



Affinity
Funeral Service

780.778.3330

Unit #1, 4105 41 Avenue
www.affinityfuneralservice.ca

FREE TAKE ONE!

COMMUNITY NEWSPAPER



The Press

Locally Owned & Operated

Find us on

Vol. 13 - Issue 4 | Wednesday, January 24, 2024



NGPS Trustee board.

Dealing with trauma and threats in a school setting is a tough but necessary conversation to have

By Serena Lapointe

When emergencies strike within the walls or on the grounds of a school, the reaction of

school staff plays a huge role in how the situation is handled and what the outcome is. During a recent meeting, school

trustees for Northern Gateway Public Schools (NGPS) discussed how

continued on page 4

Free 'Journey North' experience coming to Whitecourt in early February

Photo by Arcticlight



John and his team skiing on Ellesmere Island. See story page 2.



Patrick Carew

780-778-0053

pdcarew@telus.net

Just a phone call away from your home buying and selling needs.



5114-50 Street, Whitecourt AB 780-778-6678

Each office independently owned and operated



VERHAEGHE
LAW OFFICE

780-778-6644

Real Estate, Wills & Estates, Family Law, Corporate & Commercial Law

5011-51 Ave, Whitecourt, AB. T7S 1P7

info@freedomlaw.ca

www.freedomlaw.ca



Free 'Journey North' experience coming to Whitecourt in early February

By Serena Lapointe

The Canadian Arctic is a vast landscape of rugged beauty and challenging terrain that most will not experience up close and personal in their lifetimes. Expeditions into Canada's northern territories are long to plan and grueling to endure, requiring stamina and strong perseverance. Explorers also need knowledge of the land and the how-to's to get out of situations that might arise, especially since help isn't just around the corner.

It takes a special kind of person to pack their bags and hop onto an airplane heading north before lacing up their boots and travelling the remaining hundreds of kilometers on foot, forging a path that doesn't exist yet. For wilderness traveler and photographer John Dunn, exploring the Canadian Arctic was a lifelong dream that took him from his home country of England to Calgary, where he became a Canadian citizen, and then to the unforgiving landscape of the place that had been calling his name; Canada's northern tip.

In his career, Dunn has successfully organized and completed



Camping on the tundra.

Photo by John Dunn Arcticlight

The Whitecourt & District Public Library has a special free event coming up soon, and staff hope residents will take advantage of the opportunity. A northern traveler who has experienced a side of Canada most have never seen will share his "Journey North" in just a few weeks.

nearly 30 expeditions. Combined, he has over 1200 days in the field. Through the years, his work has been showcased in Canadian Geographic and National Geographic magazines, for whom he writes, and has been shared with audiences worldwide through his travelling talks.

On Friday, February 2, area residents will have the chance to experience the "Journey North with John Dunn" presentation at the Forest Interpretive Centre auditorium starting at 6:30 pm. The free event was made possible thanks to the Whitecourt & District Public Library, sponsored by

the Town of Whitecourt and Woodlands County. "We thought Dunn was particularly relevant given the skis being made available at the library this season thanks to Communities Choosewell funding and a partnership with the golf course and Town of Whitecourt. We have such an active community, and we all started thinking of adventurous people we know who would enjoy learning more about this adventure over the Canadian landscape from South to North," said Library Director Joseph Kubelka.

The presentation focuses on Dunn's 8,000-kilometer route

from Tofino, BC, to Ellesmere Island, part of the Qikiqtaaluk Region of Nunavut, and the expeditions it took to complete the trek. Though Ellesmere Island is the tenth largest island in the world, comprising an area of about 196,000 sq km, it is only home to less than 200 people. Ellesmere Island is Canada's northernmost island, with the highest and longest mountain ranges in eastern North America. Given its location, only a tiny fraction of the population will experience being on or even near Ellesmere Island or seeing the landscape in the Arctic, which is why Dunn's presentation is

as popular as it is.

Many of Dunn's expeditions have also been pioneering and are recorded as the first human-powered explorations of some remote regions. In 1990, Dunn led a four-person team on skis on a 96-day, 1,250 km expedition of Ellesmere Island, the first traverse of its kind. He made a similar human-powered journey to Baffin Island in 1994, also the first of its kind for that area.

As a published photographer, Dunn will be sharing images and videos from his expeditions, sure to bring attendees the feeling of being there and exploring alongside him. The

journey's best and most exciting aspects will make up the bulk of the presentation, making it a must-see, especially for those who have a sense of adventure or intrigue for Canada's more remote areas.

Kubelka hopes to see a packed house at the Forest Interpretive Centre for Dunn's free February 2 presentation. "It is a chance to explore Canada's diverse landscapes and stories without leaving town. We try to generate events like this once a year or so to add something new and different for people to experience. If the re-

continued on page 3

REMINDER NOTICE

REGISTRATIONS FOR GRAVEL TRUCKS / EQUIPMENT are now available for 2024.

Registrations forms are available at both Woodlands County offices and on Woodlands County Website <https://woodlands.ab.ca/p/equipment-registration>

A copy of valid insurance must be attached with Woodlands County added to your insurance as additionally insured.

Whitecourt office: 1-888-870-6315, Fort Assiniboine office: 1-866-584-3866

WOODLANDS COUNTY RFQS, RFPs AND TENDERS AVAILABLE

Woodlands County is seeking quotations for the following projects:

- Bridge Maintenance – Doris Creek

Detailed information on the proposals are available on the Woodlands County website: <https://woodlands.ab.ca/p/rfps-and-tenders>

Woodlands County reserves the right to waive informalities in, or reject any or all tenders, or accept the tender deemed most favourable in the interest of the County.



DAVE KUSCH
Elected
Councillor for Assiniboine
Division 1
dave.kusch@woodlands.ab.ca
Phone: 780-779-5327



JOHN BURROWS
Councillor for Whitecourt West
Division 2
john.burrows@woodlands.ab.ca
Phone: 780-706-4747



ALAN DEANE
Councillor for Whitecourt
Central Division 3
alan.deane@woodlands.ab.ca
Phone: 780-779-0694



JEREMY WILHELM
Councillor for
Whitecourt East Division 4
jeremy.wilhelm@woodlands.ab.ca
Phone: 780-773-6594



BRUCE PRESTIDGE
Councillor for Blue Ridge
Division 5
bruce.prestidge@woodlands.ab.ca
Phone: 780-779-3917



PETER KUELKEN
Councillor for Cooney Lake
Freeman River Division 6
peter.kuelken@woodlands.ab.ca
Phone: 780-264-2425



DEVIN WILLIAMS
Councillor for Fort Assiniboine/
Timna Division 7
devin.williams@woodlands.ab.ca
Phone: 780-305-1825





Photo by Arctilight

Dunn kayaking off Vancouver's coast.

continued from page 2

sponse is positive, we will try to make more travel-themed events happen," he explained.

No registration is needed to attend the free event, as the library is covering the costs associated with bringing Dunn in. He happened to be touring in the area, which made the event possible. "The Town of Whitecourt is providing the event space and poster, and Woodlands County helped with promotion to those outside of town. So often, these events happen in regional facilities, and we hope to draw a large audience that might not have attended an event like this before. The library is supported from many sources, and we are happy to work with as many partners in our

service area as possible," said Kubelka.

Funnily enough, Whitecourt's (and Alberta's) recent dip in temperature with a visiting polar vortex had local thermostats registering colder than the typical January temperatures on Ellesmere Island and record lows set in the province beat out Ellesmere Island's record lows, too. That means the temperatures in Whitecourt were a tad colder than what Dunn would have experienced while walking and skiing in the north. Can you imagine being on foot in that environment for 100 days straight?

Residents can contact the Whitecourt & District Public Library if they have questions before the event. To learn more about Dunn ahead of the presentation, visit www.arctilight.com.

A NUT FLIES OFF THE WHEEL.



When the unexpected happens, we're there. Your support matters.

THE LOTTERY THAT GOES ABOVE AND BEYOND IS BACK WITH \$4.8 MILLION IN PRIZES!

FINAL DEADLINE MARCH 21, 2024

starslottery.ca
1-855-STARS-68



Draw: March 28, 2024. Licence 665859. Tickets must be purchased in Alberta. Must be 18+ to purchase. Please play responsibly.

Local youth team wins big



Photos Submitted



The U18 Whitecourt Wolverines hockey team recently reached the mountaintop while participating in the Wetaskiwin Kings Tournament 'Battle of the Ice.' The local squad went undefeated in every game and overcame a significant deficit. In game one, the team was behind 7-1 but came back explosively, tying the game. At the end of the third period, the score was 8-8 with overtime looming, but the U18 Wolverines scored the winning goal with only 1.6 seconds left to play. In the final, against Claresholm, the young Wolverines pulled out a big win, 7-2, and took home the tournament trophy. Head Coach Darrell Acker, who was unable to attend, said he was really proud of the team and everyone's hard work, especially with overcoming extended ice times from arena issues, which set the tournament back by several hours. The team is now first in their league. Way to go, U18 Whitecourt Wolverines!

Page sponsored by



Alberta Newsprint Company wishes you and yours a Merry Christmas and all the very best in 2024!

In the hustle and bustle of the season, splurge on moments of joy and togetherness. Spend time with those you cherish. And save the memories made along the way!

For all open career opportunities, please check out our website at albertanewsprint.com → Careers.

continued from page 1

emergencies are handled at the board and school levels within the district.

NGPS utilizes several programs within their arsenal, including Hour-Zero, designed to help K-12 schools keep their learning environments safe. With years of experience behind them, the creators of Hour-Zero have an extensive database of potential scenarios and protocols for schools to follow should they face one.

One big piece of the pie for NGPS is the Violence Threat Risk Assessment Community Protocol Fair Notice brochure that students bring home each fall. The brochure touches on what a threat is (an expression of intent to do harm or act out violently against someone or something) and that everyone has to report one if they see or hear it. "If a threat happens, say a student makes a comment about coming to the school and doing something that's not good, everybody knows that they have to report that. The students are told this. The parents are told this. Our staff know this, and it's one of our most important things. That threat is brought forward to our folks here who do this



School emergencies from threats or devastating losses that cause trauma were two topics recently discussed at an NGPS trustee meeting. Superintendent Kevin Bird laid the framework for how his schools would react when facing a challenging situation. Pictured is Superintendent Kevin Bird explained the "fair notice" process to the board.

work, and there's a set of questions and protocol that we run through," said NGPS Superintendent Kevin Bird.

The steps in the Fair Notice brochure follow another program that NGPS utilizes called the Centre of Trauma Informed Practices (CTIP). "They've been around for a very long time, and they are the gold standard for dealing with threats and grief and loss & trauma related to schools. They reached their expertise by studying every incident that took place for a period of time. He

explained that they have ongoing studies and a lot of debriefing of events, which forms the basis of their protocols.

When a threat is reported, it triggers the Threat Assessment Team. Each school in NGPS has staff selected for the role. The team then interviews those involved to determine the risk level and develop a response that fits the situation. Interviews include the threat-maker(s), their parents, and involved students and staff.

The questions asked during the process fol-

low a program called the Violence Threat Risk Assessment (VTRA), and Bird said it's pretty invasive. "That's why we issue that "fair notice" to parents (so that), if this happens, there's going to be some questions and it's going to be uncomfortable."

Dealing with a threatening situation is something NGPS takes very seriously, and when dealing with sensitive topics during the questioning period, high care is taken to keep the conversation private. "We hold that information at

the highest levels of confidentiality, and we don't include a lot of people. There are very few people often involved in that section of it. It's not an easy thing for anyone involved, especially for parents."

Bird noted that parents don't always take notice of the brochure or can forget about the details mid-year. Digital options for the forms will hopefully give parents more opportunity to read them and understand the "fair notice" process should their child be involved in a threat situation.

Another side of the coin is dealing with grief and loss. Bird said because of the relationship between the schools, such as those in Whitecourt, where a student attends two or more schools before they graduate, the "family of schools" can be affected in a tragedy, not just the school where the student attended.

"As a teacher, I was involved in one of those, and I can certainly appreciate the support given to an elementary

continued on page 5

we are HIRING! Check out Career Opportunities Join our fun and fast-paced environment. Equipment Operator, Whitecourt area Seasonal Labourers (Summer Students) Learn More & Apply: woodlands.ab.ca/p/careers Apply Online: woodlands.ab.ca/p/careers

BOOK YOUR AD NOW The Press 24/7/365 Call Valerie Winger at 780.706.1858 or email wctpress@gmail.com



\$13,500

5272 51 Street
Mayerthorpe, Alberta T0E1N0

Two lots, first one sold

MLS® Number: A2057894

SERVICED RESIDENTIAL LOT WITH BACK ALLEY, CAN ACCOMMODATE A MOBILE HOME. NICE QUIET RESIDENTIAL NEIGHBORHOOD. (27771977)



Patrick Carew

780-778-0053

pdcarew@telus.net

Just a phone call away from your home buying and selling needs.



5114-50 Street, Whitecourt AB 780-778-6678
Each office independently owned and operated



Scammers target seniors. Here's how to protect them

(NC) Whether they're connecting with friends via social media, admiring photos of their grandkids or paying their bills, seniors are taking advantage of online tools to manage their lives. Unfortunately, fraudsters are increasingly targeting them for scams. Here are three ways you can help protect the seniors in your life.

Help them become scam aware

There are a number of scams specifically aimed at seniors. One of the most common is aptly named the "grandparent scam," which is when they get a phone call or message from someone pretending to be their grandchild, asking them to send money urgently. In other cases, they'll be contacted by someone claiming to be law enforcement officials or their bank, saying they need the senior's help to catch a thief. Ultimately, the caller will try to get the person to send money or share their banking log-

in info. As new scams emerge, warn older people about them so they know what to watch out for.

Protect their passwords

It's hard to remember different passwords for all the secure sites and apps we use, so it can be tempting to use the same one over and over. But this puts you at greater risk – for example, if fraudsters get hold of the password through one app, they can access all accounts that use that password. Teach older people to avoid using passwords that can be easily discovered, like grandkids' names. Every password they use should use complex phrases, have at least eight characters and include a mix of uppercase and lowercase letters, numbers and symbols.

Help them identify red flags

Whenever anyone unexpectedly contacts you and asks you for an urgent favour, that's an immediate red flag.

Fraudsters often ask to be sent gift cards, wire transfers or cryptocurrency, which can be difficult or impossible to recover once given away.

Also, remind the older people in your life that their bank, insurance company and the Canada Revenue Agency will never email or text a link and ask them to click it and enter their password. If you or your family receive such texts or emails, you can report these to the Canadian Anti-Fraud Centre using their website or toll-free number (1-888-495-8501) or by forwarding suspicious texts to 7726.

Teach everyone in your family to weed out suspicious messages by looking for red flags like an email address that doesn't match the company it claims to be coming from, a message riddled with spelling mistakes or a blurry logo in an email signature.

Learn more cyber security tips at bmo.com/security.

continued from page 4

school when something unfortunate happens at a high school. You don't want to extend the information too far, but at the same time, our family of school, especially with grief and loss, is often affected," said Bird. He said NGPS is very fortunate to have the resources it does. "I have never worked in a situation where we have as many resources in-house."

When dealing with an emergent situation, Bird said those "in-house" are best as they work directly with the kids and know their behaviour baselines. "If somebody is often anxious and upset (then) that's their baseline, so if they're anxious and upset in a situation, then maybe that's ok for that kid, and maybe we're not as worried. But, if somebody isn't that way normally and then they suddenly are, that's a sign that something really is the

matter."

With so many variables involved, having reliable programs and clear protocols at the ready gives a school board and its staff a path forward from which to take step one, including less focus in the rearview mirror. "Every situation is different. I may have been through two or three hundred threat incidences in my career, but that doesn't mean I can completely rely on that experience. It helps, but we have to be careful to approach every situation with novelty because it is novel, and there will be things that are different. Relying on "last time" is something that is discouraged in our training."

NGPS also works with outside agencies, including the RCMP, when needed. "We are very fortunate in most jurisdictions to have a local RCMP detachment that we have positive relationships with to the point

where if something goes wrong in one of our communities, I can immediately text whoever's in command there and say, look, we've got something, and they know exactly what we need, and they respond very, very quickly," said Bird.

One of the last pieces to the puzzle is the debrief that follows, whether in-house or externally led. "Sometimes, it's appropriate to have somebody else lead it because we can be really close and be really affected ourselves. You really need somebody who is not emotionally affected by the situation to lead that." Bird said dealing with trauma and threats is "one of the most emotionally draining things" that they do as an organization. He stated that having a solid system in place is integral to the safety of staff and students and that they focus a lot of time and money on perfecting it.

MARCELLUS, Irene Theresa

On January 15, 2024, Irene Theresa Marcellus of Whitecourt, AB passed away at the age of 90 years.



Irene will be best remembered for her deep love of family and her extraordinary musical talent. She will be greatly missed by all those who knew and loved her.

Irene will be lovingly remembered by her husband of 62 years, Stan; sons, Brian (Ruby) and Brent (Tammy); grandchildren, Garnet, Alicia (Justin), Braydon, Kirsten (Dillon), and Jillane; great grandchildren, Bentley, Mason; brother, Ernie; and many more dear relatives and friends.

Thank you to the staff of Extendicare Mayerthorpe and The Manor (Whitecourt) who provided wonderful care and support for Irene and the family.

A Celebration of Irene's Life is being planned.

Irene is predeceased by her daughter in law, Shelly; parents, Fred and Dora Loiselle; sisters, Gladys (Dennis), Hazel (Dennis); sisters in law, Linda and Valerie.

In lieu of other tributes, donations may be made to the Royal Canadian Legion Branch #44, 4928 – 51 Ave., Whitecourt AB T7S 1N8, or to the Whitecourt Seniors Circle, Box 1863, Whitecourt AB T7S 1P6.

Photos, memories and condolences may be shared through www.parkmemorial.com



Park Memorial Ltd.

Whitecourt
780-779-2533

Family Owned Funeral Home and Crematorium



PUZZLES

SEE SOLUTIONS PAGE 15



SUDOKU

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

Level: Advanced

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

CROSSWORDS

HOROSCOPE

ARIES

(March 21 - April 20)



Aries, you may have an artistic talent that you haven't explored yet. Events this week may spur you on to try something new because inspiration is high for you right now.

TAURUS

(April 21 - May 21)



Taurus, your household may not agree on which remodeling changes to make. Unless you come up with a compromise, nothing will get done at all.

GEMINI

(May 22 - June 21)



A miscommunication with a loved one could have you trying to make amends soon enough, Gemini. Don't worry, you will easily resolve your differences in time.

CANCER

(June 22 - July 22)



Cancer, you might be asked for assistance by a close friend having financial troubles. Be careful about lending out money at this juncture because you don't want to cause issues for yourself.

LEO

(July 23 - August 23)



This week you may have a hard time integrating yourself into a group, Leo. Make a concerted effort to be supportive of others. This can be an effective way to get back into the group's good graces.

VIRGO

(August 24 - September 22)



Speaking with friends this week could help to address a number of things you're wrestling with, Virgo. Don't hesitate to lean on this support network.

LIBRA

(September 23 - October 23)



Libra, when you discover a mutual interest with someone you consider a friend, your bond may grow even deeper. Have fun spending time together.

SCORPIO

(October 24 - November 22)



Scorpio, something important to you doesn't seem to be moving along at the pace you had hoped it would. You might have to be a little more patient in this situation.

SAGITTARIUS

(Nov. 23 - Dec. 21)



General malaise may have you wondering if you are sick. It's likely nothing more than stress and fatigue. Keep an eye on symptoms moving forward.

CAPRICORN

(Dec. 22 - Jan. 20)



Capricorn, a romantic encounter you have been counting on may not pan out this week, or it may be less exciting than you imagined. Wait a few days before reevaluating things.

AQUARIUS

(January 21 - February 18)



Don't put all of your trust in new information this week, Aquarius. It is likely unreliable, so take everything that is said with a grain of salt.

PISCES

(February 19 - March 20)



Your imagination is riding high this week, Pisces. Don't hinder it in any way so you can explore all of the creativity that is flowing out of you right now.

Crossword Clues

CLUES ACROSS

- 1. Winged nut
- 7. __ Humbug!
- 10. One who sets apart
- 12. Circle above a saint's head
- 13. Unpleasantly loud and harsh
- 14. Expressed pleasure
- 15. Feminine given name
- 16. Company of badgers
- 17. Popular Dodge pickup truck
- 18. Witty sayings
- 19. Leader
- 21. Autonomic nervous system
- 22. Premolar
- 27. Atomic #28
- 28. Holiday decorative

CLUES DOWN

- 33. Exclamation of surprise
- 34. Rusk or cracker
- 36. Returned material authorization (abbr.)
- 37. Scottish or Irish Gaelic language
- 38. Eat
- 39. Marxist economics theory (abbr.)
- 40. Ceases to exist
- 41. Male Arabic name
- 44. Series of ridges on an organ wall
- 45. Places where bees are kept
- 48. One-time Yankees sensation Kevin
- 49. Church office
- 50. Single lens reflex

51. Pieces of fibrous tissue

disgust

- 25. Stephen King novel
- 26. Without armies
- 29. Expression of sympathy
- 30. Relative biological effectiveness (abbr.)
- 31. Previously
- 32. Illegal drug
- 35. Kiloelectronvolt
- 36. Large, flightless birds
- 38. For smoking
- 40. Binary
- 41. Competition
- 42. Mark resembling an arrow
- 43. Containers
- 44. Root mean square (abbr.)
- 45. Commercials
- 46. I.M. __, architect
- 47. 007's creator

BATH SAFETY WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- ANTISKID
- BALANCE
- BARS
- BATH
- BENCHES
- ELDERLY
- FALLS
- HANDHELD
- HOT
- INSTALLATION
- LIGHTING
- MATS
- MOISTURE
- RAILS
- REACH
- RETROFIT
- SAFETY
- SEAT
- SENIORS
- SHOWER SLIP
- SUCTION CUPS
- TOILETRIES
- TRANSFER

This page is sponsored by:

YOUR ONLY LOCAL CARRIER SERVING THE COMMUNITY SINCE 1950



Proud supporter of our local Organizations
780-778-2226



Supporting growth in Whitecourt since 1922, we salute our not-for-profit community.

Millar Western Forest Products Ltd.
a resourceful company



Soaring Eagle Support Society

Offering support services for marginalized individuals

- Outreach worker, laundry and shower facilities by appt
- Tax program & Bag Lunch Program

5027 - 51 Avenue, Open: Monday to Friday 10am - 4pm **780-396-8777**



WHITECOURT GROUP OF NARCOTICS ANONYMOUS

All meetings are in person and online (hybrid)

- Mondays 7:00pm
- Wednesdays 7:30pm

Meetings held at the Family Worship Center upstairs.

ZOOM ID: **818 413 483** PASSWORD: **gratitude**



WHITECOURT
CANCER & WELLNESS SOCIETY

Providing timely and easily accessible financial support for Whitecourt patients and their families who are dealing with a cancer diagnosis.

This can include help with parking costs for hospital visits, living expenses and unforeseen medical expenses. Applications can be made through the Drs at both Whitecourt Medical Clinics or (office hours, can leave a message):

Kim Nendsa (President of Whitecourt Cancer & Wellness Society) **780-778-0932**
Aimee Grierson **780-262-0222**

<https://wctcancerwellness.com/>

***Monthly meetings have been postponed due to COVID-19*



"Serving the community for over 30 years"
The Food Bank relies on donations of cash or food in order to help families in need.

Open Mon, Wed & Fri 11:00am to 2:00 pm
Phone: 780-778-2341

Located within the Carlan Services Community Centre
The Whitecourt Food Bank is operated by the Town of Whitecourt Food Bank Coordinator and dependent on volunteers to operate. The Food Bank relies on donations of cash or food from individuals and organizations. Local grocery stores drop off baked goods including bread and pastries weekly. Other corporations and schools schedule food drives throughout the year.

Open: Mon, Wed, & Fri 11 a.m. to 1:00 p.m. Phone: 780-778-2341

LORNE'S BLANKET

is transitional housing for men.

We exist to help homeless men get back on their feet.

If you know of any male requiring assistance, please Call Lorne's Blanket at 780-778-0952



24/7 CRISIS LINE
780.778.6209
1.800.467.4049



WELLSPRING FAMILY RESOURCE & CRISIS CENTRE



@whitecourt_shelter

Shelter:

Wellspring Provides a Safe, Short Term, Supportive Residential Environment for Women With or Without Children, Fleeing Family Violence & Experiencing Crisis.

Outreach Support Program:

Ongoing Support, Advocacy, Follow-Up & Support Groups for Women, Men and Youth in Whitecourt and Surrounding Communities.

Child Support Program:

Child Care & After School Programs - Age Appropriate Programs & Support for Children Who Have Been Affected By Family Violence

Preventative Education:

Provides Workshops, Information and Awareness to Schools, Community Organizations, Agencies and Businesses



Family Resource & Crisis Centre

www.whitecourtshester.ca



Support group on Tuesdays 6:30pm - 8:30 pm, starting February 13, 2024 at Crossroads Community Church, 4419 44 Ave, Mayerthorpe.

\$35 includes 12 weekly sessions.

Pre-register by calling 780-786-2695.

Whitecourt Alcoholics Anonymous Group



Meetings are three times each week

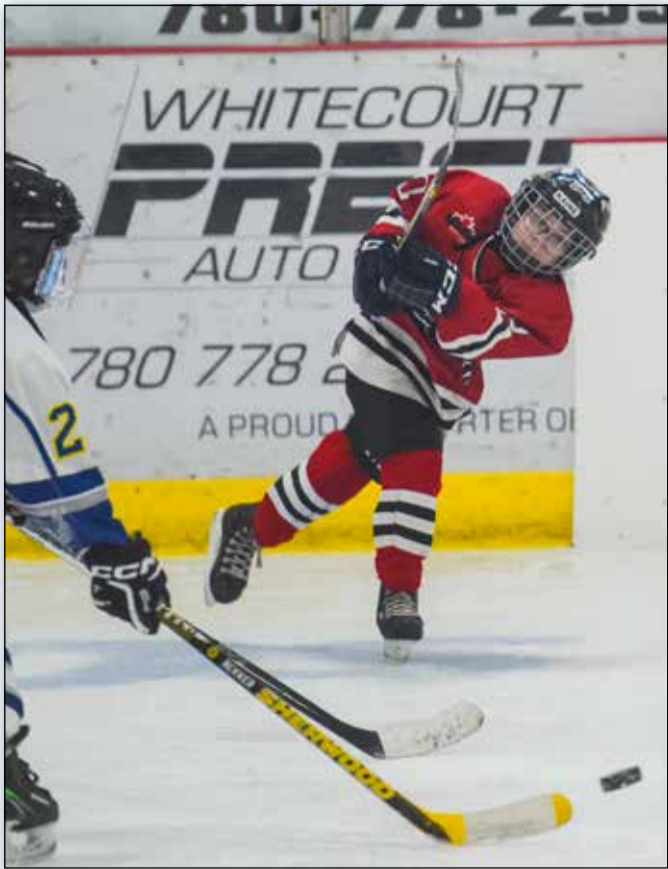
- Monday 8:00 pm - 9:00 pm
- Wednesday 8:00 pm - 9:00 pm
- Friday 8:00 pm - 9:00 pm

New Women's AA Group on Saturdays @11 am

Located at the United Church Basement 5201 - 50 St

Please Leave a Message for AA member (780)424-5900

or **Contact Addictions Helpline @1(866)332-2322**



A big slap shot down the ice.



Number 63 flashed a big smile as she fought for the puck.



Seconds before a big save.

Solid puck handling by #54.



Locker coming around the net to take a shot.

The U9 Whitecourt Wolverines hosted a big tournament over the weekend, bringing 19 out-of-town teams to the community for two days of fun on the ice at JDA Place. With the addition of the five local U9 teams, 24 teams took part, combining for over 300 players. Courtney McNeill, the U9 Director, said it was amazing to see the excitement on the players' faces. "Weekends like this are what it's all about. Memories these kids will have for a lifetime." Volunteers and sponsors make a tournament like this possible, providing invaluable support. "Without the support of our community, this weekend would not have been possible. We truly appreciate you all!" Pictures are from two games from Saturday morning on the Athabasca rink: WMH 3A against the Spruce Grove Ice Hawks and the Wabasca Eagles against WMH 2B.

WOMBANIA™

by PETER MARINACCI



Copyright ©2023 Peter Marinacci All Rights Reserved.

www.wombania.com



If your life is in danger or you know someone's life is in danger DIAL EMERGENCY NOW 911!

If you are experiencing suicidal thoughts, you need to know that you're not alone. You can also call if you are not in crisis, seeking additional information. The new Canada Suicide Prevention Service (CSPS), by Crisis Services Canada, enables callers anywhere in

Canada to access crisis support by phone, in French or English: toll-free **1-833-456-4566** Available 24/7

Crisis Text Line (Powered by Kids Help Phone) Canada Wide free, 24/7 texting service is accessible immediately to youth anywhere

in Canada by texting TALK to **686868** to reach an English speaking Crisis Responder and TEXTO to **686868** to reach a French-speaking Crisis Responder on any text/SMS enabled cell phone. KidsHelpPhone Ages 20 Years and Under

in Canada **1-800-668-6868** (Online or on the Phone). First Nations and Inuit Hope for Wellness 24/7 Help Line **1-855-242-3310** Canadian Indian Residential Schools Crisis Line **1-866-925-4419** Trans LifeLine – All Ages **1-877-330-6366**

Have you been bullied, and want to share your story?

Email wctpress@telus.net All submissions remain confidential

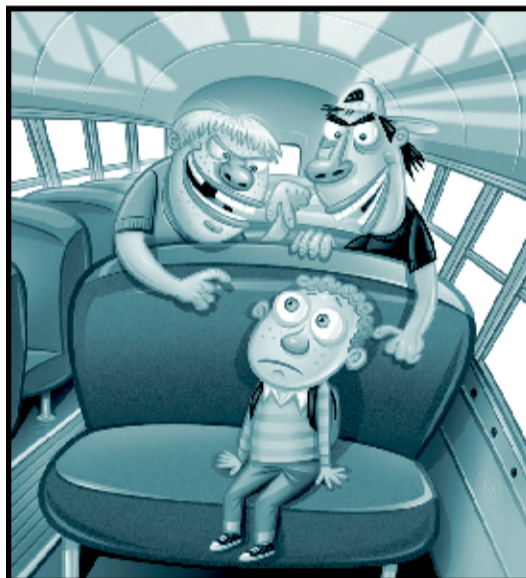


When you keep criticizing your kids, they don't stop loving you, they stop loving themselves. Let that sink in.



Are you or someone you know being bullied?

Call the Bullying Helpline (Confidential)



Toll Free, open 24 hours per day, seven days per week

1-888-456-2323

Stand up! Don't be afraid of bullies!!

Putting a face on suicide



Chad Seldon Stead
Age 30

Every 40 seconds somewhere around the world someone dies by suicide, that's 99 people every 66 minutes. Every day, that's almost 100 people in the United States alone, and over 2160 worldwide. Putting a Face on Suicide (PAFOS) is a suicide awareness project that creates posters and videos to pay tribute to those we have lost to suicide with dignity and respect. PAFOS humanizes the daunting statistics; lovingly replacing numbers with faces.

SPONSORED BY

The Press

ADVERTISE YOUR BUSINESS

Call Valerie Winger at 780.706.1858 or email wctpress@gmail.com

Tri-Logging Ltd.



Tri-Logging is against bullying

Robert Brown
Owner
3507 37th Avenue
Whitecourt, AB T7S 0C3
Phone 780-778-0699
Fax 780-778-8431



FLINT™

A Division of ClearStream

780-778-5000

- Electrical & Instrumentation
- Fabrication & Modularization
- Maintenance & Turnarounds
- Insulation
- Facility Construction
- Pipeline Integrity Digs
- 24/7 Callout Services

AHS offers resources to help Albertans quit tobacco



National Non-Smoking Week is Jan. 21-27, and Alberta Health Services (AHS) has programs and services to help Albertans stop using commercial tobacco products:

- Talk to your health-care provider or pharmacist about medications that can help you quit.
- Visit AlbertaQuits.ca for information and tools to prepare you to quit.
- Talk to a counselor at the AlbertaQuits helpline (1-866-710-7848). Free for all Alberta residents, it's open from 8 a.m. to 8 p.m., seven days a week.
- Sign up for AlbertaQuits by Text. It's a free, three-month text messaging program that delivers motivational messages, advice and tips to your cell to help you quit. Text the word ABQUITS to number 123456 to register.
- Sign up for Quit-

Core, a group support program that provides individuals with the strategies and skills they need to quit tobacco, while connecting them with others who are also trying to quit. This program is offered in person and virtually.

Quitting is one of the most important things anyone can do improve health and lower the risk of disease. Every year, more than 4,000 Albertans die because of tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses that greatly affect their quality of life. Tobacco products can cause lung, heart, fertility and other health problems.

Commercial tobacco use (such as cigarettes, cigars and chewing tobacco) is the leading preventable cause of disease, disability and premature death in Alberta, and increases the risk of heart disease,

lung cancer, oral cancers, chronic lung disease, diabetes and other illnesses. It may take several quit attempts to succeed.

Albertans ages 50 to 74 who smoke cigarettes, or who've quit after smoking for many years, may also be eligible for lung cancer screening. Talk to your primary care provider, call 1-866-727-3926 or visit screeningforlife.ca/lung for more information.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.

Standing tall: Best six months for housing starts in a decade

By ATB Financial's Economics & Research Team

Alberta housing starts* made a big splash to finish the year with 44,300 units (seasonally-adjusted at an annual rate) in December 2023, lifted by gains in Edmonton.

After a sluggish first half, starts swiftly gained (and retained) momentum in the second half. They averaged 42,700 units between July and December—the highest average for a six-month period since 2014.

Alberta's performance is even more impressive when compared with the national economy, where starts over the second half of 2023 were down by 7.2% compared to the same period in 2022.

For the full year, starts in Alberta came in at 36,000 units, shy of the 36,500 units in 2022 due to weakness in the first half. This was a bit more optimistic than what we expected in our December outlook.

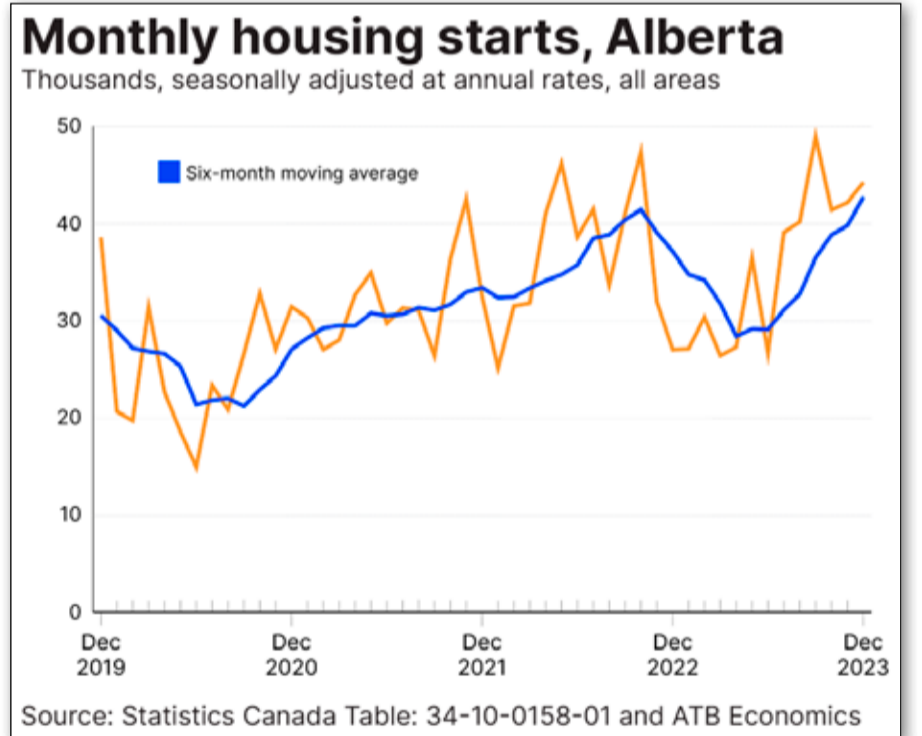
The annual 1.4% decline was entirely driven by a pullback in single-detached homes (-13%) which outweighed increases in multi-family units (+6.5%).

Seven out of ten provinces posted declines in starts in 2023, led by Quebec and Newfoundland & Labrador. With monthly starts down in seven out of twelve months last year, Canadian starts retreated by 8.2% in 2023—the starkest

retreat witnessed in a decade, as higher interest rates weighed.

Looking ahead, we expect healthy migration levels to continue to boost housing demand in Alberta in 2024 despite the headwinds of higher borrowing costs and staffing challenges in the construction sector.

*A housing start is defined as the beginning of construction work on the building where the dwelling unit will be located. This can be described in two ways: 1) the stage when the concrete has been poured for the whole of the footing around the structure; or 2) an equivalent stage where a basement will not be part of the structure.



PUBLIC NOTICE

www.whitecourt.ca | facebook.com/TownofWhitecourt | 780-778-2273



ONLINE VEHICLE AUCTION

Current opportunities are posted through Michener Allen Auctioneering on behalf of the Town of Whitecourt:

- Unit# 3601 – 2000 Ford F250 Super Duty ¾ Ton Pickup, 5.4 L V8, S/N 1FTNF20L3YED48318
- Unit# 3610 – 2011 Ram 1500 4.7 L V8, S/N 1D7RB1CP0BS566477
- Unit# 3307 – 2008 Ford F250 Super Duty ¾ Ton 5.4 L V8, S/N 1GCEC14C68E151091
- Unit# 3907 – 2008 Chevrolet Silverado 1500 ½ Ton 4.8 L V8, S/N 1GCEC14C48E151364
- Unit# 5807 – 2008 Ford F250 Super Duty ¾ Ton 5.4 L V8, S/N 1FTNF20558EB50048
- Unit# FC203 – 2003 Ford F250 Super Duty ¾ Ton 5.4 L V8, S/N 1FTNX21L03ED40990

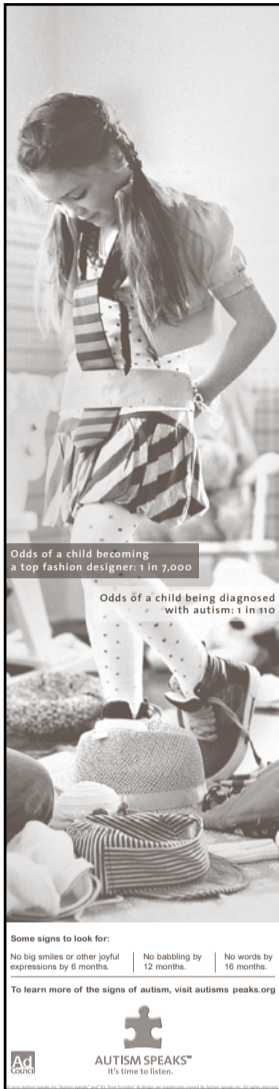
The online auction on the aforementioned units will run from February 1-3, 2024. For more information, visit our website www.whitecourt.ca



Blanket Classified Ads

Alberta and NWT for \$269 (up to 25 words) \$8.00 each additional word. These ads are placed in over 100 community newspapers throughout Alberta. We can also place ads in other provinces throughout Canada.

Visit www.whitecourtpress.com



Buildings For Sale

INTEGRITY POST FRAME BUILDINGS since 2008 BUILT WITH CONCRETE POSTS. Barns, Shops, Riding Arenas, Machine Sheds and more, sales@integritybuilt.com 1-866-974-7678 www.integritybuilt.com.

Career Training

BLANKET THE PROVINCE with a classified ad. Only \$269/wk (based on 25 words or less). Reach almost 80 weekly newspapers. Call NOW for details. 1-800-282-6903 Ext 225; www.awna.com.

Coming Events

GET YOUR MESSAGE SEEN ACROSS Alberta. The Blanket Classifieds or Value Ads reach over 600,000 Alberta readers weekly. Two options starting at \$269 or \$799

to get your message out! Business changes, hiring, items for sale, cancellations, tenders, etc. People are increasingly staying home and rely on their local newspapers for information. KEEP people in the loop with our 90 Weekly Community Newspapers. Call THIS NEWSPAPER now or email classifieds@awna.com for details. 1-800-282-6903, 780-434-8746 X225. www.awna.com.

FIREARMS WANTED FOR OUR 2024 AUCTION PROGRAM: Rifles, Shotguns, Handguns, Antiques, Militaria, Collections, Estates, Single Items. For Auction, or Possible Purchase: Toll-Free 1-800-694-2609, Email Us at sales@switzersauction.com or Visit Us @ www.switzersauction.com.

Employment Opportunities

SPRUCE POINT PARK Association now accepting applications for the position of: PARK MANAGER, 2024 season, May 1st to September 15th (end date flexible). Spruce Point Park Campground and Marina is located on Lesser Slave Lake approximately 285 kms northwest of Edmonton, AB near Hamlet of Kinuso. Manager must live on site in own RV unit. Full-service lot provided. For complete job description package please call 780-775-3805 or email sprucepointpark@gmail.com. Closing date: Until a suitable candidate is found.

Feed and Seed

WE BUY DAMAGED GRAIN - Heated, Mixed, Tough, Light, Bugs, Spring Thrashed...Barley, Wheat, Oats, Peas,Flax,

Canola. "On Farm Pickup". Westcan Feed & Grain 1-877-250-5252.

ALBERTA FEED GRAIN: Buying Oats, Barley, Wheat, Canola, Peas, Screenings, Mixed Grains. Dry, Wet, Heated, or Spring Thresh. Prompt Payment. In House Trucks, In House Excreta Cleaning. Vac Rental. 1-888-483-8789.

Health

HIP/KNEE REPLACEMENT. Other medical conditions causing TROUBLE WALKING or DRESSING? The Disability Tax Credit allows for \$3,000 yearly tax credit and \$30,000 lump sum refund. Take advantage of this offer. Apply NOW; quickest refund Nationwide: Expert help. 1-844-453-5372.

Services

CRIMINAL RECORD? Why

suffer employment/licensing loss? Travel/business opportunities? Be embarrassed? Think: Criminal Pardon. US entry waiver. Record purge. File destruction. Free consultation. 1-800-347-2540. www.accesslegalmjf.com.

Wanted

CASH PAID FOR GOLD, SILVER & PLATINUM! Buying coins, collections, 999 bullion, bars, ingots, jewelry, nuggets, sterling, old money. PURCHASING ENTIRE COIN COLLECTIONS! Call Todd 1-250-864-3521.

WANTED OLD ADVERTISING: Dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi, etc. Call 306-221-5908.

Career Ads, affordable price, with print ad, receive free online job posting at ...



Call Valerie Winger at 780.706.1858 or email wctpress@gmail.com



Do You Suffer from Foot or Ankle Pain?

Our Specialist Can Help!



Call Now To Book Your Consultation!

Phone: 587-328-0743
Fax: 1-888-289-2162

Medical and Surgical Services or Treatments Provided:

- Achilles Tendon Pain
- Athletic Injuries
- Bunions
- Fungal Toenails
- Heel Pain
- Prescription Custom Orthotics

- Arch Pain
- Arthritis
- Corns and Calluses
- Flatfoot
- Hammertoes
- Warts

- Athlete's Foot
- Ankle Sprains
- Diabetic Foot Care
- Forefoot Pain
- Ingrown Toenails



Dr. Ben Sefcik, DPM Podiatrist

No Referral Necessary • New Patients Welcome • Covered under most Insurance Plans •

Evolution Foot and Ankle Clinic

www.bensefcikdpm.com

Whitecourt
Advanced Health
Pharmasave
5112 50 St.
Whitecourt, AB

Grande Prairie
Parkland Medical
Centre
#202, 10127 121 Ave
Grande Prairie, AB

Airdrie
Apple Wellness Center
229 1 St. SW
Airdrie, AB

A look at the local weather

P.O.P.	
High	
Low	
Wind	
24-Hr Rain / Snow	

	Wed., Jan 24 Mix of sun and clouds
	30%
	1°C
	-7°C
	SW 5 km/h
	-

	Thu., Jan 25 Sunny
	20%
	1°C
	-4°C
	W 7 km/h
	-

	Fri., Jan 26 Mainly sunny
	20%
	0°C
	-2°C
	W 9 km/h
	-

	Sat., Jan 27 Mainly sunny
	20%
	4°C
	0°C
	SE 7 km/h
	-

	Sun., Jan 28 Sunny
	10%
	4°C
	-3°C
	W 20 km/h
	-



Human Resources Manager

Reports To: General Manager

PURPOSE

A structured Human Resources Manager role is critical to the success of the Eagle River Casino & Travel Plaza. The primary purpose of the Human Resources Manager is to provide guidance and coaching on all Human Resources matters to our property.

ROLES

Reporting to the General Manager, the Human Resources Manager oversee all aspects of human resources practices and processes.

DUTIES AND RESPONSIBILITIES

- Support departments in developing and delivering strategic HR plans that fit with the overall business direction
- Plan, monitor, and appraise HR activities by scheduling management conferences, resolving employee grievances, training managers in how to coach and discipline, and counseling employees and supervisors
- Champion the onboarding process by ensuring that it's high-quality and up to date, and provide clarity and connection for employees so their roles serve the overall business vision
- Maintain management guidelines by preparing, updating, and recommending human-resources policies and procedures
- Build strong relationships with external suppliers, fostering trust and promoting collaboration
- Handle confidential matters with discretion
- Lead the recruiting function at the property

IMPACT OF ACTION

The Human Resources Manager has a direct impact on the ability to provide Eagle River Casino & Travel Plaza staff and management with a safe and suitable environment in which to visit and/or work.

KEY WORKING RELATIONSHIPS

This position requires the ability to communicate clearly, deal tactfully and work effectively with Eagle River Casino & Travel Plaza staff and management. The incumbent in this position will provide a primary interface to other Casino & Plaza departments.

QUALIFICATIONS AND EXPERIENCE

- A minimum of 8 years of progress human resources experience in a medium to large organization with experience leading teams and assessing human resources services
- A minimum of 2 years in a senior role in and HR department
- An affinity for the service sector is essential
- Demonstrated success in HR systems and HR Policy/Practice
- Experience of negotiation and influencing at senior management levels
- A leadership style that will incite enthusiasm, provide vision, create a positive morale, role model standards of professionalism
- Excellent written and verbal communication skills are necessary to support diverse associate population
- Strong facilitation and interpersonal skills are essential
- Ability and willingness to develop presentation as required
- A track record effective human resources decision-making and an "urgency to execute" attitude is essential for the fast-paced environment

CANDIDATE PROFILE

- Excellent written and oral communication skills.
- Ability to meet deadlines in a rapidly changing business environment.
- Ability to work independently.
- Developed writing skills sufficient to prepare written materials involving detailed descriptions and explanations requiring the accurate use of specialized terminology.
- Self-planning skills sufficient to schedule, organize, and carry out work assignments according to established work plans, adjusting work schedules according to changing priorities.
- Developed judgment and problem-solving skills sufficient to interpret and/or analyze factual and conceptual information with the ability to adapt general procedures or approaches when formulating responses to problems.
- Manages workload independently and works well in teams.
- Develops security and systems knowledge through on-the-job experience.
- Must display leadership skills, the ability to multi-task and adjust to multiple jurisdictions.
- Models company values at all times. Shows strong teamwork skills.
- Working knowledge of MS Word, MS Excel, MS PowerPoint.

Call Valerie Winger at 780.706.1858
or email wctpress@gmail.com

NEED HELP? CALL ANYTIME! (24-7)

Mental Health Helpline 1-877-303-2642

- Addiction Helpline 1-866-332-2322
- Health Link 811

Letter to the Editor policy

The Press welcomes readers to write letters to the Editor. A maximum of 300 words is preferred but not necessary. Letters must carry a first name or two initials with surname and include an address and daytime telephone number. All letters are subject to editing. Please email letters to wctpress@gmail.com.



EMPLOYMENT OPPORTUNITY

www.whitecourt.ca | facebook.com/TownofWhitecourt | 780-778-2273

If you enjoy a fast-paced, progressive work environment and you have a passion for serving the local community - then this may be the opportunity for you! We believe that our values of diversity, collaboration, innovation and mutual respect bring out the best in our team, and we are currently looking to fill the following positions:

- **Job# 24-002:** Infrastructure Summer Labourers – Temporary, Full Time Position.
- **Job# 24-003:** Parks Summer Labourers – Temporary, Full Time Position.
- **Job# 23-004:** Festival Park Attendants – Temporary, Full Time Position.
- **Job# 24-005:** Utilities Summer Labourer – Temporary, Full Time Position.
- **Job# 24-006:** Landfill Summer Labourer – Temporary, Full Time Position.
- **Job# 24-007:** Visitor Information Counsellor – Temporary, Full Time Position.
- **Job# 24-008:** Summer Program Leader – Temporary, Full Time Position.
- **Job# 24-009:** Fire Department FireSmart Labourers – Temporary, Full-Time Position.
- **Job# 24-010:** Utility Maintenance Operator I – Permanent, Full Time Position.

Please visit www.whitecourt.ca for all employment opportunities and details on how to apply.





Front of House Manager

Reports To: General Manager

PURPOSE

A structured Front of House Manager role is critical to the success of the Eagle River Casino & Travel Plaza. The primary purpose of the Front of House Manager is to provide leadership and oversight for the food and beverage service and sales.

ROLES

Reporting to the General Manager, the Front of House Manager will be responsible for the daily operations of the outlets (the restaurant and the bar, as well as banquets, catering and special events). The Manager must ensure that service standards, appearance and cleanliness are of the desired levels. The Manager is also directly responsible for ordering inventory, inventory controls, budgeting, and cash floats.

DUTIES AND RESPONSIBILITIES

- Actively promotes an environment conducive to high quality customer service and employee relations by being a positive leadership example.
- Must ensure that staff maintains prompt, efficient, friendly and knowledgeable service.
- Scheduling, payroll, disciplinary actions, training and mentoring for staff of food and beverage outlets.
- Work with Marketing to promote the food & beverage outlets.
- Create, manage and implement departmental policies & procedure.
- Maintain compliance with AGLC regulations.
- Ensure alcohol is served responsibly.
- Maintain effective inventory controls and practices.
- Ensure maintenance of safety and sanitation standards and policies
- Provide overall direction, coordination, and ongoing evaluation of outlets operations.
- Budgetary, projections, and cost-control skills to be applied to the daily operations of the Department as outlined by the Manager.
- Use a "hands-on" approach to management. Able to coach staff effectively.

IMPACT OF ACTION

The Front of House Manager has a direct impact on the ability to provide Eagle River Casino & Travel Plaza guests, staff and management with a safe and suitable environment in which to visit and/or work.

KEY WORKING RELATIONSHIPS

This position requires the ability to communicate clearly, deal tactfully and work effectively with Eagle River Casino & Travel Plaza guests, staff and management. The incumbent in this position will provide a primary interface to other Casino & Plaza departments.

QUALIFICATIONS AND EXPERIENCE

- 4-5 years' experience in the Food & Beverage Industry.
- 3-4 years' supervisory/management experience within the Food & Beverage Industry.
- Experience in a casino setting preferred.
- Post secondary education in a related field preferred but not required.
- Training in management and employee development preferred.
- Continuous training and education to keep abreast of changes in the industry and external environment.

CANDIDATE PROFILE

- Excellent written and oral communication skills.
- Ability to meet deadlines in a rapidly changing business environment.
- Ability to work independently.
- Extensive food & beverage knowledge and ability to develop and apply practices, procedures, and principles in a casino environment.
- Developed writing skills sufficient to prepare written materials involving detailed descriptions and explanations requiring the accurate use of specialized terminology.
- Self-planning skills sufficient to schedule, organize, and carry out work assignments according to established work plans, adjusting work schedules according to changing priorities.
- Developed judgment and problem-solving skills sufficient to interpret and/or analyze factual and conceptual information with the ability to adapt general procedures or approaches when formulating responses to problems.
- Manages workload independently and works well in teams.
- Develops security and systems knowledge through on-the-job experience.
- Must display leadership skills, the ability to multi-task and adjust to multiple jurisdictions.
- Models company values at all times. Shows strong teamwork skills.
- Working knowledge of MS Word, MS Excel, MS PowerPoint.

WORKING CONDITIONS

The Schedule for this position may vary and would require the ability to work shift work, late nights, weekends and holidays.

HELP WANTED

Tim Hortons in Whitecourt is looking to fill the following positions:

Food Service Attendant
Full Time / Shift Work

Food Service Supervisor
Full Time / Shift Work

SHIFT INCENTIVE FOR OVERNIGHTS

Please apply in person at the restaurant.



4331-52 Ave Unit 1
Whitecourt, AB

4216 Elko Drive
Whitecourt, AB



A locally owned and family operated newspaper serving Whitecourt

PUBLISHED EVERY WEDNESDAY

Contact

Valerie Winger at 780-706-1858
Email: wctpress@telus.net

Find us on:



The Press is printed on high quality newsprint using vegetable based ink. We encourage you to share, save, reuse, rehash & recycle.

BROAD REACH at an AFFORDABLE PRICE

Advertise Province-wide

with a combined circulation of over 650,000 for only...

\$799

plus GST

Ask about the Value Ad Network

Alberta Weekly Newspapers Association
toll free 1-800-282-6903 x225
email classifieds@awna.com
or visit your community newspaper



Money Matters

One Canadian Dollar = 0.74 US Dollar
at an exchange rate of **0.7428** (using nominal rate).



Dollar Values as of January 24, 2024



Eagle River Casino & Travel Plaza Now Hiring Security Guard Supervisor NOC 62029

Responsibilities:

- Co-ordinate, assign and review the work of security guards and other service workers not elsewhere classified
- Establish work schedules and procedures and co-ordinate activities with other work units or departments
- Resolve work-related problems and prepare and submit progress and other reports
- Hire and train staff in job duties, safety procedures, and company policies
- Requisition of supplies and materials
- Ensure smooth operation of computer systems, equipment, and machinery, and arrange for maintenance and repair work
- Monitor quality and production levels
- May perform the same duties as workers supervised.
- Arrange for maintenance and repair work
- Assist clients/guests with special needs
- Co-ordinate activities with other work units or departments
- Ensure smooth operation of computer equipment and machinery
- Establish work schedules and procedures
- Handle emergency situations
- Monitor quality and production levels
- Prepare and submit progress and other reports
- Requisition or order materials, equipment, and supplies
- Resolve work-related problems
- Supervise the operation of mechanical equipment and machinery
- Supervise, co-ordinate and schedule (and possibly review) activities of workers
- Train staff/workers in job duties, safety procedures, and company policies.

Qualifications:

- Completion of college courses related to the area supervised may be required.
- Experience in the occupation supervised is usually required.
- Certification or licensing AGLC.
- Must be able to complete Smart training course
- Must have a valid driver's license class 5
- Must be able to complete AML.

Experience: 2 – 3 years.

Education: Completion of secondary school an asset.

Terms of Employment: Permanent full-time 44-hour work week.

Language: English

Employment Conditions: Shift work, Day, Evenings, Weekends, Holidays, Nights.

Wage: \$20.77 per hour.

Benefits Package: Vision, Dental, Health after 90-day probation period.

Location: Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada.

Address: Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Canada T7S-1N3

Contact: 780-779-2727 or Fax 780-706-7451

Visit our Website: www.eaglerivercasino.ca

How to Apply: Send resume to HR@eaglerivercasino.ca, mail or fax



Eagle River Casino & Travel Plaza Now Hiring Casino Shift Manager NOC 62022

Responsibilities:

- Co-ordinate, assign and review the work of casino workers
- Establish work schedules and procedures and co-ordinate activities with other work units or departments
- Resolve work-related problems and prepare and submit progress and other reports
- Hire and train staff in job duties, safety procedures, and company policies
- Requisition of supplies and materials
- Ensure smooth operation of computer systems, equipment, and machinery, and arrange for maintenance and repair work
- May perform the same duties as workers supervised
- Perform the same duties as workers supervised
- Assist clients/guests with special needs
- Co-ordinate, assign and review work
- Ensure smooth operation of computer systems, equipment, and machinery, and arrange for maintenance and repair work
- Establish work schedules and procedures and co-ordinate activities with other work units or departments
- Hire and train staff in job duties, safety procedures, and company policies
- Requisition materials and supplies
- Resolve work-related problems and prepare and submit progress and other reports.

Qualifications:

- Completion of secondary school is usually required.
- Completion of college courses related to the area supervised may be required.
- Experience in the occupation supervised is usually required.
- AGLC casino gaming license will be required.
- Must be able complete Smart training courses
- AML certificate

Experience: 3 – 5 years.

Education: Completion of secondary school is required, casino gaming license.

Terms of Employment: Permanent full-time 44-hour work week.

Language: English

Employment Conditions: Shift work, Day, Evenings, Weekends, Holidays, Nights.

Wage: \$23.08 per hour.

Benefits Package: Vision, Dental, and Health after a 90-day probation period.

Location: Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada.

Address: Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Canada T7S-1N3.

Contact: 780-779-2727 or Fax 780-706-7451

Visit our Website: www.eaglerivercasino.ca

How to Apply: Send resume to HR@eaglerivercasino.ca, mail or fax.



Winter Walking Tips



With the beauty and fun of winter comes the potential for hazardous conditions, particularly when walking outdoors. Slippery sidewalks and icy pathways can pose a significant risk for falls and injuries. Often, thin layers of ice are difficult to see when melting snow freezes overnight. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

Tripping and falling can cause damage such as bruises and sprains, or even more serious injuries such as broken bones or concussions. So, it is important to keep in mind winter walking safety tips during the colder months.

How can I avoid slipping and falling on snow or ice?

- **Proper Footwear** – What you wear on your feet can help lower your risk of falling. Boots or shoes that fit well and have a good grip are the best choice. Special items like shoe grips or ice cleats can give you extra traction when you're walking on snowy or icy surfaces. You can buy these items from places like department or sporting goods stores. Always take off these grips or cleats when walking inside because they can make you slip on

indoor flooring.

- **Be careful when walking!** – Find a path around snow or ice when you can. Learn how to Walk Like a Penguin. Walk slowly, take small steps, and point your toes out slightly to be more stable on icy paths. Keep your head up and don't lean forward. Keep your hands out of your pockets to help keep your balance. If you use a cane, you can buy an ice pick for the cane.
- **Plan ahead** – Make sure you have enough time to get where you're going. Rushing or not paying attention to your steps can often lead to falls or the potential to slip on icy surfaces. Assume that all wet, dark areas on the pavement may be slippery or icy. If you can, walk around them.
- **Walk on cleared walkways** – Choose well-maintained routes with minimal ice and snow accumulation whenever possible. Sidewalks that are regularly cleared of snow and ice are safer for walking. Avoid shortcuts that haven't been cleared.
- **Check the weather!** – Download a local weather app on your phone (such as Gov-

continued on page 15



Compassionately serving families in Whitecourt, Mayerthorpe, and surrounding communities since 1941.

WHITECOURT: 780-779-2533 | MAYERTHORPE: 780-786-2533

We will help you with:

- Personalized Ceremonies
- Pre-arranged Funeral Plans
- Clergy / Church and Halls
- Obituary Notices
- Reception Catering / Flowers
- Monument Tributes
- Grief Support
- Assistance with CPP Applications

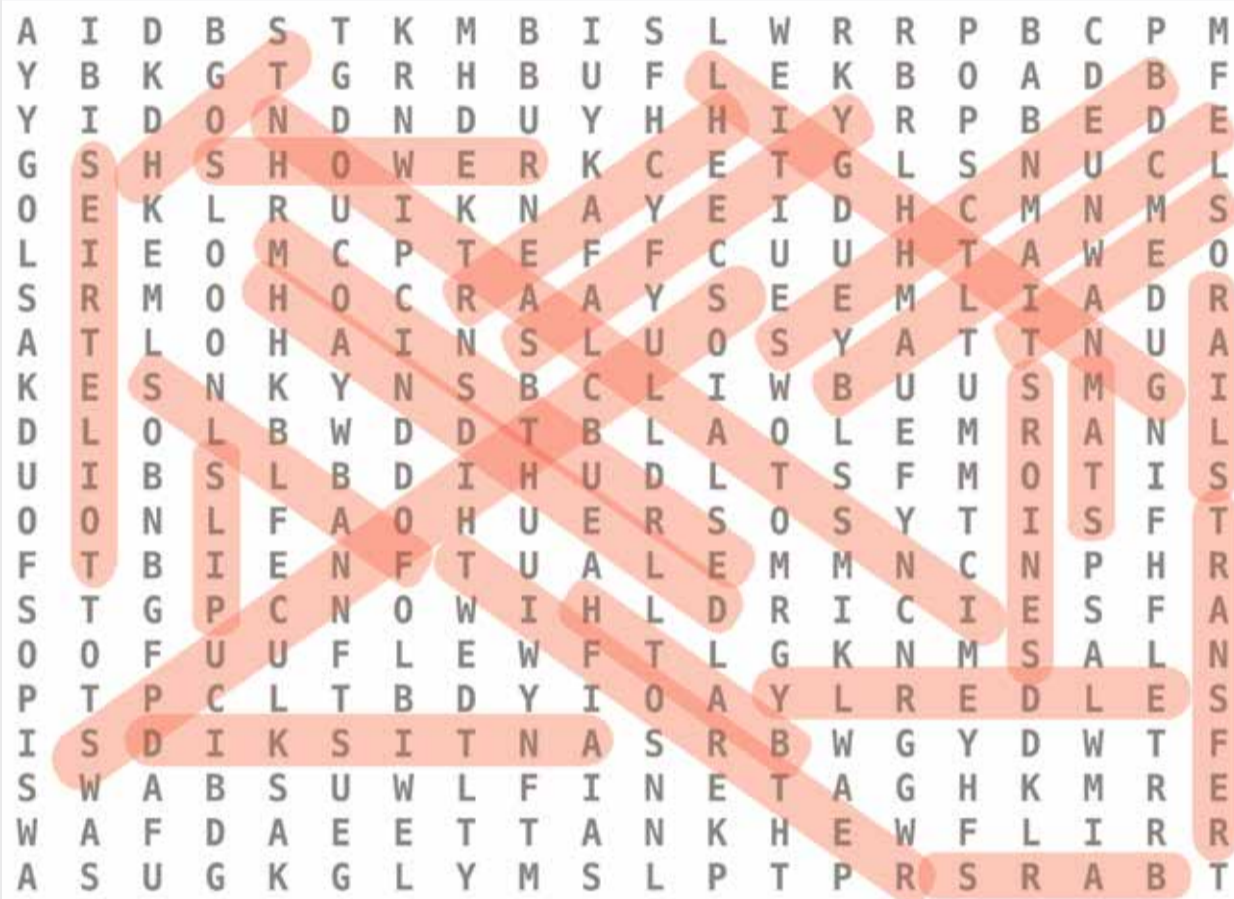
Park Memorial Ltd.
Funeral Home & Crematorium
www.parkmemorial.com

Wheelchair Accessible 

CONSUMER CHOICE AWARD 2023 NORTHERN ALBERTA 13 YEAR

PUZZLES SOLUTIONS

WORD SEARCH



A 20x20 grid of letters with various words highlighted in orange. The words include: SHOWER, KETCH, GLS, NUC, L, O, K, R, U, I, K, N, A, Y, E, I, D, H, C, M, N, M, S, L, I, E, O, M, C, P, T, E, F, F, C, U, U, H, T, A, W, E, O, S, R, M, O, H, O, C, R, A, A, Y, S, E, E, M, L, I, A, D, R, A, T, L, O, H, A, I, N, S, L, U, O, S, Y, A, T, T, N, U, A, K, E, S, N, K, Y, N, S, B, C, L, I, W, B, U, U, S, M, G, I, D, L, O, L, B, W, D, D, T, B, L, A, O, L, E, M, R, A, N, L, U, I, B, S, L, B, D, I, H, U, D, L, T, S, F, M, O, T, I, S, O, O, N, L, F, A, O, H, U, E, R, S, O, S, Y, T, I, S, F, T, F, T, B, I, E, N, F, T, U, A, L, E, M, M, N, C, N, P, H, R, S, T, G, P, C, N, O, W, I, H, L, D, R, I, C, I, E, S, F, A, O, O, F, U, U, F, L, E, W, F, T, L, G, K, N, M, S, A, L, N, P, T, P, C, L, T, B, D, Y, I, O, A, Y, L, R, E, D, L, E, S, I, S, D, I, K, S, I, T, N, A, S, R, B, W, G, Y, D, W, T, F, S, W, A, B, S, U, W, L, F, I, N, E, T, A, G, H, K, M, R, E, W, A, F, D, A, E, E, T, T, A, N, K, H, E, W, F, L, I, R, R, A, S, U, G, K, G, L, Y, M, S, L, P, T, P, R, S, R, A, B, T

CROSSWORDS



A crossword puzzle grid with words filled in. The words include: SAMARA, BAH, ISOLATOR, HALLO, STRIDENT, AAHED, LOTTE, CETE, RAM, MOTS, IMAM, ANS, BICUSPID, NI, CHRISTMASTREE, AH, ZWIEBACK, REMA, ERSE, CHEW, LT V, DIES, RABIA, RUGAE, APIARIES, MAAS, DEACONRY, SLR, SINEWS

SUDOKU

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



EAGLE RIVER

Eagle River Casino & Travel Plaza

Now Hiring Cashiers NOC 65100

Responsibilities:

- Greet customers
- Receive and process payments by cash, cheque, credit card, or automatic debit
- Provide information to customers
- Calculate foreign currency exchange
- Calculate total payments received at end of work shift and reconcile with total sales
- Verify the age of customers when selling lottery tickets, alcohol or tobacco products
- Operate cash register
- Process money, cheques, and credit/debit card payments
- Scan Items
- Tabulate total payment for goods or services required
- Receive payment for goods or services
- Calculate daily/shift payments received and reconcile them with total sales
- Suggestive selling
- Provide excellent customer service
- Assist customers with self-service items
- Participate in promotional activities

Qualifications:

- Some secondary school education is usually required. High school graduation may be required by some employers.
- Eligibility for bonding may be required.
- A casino gaming license may be required for cashiers working in gambling casinos.
- Must be able to complete Smart training courses
- Must be able to complete AML

Experience: 2 – 3 years, or we will train.
Education: Some post-secondary, high school may require.
Terms of Employment: Permanent full-time 40-hour work week.
Language: English
Employment Conditions: Shift work, Day, Evenings, Weekends, Holidays, Nights.
Wage: \$15.00 per hour.
Benefits Package: Vision, Dental, Health after 90-day probation period.
Location: Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada.
Address: Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Canada T7S-1N3
Contact: 780-779-2727 or Fax 780-706-7451
Visit our Website: www.eaglerivercasino.ca
How to Apply: Send resume to HR@eaglerivercasino.ca, mail or fax

continued from page 14

ernment of Canada Weather Alerts) so you know what the weather is like before you go outside. Sudden changes in the temperature can cause ice to melt and freeze, making the ground more unpredictable.

- **Pay attention** – Stay vigilant and be aware of your surroundings, especially when walking in unfamiliar or potentially hazardous areas. Watch for patches of ice, snow-covered obstacles, and uneven surfaces. Don't text or talk on your phone and walk at the same time, as this can divert your attention from potential dangers.
- **Use handrails on stairs and ramps** – If you're walking on a slope where there are no handrails, be extra careful. Consider using walking aids such as trekking poles or an ice grip

attachment for your cane to provide additional stability. These aids can enhance your balance and help prevent falls, especially on icy or uneven terrain.

- **Spread sand or grit on your steps and walkways** – You could also try carrying a small container of sand or grit to sprinkle on icy or sloped surfaces that you can't walk around.
- **Travel light** – Try not to carry heavy things that can make you lose your balance, or large things that could block your view. If possible, use a backpack to keep your hands free.

Taking a walk is a great way to enjoy the beauty of the season and it is one of the best ways to keep fit. But just one bad fall can have long-term consequences which is why it is important to be prepared, plan ahead, and Walk Like a Penguin!

Sales & Service Directory

The Press
ADVERTISE
YOUR
BUSINESS

Call Valerie Winger at 780.706.1858
or email wctpress@gmail.com

Busted Knuckle Technical Service Inc.

GENERAL AUTOMOTIVE REPAIR SHOP

- Licensed Journeyman Mechanic
- Serving Whitecourt and surrounding area for more than 12 years
- Body, Chassis & Electrical Diagnostics
- Shop Rate \$90.00/hr.

Call Des: 780-779-8546

Providing Traffic Control and Piloting

- Traffic Control Personnel
- Provide service for emergency lane or road closures
- Construction zone set ups

780-865-5815

We're there where you need us most!

Road Monitoring & Radar Services

Servicing Woodlands and Yellowhead Counties

DEBT PROBLEMS???
780-424-9944

Foreclosure Fear? Bank Loan Recalled?
Wage Garnishment? Mortgage/Rent Arrears?

Call Us. Talk to Us. We can help you NOW.

FREE Consultation
www.DEBTFREE.ca

A.C. Waring & Associates Inc.
Licensed Insolvency Trustee
Trustee in Bankruptcy

Find the Press on X

ATS APPLIANCE AND REFRIGERATION
Whitecourt, AB.

(780) 779-0673

WOK BOX

we deliver!
CALL 780-778-3348 TO ORDER

Hours: Mon to Sun 11am-10pm

Whitecourt
3722 Kenler Street

RF RESCHKE FRITZ LLP
PROFESSIONAL ACCOUNTANTS

MARK R. RESCHKE, CPA, CA
PARTNER

Tax planning
Corporate & Personal Tax Preparation
Full Accounting Services

Box 569, #101, 5011 - 51 Ave
Whitecourt, AB T7S 1N6

780-778-3981 mreschke@rflp.ca

Leanne Gould
Mortgage Associate

toll free 1.866.235.9906
www.mortgagegroup.com

403.505.9906
leanne.gould@mortgagegroup.com

THE MORTGAGE GROUP

The Mortgage Group Alberta Ltd.
301 - 3018 - 51st Ave NE, Calgary AB T2A 6K4

LOCAL BUSINESS *The Press*

Call Now To Book This Space **780-706-1858**

METRIX GROUP LLP
CHARTERED PROFESSIONAL ACCOUNTANTS

4927 - 51st Avenue, PO Box 328, Whitecourt, AB T7S 1N5

Accounting Tax Estates and Trusts Consulting Contract Controllorship Audit and Review Engagements

MICHAEL EPP
Partner
CPA, CA, CMA

TERRY ST. LAURENT
Partner
CPA, CGA, CA

Edmonton T: 780-489-9606
Lloydminster T: 780-875-7433
Fox Creek/Whitecourt/La Crete T: 780-778-3091 T: 780-928-9525
Fort Saskatchewan T: 780-992-0266
Evansburg T: 780-727-2017

Toll Free: 1-877-489-9606 METRIXGROUP.CA

Whitecourt Veterinary Clinic 4439 - 52 Ave

...where pets are family...

Thank you to all those loving families who've adopted the pets at the Whitecourt Vet Clinic.

The Press

Get The Press App at iTunes AppStore and Google play

Available on the App Store

GET IT ON Google play

Home hardware building centre

Garden Sheds • Custom or Pre-built • Delivery Available
780-778-4404

Help is close to home®