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COMMUNITY NEWSPAPER



# The Press

Locally Owned & Operated

Vol. 13 - Issue 9 | Wednesday, February 28, 2024



Tara Bartsch, food bank coordinator, with a recently donated bucket of powdered detergent.

## Alberta faced a 94 percent increase in food bank visits last year compared to 2019

**By Serena Lapointe**  
As anyone buying groceries or paying the monthly utility bills can attest, costs for most things have skyrocketed, with each year seemingly rising higher than before. From that, it shouldn't be surprising that growing numbers of Canadians are struggling and relying more on the existing **continued on page 3**

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# Top Guns



Youth from Whitecourt's 721 Hawk Royal Canadian Air Cadets Squadron worked hard on the range last Thursday evening. The first half of the evening involved many practice shots with the air rifles as each attending cadet tried out for the five-person squadron range team. Once practice ended, the five cadets successful in their bid were announced. For the next hour and a half, team members focused and shot their best to achieve as many bullseyes on their scoring sheets as possible. At the end of the night, the team's scoring sheets were sent away for the opportunity to attend a zone competition this spring.

## Thank You Whitecourt!

In 2023, the Whitecourt Food Bank was able to meet the growing demand of food insecurity because of the amazing support from the community. We are a community funded nonprofit and rely on the strong support of our local sponsors:

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### Store to Door Deliveries

### Trimline

### Wct Transport

### Walmart

### GFL



A special thank you from the Whitecourt Food Bank to anyone else who supported our program that was not listed above. Please accept our apologies if you were missed.

Thank you to our hard working volunteers who dare to work for free! Every little bit makes a difference!

Printed on paper from the Alberta Newsprint Company



PLEASE RECYCLE THIS PAPER



Empty deodorant baskets.



Scarce resources to pull from in the toiletries section at the Food Bank.

Usage numbers at food banks across Canada continue to increase. Alberta has some of the highest numbers, and data from the Whitecourt Food Bank, sadly, proves it.

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services to help.

Each year, Food Banks Canada compares the usage data from March, collected from food banks across the country, to see the trends for that given year. In the early fall, the compiled data, called the Hunger Count, goes live. For the last few years, the increased usage at food banks has been staggering, and unfortunately, that trend didn't slow down in 2023.

"It's very, very bad," said Food Bank Coordinator Tara Bartsch. "As of March 2023, 18.4 percent of Canadians were living with food insecurities, and Canada had over 1.9 million visits to food banks." Nationally, there was a thirty-two percent increase in visits from 2022 to 2023, but compared to 2019, the increase is 78.5 percent.

Provincially, it momentarily gets a bit better before getting much worse. "There were 174,311 visits to Alberta food banks in March of last year, which was an 11.9 percent increase from 2022," said Bartsch. The year-to-year increase was less than the National increase, but the difference from 2019 to 2023 is where things take a

turn. "There was a 94.1 percent increase in food bank visits in Alberta from 2019's numbers to 2023's numbers," she said.

What's even worse is that the comparison between March 2019 and March 2023 in Alberta wasn't even the highest percentage change in the country. Quebec saw a 97.8 percent difference between the two years, and Ontario had a 100.6 percent change, the highest of all provinces and territories. "It's just continuing to go up, and it's not going to get better," said Bartsch.

National and provincial numbers are a high-level snapshot of what's happening in the country, but when one pinches the screen and zooms down to the local level, a complete picture can be seen. The Whitecourt Food Bank provides hampers to 200 families on average. Each family registered can access a hamper fill six times a year, and staff aim to provide two weeks' worth of groceries per hamper.

With not even two months completed into 2024, Bartsch said some of the families they serve have already used several of their fills. "After Christmas, it's always higher for people need-

ing help, but usually it comes down a bit. March is coming, and it hasn't come down yet. People are struggling. They get six fills a year, and for some people, that's almost gone for this year already."

She said high bills and inflated grocery prices are cited as reasons this year has been so hard. "We are seeing double-income families struggling to put food on the table. They rent, and their bills are insanely high. Do you pay the power bill or feed your kids? So, then they come here, and we feed them.

It's not just low-income families. Families of four and five are struggling to feel themselves too."

Nationally, single people continue to be the highest users of food banks, with over 40 percent reported in March 2023. Two-parent families are also on an upward trend, rising just over two percent, from 18.8 percent in 2019 to 21 percent in 2023. "It's hard to keep up with those families. Our freezers are low all the time," said Bartsch.

Higher usage has led to emptier shelves lately,

with some items hard to keep on hand. "Shelf-stable foods that can help stretch a meal, like tuna or Hamburger Helper or things like cereal, are what we lack most," she said. Toiletries are also scarce, with deodorant, shampoo/conditioner, and body wash baskets empty.

The food bank also offers non-food items to help fill gaps. "If you don't have food in your kitchen, you probably don't have laundry soap or toiletries. Why would you spend extra money on laundry detergent if you can't afford food?"

Bartsch said they also recently started a laundry program asking for powdered detergent. "How do you get a job, or maintain one, if you can't afford to do laundry and have clean clothes? No one wants to send their kids to school in dirty clothes. We want to try and help with that." Non-food items come solely through donations because food bank funds are used for buying food only.

For those who need to access the food bank but can't make it during

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The Whitecourt Food Bank is getting low on non-perishable foods.

# Two area ag societies could soon see a funding influx if policy change in Woodlands County receives green light



Heather Anderson, Community Services Coordinator.



Reeve Dave Kusch.

Changes are in motion to give two ag society groups in Woodlands County more funding. Woodlands County Council recently discussed a proposed policy change at their Governance and Priorities Committee meeting.

By Serena Lapointe

When Woodlands County entered its financial recovery plan at the end of 2019, the move came with a large review of programs, policies, and expenditures to find ways to reduce costs. One of the many options that Woodlands County Council asked its administration to investigate was the funds given to community groups for events and programs run in the municipality.

In early 2020, a change to Policy 7002 – Community Organization Capital & Operating Grants was approved, which reduced the utility reimbursement to said

groups by fifteen percent, from 90 percent to 75 percent. Changes also included a maximum amount for maintenance for halls and outdoor spaces such as playgrounds, ice rinks and ball diamonds. Policy updates took office administration costs, like accounting, office supplies, janitorial and website fees, off the funding table but kept insurance subsidies at 75 percent, with the remaining 25 percent being covered through the operating grant groups received.

Heather Anderson, Community Services Coordinator for Woodlands County, explained how and why the policy changed and

what changes were being proposed now that the policy had received another look-over. “You asked that we look at ways to reduce funding but continue to still support our groups,” she began, speaking to the changes that came in 2020.

“What this policy guides is how much we subsidize and how much we provide for capital, but tonight we are talking about the operating side of this grant,” she added, speaking at the Governance & Priorities Committee meeting on the evening of February 21. The committee features all the council and gives the elected officials a chance to talk openly

about policy changes and other topics before voting on them at a regular meeting.

Anderson explained that the changes in 2020, which lowered utility subsidies and placed caps on amenity funding, gave them consistent numbers to budget. “We budgeted for that maximum amount, and if they (a community group) were under, then we were under too, so we had that surplus. Not only did we reduce what we were funding, we were still giving them a good amount of money, but it was helpful to us (because it) reduced budgeting risk and was more consistent,” she said.

If a group was capped at funding of \$5,000 and only used \$2,500 in one year, then the remaining half provided the County with a small surplus. The decision was made that after two years with the changes in place, the County would check in with groups to see how things were going. In 2022, the pandemic was in full swing, which paused the check-in for two more years.

This year, Anderson said the Community Services Committee reviewed the policy and had one recommended change to pass to the Governance & Priorities Committee for review. The rec-

ommendation focused on the Agricultural Societies in Woodlands County, which includes Fort Assiniboine, Anselmo and Whitecourt & District.

Under 5.1 of Policy 7002, it states that “Agricultural Societies will be funding at less their Agricultural Societies Grant.” The Agricultural Societies Grant is provided by the Alberta Association of Agriculture Societies (AAAS). Woodlands County’s policy means that if a group received, say, \$10,000 from the AAAS, any funding they qualified for from Woodlands County

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would be lowered by that amount. Other groups did not see the same deduction, just the ag societies, because of the funding they could access from AAAS.

However, after the changes in 2020 placed caps on funding, two ag societies (Anselmo and Whitecourt & District) received nothing. “We came to council when that first

happened, and Council agreed to say that they could get a minimum of \$5,000,” which was the minimum the other groups received, explained Anderson.

Both ag societies received \$5,000 each in 2022 and 2023 and fully paid insurance premiums. To compare, in 2018, the Whitecourt & District Ag Society received just over \$37,000 from Woodlands County. In 2019, they received thirty-one

thousand; in 2020, they received around \$28,000. Dropping to zero before Woodlands approved up to \$5,000 in 2022 would have been a big hit.

The Community Services Committee proposed removing the line from the policy so that ag societies in Woodlands County would not see their funding lowered based on what they received from the Alberta Association of Agriculture

Societies. “All of our community groups do amazing things, but our ag societies are active, and they are doing great things in their communities, and they do a lot of programming. This would still keep it fair with the rest of the community groups but maintain the level of funding that we give to them so they can operate,” added Anderson.

From a financial standpoint, Woodlands

County is not expecting to see much for budget implications through 2024 because they budgeted each group’s funding allotments at the maximum amount, which most groups don’t reach, leaving room in this year’s budget to soak up most, if not all, of the overage. “Actuals have been under budget every year,” said Anderson.

In 2025, Woodlands County may need to

adjust funding towards the groups to sidestep the off chance that all groups use their total maximum funding in any given year, which could result in going over budget. If Woodlands County Council votes to approve the policy changes at an upcoming meeting, the Anselmo Ag Society could see an additional \$15,000 in funding, and the Whitecourt & District Ag Society could see \$28,000.

# Retail sales stronger in 2023

Monthly retail sales in Alberta  
\$ billion, seasonally adjusted



Source: Statistics Canada Table 20-10-0056-01

By Rob Roach  
ATB ECONOMICS

Retail sales\* in Alberta increased by 0.9% in December. The growth followed a 0.5% increase in November.

Annual sales came in at \$102 billion and were 4.4% higher than in 2022.

Motor vehicle and parts dealers saw their sales increase by \$2 billion (7.7%) last

year offsetting a \$2 billion drop (-14.1%) in sales at gas stations.

The only other major category tracked by Statistics Canada that saw sales decrease last year was the furniture, electronics and appliances sector at -0.4%.

Annual sales in Calgary grew by 5.7% (\$1.8 billion) and by 3.0% (\$1.0 billion) in

Edmonton.

Nationally, retail sales increased by 0.9% in December with sales higher in eight provinces.

Statistics Canada’s advance estimate points to a 0.4% decrease in January 2024.

Annual sales in Canada grew by 2.2% in 2023 with every province posting higher numbers.

\*Seasonally-adjusted

## RCMP ROYAL CANADIAN MOUNTED POLICE

**Hinton RCMP requests public assistance after a fraud complaint leads to arrest**

On Jan. 19, 2024, Hinton RCMP received a fraud complaint regarding a victim who met a man claiming to be an ex-RCMP member and could get him a good deal on a repossessed vehicle. Money was given to the male suspect by the victim but the male stopped all further communication. After a detailed investigation, it was found that two people were involved in the fraud, neither of which were ever employed by the RCMP.

As a result of the investigation, Alvina

Strauss (78), a resident of Ardrossan, Alta., was arrested and charged with Fraud under \$5000 (x2), Obstruct police and Assault on police. Strauss was released on conditions, including a Feb. 21, 2024 court date at the Alberta Court of Justice in Hinton, which she failed to attend. The court has issued a warrant for her arrest.

Furthermore, Dwain Donald Wog (76), a resident of Hinton, was charged with Fraud under \$5000 (x2). Hinton RCMP are currently looking for his whereabouts and a warrant for his arrest has been issued by the courts.

Hinton RCMP believe that Wog and

Strauss have other victims throughout Alberta. Anyone who may have been victim of a similar fraud, or who has information on Wog’s and Strauss’ whereabouts, is asked to call the Hinton RCMP at 780-865-5544, or their local police. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at [www.P3Tips.com](http://www.P3Tips.com) or by using the “P3 Tips” app available through the Apple App or Google Play Store. To report crime online, or for access to RCMP news and information, download the Alberta RCMP app through Apple or Google Play.





# PUZZLES

SEE SOLUTIONS PAGE 15



## SUDOKU

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

Level: Intermediate

### 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

1	2	3	4		5	6	7		8	9	10	11		
12				13				14			15			
16					17			18			19			
20								21			22			
				23		24			25					
26	27	28	29					30						
31								32						
33									34	35	36	37	38	
				39	40	41		42	43					
			44	45				46						
									48					
49					50				51		52	53	54	55
56					57				58					
59					60					61				
62					63						64			

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

## Crossword Clues

### CLUES ACROSS

- Home of Iowa State University
- fi (slang)
- Mottled green and yellow fruit
- Capable of thinking and expressing oneself clearly
- Sports broadcaster Eagle
- Middy
- Kinsmen
- Cable network
- Simpleton
- Brunch beverage
- Fed
- European capital
- Native inhabitants
- Mechanical device
- Rare geese native to Hawaii
- Bedroom furnishing

### CLUES DOWN

- One who graduated
- An inspired holy person
- Electronic counter-countermeasures
- A place to store things
- Indian instrument
- Spanish saloon
- Whole number
- Not fastened
- Gives a boost
- Lounges about
- Interested in
- Remove salt
- Type of sword
- Naturally occurring solid material
- Gets involved without being invited
- Feline
- Bobby \_\_, NHL champ
- "Kill Bill" actress Thurman
- The products of human creativity
- Mass transit option
- Made a mistake
- Sacred sound symbol
- Large N. American reindeer
- Dull and flat
- Partner to huffing
- Written works
- Monetary unit of Serbia
- Midway between east and southeast
- Peninsula of southwestern Asia
- Widely used multiuser OS
- Aggressive dog
- Varnished
- Hindu queen
- Time units, abbr.
- Farm animals

- Capital of Latvia
- Where golfers begin
- Takes to civil court

- Hawaiian dish
- Moroccan coastal region
- Baseball statistic
- Long period of time
- Moved earth
- Central Netherlands city
- Take stock of
- Central processing unit
- Distinctive qualities one generates
- Getting stuck
- Loss of bodily movements
- Veranda
- Abrupt
- What cats do
- Expresses pleasure
- Type of cheese
- Professional STEM organization
- Automatic data processing systems

## MANAGE TIME WORD SEARCH

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

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

### WORDS

- AGENDA
- APPOINTMENT
- ASSISTANCE

- BALANCE
- CLEANING
- CONTACTS
- CONTEXT

- DEADLINES
- DELEGATE
- FILES
- FLAG

- GOALS
- IMPORTANCE
- INTEGRATION
- MANAGEMENT

- MEETING
- ORGANIZE
- PLANNER
- PRIORITY

- REMINDER
- SCHEDULE
- TASKS
- TIMER
- VALUES

## HOROSCOPE

### ARIES

(March 21 - April 20)



Take a few days off from work if you find you have been running yourself ragged, Aries. The pressure to be the best may have gotten to you and you need a rest.

### TAURUS

(April 21 - May 21)



Powering through a situation sometimes works, but not if you are feeling ill or injured, Taurus. Prioritize your health right now and take a step back if need be.

### GEMINI

(May 22 - June 21)



Gemini, there are always two sides to every story, so resist the urge to weigh in on a situation between friends right now. Get all of the information first and then stay neutral.

### CANCER

(June 22 - July 22)



Listen to someone's feelings when they come to you and try to vent, Cancer. Exhibit some patience and help this person work through his or her issues.

### LEO

(July 23 - August 23)



A great opportunity is coming down the pike, Leo. You will have to get your timing correct to maximize its impact on your life. Organize all of the elements you can control.

### VIRGO

(August 24 - September 22)



Advice from a loved one prompts you to re-evaluate your plans for the coming weeks, Virgo. Step away from the situation to see how things might work.

### LIBRA

(September 23 - October 23)



It is important to take the reins this week, Libra, particularly if you want to get noticed by those in positions of power. You need to be your own best advocate.

### SCORPIO

(October 24 - November 22)



Sometimes the hardest thing to do in a situation is to stay silent when you don't agree with things, Scorpio. Keep in mind that others may not be ready to hear your advice.

### SAGITTARIUS

(Nov. 23 - Dec. 21)



Take ownership of any mistakes you have made and learn from them this week, Sagittarius. That is the only way you can grow as a person and make a difference in others' lives.

### CAPRICORN

(Dec. 22 - Jan. 20)



Capricorn, are you ready to accept the consequences of your actions? If you go out on your own path when others are warning against it, you will need to confront the consequences on your own.

### AQUARIUS

(January 21 - February 18)



Aquarius, you may be ready to make a big move in your life, but others may not be there with you just yet. You need to find the timing that works for as many as possible.

### PISCES

(February 19 - March 20)



Pisces, it may not be possible to put blinders on for every situation. However, sometimes it is advisable to look the other way in the name of keeping the peace.



# CANADIAN Kids Corner



## What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

**A**



**B**



Answers: 1. Man is wearing tie 2. Extra milk in cart 3. Price on sign is different 4. "Shop" missing from the back wall

## CANADA



## HISTORY

2003

AVALANCHES ARE A CONCERN THIS YEAR. FIRST THERE IS AN AVALANCHE IN EASTERN BRITISH COLUMBIA, AND THEN ANOTHER OCCURS IN GLACIER NATIONAL PARK.



## CHECKOUT

a point at which goods are paid for in a store



THIS TYPE OF STORE IS WHERE MOST PEOPLE BUY THEIR FOOD AND OTHER SUPPLIES.

ANSWER: SUPERMARKET

## How they SAY that in...

**ENGLISH:** Aisle

**SPANISH:** Pasillo

**ITALIAN:** Corridoio

**FRENCH:** Allée

**GERMAN:** Gang

## Did You Know?

THE FOUR LARGEST GROCERY BRANDS IN NORTH AMERICA INCLUDE WALMART, AMAZON, KROGER, AND COSTCO.



## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHECKOUT COUNTER

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**"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



**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**

**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**



**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

**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

*Wellspring*  
Family Resource & Crisis Centre  
[www.whitecourtshester.ca](http://www.whitecourtshester.ca)

**GRIEF SHARE**



Support group on Tuesdays 6:30pm - 8:30 pm, starting February 20, 2024 at Crossroads Community Church, 4419 44 Ave, Mayerthorpe.  
\$35 includes 12 weekly sessions.  
**Pre-register by calling 780-786-2533.**

**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**





## 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](mailto:wctpress@telus.net) All submissions remain confidential

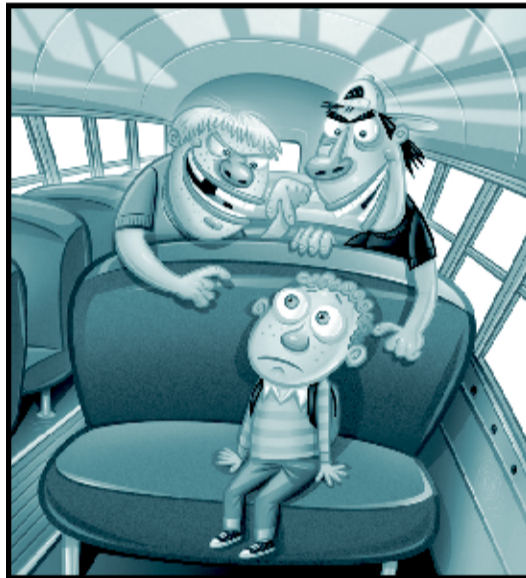


When you keep criticizing your kids, they don't stop loving you, they stop loving themselves.  
Let that sink in.



### 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



Josh M. Copus  
Age 19

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

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Call Valerie Winger at 780.706.1858 or email [wctpress@gmail.com](mailto:wctpress@gmail.com)

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Owner  
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**780-778-0053**

**pdcarew@telus.net**



# PUBLIC NOTICE

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



## NOTICE OF DECISION

The following decisions were made by the Municipal Planning Commission:

Application 24-013: 32 Allan Crescent– Home Occupation – Permanent Jewelry – Approved with Conditions.

**Date of Decision:** February 22, 2024    **Appeal Closes at 4:00pm:** March 15, 2024

An Appeal of the above decision(s) may be made by submitting a written appeal and appeal fee (\$300) to the Office of the Secretary of the Subdivision and Development Appeal Board, Town of Whitecourt Administration Building, Box 509, Whitecourt, Alberta, T7S 1N6 prior to 4:00pm on the above noted date. Any person(s) affected by the said proposal(s), has the right to appeal prior to the above date.

## ONLINE VEHICLE AUCTION

Current opportunities are posted through Government Surplus Auctions (GovDeals) on behalf of the Town of Whitecourt:

- Argo
- Champion Tractor Attachment Ice Resurfacers

The online auction on the aforementioned units will run from February 27 to March 7, 2024 at 4:00pm. For more information, visit our website [www.whitecourt.ca](http://www.whitecourt.ca)

## REQUEST FOR PROPOSALS:

Current opportunities are posted on the Town's website and when required, opportunities are posted on [albertapurchasingconnection.ca](http://albertapurchasingconnection.ca). Currently, Whitecourt has the following opportunities:

- **2024 Line Painting Program** – Closes February 29, 2024 at 2:00pm.
- **963D-2024** – 963D CAT Rebuild – Closes March 5, 2024 at 2:00pm.
- **2024 Street Improvement Program** – Closes March 14, 2024 at 2:00pm.

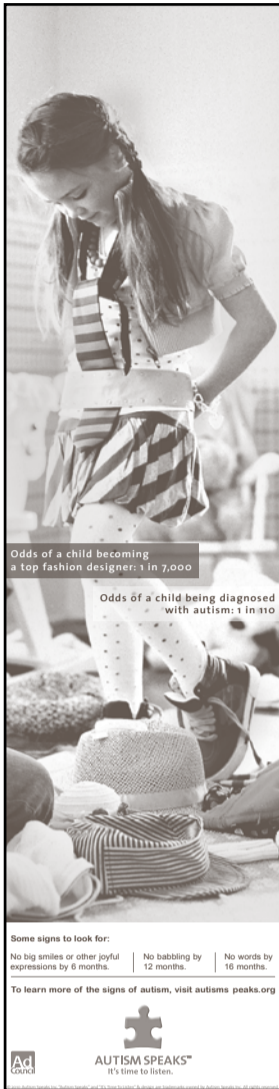
For further details on any of these opportunities visit [www.whitecourt.ca](http://www.whitecourt.ca) and search the project title.



# 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](http://www.whitecourtpress.com)



### Auctions

**MEIER FIREARM AND SPORTSMAN AUCTION**, Saturday, March 9, 10AM. Rifles, Shotguns, Ammo., Hunting Supplies. 4740 57 ST Wetaskiwin. Consignments accepted up to sale time, Free Pickup. Visit [www.meierauction.com](http://www.meierauction.com) PH 780 440-1860.

**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](http://www.awna.com).

### Business Opportunities

**DIGITAL PRINTING EDMONTON**. Over 25 years commercial printing/community publications. Selling due to retirement. No building; equipment, inventory, printing/advertising accounts involving large/medium businesses/organizations. Seriously interested? Inquiries:

[classifieds@awna.com](mailto:classifieds@awna.com).

### Coming Events

**EDMONTON COIN SHOW & SALE** - March 9/10 2024, 10 am - 4:30 pm. Lions Centre 11113 - 113 Street, Edmonton. Free market evaluations. Dealers from across Canada \* Auctions \* Displays \* WATCHES \* Family friendly! [www.edmontoncoinclub.com/shows](http://www.edmontoncoinclub.com/shows).

### Custom Homes

**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](mailto:classifieds@awna.com) for details. 1-800-282-6903, 780-434-8746 X225. [www.awna.com](http://www.awna.com).

### 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](http://www.accesslegalmjf.com).

### Wanted

**COLLECTOR/ ENTREPRENEUR PURCHASING COINS & COLLECTIONS!** CASH PAID! ROYAL CANADIAN MINT COINS, collections, rare & old coins, silver & gold coins, jewelry, nuggets, bullion, sterling, gold & silver! 250-864-3521.

## Do You Suffer from Foot or Ankle Pain?

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## Call Now To Book Your Consultation!

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

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## Evolution Foot and Ankle Clinic

[www.bensefcikdpm.com](http://www.bensefcikdpm.com)

<b>Whitecourt</b> Advanced Health Pharmasave 5112 50 St. Whitecourt, AB	<b>Grande Prairie</b> Parkland Medical Centre #202, 10127 121 Ave Grande Prairie, AB
<b>Airdrie</b> Apple Wellness Center 229 1 St. SW Airdrie, AB	

A look at the local weather	Wed., Feb 28	Thu., Feb 29	Fri., March 1	Sat., March 2	Sun., March 3
P.O.P.	Light snow	Cloudy	Flurries	Scattered flurries	Mix of sun and clouds
High	60%	30%	40%	40%	10%
Low	-9°C	-5°C	-10°C	-10°C	-10°C
Wind	-15°C	-14°C	-15°C	-18°C	-18°C
24-Hr Rain / Snow	E 11 km/h 2-4cm	E 7 km/h <1cm	E 14 km/h 1-3cm	E 13 km/h <1cm	NW 11 km/h -

# Make sure childhood immunizations are up-to-date

Alberta Health Services (AHS) is reminding Albertans with children to ensure their kids are up-to-date with routine immunizations.

Alberta offers all children routine immunizations free of charge. By following the routine immunization schedule, your child will be protected against vaccine-preventable diseases at the most effective ages and stages.

Routine immunizations are more important than ever. Cases of pertussis have increased in Alberta in the last few months and have been identified in all AHS zones. Pertussis is a vaccine-preventable bacterial infection. It can impact people of all ages; however, infants one year and younger are at greatest risk of serious complications.



To find out which immunizations are right for your child, check with your family physician or Health Link at 811 or a public health nurse. Visit [ahs.ca/immunize](https://ahs.ca/immunize) to learn more about routine immunizations.

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.

There are several ways to book an appointment for a routine immunization for your child:

- Use the Find Healthcare search tool to find an AHS public health centre close to you. Choose the facility type and select “public health centre.”

- Use the Find Community Health Centres search tool.
- Call Health Link at 811 to find a centre nearest you.
- Talk to your family doctor or nurse practitioner. Visit Find a Doctor | Alberta Health Services. AHS also offers routine immunizations in

schools for children in Grades 6 and 9, in addition to offering immunization to Grade 1 students who are delayed for their routine immunizations. A consent form is sent home with an information sheet for each vaccine recommended for the student. No immunizations will be given in

school without consent from a parent or legal guardian.

There are steps you and your child can take to make immunization appointments more comfortable before, during and after. Visit Commitment to Comfort | Alberta Health Services for more information.



## Eagle River Casino & Travel Plaza Now Hiring 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.

### 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.

### QUALIFICATIONS AND EXPERIENCE

- 4-5 years’ experience in the Food & Beverage Industry.
- 3-4 years’ supervisory/management experience within the Food & Beverage Industry.
- Post secondary education in a related field preferred but not required.
- Training in management and employee development preferred.

### WORKING CONDITIONS

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



## 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](http://www.eaglerivercasino.ca)

### How to Apply:

Send resume to [HR@eaglerivercasino.ca](mailto:HR@eaglerivercasino.ca), mail or fax

# It's tax time again: Are you ready?

(NC) If there's one thing you can count on every year, it's that April 30th – or the first business day after it – is the deadline for filing our taxes. Are you ready? If not, here are four tips to help you plan for the big day.

## Get organized

If you're a salaried full-time employee, organizing your taxes should be fairly easy. Get your T4 from your employer and collect any earnings slips for your investments. But if you're self-employed or run a business, there is a lot of paperwork to go through, including expenses for everything from stationery and client meals to equipment and work-related travel. The sooner you get those receipts organized, the easier it will be to complete your tax return.

Note that if you are self-employed, the deadline for filing your taxes is June 17, 2024, but if you owe any money on your return that will be due

on April 30th or you'll face penalties and interest for late payment.

## Top up your RRSPs

This year, the deadline to make contributions to your registered retirement savings plan (RRSP) and get the deduction on your 2023

plans you have for the kids or get an early start on next year's RRSPs.

## Clean up your files

You're required to keep any receipts or other documents related to your taxes for six years after filing. Once you've completed your

mation on it, including your social insurance number or your signature to protect yourself from fraud.

## Automate your business books

If you own a business and are not already using cloud-based accounting software, you may want to look into it this year. With a cloud-based accounting program such as FreshBooks, you can automate things like invoicing and sending out late-payment reminders to help with your cash flow. Everything is automatically backed up, and you can set up your accountant within the platform, which gives them real-time access to your financial data so they can offer you the best help. Small business owners can also apply for the Canada Digital Adoption Program to help fund cloud-based accounting solutions.

Learn more about cloud-based accounting at [freshbooks.com](http://freshbooks.com).



taxes is February 29, 2024. Any amount you invest in RRSPs will be deducted from your annual income for the year, and potentially earn you a refund. If you do get one, consider investing it in your tax-free savings account, the registered educational savings

2023 return, pull out any 2017 or older documents and get rid of them. You should also purge any documents you filed away but don't really need, such as receipts for things you can't claim as deductions. Use a shredder to destroy anything that has personal infor-

## 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# 24-014:** Family Violence Prevention Worker, Part-Time Contract Position

Please visit [www.whitecourt.ca](http://www.whitecourt.ca) for all employment opportunities and details on how to apply.



## 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



## Eagle River Casino & Travel Plaza Now Hiring 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.

### 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 humanresources 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

### 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



## 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](http://www.eaglerivercasino.ca)

### How to Apply:

Send resume to [HR@eaglerivercasino.ca](mailto:HR@eaglerivercasino.ca), mail or fax.

# 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](mailto:wctpress@gmail.com).



# The Press

A locally owned and family operated newspaper serving Whitecourt

PUBLISHED EVERY WEDNESDAY

## Contact

Valerie Winger at 780-706-1858  
Email: [wctpress@telus.net](mailto:wctpress@telus.net)



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

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*The Press*

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email [classifieds@awna.com](mailto:classifieds@awna.com)  
or visit your community newspaper

**Money Matters**

**One Canadian Dollar = 0.74 US Dollar**  
at an exchange rate of **0.7415** (using nominal rate).

**Dollar Values as of February 28, 2024**

# Coldest Night of the Year

Photos Submitted



The 2024 Coldest Night of the Year event was held on Saturday. Fourteen teams took part, with just over 60 walkers combined. Soaring Eagle Support Society's goal was to raise \$25,000; they were well over that, with \$29,000 raised and a few more donations still to be counted. Walkers could pick to do a two- or five-kilometer walk, mapped out with signage and with volunteers stationed along the way to offer help and give cheers of support. The annual family-friendly event helps raise awareness of those who suffer from homelessness and supports local charities that assist those struggling. Over 20 volunteers and numerous local sponsors made the event possible.

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

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

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# The Canadian Dental Care Plan is here: What you need to know

(NC) The federal government has begun to roll-out the Canadian Dental Care Plan (CDCP), which will cover some of the cost of most basic oral health care services for uninsured Canadians.

Once fully implemented, the plan will offer dental coverage for up to nine million people in Canada. It's targeted specifically towards Canadians with an annual family income under \$90,000 who do not have access to dental insurance.

The application process is opening in phases, starting with seniors.

## How to apply

Individuals who may be eligible have begun receiving letters from the federal government, inviting them to apply for the plan.

Keep an eye out for one of these letters if you:

- will be 70 years old as of March 2024;
- have a family income of less than \$90,000; and
- have filed your 2022 tax return.

The letter includes instructions on how to confirm your eligibility and apply by telephone.

Only seniors who receive a letter will be able to apply before

May 2024. Here's when seniors can expect to receive their letter:

- December 2023: ages 87 and above
- January 2024: ages 77 to 86
- February 2024: ages 72 to 76
- March 2024: ages 70 to 71

As of May 2024, applications shift from telephone only to an online portal and will open for eligible seniors 65 and older. More information on this portal will be available closer to its launch date.

Canadians with a valid Disability Tax Credit certificate and children

under 18 will be able to apply online starting in June 2024.

All other eligible residents will be able to apply in 2025.

## After you have applied

If your application is successful, starting in March, you will be sent a welcome package by Sun Life, the administrator managing the plan on behalf of the government. The package will include a member card and a start date for your coverage.

Seniors will be able to start seeing an oral health provider as early as May 2024 but start

dates for coverage will vary based on when you can apply, when the application is received and when your enrolment is completed.

## What's covered

The plan will help cover most basic dental services, such as check-ups, x-rays, teeth cleaning, fillings, dentures, root canals and some oral surgeries.

The CDCP will reimburse a percentage of the cost at the plan's established fees. These depend on the members' income level, and some people may have to pay the rest of the expense amount out of pocket. For example:

- if you have a family income under \$70,000, you can have 100 per cent of eligible costs covered;

- if your family income is between \$70,000 and \$79,999, 60 per cent of eligible costs can be covered; and
- with a family income between \$80,000 and \$89,999, 40 per cent of eligible costs can be covered.

You may have to pay fees in addition to the potential co-payment if:

- your oral health provider charges more than the CDCP fees
- you agree to receive care that the plan doesn't cover

Before receiving oral health care, you should always ask your oral health provider about any costs that won't be covered by the plan.

Find more information at [canada.ca/dental](http://canada.ca/dental).



## Multigenerational housing: share costs, responsibilities and time

(NC) The rising cost of housing and the responsibility of caring for children and aging parents are common challenges many of us are facing.

Some families are choosing to live as a multigenerational household to help provide some relief.

It's a way to share household costs and responsibilities with more family members. It's also a chance to bring your family closer.

When each generation has their own space – maybe it's a separate suite in your backyard, an apartment

unit in your basement or a more private area in your house – it can make the situation even better.

However, if saving money is one of the reasons you're sharing your home, you might be concerned about renovation costs.

There's good news – you may be able to use the Multigenerational home renovation tax credit to help make that home a reality. With this tax credit, you can claim up to \$50,000 in eligible renovation expenses and receive a refundable credit of up to 15 per cent of these expenses, up to \$7,500.

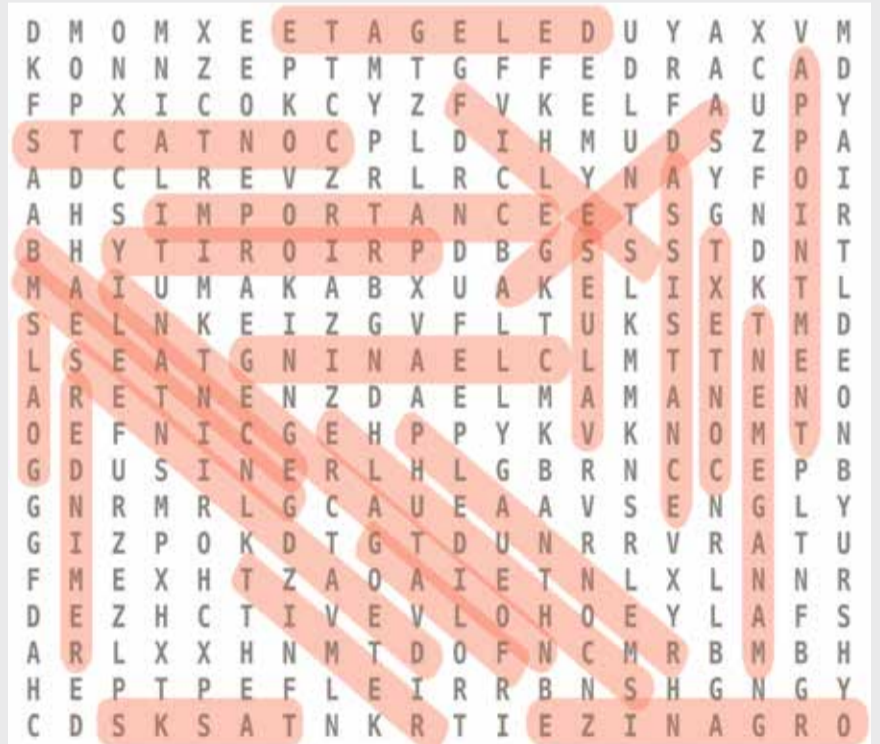
It's not just about changing a house; it's about creating a welcoming space to keep your loved ones near, so you can provide them with support they need if they're eligible for the disability tax credit or are 65 years or older.

This could mean having your kids visit their grandparents for a movie night without leaving the yard, having weekly family dinners or dropping off groceries for each other.

Learn more and find out if you would qualify at [canada.ca/cra-mhrtc](http://canada.ca/cra-mhrtc).

## PUZZLES SOLUTIONS

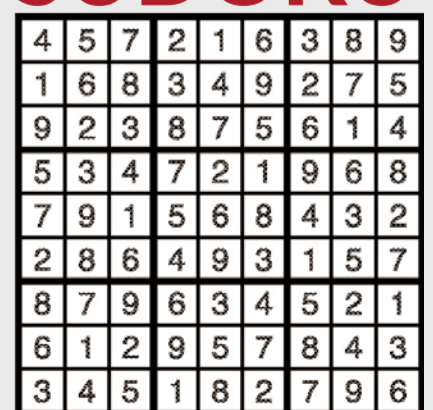
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continued from page 3

the daytime, the Whitecourt Food Bank now has night access once a month. "Every second Thursday of the month, we will be open for hamper fills from 5-8 pm. Perishable boxes won't be available then, but hamper fills will be," explained Bartsch. The next night will be on March 14.

To keep the shelves well stocked, the Whitecourt Food Bank relies heavily on community support. "We are grant and donation only. Everything here is purchased through grants or donations. If we don't have that support in the community, then we don't have a food bank." She said the groups, businesses and residents who support the food bank make everything possible. "We couldn't do any of this without their amazing generosity."

The Whitecourt Food Bank has several events on the books to help boost donations. On March 15 and 16, the food bank van will be at Walmart for National Food Bank Day. Staff will be there on Friday and Saturday, gratefully collecting donations. They are also doing bi-weekly Meat Draws at the Crown and Anchor. Wellspring and the Food Bank will take turns being the recipient each week. "The money will go towards adding to fills. I'm hoping that we can increase the hamper fills from six a year to seven, or maybe even eight, just to give more food."

On Saturday, May 25,

at 1 pm, the food bank is holding a free World Hunger Day barbecue and will be accepting donations. "Eagle River Casino is donating hamburgers, hot dogs and smokies and Pembina is donating the use of their barbecue and supplying us with juice and water." Bartsch said she hopes to have gardeners on hand to teach about growing food at home. Food bank tours will also be available.

Food bank staff will also be handing out Teen Bags at this year's Party in the Park event. "Millar Western was a diamond sponsor and gave us their table. The bags will have some shelf-stable foods, hopefully some fresh vegetables and fruit, and info on mental health resources in town," said Bartsch. Perishable boxes are available Monday, Wednesday and Friday. No ID is needed, but they go fast. Bartsch recommends getting in line at the food bank by 11:30 am. Hamper fills are available on the same days and require proof of residency (bill payment) and government ID.

Those wanting to donate can call 780-778-2341 to set up a drop-off time. The Food Bank is open Monday, Wednesday and Friday from 11 am until 2 pm. Bartsch stresses that no one should be embarrassed about needing help. "We are here to help you. If you are struggling, please come see us." Anyone with questions about accessing hampers is encouraged to call the number above.

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