.

We want to change that, at least here in Morinville. We realize people are operating on limited time and simply do not have the time to dig through the

various resources to keep current with what is happening in our community.

That's where we can help. Monday Morning News is designed to give you a weekly snapshot of Morinville to start your week, recapping the stories that affected the community from the week before and the stories that will affect the community in the week or weeks ahead.

Our obligation is threefold. We need to be relevant by providing you with Morinville news stories to keep you abreast of what's happening locally. We need to be inclusive by giving the various segments and age groups in our community a voice in the publication. And we must be brief, providing you the greatest degree of accurate and accountable information in the least amount of space.

When all three factors are combined, it is our hope that Monday Morning News will give you the tools to once again embrace the art of conversation.

Whether you do that in a face-to-face conversation or with your thumbs in a text message, we will leave entirely up to you.

- Stephen Dafoe, editor

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The Art of Conversation Presents

MORINVILLE'S **Monday Morning News**

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Fjellgaard coming to Parish Hall this Thursday

By Stephen Dafeo

At 73, Canadian Country Hall of Fame and Juno Award-winning entertainer Gary Fjellgaard is showing no signs of slowing down. Even on a brief Nov. 11 break with his wife in Jasper National Park, Fjellgaard was willing to take some time to talk about his upcoming tour that includes a stop in Morinville Thursday night.

"I find it's the love of the music," Fjellgaard said of his desire to keep playing, adding it is a subject he sometimes gets preachy about. "There are so many reasons young people get into music these days. And sometimes it's the wrong reasons. I always keep in mind that it's for the music for the love of the music. That's the key to the whole thing."

It's something Fjellgaard speaks of from experience. For more than four decades, the Canadian singer and songwriter has made his living on the road, performing throughout North America and abroad.

Fjellgaard's music is largely about vanishing values and the frontier spirit, concepts the performer carries to his audience through his stories and songs.

"The family thing sort of gets left by the wayside and instead of turning into this kinder-gentler community sometimes, we're dealing with other things, too, that are really hard to take," Fjellgaard said.

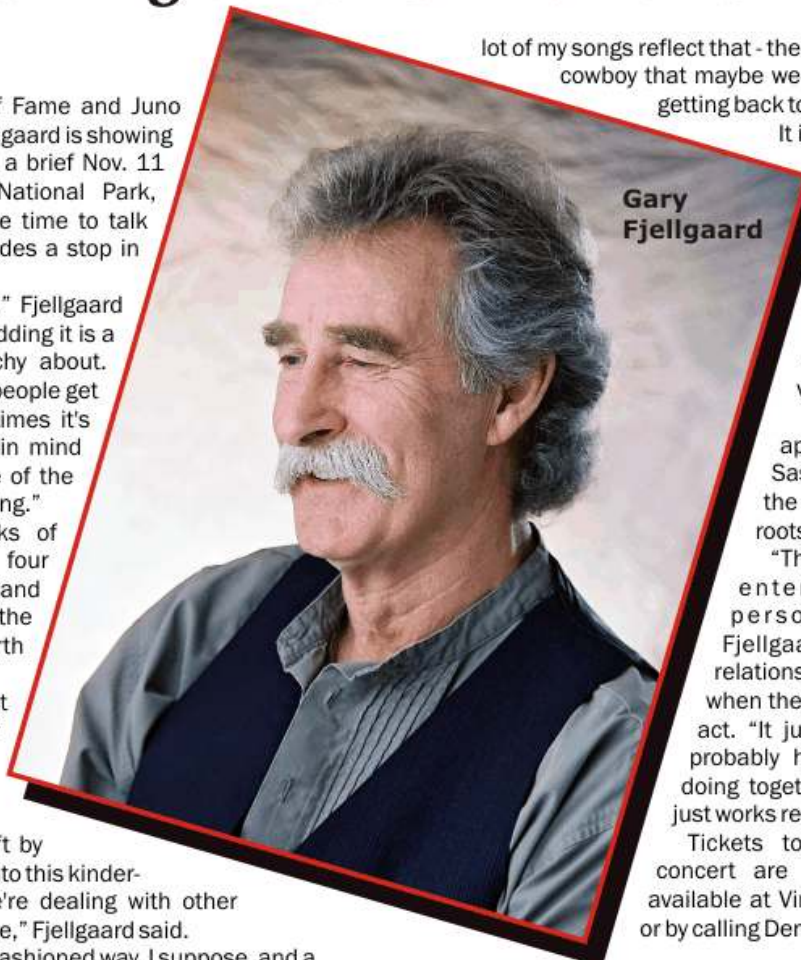
"I guess I'm singing about the old fashioned way, I suppose, and a

lot of my songs reflect that - the indomitable spirit of the cowboy that maybe we need more of, and just getting back to the basics."

It is a life Fjellgaard knows well. Having grown up in Saskatchewan at a time when farming was still done with horses, many of his songs harken back to that simpler time when values were clearer cut. Fjellgaard's Morinville appearance will be with Saskia and Darrel, a group the singer said have a folk-roots sound.

"They're both wonderful entertainers and very personable on stage," Fjellgaard said, adding his relationship with the duo began when they started as his opening act. "It just sort of evolved and probably half of the show we're doing together as a little group. It just works really, really fine."

Tickets to the Gary Fjellgaard concert are \$20 per person and available at Vintage Petals Tea House or by calling Denise at 780-939-4401.



Gary Fjellgaard



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Monday Morning Expert

The importance of water

By Dianne Calverley, Entheos Wellness Centre

Water is the most important part of our diet. Most of us are walking around dehydrated and don't realize it. Our bodies get a signal that we need water, and when we ignore it we can end up retaining fluids in our hands, feet or other areas of the body.

A good rule of thumb is to take half of your body weight in ounces and that is how much water you should be drinking. Gradually increase your water intake - otherwise it can be hard on the kidneys.

I read an article on how our bodies go through its filtering process when we sleep and our bodies use up to a cup of water at this time. If we are already dehydrated - the body has no choice but to take it from our organs.

It is important to drink at least a glass of water before bed and a glass upon rising in the morning.

Some symptoms of lack of water can

be colored urine (it should be clear unless medication/vitamins cause colouration) or we can also experience headaches and nausea. We say we drink lots of water, but the importance is to drink the right kind of water.

Pure clean water is not enough. Reverse osmosis, distilled and most bottled waters are acidic and not the best way to hydrate our bodies. Our tap water or bottled pure spring water is neutral on the pH scale. Therefore, it is not adding to an already acidic body.

At Entheos Wellness Center we serve our clients Alkaline antioxidant water. This provides you with a source of alkaline minerals to naturally maintain pH balance which, in turn, will help to hydrate the

organs. At Entheos we can test your pH balance as well as your tap water. Bring in a small sample of your water to check the pH level.

We also allow our clients to fill up water containers with our water for a donation towards the replacement filters. You can also visit our website located at ionways.com/entheoshiswater to check out the units available for purchase or get more information on the system and its benefits..



Entheos Wellness Center Administrator Dianne Calverley demonstrates their Athena Alkaline Water unit.

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What the students are saying

MORINVILLE'S Monday Morning Youth

We asked students at Notre Dame Elementary School

HOW DO YOU HELP OTHER PEOPLE?



HARMONY RALPH - GRADE 5
I BRING KINDERGARTENERS OFF THE BUS INTO THE SCHOOL SAFELY. I DO LIBRARY HELPER - HELP AROUND THE LIBRARY. I VOLUNTEER IN PLAYS OR IN CHOIR SOMETHING LIKE THAT.



ADAM BOCHAR - GRADE 5
I PATROL AND HELP THEM GET ACROSS THE STREET SAFELY, AND SOMETIMES IF THEY HURT THEMSELVES ON THE PLAYGROUND OR SOMETHING, I MAKE SURE THEY ARE OK. I HELP MY PARENTS WITH STUFF IF THEY NEED HELP WITH SOMETHING. AND I WALK MY LITTLE SISTER TO AND FROM SCHOOL.



KIANA EHT-CHILLAY - GRADE 5
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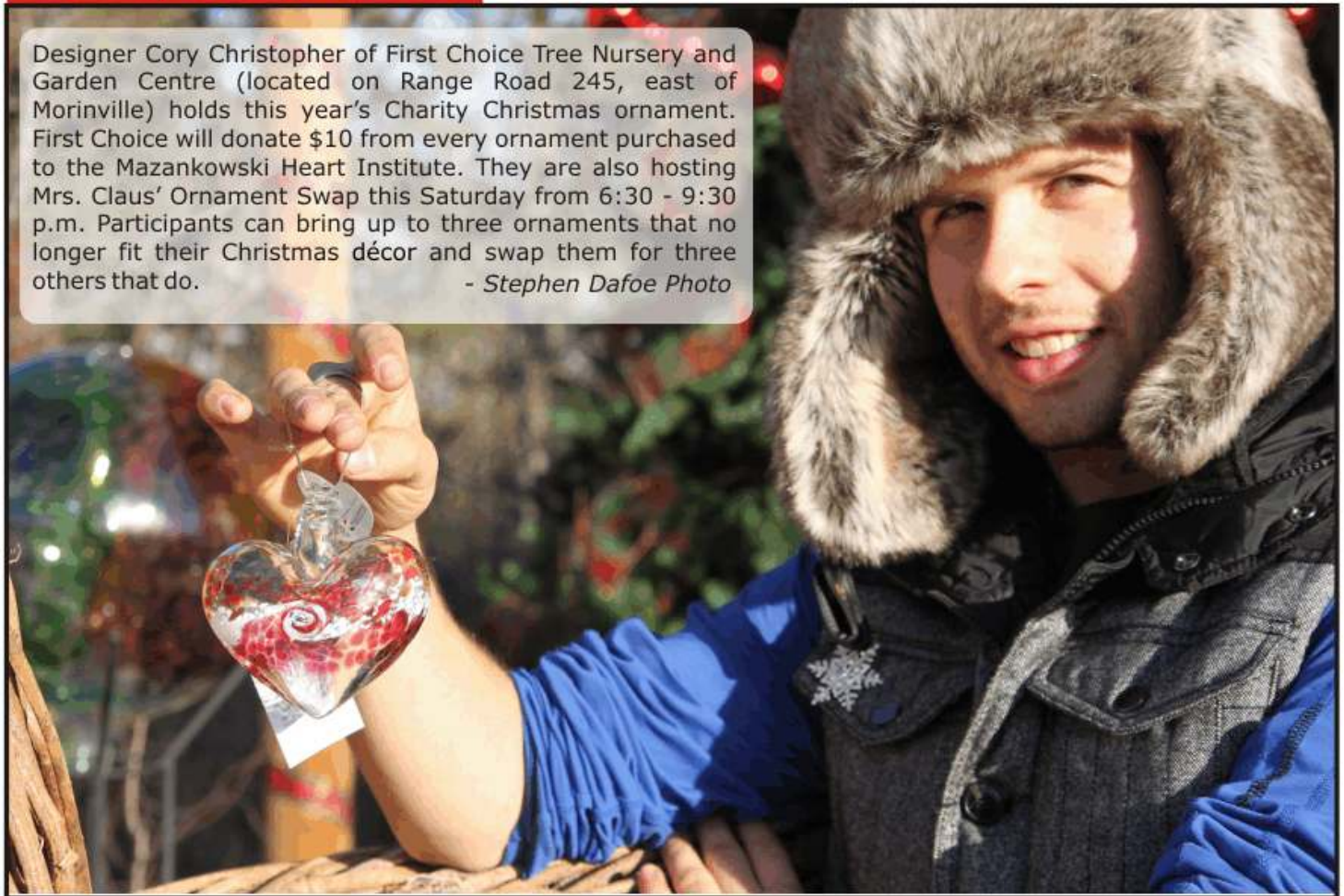
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MORINVILLE'S
Monday Morning Photo

A heartwarming ornament

Designer Cory Christopher of First Choice Tree Nursery and Garden Centre (located on Range Road 245, east of Morinville) holds this year's Charity Christmas ornament. First Choice will donate \$10 from every ornament purchased to the Mazankowski Heart Institute. They are also hosting Mrs. Claus' Ornament Swap this Saturday from 6:30 - 9:30 p.m. Participants can bring up to three ornaments that no longer fit their Christmas décor and swap them for three others that do.
- Stephen Dafoe Photo



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Snowflakes and Stars offers a glimpse at home-based businesses

By Étienne Thevou

Christmas shoppers looking to do a little local shopping have an opportunity to do so this Saturday during the Third Annual Snowflakes and Stars Christmas Market.

Organizer Kelli Allen said she originally started the program to give herself and other home-based businesses an opportunity to show Morinville what they had to offer. Three years later and the annual show and sale has grown from 18 vendors to more than 40 - so many that Allen has had to book both floors of the Morinville Parish Hall for this year's show.

"It's definitely an opportunity for people in Morinville and the surrounding area to come out and support local business (which is so important) and get a head start or maybe finish their Christmas shopping before the big rush without having to worry

about the crowds at the mall," Allen said. "I'm so excited about some of the businesses we have this year. I think we have a really unique and interesting variety of businesses this year, and I'm really excited to see what everyone has on their table."

Although the number of vendors and the selection of products have increased this year, Allen said she's also hoping to increase the amount of money the show raises for the Midstream Support Society's Santa Store. This year's show will feature a raffle of gifts donated by each of the more than 40 vendors. Tickets are \$1 each and Allen is hoping those dollars add up to something substantial for the local charity. "The last couple years we've been able to raise \$300 or more each year for the Santa Store, and I'm hoping this year it'll be even more," Allen said.

Snowflakes and Stars runs from 10 a.m. until 4 p.m. Nov. 20 at the Morinville Parish Hall. Admission is free.

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Don Bom Buwala
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MORINVILLE'S
Monday Morning Pet To Adopt

Can you give Belle a good home?

Belle is a 4-year-old Black Lab cross that was found running loose in St. Albert. Although she was brought to the Morinville Veterinary Clinic with a bad ear infection, that has been remedied and she's ready to hear her new owners call her name.

Susan Stacey, who has been taking care of Belle at the clinic, said the dog loves people and other dogs and would be a great fit in any family, but particularly one that has a bit of outdoor space for Belle to enjoy.

"She's a gentle soul, and we're just looking to find her a forever home," Stacey said.

For more information on making Belle a part of your family, contact the Morinville Veterinary Clinic at **780-939-3133**



The Morinville Veterinary Clinic has many animals for adoption by families looking to give them a good and loving home. **THE SPACE FOR THIS FEATURE HAS BEEN DONATED BY ART OF CONVERSATION**



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“Without a sense of caring, there can be no sense of community”.

- Anthony J. D'Angelo



The week at a glance in Morinville

Monday Morning Calendar

MONDAY Nov. 15

Loose Threads

The Library's Loose Threads quilting group meets from 6 - 9 p.m. in the green room.

TUESDAY Nov. 16

Knit Wits

The Library's knitting group meets at 6:30 p.m.

WEDNESDAY Nov. 17

Job Club

Career Employment & Counselling Services will hold its bi-weekly job club from 9 - 11 a.m. Nov. 17. The local job finding club is designed to help people with their personal job searches. Call 780-939-2353 for details.

Dragon Training

The Morinville Public Library will show the movie *How to Train your Dragon* at 6:30 p.m. Movie munchies are available or you can bring your own snacks

THURSDAY Nov. 18

Fjellgaard Concert

Country Music Hall of Fame artist Gary Fjellgaard will be performing with Saskia and Darrel Nov. 18 at the Morinville Parish Hall. Tickets are \$20 and are available at Vintage Petals or by calling Denise at 780-939-4401. Showtime is 7 p.m.

Movie Night

The Morinville Public Library will show the movie *The Karate Kid* starring Jaden Smith and Jackie Chan at 6:30 p.m.

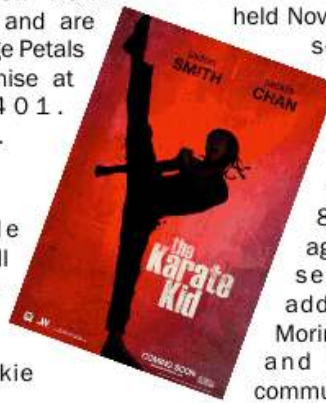
Influenza Clinic

An Influenza clinic will take place at the Morinville Seniors' Rendez-Vous Centre from 1 p.m. to 7:30 p.m. Drop in visits are welcome. Please bring your Alberta Health Card.

FRIDAY Nov. 19

Morinville 2035

The Town of Morinville is hoping residents will participate in one of two Municipal Sustainability Plan orientation sessions being held Nov. 18. The first session runs from 8:30-10:30 a.m. and the second runs from 6:30-8:30 p.m. The agenda for the sessions will address where Morinville is now and where the community wants to be. Call the Town of Morinville at 939-4361 for more information.



SATURDAY NOV. 20

Planning Workshops

The Town of Morinville is planning two Municipal Sustainability Planning workshops for Nov. 20 and welcomes residents to participate in one or both.

The morning session runs from 9 a.m. until noon and will be a Focused Planning Discussion to develop the priority actions and targets for the Social, Cultural and Governance Pillars of the plan. A light lunch will be served at noon. The afternoon session runs from 1 p.m. until 4 p.m. and is also a Focused Planning Discussion to develop the priority actions and targets for the Environmental, Economic and Infrastructure Pillars of the plan. Both sessions take place upstairs at the Town Offices. Call the Town of Morinville at 939-4361 for more information.

Christmas Market

The Snowflakes and Stars Christmas Market will take place from 10 a.m. until 4 p.m. at the Morinville Parish Hall. For more information call 780-939-6473.

Attention Community Groups

If you have an upcoming event you would like listed in our weekly community calendar, drop us a line at editor@mondaymorningnews.com

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Monday Morning Sports

Morinville Youth Basketball Association

By Serge Froment

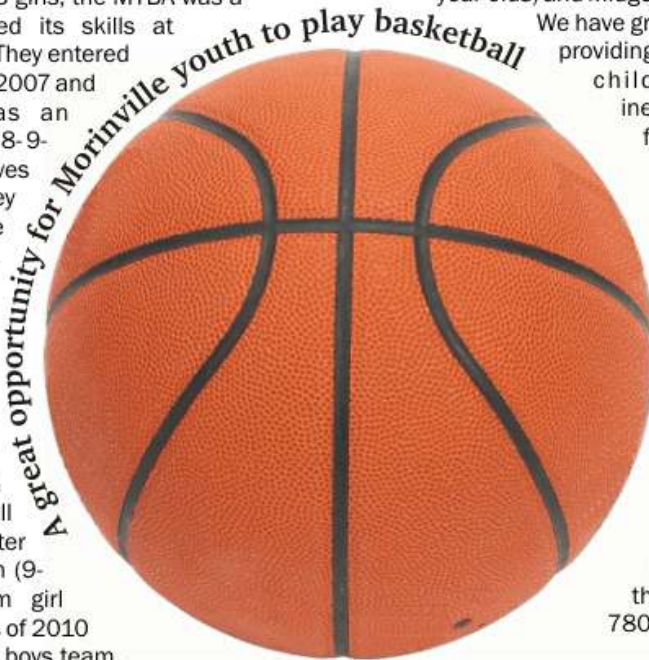
Established in 2006 with 13 girls, the MYBA was a practice team that honed its skills at Georges P. Vanier School. They entered a league in St. Albert in the fall of 2007 and quickly got a reputation as an aggressive fun-to-watch bunch of 8-9-year-olds. They called themselves the Morinville Roadrunners. They played in that league for one more year with three teams in 2008. All teams had success as the girls enjoyed the season and by the end of the season it was clear the girls were ready to move from recreational basketball to community basketball in Edmonton.

We joined the Edmonton Youth Basketball Association in the fall of 2009 and began the winter season with one mini girl's team (9-10-year-olds) and two Bantam girl teams for a total of 42 players. As of 2010 we have five teams and our first boys team. We have a goal of providing a great basketball

experience to all age levels for both boys and girls. The age levels are divided into mini (8- 10-year-olds), Bantams (11- 12-year-olds) and Midget (13- 14-year-olds).

We have grown every year and look forward to providing Morinville and Sturgeon County children with an exciting and inexpensive alternative to occupy the fall, winter and spring months. Fair play codes are respected by all players, coaches and parents. Every child plays and every parent participates. Friends have been made and the players return every year looking forward to rambling up and down the court as a Roadrunner.

If you are interested in your child joining for spring basketball or for next season (starting in October of 2011) call Serge Froment, President of the MYBA, at his office 780-939-3885.



Monday Morning Trivia

Morinville Fire Department's New Aerial Ladder Truck

Morinville recently took possession of its new 2010 Pierce 100' aluminum platform and ladder truck with a 2,000 gallon-per-minute waterous pump. Here are some of the features of the truck:

- Series 60 Detroit 515 HP engine
- Complete electronic pump and pressure controls
- Husky foam system
- Seats six firefighters within the cab, each with breathing apparatus
- Lighting package allows an entire area to be illuminated



- Air system allows firefighters to work in low oxygen atmospheres
- Independent front suspension allows stable and safer handling
- Retractable life lines and tie off brackets will allow firefighters to work safely on roofs and under poor conditions
- Ladder capable of working below grade, allowing ladder and platform to be used over an ice surface for rescue operations
- Platform capable of lifting 750 pounds at full extension of ladder
- Driver and occupant air bags protect firefighters in the event of a roll over
- On board systems will actually shut systems down if the operator attempts to have the equipment do something it can not.
- The new unit will allow better access to the large homes in Morinville, and when required, larger homes within Sturgeon County

Sports Shot Of The Week

Monday Morning Sports



Our seniors rock

A group of curlers work their way to the house Nov. 11. Seniors curling takes place every Thursday morning and afternoon at the Morinville Curling Club. The program is open to curlers aged 50 and over.

- Stephen Dafoe Photo

This Week In Sports



Nov. 21 Road Game
Beverly Warriors
 Clareview Arena 8 p.m.

Nov. 26 Home Game
 North Edmonton
 Red Wings
 8:30 p.m.



Morinville Warriors

Nov. 19 Home Game
 Leduc Roughnecks
 7 p.m.

Nov. 20 Home Game
 Whitecourt Ford Mustangs
 2 p.m.



Nov. 18 Road Game
 Seera Icemen
 Londonderry Arena 9 p.m.

Nov. 21 Road Game
 Millett Lightning
 Millet Agriplex 2:45 p.m.



**Capital Junior
 Hockey League**

Morinville Jets
7-7-2 record
 4th spot in West Division
 9th spot in league overall

As of Nov. 11



**Noralta Junior
 Hockey League**

Morinville Titans
6-1-3 record
 3rd spot in league
 overall

As of Nov. 11

KAMHL

**Northern Alberta
 Midget Hockey League**

Morinville Warriors
0-8-0 record
 7th spot in West Blue
 Tied for last overall

As of Nov. 11

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Monday Morning Business Profile

Spotlight on our businesses

Bistro offers elegant and specialized fare



A new restaurateur has come to town, bringing with him a quarter century of experience as a chef. Don Bom Buwala opened Don's Steak & Seafood Bistro this past summer in the former Sheldon's Fine Dining location on 100 Avenue. Since opening in June, Bom Buwala and his staff have created considerable buzz in Morinville both for the ambiance of the establishment and for the flavour of his specialties— French cuisine, steak and seafood.

Bom Buwala, originally from Sri Lanka, has spent the past 25 years as a chef and restaurant manager, training in

Switzerland, then working in Germany, England and Bermuda, plying his trade in the latter location for 18 years. While in Bermuda, Bom Buwala opened eight restaurants as a corporate chef and manager, but since moving to Canada he had always wanted to open his own establishment.

"I was looking for the last three years for a little restaurant for me to open up by myself, but I didn't find anything," Bom Buwala said, noting that his chance came when he saw an advertisement for an opportunity in Morinville, a town he was not familiar with but was happy to find.

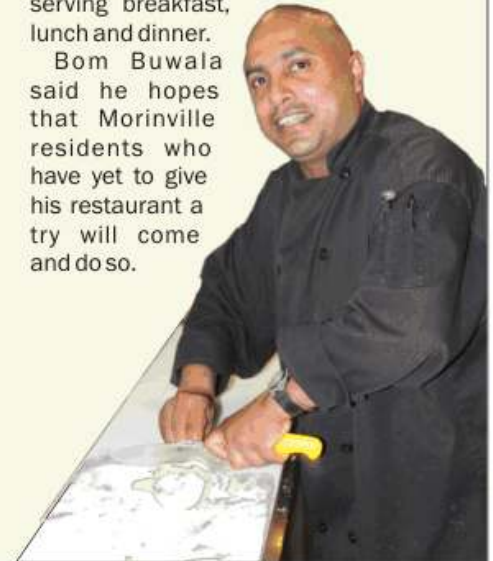
Bom Buwala said he fell in love with the restaurant as soon as he saw it - the establishment's nautical décor reminding him of Bermuda where he dove for his own lobsters.

But there was more to his decision than the décor. The chef said Sheldon already had part of his name, jokingly noting that all he had to do was remove the 'shel' portion - the Don was already there. But Bom Buwala had more changes in mind than just the name.

The restaurateur has, over the past five months, brought forth an exciting menu with a selection of foods that has many residents talking to their friends.

Don's Bar & Bistro is open seven days a week between 7:00 a.m. until 10 p.m., serving breakfast, lunch and dinner.

Bom Buwala said he hopes that Morinville residents who have yet to give his restaurant a try will come and do so.



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