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Vol. 13 - Issue 15 | Wednesday, April 10, 2024

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ONLINE OR IN STORE

Community Development Fund in early stages of discussion in **Woodlands County**



Reeve Kusch said some groups that benefit the community don't fit into Woodland's current grant structure. See article page 3.



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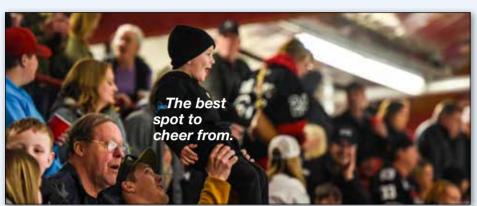




CHILD IN



Noise makers unite!





When it comes to sports in Whitecourt, fans love to wear their team's colours and be supportive. Be it parents watching their kids at Whitecourt Minor Hockey games or school-related sports like basketball and volleyball, or community members coming out in force to watch their Wolverines, fans love to get involved. Last week, when the Wolverines shut out the Eagles in game five of their second-round playoff game, the hometown fans had a lot of fun. Here are a few smiling faces from the crowd, including one youngster whose dad gave him the best view in the house!

DISCRETIONARY USE DEVELOPMENT PERMIT APPLICATION

The Municipal Planning Commission will be making a decision on the following development permit application as per the Woodlands County Land Use Bylaw, at their regular meeting on Thursday, April 18 at 4:30 p.m. at the Whitecourt Municipal Office, downstairs.

Section 19 of the Woodlands County Land Use Bylaw provides opportunity for any person who may have comments on the proposed development to deliver to the Development Officer, a written statement of their concerns indicating: their full name and address and the reasons for their comments to the proposed use.

If you have any comment or concern regarding this proposal you may provide a written statement via email to planning@woodlands.ab.ca prior to 4:30 p.m., April 11, 2024 or you may attend the meeting to voice any comments.

Comments received will be taken into consideration by the Municipal Planning Commission.

LEGAL DESCRIPTION	DEVELOPMENT PERMIT APPLICATION NUMBER	PROPOSAL		
PT SW 2-59-13-W5M Lot 6 Block 1 Plan 092-1955	15-017-2024	Home Occupation (major): Tree Planting Base		

Information regarding this application may be obtained by inquiring prior to **4:30 pm, April 11, 2024**.

Attention: Peter McKay, Development Officer planning@woodlands.ab.ca

Woodlands County

Box 60, #1 Woodlands Lane, Whitecourt AB T7S 1N3

Telephone: 780-778-8400 Toll-Free: 1-888-870-6315

WOODLANDS COUNTY RFPS AVAILABLE

The Request for Proposals (RFP) is an invitation by Woodlands County to prospective proponents to submit proposals for the provision of:

RFP documents are available on the Alberta Purchasing Connection (APC) Website at https://www. <u>purchasingconnection.ca/</u> and on the County's website <u>https://woodlands.ab.ca/p/rfps-and-tenders</u>.

- Asset Management and Enterprise Resource Planning Software & Services
- Beaver Control Services

Rates for dust control are as follows: • \$425 + GST for 100 metres

woodlands.ab.ca/p/dust-control.

• \$750 + GST for 200 metres

Woodlands County reserves the right to waive informalities in, or reject any or all proposals, or

accept the proposals deemed most favourable in the interest of the County.

Please submit an application prior to Wednesday, May 1, 2024:

0R

DUST CONTROL

Residents who wish dust control applied adjacent to their property can submit an application to Woodlands County.

• \$4.25/metre + GST for any dust suppression application over 100 or 200 metres

Application forms are also available at:

Woodlands County Municipal Office #1 Woodlands Lane Whitecourt AB T7S 1N3 Telephone: 780-778-8400 Fax: 780-778-8402

Woodlands County Regional Municipal Office P.O. Box 33 Fort Assiniboine AB TOG 1A0 Telephone: 780-584-3866 Fax: 780-584-3988

PAYMENTS CAN BE MADE WITH DEBIT, VISA, MASTERCARD, CHEQUE OR CASH AT EITHER COUNTY OFFICE



Application forms and more information about dust control are available at

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Community Development Fund in early stages of discussion in Woodlands County





Many municipalities offer grants for community-based projects to help with events and programming for residents' higher quality of life. Some groups fall between the cracks, not fitting into the strict parameters required to access funding. Woodlands County is trying to fill those gaps. Pictured is councillor Kuelken who motioned to move the conversation to an upcoming strategic plan review.

By Serena Lapointe

Municipalities provide funding supports to specific groups, from sports teams to non-profits and even businesses. Grants or programs that provide funding are typically specific, with strict requirements for eligibility. The Town of Whitecourt has fourteen different options, including the Community Clean Up Program, the Community Crosswalk Grant Program, Sports Hosting Program, the Tourism Product Development Grant and the Vitalization Grant Program, to name a few.

Wanting to fill gaps in the funding and support provided to community groups and non-profits, Woodlands County Council recently motioned to have its Community Services Committee investigate what it would take to create a Community Development Fund. In early February, the committee met and discussed the topic at length, coming up with more questions than answers.

"They had a lot of discussions about what this would look like. We didn't have an idea of where we could go;

it was pretty open blue sky," began Heather Anderson, Community Services Coordinator for Woodlands County. "A couple of questions that came out of that were: what is the role of the municipality in supporting some of these groups? Is tossing money at groups the best way to help them? Do we want to focus only on non-profits? Do we want to open this up to say, businesses? Is this an economic development synergy?"

Another big question was how many dollars the Council would want to put towards the fund and how it would be divided. "Are we going to budget \$100,000? Are we going to budget \$20,000? We didn't know what ties. Woodlands Coun- parameters of some that would look like because depending on what groups you target, (that) will determine what kind of money they're looking for," explained Anderson.

Provincial and federal grants are also available, raising another question: Does Woodlands County want to duplicate funding offered elsewhere? "The consensus of the committee was that this has huge potential. However, we didn't realize

where the Council saw the priority and where you wanted to focus. The committee made a motion to toss it back to you and ask for a little bit more focus and a little bit more direction for this fund and where your intentions are."

A council's intentions through a fouryear term are heavily influenced by its strategic goals. Woodlands County set its strategic goals at the beginning of its term, encompassing the entire four years, with yearly check-ins to ensure they are still on track. Strategic priorities are areas identified by the Council as important and are given priority, with much of what they do tying back into those priority Council selected Financial Understanding, Infrastructure & Asset Management, Regional Collaboration, Strategic Economic Development & Tourism and Organizational Excellence as the five focus areas through 2022-2025.

In wanting to create a Community Development Fund, the Council had shifted focus to something outside their current strategic plan. Anderson said adding it in so that any steps forward could be tied back to the strategic plan could be an important first step.

"Could this be that we actually streamline our current grant and maybe change the

of those grant funding policies, or do we just throw money and say have fun, or do we need a community support person," said Anderson, providing some of the possible solutions the committee came up with. "Or (do you) create a new policy based on your priorities?" She explained that

the Whitecourt Mountain Bike Association is one example of a group that falls outside the funding available from Woodlands County. They recently had a delegation in front of the Council seeking a support letter and sharing their plans to apply for a more significant grant. "They would be funding that we have an example that if they come to you and want groups that benefit the funding, they don't fit in any of our parameters (for funding), like the Fort Assiniboine Parent Society, same thing. They just don't quite fit."

Another example is the Motorcross Association. "They have big plans out at the White Ridge MX Park. (But), they're not one of our groups that fit for capital (funding), (and) they aren't a sponsorship," said Anderson. Groups that don't fit within the current grant funding structure cannot access municipal funding, hence the interest in creating something new that doesn't leave groups out.

"When we did a gap analysis at the Community Services Committee, there were a lot of windows open (gaps). So, these are the type of groups that are going to be coming to you," said Anderson. Councillor Kuelken asked if municipalities could allow a non-profit to use dollars from a Community Development Fund to leverage government grants. Often, government grants require matching dollars, but most groups don't have that kind of money in their piggy banks.

She said she couldn't find an example of another program with the same name but said groups could seek leverage through community organizations like Community Futures. She then asked if that was the role they wanted to play. "Is it our role to do what some of these groups are looking for? What is our role in funding? Do they need funding. or do they need somebody to help them get other grant funding?"

Reeve Kusch agreed to have further discussions. He said there are community that don't fit into Woodlands County's current grant structure. He added that working on something to fill those gaps would benefit everyone. Councillor Kuelken's motion to discuss the matter further at their upcoming strategic plan review passed. More information on whether the Council decides to move forward with creating a Community Development Fund will come at a later date.



Heather Anderson, Community Services Coordinator.

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Fans drown out of the train horn at JDA Place with a deafeningly loud response to a fantastic goal



It's down to the wire for the Whitecourt Wolverines! Second-round action is wrapping up, and fans are hoping their Wolverines stay alive to play in the finals.

By Serena Lapointe

In the first round of the AJHL Playoffs, the Whitecourt Wolverines needed five games to eliminate the Camrose Kodiaks from contention. The battle heavily leaned towards the Wolverines as they wrapped up the first three victories, losing only one of their five games.

Things weren't so easy against the Canmore Eagles in the second round. The opening homestand in JDA Place was a split between them, with White-court winning the first and the Eagles winning the second. The same

result came from the two-game homestand in Canmore, with the Wolverines and Eagles splitting things again.

On Friday, April 5, the two teams converged at JDA Place, and the Wolverines were hoping to take the series lead for a third time and hopefully keep it. There were 575 fans in the stands, including a few extra loud noisemakers that echoed through the

arena. The hometown crowd was pumped.

Nicholas Avakyan
took his spot in
the net as the
puck dropped
shortly after 7
p.m. Just shy
of eight minutes
into the first,
Joey Melo
scored his
second Wiltsie

of the playoffs, assisted by Evan Johnson (3) and Nathaniel Bannister, his fifth playoff assist. Whitecourt had taken the early lead, 1-0

about to turn

penalty

the

od,

earlier in

Bianchet

shovelled his

peri-

Jalen

and fire.

Still in the first, after taking a too-many-men

third goal of the playoffs past the Eagles'
netminder, unassisted,
giving his team a 2-0
lead. In the dying
seconds of the
period, Canmore
took a hooking
penalty, giving
the Wolverines
the man advantage to start off the
second.
In the second pe-

riod, no scoring
was recorded, and
there were only
two penalties
to speak
of, but that
wasn't the
whole story, not by
a long shot. It was
a 'you-had-to-be-

there-to-know' kind

it, exploding their shots on goal count to nearly triple their opponents. By the end of the period, the Wolverines had 31 shots, while the Eagles only had 13. The Eagles goalie was his team's hero because the game could've easily been 10-0 at that point.

During multiple

of thing. The Wolver-

ines dominated much of

Melo in control.

During multiple stretches of the period, the Wolverines held complete control, keeping the puck in the Eagles' zone without end, with shot after shot pummeling the Eagles goalie. Several close calls had fans reacting

continued on page 5

continued from page 4

in unison, like a choir, flowing with the highs and near-misses of the game.

In the final frame, things got off the rails. There were only five penalties in the first two periods, but in the third period, there were seven. Canmore took most of them (interference, high sticking, roughing x2), while the Wolverines took three (Feist/Slashing, Larson/Roughing, Arnold/Roughing).

Nearly every whistle blast resulted in attempts by the Eagles players to get the Wolverines to fight. Players kept going after Colby Browne, trying to get him going. From the perspective of someone behind the glass, it appeared that the Wolverines didn't want to chance having suspensions thrown their way. Fans could be heard saying things like "Keep your cool, boys" and "Don't let them get to you."

At two minutes and thirty seconds of the period, fan-favourite Colby Browne scored a beautiful goal on the powerplay, his fifth of the playoffs, assisted by Travis Verbeek and Joey Melo, who snagged their fifth playoff assists. It was a triple-five play! The Wolverines had the Eagles on their knees with a 3-0 lead.

Fans barely had time to recoup from all their cheering when just eighty-one seconds later, Spencer Rheaume came flying up the ice alongside Jarred Feist, ripping one past the Canmore netminder to score his fifth of the playoffs. JDA Place was deafeningly loud as fans erupted in jubilation at the back-to-back goals. From ear-blasting airhorn contraptions to clappers, bangers, foot stomps, cowbells and even a few kazoos, the sound coming out of the Athabasca Arena was so loud that the train blast, which always follows a Wolverines' goal, was barely noticeable amongst the rest of the noise. Now that's how you do it, fans!

Whitecourt's Wolverines had given the faithful crowd an exceptional night of hockey and had taken



back the series lead. 3-2. Avakyan took the well-deserved shutout, and Joey Melo's first goal ended up being the game-winner. And to give credit where it's due. Matthew Malin. the goalie for the Eagles, deserves recognition for only letting in four goals because the final shot count for the Wolverines was 43, twenty more than the Eagles.

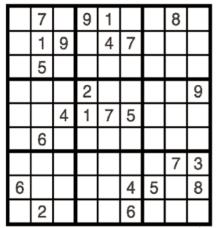
Game six between the two teams was on Sunday, April 7 in Canmore, two days before this paper printed. So, here's to seeing a cup half full with hope that the Wolverines did win game 6, ending the series. The Whitecourt Press would love to keep getting to help cheer on Whitecourt's Wolverines, especially in the league final! If they didn't win game six, the seventh and final game will be on Tuesday, April 9, at JDA Place. Go, Wolverines! Go!







SUDOKU



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!

Here's How It Works:

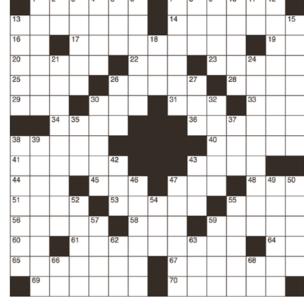
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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

Crossword Clues

CLUES ACROSS

- 1. Island nation
- 7. Platforms
- 13. Project plan
- 14. French fishing port
- 16. South Dakota
- 17. Oakland's baseball team
- 19. Military policeman 20. Ornamental stone
- 22. Garland
- 23. Process that produces ammonia
- 25. Mousses
- 26. Music notation "dal 28. Fail to win
- 29. Peyton's little brother
- 30. Not near 31. Some cars still need it
- 33. Lizard genus
- 34. An idiot (Brit.)
- 36. Postponed
- 40. Gazes unpleasantly
- 38. African country

- 41. In a way, traveled 43. Ukraine's capital
- 44. Appropriate
- 45. Dash
- 47. Twitch
- 48. Swiss river
- 51. Data file with computer animations
- 53. City in S. Korea
- 55. Particular region
- 56. They have eyes and noses
- 58. Tear
- 59. Large Madagascan lemur
- 60. Not out
- 61. Ornamental saddle covering
- 64. A driver's license is one
- 65. Latin term for charity
- 67. Rechristens
- 69. Objects from an earlier



70. Hindu male religious teachers

CLUES DOWN

- 1. Used as a weapon
- 2. Yukon Territory
- 3. Makes a map of
- 4. An established ceremony prescribed by a religion
- 5. Unnilhexium
- 6. Merchant
- 7. Playing the field
- 8. Folk singer DiFranco
- 9. Something to scratch 10. Mexican agave
- 11. Equal to one quintillion
- bytes 12. Session
- 13. North American people
- 15. Ranches
- 18. Electroencephalograph
- 21. A type of compound 24. Avenue
- 26. High schoolers' test
- 27. A type of meal
- 30. Gradually disappeared 32. Ancient Frankish law

code

- 35. Popular pickup truck
- 37. Buzzing insect
- 38. Deal illegally
- 39. Lying in the same plane
- 42. Obstruct
- 43. Related
- 46. Challenge aggressively
- 47. Nocturnal hoofed animals
- 49. Bird's nests
- 50. Forays
- 52. B. de Mille, filmmaker
- 54. Title of respect
- 55. One-time name of Vietnam
- 57. Self-immolation by fire ritual
- 59. Private school in New
- York 62. Political action
- committee
- 63. A way to fashion
- 66. Email reply
- 68. "The Great Lake State"

CROSSWORDS HOROSCOPE

(March 21 - April 20)

There is more to any situation than the money factor, Aries. When a new opportunity comes your way, look beyond the payoff to see what the heart of the offer entails.

TAURUS

(April 21 - May 21)

Look to your family members if you need inspiration on a new project, Taurus. Use loved ones as a sounding board for all of the ideas that are bouncing around.

GEMINI

(May 22 - June 21)

The willpower that you have been relying on lately is still going strong, Gemini. That is excellent and it's having a profound effect on other areas of your life.

CANCER

(June 22 - July 22)



Cancer, gossip is not something you usually delve into, but you may get roped into a conversation this week. Try not to give any weight to the rumors swirling around.

(July 23 - August 23)

Leo, you shouldn't be boastful about your abilities, but try not to be too modest. Accept the credit you are given. Graciously embrace all of your good press.

VIRGO

(August 24 - September 22)

An interesting invitation might come your way, Virgo. It could open the door to a very busy social calendar if you accept and do some key networking.

LIBRA

(September 23 - October 23)



Libra, an issue that you were worrying about is unlikely to surface. Stay in the present instead of looking ahead to all of the things that might go wrong.

SCORPIO

(October 24 - November 22)

It may seem as if you are operating on autopilot, Scorpio. Days seem a carbon copy at this point. Do something to alter your routine.

SAGITTARIUS

(Nov. 23 - Dec. 21)



It's best if you avoid crowds for the time being, Sagittarius. You will benefit from some quiet time that only comes with being alone or within small groups of close friends.

CAPRICORN

(Dec. 22 - Jan. 20)

You are not normally characterized as "impulsive," Capricorn. However, this week you may surprise everyone. An opportunity to travel or another venture could drop in your lap.

(January 21 - February 18)

Aquarius, if you are not feeling challenged, you have to find activities that will get your brain moving again. Do whatever you can to spark some excitement.

PISCES

(February 19 - March 20)



The choices coming your way are quite varied, Pisces. It can be overwhelming, so do not make any rash decisions until you work through all of your options.

LYME DISEASE WORD SEARCH

F F Н С J F Ι Ι S М K J 0 N N Α В F Н G В Ι Т F Ε В Н P U D P В Ι Ι Ρ Ε Т Т D S ٧ S С R D J S R В Ε Α G P Ε Ι Ε Т K 0 Ε Ι F 0 C C Н Ε D В Υ т 0 ٧ R ٧ S G S S G N R 0 S Α R G Ι R Α S Н Ε N Ε J G D Ι P т Ε D G G С М G Н N K R S Ι М P Ι Ε Ε R Ε С Т Н Υ Α Α U D D J Υ S F Ε S В S В Υ Ε Ι R 0 М С D R Ι R Ε S R С S G J N S Ε N В G Υ A Κ N A М С L Α В Ε J N S М L D A Υ В Ι Т Ε В N S S G Κ ٧ R D F L R Н Υ М Ρ Т 0 М S U М U С Н J G J L Α Υ S В Ι K P Ι J Н 0 S Т R Ι 0 S Т N Ι 0 J Υ ٧ C N Ε G 0 Н Т A Ρ Т Ι F Ε C В Ε

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

WORDS

N

BITE **BLACK-LEGGED BULLSEYE**

Υ

DFFR DIAGNOSTIC DOG **FEVER**

G

HOST **ILLNESS INFECTION JOINTS**

N

LYME DISEASE NYMPH PAIN **PARASITE**

Т

Ι

0

N

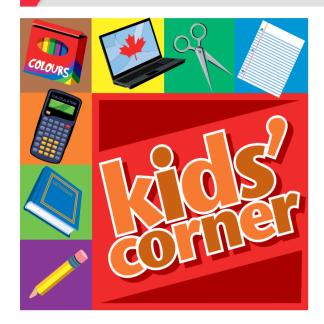
PATHOGEN PREVENTION RASH RESPONSE

С

SPIROCHETE SPREAD STIFFNESS SYMPTOMS

K

NADIAN Kids Corner



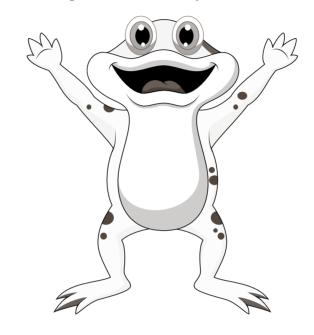


FROGS HAVE A BACKBONE AND ARE COLD-BLOODED VERTEBRATES. THEY LIVE ON BOTH LAND AND IN WATER, MAKING THEM THIS TYPE OF ANIMAL.

ANSWER: AMPHIBIAN

Creative Colouring

Colour in this picture to create your own masterpiece.



Double Word Puzzle

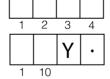
Unscramble the words to reveal the sentence.

MJPU

ORFG

SKELA

DPTEOLA



Answers: Jump, Frog, Lakes, Tadpole; Frog eatches a fly.



1851

THE UNITED KINGDOM **TRANSFERS** CONTROL OF THE COLONIAL POSTAL SYSTEM TO CANADA.



TOAD

a tailless amphibian with a stout body and short legs

YNSMEK: LKOG



ENGLISH: Frog

SPANISH: Rana

ITALIAN: Rana

FRENCH: Grenouille

GERMAN: Frosch







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- Wednesdays 7:30pm

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



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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



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.



"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

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is transitional housing for men.

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

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@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

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.whitecourtshelter.ca

Whitecourt Alcoholics Anonymous Group



Meetings are three times each week

- 8:00 pm 9:00 pm Monday
- 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

he Press

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?

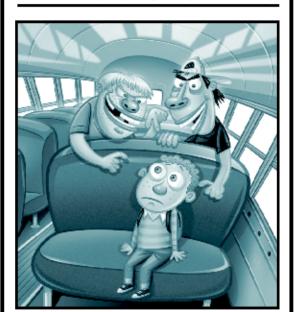
Email wctpress@telus.net All submissions remain confidential





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

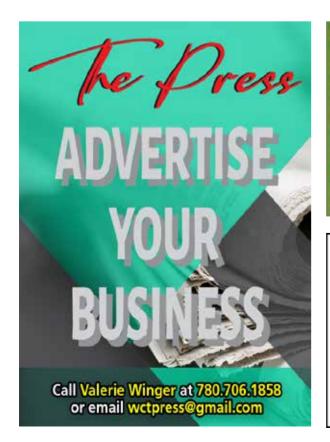


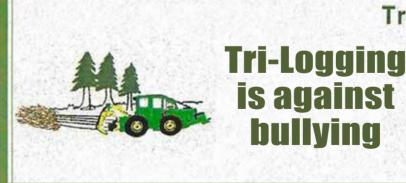
Cory Thomas Lee

Age 22

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.

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PUBLIC NOTICE

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





The Town of Whitecourt is hosting an Open House that will provide an opportunity for community members and stakeholders to provide final feedback on the Municipal Development Plan, Land Use Bylaw and Area Structure Plan documents before they go before Council for a decision on their adoption.

Date: Thursday, April 18, 2024

Time: 5:30-7:30pm

Location: Allan & Jean Millar Centre Boardroom

Address: 58 Sunset Blvd., Whitecourt

ONLINE VEHICLE AUCTION

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

Argo

The online auction on the aforementioned units will run from April 4 - 18, 2024 at 3:00pm. For more information, visit our website www.whitecourt.ca

GET INVOLVED....IT'S YOUR TOWN! Opportunity for Public Participation

The Town has various boards and committees that provide Town Council with perspective and recommendations regarding important civic issues. Whitecourt is a diverse, growing town, and citizens are in the best position to provide input on our changing community needs.

The **Subdivision and Development Appeal Board** currently has openings available for people to serve as part of a quasi-judicial board, to make decisions on appeals of subdivision or development decisions made by the Development Officer or Municipal Planning Commission. The Board meets on an as need basis, and the successful appointees will also attend a mandatory training session. The Board typically meets less than twice a year.

If you are interested in serving on this Board, please complete an application form which can be found on the Whitecourt website at www.whitecourt.ca or picked up at the Town Office. Applications must be received before 12:00 noon, Wednesday, April 17, 2024 to:

Whitecourt Town Administration Office Attention: Executive Assistant, 5004 - 52 Avenue, Box 509, Whitecourt, AB, T7S 1N6, email: administration@whitecourt.ca

Contact the Executive Assistant at 780-778-2273 if you have questions about this Board and the application process.

Applications will be presented to Town Council.

VITALIZATION GRANT PROGRAM

The Vitalization Grant Program offers businesses located in the downtown core and along the Highway 43 corridor up to \$10,000.00 to enhance the exterior facade of their business or property to meet the Town's architectural theme of stone and wood. The stone and wood theme has been incorporated in Land Use Bylaw 1506 and is now an integral part of renovations. This grant helps us to build a vibrant and beautiful community for both residents and visitors alike.

Information and application forms can be obtained from www.whitecourt.ca

Applications will be accepted until 4:00 PM on Thursday May 2, 2024, at the following location:

Town of Whitecourt - Planning & Development Department Re: Vitalization Grant Program

5004 52nd Avenue, Box 509, Whitecourt, AB T7S 1N6, Phone: 780-778-2273, planning@whitecourt.ca

Did the legalization of cannabis lead to more car accidents?

(NC) It has been more than five years since the Government of Canada legalized cannabis. What impact has it had on our streets?

Driving after using cannabis is illegal. Public Safety Canada reminds us that drugs increase the chance of a crash. This is because cannabis use makes it harder to concentrate, reduces your attention span, causes your reaction time to slow



down and alters your perception of time and distance.

But has legalization

resulted in more crashes overall?

As risk assessment professionals, actuaries

dove into this question. A report from the Canadian Institute of Actuaries and the Casualty Actuarial Society looked at car accident reports and insurance claim data. They compared how frequent, how bad and how costly accidents have been after cannabis decriminalization or legalization in Canada and the United States.

Their data modelling and analysis found no statistically significant changes in the average cost and frequency of insurance claims or in the number of fatalities. In other words, the act of decriminalizing or legalizing cannabis has not been shown to result in more accidents.

Other factors were found to be far more likely to predict an increase in accidents than the legal status of cannabis. These include cycles in human behaviour and changes in weather – things like Monday morning or Friday afternoon commutes, the first snowfall of winter and changing the clocks for Daylight Saving Time.

Cannabis use certainly affects how people drive, but the research is showing that legalization itself has not led to an increase in accidents or fatalities.

You can learn more about Canada's actuaries and the work they do at cia-ica.ca.



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.



Business Opportunities

BLANKET THE PROV-INCE 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

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

Employment Wanted

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.

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Morgan, AC Mustang, Derby, CDC S01 Super Oat. PEAS - Very Early Yellow Pea Forage Peas. ALSO AVAILABLE: Polish Canola & Spring Triticale. mastinseeds.com: 403-556-2609.

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Crested Wheatgrass, Timothy, etc. Star City. SK. Birch Rose Acres Ltd. 306-921-9942.

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HIP/KNEE REPLACE-MENT. 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.

PRIVATE MORTGAGE LENDER. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228; www. firstandsecondmortgag-

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Dr. Ben Sefcik, DPM **Podiatrist**

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Apple Wellness Center 229 1 St. SW Airdrie, AB

A look at the local weather

High Low Wind 24-Hr Rain / Snow Wed., April 10 Mainly sunny 10°C -2°C NW 14 km/h

Thu., April 11 Mainly cloudy 30% 12°C 1°C SE 9 km/h

Fri., April 12 Cloudy with sunny breaks 30% 11°C 0°C

E 7 km/h ~1mm

Sat., April 13 Mixed precipitation 60% 7°C -1°C NW 21 km/h

1-3mm

Sun., April 14 Mainly sunny 20% 8°C -2°C NW 19 km/h

Recognizing and Managing Fatigue

Submitted by AHS

Fatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up. Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor.

Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emo-

tional and psychological well-being.

Causes of Fatigue

Fatigue can be linked to your habits and routines, which can include:

- Sleep disturbances (e.g. snoring, night sweats, and loud noises)
- Home environment (e.g. window shades, bed surfaces, room temperatures, etc.)
- Level of support (e.g. peer support, family support, etc.)
- Too little or too much exercise
- Dehydration
- Medication
- Alcohol, caffeine, or drug use

Fatigue can impact your health, safety, and productivity at work and in life. In some cases, fatigue is a symptom of an underlying medical problem that requires medical treatment. Remember to reach out to a medical professional when needed.

Fatigue and getting quality good sleep

are an important part of maintaining your health and wellness. But how do you know if you are feeling the impacts of fatigue?

Symptoms of fatigue

The feelings associated with fatigue can be broken into three physical, categories: mental, and emotional. Being mindful of how you experience fatigue can help you understand how to address it.

Physical Signs:

- Yawning
- Drooping eyes
- Rubbing of eyes
- Head dropping • Digestive problems
- Mental Signs:
- Difficulty concentrating on tasks
- Lapses in attention
- Difficulty remembering tasks being performed
- Unable to communicate important information
- Failure to anticipate events or actions
- Accidently doing the wrong thing



Emotional Signs:

- More quiet or withdrawn than usual
- Lack of energy
- Lack of motivation to perform tasks

Being proactive and taking care of your health and wellness can help mitigate the risks associated with fatigue. Getting quality sleep – and enough of it - is an important way to manage fatigue.

Tips to a good night's sleep

Sleep is an important part of maintaining your health and wellness. Not getting enough sleep can lead to feelings of fatigue, low alertness, negative mood, lengthier response times, and diminished attention and memory. Over long periods of time, not getting enough sleep can negatively impact health and has been linked to the development of chronic diseases including obesity, Type 2 Diabetes, cardiovascular disease and depression.

There are many things that can be done to improve your ability to sleep. Build healthy sleep patterns by:

- Routines: establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day
- Quiet: reduce the amount of noise. White noise or earplugs are good options if the room is not quiet enough
- Cool: ensure your room is the right temperature. The body typically sleeps best

when the environment is between 18 and 22 degrees Celsius

- Dark: block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep
- Nutrition: eat at regular intervals and consume a balanced diet
- distrac-Minimize tions: use your bed primarily for sleeping. Try not to watch television, play on electronics, or consume screen time in excess before bedtime
- Caffeine: minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption
- Stress free: try to reduce stress before sleeping

Make sleep a priority and allow yourself enough time to get the sleep you need!

What to do if you are experiencing prolonged fatigue?

Fatigue that lasts longer than two weeks usually requires a visit to a doctor. This type may be caused by a more serious health problem, such as:

- A decrease in the amount of the substance that carries oxygen in red blood cells (anemia).
- Problems with the heart, such as coronary artery disease or heart failure.
- · Metabolic disorders. such as diabetes.
- Problems with the thyroid gland. It regulates the way the

body uses energy.

Kidney disease and liver disease.

Fatigue is a common symptom of mental health problems, such as anxiety or depression. If you think that your fatigue may be caused by a mental health problem, see your doctor.

Wellness Articles

Alberta Health Services encourages all Albertans to live a healthy life. These weekly Wellness Articles are created by a team of healthcare professionals from AHS in collaboration with provincial healthcare experts in Alberta and content from myhealth. alberta.ca.

Our experts ensure this information is factual, current, and written for Albertans.

stress-relief From strategies to finding balance within your life, these Wellness Articles cover a variety of different topics designed to inspire and educate Albertans on creating a positive and healthy lifestyle.

We welcome encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Please credit Alberta Health Services or the identified content provider.

If you would like to be added to the distribution list for these articles, please email: rebecca.johnson2@ ahs.ca. You will receive a monthly email containing articles for the upcoming four weeks.

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
- Verify the age of customers when selling lottery tickets, alcohol or tobacco products
- Operate cash register

Qualifications:

- Some secondary school education is usually required. High school graduation may be required by some
- employers.
- Eligibility for bonding may be required.

- 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
- 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

2 - 3 years, or we will train. **Experience:**

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. Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada. Location: Eagle River Casino & Travel Plaza P.O Box 10 Address: Whitecourt, Alberta Canada T7S-1N3

780-779-2727 or Fax 780-706-7451 **Contact: Visit our Website:** www.eaglerivercasino.ca

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

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.



Money Matters

One Canadian Dollar = 0.73 US Dollar at an exchange rate of 0.7358 (using nominal rate).



Dollar Values as of April 10, 2024

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# 24-021: Asset Manager/Development Engineer, Permanent, Full-time Position.

Job# 24-023: Grant/Finance Clerk IV, Permanent, Full-time Position.

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





A locally owned and family operated newspaper serving Whitecourt



Contact

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



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





Two surprisingly dangerous goods you use all the time

Thank you for your support and congratulations to the Class of 2024! 💸 🎓

(NC) You probably ing products in these the appropriate dandon't read the label of in your home that you may not realize are dangerous. Below are two items you should know about to keep your home safe.

Aerosols – a risk of explosion

You may already know that aerosol canisters will explode if heated. But you might be surprised by how many day-to-day products come in these canisters. In addition to hairspray, you can find cooking oils, sunscreens, perfumes, air fresheners and clean-

pressurized cans. Think everything that enters about how many you your home, and there might have in your shopping.

If you buy a product that comes in an aerosol canister, be sure to store it away from heat according to the manufacturer's instructions.

Just like lithium batteries, products in aerosol canisters are classified as dangerous goods by Transport Canada. This means that they require a special shipping label when being transported or shipped.

If you have to return these products through the mail, make sure that the package includes

gerous goods shipping label.

These labels are reare likely a few items house while you're out quired for all packages carrying items classified as dangerous goods. You can find more information about the regulations at tc.canada.ca/en/dangerous-goods.

Batteries – a burn and fire risk

Lithium batteries are in many everyday devices, from cellphones to toys to power tools. While there are many safety standards for them, these lightweight, long-lasting power sources can be dangerous if they are not made, stored or

handled properly. In fact, according to federal regulations they are classified as dangerous goods.

To avoid chemical burns, fires or explosions, make sure to only buy batteries from reputable brands and retailers and avoid aftermarket or third-party batteries. Third-party lithium batteries can be of poor quality or counterfeit and have been shown to lead to more

Keep batteries out of reach of children and supervise playtime to prevent kids from swallowing small cell batteries found in many children's tovs.

Not enough gas: **International exports** slip in February

By Rob Roach

Even with an extra day due to it being a leap year, lower natural gas prices pushed down Alberta's international exports* for the third month in a row in February on a year-overyear (y/y) basis.

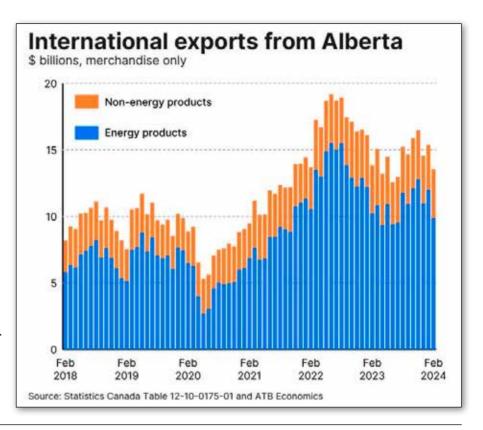
The 2.1% drop compared to February 2023 was due to a 3.3% y/y pullback in the value of energy product exports due to a major decline in the price of natural

The value of non-energy product exports, meanwhile, increased by \$52 million (1.4%).

There was, however, lots of variation across the non-energy product groups with consumer goods, food products, electronics, forestry products, and motor vehicles and parts all posting higher y/y sales.

Metals and minerals, chemicals and plastics, machinery, and aircraft and transportation products, on the other hand, all saw declines.

Nationally, cord-high exports of unwrought gold helped push total y/y export value up by 5.0% in February.





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 REPONSIBILITIES

- 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

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

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

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 fastpaced 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

Qualifications:

- Completion of college courses related to the

- 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.

- Completion of secondary school is usually required.
- 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:

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

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

Language: **English**

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

Wage: \$23.08 per hour.

Benefits Package: Vision, Dental, and Health after a 90-day probation period. Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada. Location: Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Address:

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.

BOOK YOUR AD NOW

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





GARAGE SALE

Friday April 12 from 1 pm to 8 pm, and Sunday April 14 from 1 pm to 6 pm.

Mostly tools and camping gear. Small fridge, filing cabinets, glider rocker, Bowflex M3 trainer, carpet cleaner etc. No dishes. No baby clothes.

37 Skaggs Crossing, Whitecourt.

NEED HELP? CALL ANYTIME! (24-7)

Mental Health Helpline 1-877-303-2642

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



Fencing and signage block the area.



A little bubbling brook.



A steady trickle of water started coming out of the ground by the sidewalk at the corner of Wagoner Crescent and 55 Avenue last week, causing a bit of a ruckus. Town crews jumped into action, erecting barricades and fencing to keep people away. Soft flowing water reminiscent of a bubbling brook could be seen travelling out from the roadway's edge, down along the sidewalk towards Stephen's Crescent before entering the sewer. Work will continue through the week as the water line issue is resolved. Motorists should exercise extra caution as they drive by crews.

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

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CROSSWORDS



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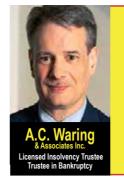
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WOMBANIA

by PETER MARINACCI



