Million dollar surplus kills tax hike in Morinville...or does it?

Morinville town council will have a million dollars left over from the 2018 year’s spending to allocate if the audited financial statements in April mirror the fourth quarter results presented to council on March 12. This means the council will not have to increase residential taxes in 2019 by 4% or commercial taxes by 14.4% if they choose to use the surplus to offset the planned tax hikes. However, council may decide to replenish in reserve funds which have been accessed to balance recent deficits. Or it could mean the town will not have to borrow as deeply as planned for the $30.5 million recreation centre project.

There’s also the possibility of a million dollar spending spree on a pet project by council.

“Consolidated Revenues for the year total approximately $19.9 million (million) or 100% of the annual budget. Consolidated Operating Expenses for the year total approximately $18.2 million which reflect 95% of the annual budget and are under budget by approximately $1.0 million. The favorable variance is primarily driven by lower Contract Services, General Goods and Services and Salary/Wages/Benefits savings due to deferred implementation of projects and new hires along with anticipated vacancies,” the report from Corporate and Financial Services director Shawn Jason advised council.

While the figures are grouped under town operations, in reality the excess funds are the result of the utility bills residents and businesses are paying. “Approximately $1.9 million is attributable to Utility supported operations,” the report states noting that tax supported operations overspent its budget by $239,000.

After some accounting gymnastics for “other revenue (expense)” which includes such things as depreciation expense, developer contribution revenue, and interest on debt the variance is $1.367 million to the positive.

There was no discussion of the positive bottom line by council during the public session, however extensive closed doors sessions are a normal routine of the current council. Details of the secret sessions are not made available to residents or taxpayers.

Act fast if you want to be on task force reviewing council pay

Sturgeon County will be establishing “a citizen task force to review the elected officials’ remuneration and bring back a comprehensive list of recommendations to Council by June 25, 2019 that will ensure future compensation is fiscally responsible, transparent and equitable.”

A resolution to do so was passed at the regular Council meeting March 12.

An almost identical motion put forward by Mayor Alanna Hnatiw Jan. 8 had been defeated with four Councillors voting against (Patrick Tighe, Wayne Bokenfor, Neal Comeau and Dan DeRuis) During the debate Hong noted that to establish a comprehensive review including looking at the amount of time elected officials are required work by June 25. CAO Reegan McCullough added it should be a comprehensive review including looking at the amount of time elected officials are required to be put on the agenda by Tighe.

The motion for the establishment of a “citizen task force for the purpose of reviewing the terms of reference, the adequacy to set up the terms of reference, advertise the agenda Hong noted that through not generous I think it would be adequate.”

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Coun. Susan Evans noted the task force “is definitely needed” but questioned if the timeframe was adequate to set up the terms of reference, advertise for members and establish the task force, then do the required work by June 25. CAO Reegan McCullough noted “though not generous I think it would be adequate.”

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The MCHS Sr Girls travelled to Athabasca to play in the ASAA 3A Girls Basketball Championships. The Lady Wolves defeated All Saints Calgary in their first game by the hot shooting of Hayley Deveau who hit two 3 pointers in the first half to get the team going. In the quarter final the girls played 84 ranked Monsignor McCoy from Medicine Hat. The team struggled to score early and fell behind in the 2nd quarter when Jordan Hesselt got into foul trouble which caused match up problems inside. The Lady Wolves fought back hard to close the gap to 3 at the end of 3 quarters. However McCoy drained two straight 3’s to stretch their lead early in the 4th. MCS lost 65-46. Laura Stalzer had 13 points to pace the Lady Wolves in the consolation semi-final the girls played a strong game to beat Holy Rosary 52-31. Alicia DiBerardino had 15 points and 15 rebounds to secure the victory. That victory set up the rubber match with Sturgeon Comp. It was a great game with the lead changing several times before the Lady Wolves built a 6 point lead with under 4 minutes left and held on for a 54-52 victory. Mackayla Attfield was tremendous on defense as she took two charges at key times to seal the victory and Janna McKinney with two clutch 3’s proved the difference. The Lady Wolves are saying goodbye to their Seniors Alicia DiBerardino, Sydney Jones, Janna McKinney and Laura Stalzer after three great seasons on the team.
Preparing for the Spring Melt

As the snow melts, water begins to accumulate in drainage ditches, and road sides. We see water pool in farmers’ fields and other low-lying areas—it’s part of the melting process. The region has received a large amount of snowfall this winter, so it’s best to be prepared as much as possible.

Sturgeon County Transportation Services takes a pro-active approach to drainage. Crews start to clear problem areas early in the year before spring thaw arrives. Snow grading and removal of snow from Sturgeon County roads means less snow to melt when the weather warms up. Crews will also begin defrosting frozen culverts on warm days and clear channels for improved drainage.

To reduce the chance of any potential drainage issues on your property, here are some tips:

- Check your culverts and clear snow to help open up any blockages
- Keep stormwater drains clear of debris and ice
- Clear debris out of eave troughs and direct downspouts away from your home
- Make sure your sump pump and weeping tile is working properly

If you have concerns, please contact Transportation Services at 780-939-8252 or online through Report a Road Concern at sturgeoncounty.ca

Dust Suppression Applications Available Now

To help reduce the impact of dust on residential properties adjacent to County roadways, Sturgeon County is offering two options this year, Calcium and Oil.

**Calcium Dust Suppression**
- Cost: First 100m: $405; Each additional 10m: $118
- There is no guarantee to the length of life of the calcium treatment.
- Calcium suppresses the dust but does not eliminate dust.

**Oil Dust Suppression**
- Cost: Rate to be determined.
- Subject to site inspection by Transportation Services, some restrictions may apply.
- Guaranteed for one year from date of treatment.

*Order before April 15, 2019 for the best price with the early bird rate.*

Applications received between April 16 and May 17 are subject to a $100 late fee. Applications will not be accepted after May 17, 2019.

Get the application form online at sturgeoncounty.ca or pick up at Sturgeon County Centre or Sturgeon South, 25228 TWP RD 552, or call 780-939-8252 for more information.

Tree Seedlings For Sale

Residents have an opportunity to purchase tree and shrub seedlings at a reduced rate through the Sturgeon County Tree Program.

There are a variety of native and ornamental species of coniferous and deciduous trees to choose from, as well as shrubs like the Silver Buffaloberry, High Bush Cranberry and the Northline Saskatoon.

*Place your order by April 12, pick up on May 10.*

Order forms are available online at sturgeoncounty.ca or for more information email agriculture@sturgeoncounty.ca or call 780-939-8325.

Residents Could Save on Fire Insurance

Sturgeon County Protective Services has been accredited by Fire Underwriters Survey (FUS) to provide Superior Tanker Shuttle Service (STSS). The Districts of Bon Accord, Calahoo, Legal, Namao, Redwater and the Fire Service Areas of Gibbons and Morinville have been accredited for the delivery of Superior Tanker Shuttle Services and the appropriate changes have been made to the fire insurance dwelling protection grading index.

**What does this mean for you?**

Residents within the Fire districts and Fire Service Areas named above who own detached dwellings and are within 8 km of an accredited fire hall and 5 km of a recognized water supply may be eligible to receive an Improved Fire Insurance Grade.

We recommend that you contact your insurance agent directly and review your current Property Fire Insurance ratings. If your insurance company does not wish to apply the STSS Accreditation, it is recommended that you explore options by obtaining quotes from other companies.

For more information, please visit www.sturgeoncounty.ca/sttss to review the FAQ or contact Chief Pat Mahoney at 780-939-8400 or by email at pmahoney@sturgeoncounty.ca.

Letters of Accreditation are available online at www.sturgeoncounty.ca/sttss.
National recognition awarded to Rosychuk for domestic violence

by Amy Hibbard-Hiscock

In its third year, the Canadian edition of L’Oréal Paris’ Women of Worth recognizes a diverse group of women who find beauty in giving back through their volunteerism and charitable contributions. Embodying the famed L’Oréal Paris’ phrase, “Because You’re Worth It”, the signature program honours women who are motivated by their passion to advance causes and build communities, action that facilitates meaningful change.

Lynne Rosychuk, President and Founder of the Jessica Martel Memorial Foundation (JMMF) in January of 2012. The founder and President of JMMF was named National Honour of the 2019 Women of Worth Award at the awards gala held on March 8th in Toronto, Ontario. Rosychuk was one of 10 honourees selected from a diverse group of women who find beauty in the area of family violence support. She has been awarded $25,000 to support her charitable work and was emotional upon receipt.

“I know in my heart Jessica is smiling down on us,” said Lynne Rosychuk.

Rosychuk is a passionate advocate for family violence support following her daughter’s tragic murder at the hands of her common-law partner in 2009.

Since 2012, she and a core group of volunteers have raised funds to build a safe house to support those impacted by family violence in the Morinville and surrounding areas. The $20,000 award will be added to the currently fundraising campaign that is raising funds for the completion of Jessie’s House, furnishings and operating costs.

Located in the heart of Morinville, Rosychuk states, “we can’t hide it - it’s kind of stands out. We approached the home-owners surrounding the area and invited them to an information forum where they could ask questions and express their concerns and such. Only one family showed up. Their primary con- cern was that it would attract unsafe behaviors, which in fact it will do the exact opposite.”

Morinville Mayor Barry Turner commented on Rosychuk being named as the L’Oréal Paris Women of Worth National Honour. During the protocol section of the March 12 council meeting, Turner stated that Rosychuk’s “story is worthy of recognition.”

He referred to the personal strength shown by Rosychuk to establish the foundation and get a safe house built in the wake of the tragedy of losing her daughter to domestic violence.

“Jessie’s House will have a mixture of family

suites and individual and shared rooms that will accommodate families with children, women, men and even seniors. “It’s over 900 square feet, it’s huge and it already has a calming feel. There’s a bright open room at the back that I like and it will be used for reflec-
tion.” Rosychuk believes Jessie’s house will be full and that they may require to use base-
ment office spaces for as housing.

“The Edmonton facilities are full. I antici-
pate this will be full, it is a real problem in our community — the main reason for police calls to residences is for domestic abuse.” Situa-
tions will be assessed individually and although 21 days is the standard length of stay in other shelters, Rosychuk states that at Jessie’s house they will remain open depending on circumstances. Rosychuk also states that aside from having a safe place to stay, there will be support staff onsite around the clock, and programs available. “I want to make sure there are programs for the children. Speaking from what my grandkids have gone through, it’s a huge need.”

When asked about how she feels, 10 years following her daughter’s death and standing next to a huge safe house that’s set to open in early 2020. "I could smell her — I know it sounds odd, but I know she’s happy." Rosychuk smiled and turned emotional. “Jessica would be so proud, I feel her presence more than ever, I smile and turned emotional. "Jessica would be so proud, I feel her presence more than ever, I know she’s here with me, with us. As I left the house and went to the office the other day, and I could smell her — I know it sounds odd, but it was her smell and only I could smell it. She’s making her presence known to me and I know she’s happy.”

Lynne Rosychuk, President and Founder of the Jessica Martel Memorial Foundation and most recently, the L’Oréal Paris Women of Worth National Honour, continues to stand proudly with her fight against domestic violence in Morinville and surrounding areas. Rosychuk’s fundraising motion continues to ensure Jessie’s house runs as best as it can.

There will be upcoming events including the annual Morinville Home Hardware Bumper to Bumper /Tirecraft Show n Shine on June 22nd, and the JMMF Memorial Run on June 23rd. The annual Break Free Gala will be held on Nov. 16th. Rosychuk would like to express that even once their milestone is reached, once Jessie’s House is running, the foundation will still have a strong need to raise funds to keep it running and she is very grateful for the ongo-
ing support of the community.

Lynne Rosychuk, President and Founder of the Jessica Martel Memorial Foundation.

Jessica’s death was preventable. Jessica had a plan to leave her abusive relationship but had nowhere safe to go. Jessie’s house will provide that safe place. Because of the generosity of our communities, the donation of the land from the Town of Morinville in 2016, in a year’s time, the house will be fully operational. Rosychuk’s fundraising motion continues to ensure Jessie’s house runs as best as it can.

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ing support of the community.

Notice

This week in Morinville photo enforcement will be conducted in the following areas:
Cardiff Rd & Grandie Dr
Morinville Dr & Sunnydale Road
East Boundary Rd & 95 St
104 St & 107 St
101 Ave & All School Zones
All playground zones
All other areas where speeding is a concern

PLEASE SLOW DOWN!!
Yoga For First Responders in Gibbons

Gibbons fire department hosted its first Yoga For First Responders (YFFR) session March 5. About 30 fire and rescue volunteers, plus Gibbons councillor Jay Milante, participated in the YFFR which is designed to help improve the health and wellbeing of emergency responders.

“It was fun, and I think 98 percent liked it,” said fire chief Eric Lowe. Members have not yet discussed whether or not to make YFFR a similar de-stressing exercise a regular event.

Lowe reported that last year Gibbons Fire and Rescue responded to over 200 calls for service within the Town of Gibbons and surrounding areas of Sturgeon County. Such a high volume of calls for service can impact members both physically and mentally.

YFFR instructor Janine Mills believes first responders need extra support when they return from a call, and that YFFR can assist with the decompression phase after an emergency by helping members relax, reset and get ready to go home to their friends and families.

YFFR instructor Janine Mills believes first responders need extra support when they return from a call, and that YFFR can assist with the decompression phase after an emergency by helping members relax, reset and get ready to go home to their friends and families.

“Breathing is very important if you’re conserving air on scene,” said Milante. “It’s very important to know the wellness of our members is maintained. I hope to see more such events.”

Mills believes YFFR is needed because emergency personnel may witness more trauma, loss, death and destruction during one response than the average citizen sees in a lifetime. Based on reported physical health problems and sleep disorders, first responders have high rates of stress, and numbers are rising for Post-Traumatic Stress among all emergency personnel.

She feels YFFR provides vital emotional wellness and mental resiliency training. It is more than just a yoga class with first responders as the participants because everything in the program was designed for their needs. Its protocol is trauma informed and acknowledges the stress and trauma first responders face. The program also uses physical postures and exercises that build strength related to duties of first responders to help prevent injuries.

“I am excited to bring this program to Edmonton and surrounding areas,” said Mills. “I have been working as a first responder in the law enforcement field for the past nine years, and I believe this program will be providing skills and filling a gap in training for our first responder community.”
Emergency training exercise a success

by Grant Cree

"Today was a great exercise," said Morinville CAO Farrell O’Malley in his role as Director of Emergency Management for the Emergency Coordination Centre. "Our staff did a tremendous job at identifying the issue, working through the process, and working on our collaboration between people that we don’t normally see on a daily basis."

Labized was one of about 60 participants in a Sturgeon Regional Emergency Management Partnership (SREMP) Regional Functional Exercise on March 13 at the Sturgeon County Protective Services Building. The objective of this one-day exercise was to practice for a regional Emergency Coordination Centre (ECC) activation. The exercise included mentors from partner agencies and participants from SREMP members Sturgeon County, Morinville, Redwater, Bon Accord and Legal.

"This exercise is important because any one given municipality typically doesn’t have the manpower and resources to manage an incident for a significant period of time on their own," said Josh Morin with Exercise Control. "It’s really strength in solidarity and strength in numbers."

Morin is the Regional Emergency Management Coordinator for Sturgeon Region. He emphasized this type of SREMP regional activity provides an opportunity for all personnel involved in a large-scale emergency to manage an incident for operational time periods ranging from 12 hours to 24 hours, depending on the situation.

"What we’re doing here today is a functional exercise," said Morin. "We use the Incident Command system, which is an almost universal methodology for managing emergency events in the English-speaking world."

All of the SREMP exercise participants were organized into different functional groups such as command, logistics, operations, plans, finance and administration. "These are individuals trained in those specific competencies," said Morin. "When we come together as a regional group, we have representation from all six member communities."

Although the exercise on Mar. 13 was based on a hypothetical scenario of a truck rollover with hazardous materials, everyone focused on the operational planning process they go through to prepare for a real emergency.

"I think this kind emergency exercise is important for all the municipalities involved in this partnership," said Felicity Bergman, the Town of Morinville Corporate Communications Coordinator. Her role during the exercise was an Information Officer who provides information to media and the public.

"It’s a great opportunity to create dialogue with our counterparts that we may be working with in the future," said Bergman. "As well as getting face-to-face time with all of the other people that would be involved in any emergency. This is one of those things where you practice, which is essential, but you hope that you don’t have to put it into play."

Labized noted the Alberta Emergency Management Act requires these types of exercises must take place once every four years. "It really pulled the program together and we came out with a really good outcome at the end of the day," he said. "It was a great exercise."

Emergency Logistics staff participate in a Sturgeon Regional Emergency Management Partnership Regional Functional Exercise on Mar. 13 at the Sturgeon County Protective Services Building. They were some of the 60 participants in the one-day exercise. --photo by Grant Cree

Gibbons council tells MP the town wants more up-front infrastructure funding

The Town of Gibbons may be well positioned for the future, but there are stumbling blocks in taking advantage of opportunities. Sturgeon River–Parkland MP Dane Lloyd noted that Gibbons has a relatively young population and is close to Alberta’s Industrial Heartland and its projects.

CAO Farrell O’Malley responded that in order to take advantage of opportunities, municipalities need policy changes in how the federal and provincial governments fund infrastructure. He explained that requiring developers to foot all the infrastructure costs is too high and decreases their ability to build. For example, when it costs $1.7 million for infrastructure for 40 residential lots, the cost for just an empty lot is $42,500. "That makes it hard to do affordable housing," said O’Malley. "A one acre highway commercial lot is $500,000 plus before improvements. A lot of developers aren’t going to front that."

He explained there is a lot of undeveloped land within the town’s boundaries, but it is difficult for a developer to begin work there. To start any development on the south end of the town first requires millions of dollars for a sewer lift station.

"It’s difficult for any one developer to put that on the table," O’Malley said. "In some areas, off site levies are more than the land is worth."

He suggested the federal and provincial governments work together on a funding program to help install infrastructure. It would put pressure on the funding bodies as developments get built out.

Lloyd agreed water and sewer trunk lines are needed to prepare for the next surge in housing. He said he would like to see the mortgage stress test, which was implemented to cool the markets in Toronto and Vancouver, not be applied to most other areas.
Animal behavior and livestock handling safety

Many Alberta farms are particularly busy working with livestock at this time of year. Through the stress of calving, lambing, sorting, processing, and relocating – often during inclement weather – farmers and ranchers need to consider their safety and that of others while tending to their animals.

“The biggest factor in livestock handling safety is understanding animal behaviour,” says Jennifer Woods, livestock handling specialist based in Blackie, Alberta. “Workers need to be trained in this aspect before they are tasked with handling livestock. It is important to know that animals don’t necessarily react to their environment the way we would expect.”

Many times, the cause of injury to handlers is overconfidence in their ability to predict or read animal behaviour. Workers can get too complacent and not pay attention to the situation.

“What makes animal behaviour so different from humans is that animals truly live in the moment and react accordingly to the things they hear, smell, see and feel. People usually do not perceive the same things animals perceive,” says Woods.

In general, calm animals are safer animals, and the best way to keep them calm while handling them is to reduce fear and anxiety. As a prey species, cattle have an inherent fear of unfamiliar objects, situations, smells, sudden movements and noises. Animals that are singled out of a herd, injured or sick, are also more fearful.

Woods points out the indicators when animals tend to be more unpredictable, and handlers must be particularly cautious. They are:
- During breeding season
- During calving/foaling
- When animals are alone
- When animals have been harassed by a predator
- When animals are injured or sick
- When animals are in an unfamiliar environment or around unfamiliar handlers

Woods says that other contributors to worker safety are the condition of the handling equipment and facilities, proximity of the handler to the livestock, and the physical size of the worker handling the livestock.

“For example, small children are at a considerable size disadvantage for many tasks. In particular, workers need to be aware when they are in the kick zone of cattle.”

For long-term worker safety, Woods advises handlers to cull dangerous cows. “If there is a risk of them hurting a worker or family member, it is not worth it to keep them around. Even if that cow is a good producer, she will pass her bad behaviour onto her calves, and you don’t want that perpetuating in your herd.”

In response to the recent changes to the Occupational Health and Safety Code to include farms and ranches that employ non-farm workers, Alberta Labour is funding a farm health and safety producer grant that is administered by Alberta Agriculture and Forestry.

—Agri-News, Alberta

Olds College earns beef sustainability stamp of approval

Olds College, a member of the Canadian Roundtable for Sustainable Beef (CRSB) has received recognition as a Verified Beef Production Plus certified operation. This recognizes the College’s commitment to sustainable beef sourcing, processing, and retailing.

Olds College president Stuart Cullum said, “We are very proud that our practices meet the standard to be recognized as a Verified Beef Production Plus and CRSB Certified Operation.”

The CRSB is a member of the CRSB. The College’s feedlot operation has capacity for up to 500 head of cattle each year and maintains a cow-calf breeding herd of 160 head, which supports the College’s National Meat Training Centre and on-campus retail store.

In response to the recent changes to the Occupational Health and Safety Code to include farms and ranches that employ non-farm workers, Alberta Labour is funding a farm health and safety producer grant that is administered by Alberta Agriculture and Forestry.

—Agri-News, Alberta
NW Region 4-H holds communications competitions at Legal

The NW Region 4-H (East Half) held their Communications Competitions on March 9, at Legal. The event was hosted by the Sturgeon 4-H District with Public Speaking Competitions held at the Legal School and Presentations held at the ACFA Centralta Community Center. There are 7 Districts in the NW Region and each District sent their top presenter from each of the Junior, Intermediate and Senior Levels. A total of 12 presenters competed. The event is sponsored by ALTALKIN and the host District.

Public Speaking officials included: Mistress of Ceremonies Tori Moon; Timekeepers/Tellers: Ken Moon and Austin Majeau; Improptu Table Leslie Majeau.

Judges for the Public Speaking competitions included: Juniors — Bill Black, Kirby Dublanko, and Dana Zadunayski; Intermediates — Ed Biem, Mel Clark, Bon Accord 4-H Multi with Beef and Laura Paterson; Senior — Margaret Newell, Erin Sheehan, Colin Strauss.

Junior Public Speaking Participants included: Haddie Bartlett of Colliton 4-H Multi, with My Horse Casey; Stella Macklin of Radway 4-H Multi with Sister; Jada Rigney of Golden Sunset 4-H Beef with Patches; Kalyen Gratz of Strathcona 4-H Rein Rides with The Weird In-Between; Kristian Pretzlaff of Nanaimo Trail Busters with What it is Like to Have Parents Who are Teachers; and Taylor Jane of Loyna Lights 4-H Light Horse with What Horses Tell Us.

Intermediate Public Speaking Participants included: Alyson Dostie of RQB 4-H Ranchers with Brothers: The Good, The Bad, The Ugly; Justin Chamin of Boyle 4-H with Young Man with a 10 Year Plan; Amber Barto of Radway 4-H Multi with Life on the International Space Station; Emmeline Langston of Looma Lights 4-H Light Horse with Seize the Stage; Mana Middleton of Northlands 4-H Multi with Life is Worth Eating; and Macey Kaliel of Double Diamond 4-H Multi with The Girl Who Had No Fear.

Senior Public Speaking Participants included: Casey Lefebvre of Leduc 4-H with The Wall Have Earn, Rebecca Palquist of Fort Saskatchewan with Beef with Voices of the Future; Hannah Whittal of Bon Accord 4-H with Catching More Zzz’s; Brody O’Donnell of Double Diamond 4-H Multi with When You Get Down Cowboy Up; and Emma Kado & Christine of Looma Lights 4-H Multi with Pouching.

After the Public Speeches were all complete, each of the members had to give an Impromptu Speech. This is where they chose three papers, picked one topic, given a minute to jot things down, then speak for 1-2 minutes!

Winners from each category were: Junior — 1st Tyler Woodburn, 2nd Mana Middleton; Intermediate — 1st Karina Aumais & Claire Williams, 2nd Ashley-Marie Ference; Senior — 1st Kianna McGregor & Claire Williams, 2nd Ashley-Marie Ference; Honorable Mention Laura Paterson.

The top "Senior Presentation" from this event advances to the Provincial Communications Competition on April 6 at the Reynolds-Alberta Museum in Wetaskiwin, Alberta.

Senior Presentations participants included: Ludson Bartlett; Intermediate Presentations — 1st Karina Aumais and Shawna-Lise Aumais, 2nd: Hailey Robertson, Senior Presentations — 1st Kianna McGregor & Claire Williams, 2nd Ashley-Marie Ference; Honorable Mention Laura Paterson.

The top "Senior Presentation" from this event advances to the Provincial Communications Competition on April 6 at the Reynolds-Alberta Museum in Wetaskiwin, Alberta.

—submitted by Brody O’Donnell, Reporter & Key Member, Sturgeon District

Sturgeon District results story in March 19 Heartland eXtra online: www.cowleynewspapers.com

The NW Region 4-H holds communications competitions at Legal in celebration of the Month of the Francophonie. Students learned about French Canadian history and traditions. During the afternoon students enjoyed some outdoor fun with delicious Cabane à Sucre, music, horse-drawn sleigh rides, hot chocolate and games!

Celebrating the Month of the Francophonie

In partnership with the Edmonton Garrison Military Family Resource Centre, Guthrie School students in grades 1 to 9 participated in a celebration of the Month of the Francophonie. Students learned about French Canadian history and traditions. During the afternoon students enjoyed some outdoor fun with delicious Cabane à Sucre, music, horse-drawn sleigh rides, hot chocolate and games!
MCHS team competes in Culinary Challenge

by Daily Bolen

“Morinville Community High School (MCHS) has never competed in the High School Culinary Challenge (HSCC) prior to this year,” said Competition cooking teacher Lisa Appell. The 2019 MCHS team included 10th grade student Conan Bolen and grade 12 students Alicia Brost and Brad Bullock, competing against 17 other teams at Northern Alberta Institute of Technology on Feb. 9. “This is the first year that a Competition Cooking course has been offered at MCHS. Since the course is new it was only offered in the first term so how students would respond to it.”

For the HSCC, using provided recipes, each three-member team of high school students prepared six servings of a three-course meal: Carrot Ginger Soup, Chicken Cacciatore with Hand Cut Fettuccine and Chocolate Mousse with Fruit Sauce and Sugar or Chocolate to garnish to an advanced level of the Career and Technology Studies Foods Program. Each course was plated and presented to judges, one portion for tasting and one portion for presentation for each course. The remaining four portions were reserved.

Judging criteria included adherence to safety and sanitation rules as contained in the sanitation code, interpretation of skills of scope of documents and provided recipes, cooking techniques, development of flavours, degrees of doneness, texture, temperature controls, preparation skills and effective utilization of food products were also evaluated. Cooperation with others in the kitchen as well as effective team participation was also assessed.

The team was selected from a Competition Cooking course which I taught (developed for the first time this year) and two selections went to the senior grade 12 students in the class who wanted to compete since it would be their only opportunity to participate. The final spot was selected to conducting a small in class competition between two other students who wanted to be in the competition,” explained Appell.

“The competition was a great opportunity to work with students outside of the classroom setting and encourage them to expand their cooking skills. I am very proud of how well the team performed and getting in the practice time necessary to compete. I emphasized that a fantastic learning experience the event would be and even though it was a competition, not to stress over it but to have fun in the process. Appell said she did not have any other experience with the HSCC but the had students compete in several Skills Regional Culinary Competitions in the past.

Appell said, “The advice I would offer to future students who are interested in competing in the Competition Cooking course would be to approach the course with the idea of building culinary skills in a variety of areas but at the same time having fun competing in a friendly environment.”

Brad Bullock said he took Competition Cooking because he has always been a fan of cooking and he thought it would be a new and unique way to develop new skills and enhance previous ones. “As a grade 12 student, I was given first choice to be on the team,” said Bullock, who was not surprised to make the team but excited for the opportunity.

He added, “My favourite moment was probably the feeling when we were done, seeing all of our hard work come together and being proud with what we made was an awesome feeling. I learned that to give new things a shot even if you aren’t sure about it. At first I wasn’t sure if I wished to compete but in the end I was very happy that I did!”

Although Bullock does not intend to pursue cooking as a career, he would always enjoy cooking at home for fun. As for advice for future potential HSCC young chefs, Bullock suggested, “Go in the hope of cooking and having fun. Being helped will help you out far more than going on with the stress of trying to win. There are too many huge schools that compete that it makes it tough for small town schools like ours. But if you go in trying your best, who knows what you may achieve!”

Conan Bolen said it was good to be part of the MCHS team and fun. Bolen’s favourite part of competition was decorating the mouse because he thought that was the most enjoyable. “Brad and Alicia said they wanted to do it and there was one more spot for the team. My friend Taylor Hiscock and I battled it out for this spot. We wanted to do it and there was one more spot for the team,” explained Bolen. “I was not sure he would participate. “I do not know; I would not have signed up for this if I didn’t know they didn’t.”

Now, I am certain. I might be interested in it because I did it before and I might have a better chance,” Bolen advised future competitors. “Have fun, be yourself, don’t take it too seriously and keep organized. I think I did my best and our team did their very best.”

“Competition Cooking was a new option and I thought it would be fun to do. My grade 9 friends and I thought it would probably be a good option so we did it together.” Bolen said the course was more than he thought it would be. “Starting off I wasn’t expecting it to be too good but it turned out it was a lot better than I thought because I was well organized. Mrs. Appell was a good teacher, she taught me how to make apple fritters, bread, cake, chocolate mouse, pasta and pâo. His favourite recipe was credited as apple pie because they peeled the apples and made it from scratch like everything else they baked or cooked in class.

Appell said, “I am not sure whether the course will be offered next year. It will depend on whether administration decides to offer it as an option and if so, the number of students who enroll in the course during registration in the spring.”

“I think that the 2019 HSCC Challenge was excellent. The students were varied in grade levels in the class and new people that they didn’t know. By the end of the course I would say the entire class bonded wonderfully and it was a fun, relaxing experience where students practiced their skills and creativity,” stated Appell.

The HSCC Awards Night was held on March 4 at the Shaw Conference Centre in Edmonton. The menu for the awards dinner was exactly the same dishes as all the students prepared for the competition but the experienced chefs added more ingredients than the limited supply of students had to work with. The dishes gave the students a glimpse into what professional chefs could do with the three dishes with different resources. MCHS did not win any of the awards. Bolen, Brost, Bullock attended the Awards Night with Appell and family members enjoying the artistic creations cooked up by Edmonton chefs.
Sexual assaults and incidents of uttering threats are two categories of crime statistics where there is a large increase in 2018 compared to the previous year in Morinville, however overall personal crime decreased by 8% from the previous year.

Local RCMP Csts. Chris Pauly confirmed the stats are just those of the municipality of Morinville but feel the increase could be a reflection of trends in which police designed to create an environment in which victims feel more confident in coming forward to report the incidents.

The incidents of uttering threats rose from 20 in 2017 to 34 in 2018, however this is only up three from the 2016 level. Pauly told council this may be related mainly to social media. Questions about the difficulty of proving a conviction when social media is involved, Pauly said there are elements which make it easier because the statements are not verbal so there is no dispute over what was actually stated.

The challenge is in determining the person who made the statement.

On the positive side “Property Crime has decreased significantly,” Pauly noted in his report. These incidents dropped from 415 in 2017 to 379 in 2018. The decline went across most categories from Break and Enters to motor vehicle thefts to mischief and fraud.

Pauly also assured council that he could see no issues resulting from a tightening of the guidelines on the use of photo enforcement of speed limits. He believed Morinville’s use of it is in compliance with the provincial regulations and told council that by defining “transition zones” where speed limits change is easy because it eliminates the need to interpret where a transition zone exists.
K & K AUCTIONS presents an Estate Auction for the late Brad MacLennan of Camrose, Sat. April 6, 10:00 a.m. - 4:00 p.m. at 2063 Lakeview Drive, County, AB T8R 0L1, requires six beehive technicians. (RNC 8431) seasonal July thru September. Call 515-8209 for hives, job duties: all aspects of beehive maintenance and feeding and tending bees, detect hive diseases and treat accordingly, harvest honey. Valid drivers license required. No formal education but two years experience required. Physically demanding, outdoors, rural area. Email: Lm_joynorcaoutlook.com

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THE FREE PRESS, Morinville/Gibbons, Alberta, 780-939-3309, email: morinville@shaw.ca, www.cowleynewspapers.com, Tuesday, March 19, 2019, Page A11
Quilts of Valour was founded in Edmonton by Lezley Zwaal in 2006. After watching the television news and learning about three injured soldiers, her heart felt the need to gift them each a quilt to help wrap them in comfort.

After presenting 2 of the 3 with a quilt (the third was in a coma but she spoke with the family), and extended her thank you’s for their service and receiving positive appreciation for her act of kindness, Quilts of Valour was born. Now, 13 years later, it is Canada wide, has 63 Board Members and thousands of volunteer quilters across the country.

On March 16th, the Gibbon’s Legion Branch 226 had a mass ceremony in which 17 members of the Canadian Armed Forces from the Gibbons’ Bon Accord area were to be presented with a Quilt of Valor, but only 8 were present. They were: Andrew Blaker, Robert Hurlbert, Mike Macintosh, Yves Cormier, Philip Mooney, Randol Drangsholt, Ian Grant and Dale Cobal. Those not present: James Morris, Alan Kehler, Shawn Donovan, Ryan MacArthur, Nathan Ramage, Erik Pfeifer, Bruce Madlina, Jules Schwartz, and Aaron Pinksen. Quilt presentation was done by Gibbons Legion Branch 226 President, Darren Longstaff, QOV founder, Lezley Zwaal, and two Edmonton area QOV representatives, Todd Huzzey and Christine Orr. Longstaff says that the mass ceremony will likely be an annual event and added, “it shows that dignitaries do support veterans, and it’s an event because there is a lack of support for them in many other areas.”

Founder Zwaal stated that she would love to expand QOV to extend to first responders in the future, but at this time they are having a hard time meeting the demands for requests for veterans and soldiers.

Quilts are presented to veterans and soldiers of the Canadian Military, past and present. They are nominated by family and friends and seen as dealing with stressors and issues related to their military roles. They are meant to provide comfort to Canadian Armed Forces members of past the present. The minimum finished quilt size is 55” x 70” and made of good quality cotton fabrics.

To complete the project, an official QOV label is affixed which says: “Handmade with love, respect and gratitude for your sacrifice to Canada. May the hugs stitched into their quilt give you comfort, strength and love. This is written in English and again in French followed by a personalized part outlining the name of the recipient, the date, their ID number and who the quilt was made by.

Andrew Blaker (Cpl. Army & RCAF. 2002- present) was honoured with an Afghanistan Veteran hat from President of Gibbons Branch 226 Legion, Darren Longstaff on March 16th following the Quilts of Valour Presentation. Blaker was also a recipient of a quilt in recognition of his service with the Canadian Military.

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