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Fifty-two years of creating 'Christmas in a box' for local families in need



Donations continue to roll in for the Whitecourt Christmas Hamper, thanks to the generosity and love of community members who want to help make the holidays brighter for those in need. Only two application days are left, and they happen later this week. All in Bloom joined the fun by donating toys and AJMC gift cards. See story page 2.



The bin at White Wall Wood in downtown Whitecourt is filling up.



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Fifty-two years of creating 'Christmas in a box' for local families in need

By Serena Lapointe

This year marks 52 years for the White-Christmas Hamper. This volunteer-driven and community-supported organization brings the joy and spirit of the holidays to everyone, whether they receive a hamper or donate towards one. No matter what one's connection is to the hamper, it's impossible to be left untouched by the magic of Christmas.

Christmas Hamper chair, Kim Tschigerl, has been volunteering with the organization for over a decade and continues to return year after year, just as other volunteers do. She said watching the process take shape, from collecting donations to wrapping the gifts, creating the hampers, and delivering them to families, is inspiring.

"When you see how much the community donates and gives of their time, it is phenomenal. Our elves

the background. These volunteers come and support this program to give back to their community. It is so inspiring to see all the donations come together in one place and then get wrapped and sent out to each one of the families. Words cannot express the inspiration from seeing it all come together."

Through November and part of December, ambassador businesses place boxes in their buildings and collect donations from the community. There are five ambassador locations (REMAX, AJMC, White Wall Wood, Scotia Bank and the Woodlands County office). "We appreciate our ambassadors who keep track of those bins for us and let us know when they are full so we can have volunteers pick them up. We could not do it without them," said Tschigerl.

"The business challenge down at RE-

are busily working in MAX is bringing in a lot. Their front foyer is already filling up quickly. That challenge has inspired businesses to come together and bring in toys for the children of Whitecourt. It's phenomenal to see. Our hearts are filled with joy when we see all of them coming together and donating to the community. It stays in the community. It's just awesome," she added.

Families in need, with children at home, can apply in person to the Whitecourt Christmas Hamper and receive what they need to bring the holidays home. Not only do hampers include gifts for each family member, but they also include gift cards, enabling families to purchase what they need for Christmas dinner. "It's a wide gamut of items coming together for them. It's not just toys. It's so much more than that,"

continued on page 4



A big donation through the REMAX challenge from Studio 83.

Whitecourt Town Council updates

in the 2024 Provincial Communities in Bloom Competition. The evaluation form provided to the White-Communities in Bloom Committee contained praise for a number of projects and programs, including the River Spur Project and Whitecourt's FireSmart Program, as well as the park spaces and outdoor recreational activities available at Festival Park. White-

Congratulations court has participated Whitecourt! White- in the Communities with five blooms almost 20 years, both provincially and nationally. For more information on the Committee and how you can participate, visit our website at www.whitecourt.ca/play/communities-in-bloom.

Whitecourt will be applying to the Local Growth and Sustainability Grant for the purchase of a Pumper Truck.

Silvacom Ltd. has been awarded the Community Fireguard

Program Project Manager contract. The Town of Whitecourt, with support from Alberta Forestry and Parks, has been approved for funding from court won top marks in Bloom program for the Forest Resource Improvement Association of Alberta Community Fireguard Program. The \$1.534.180 in funding will be used to construct a community fireguard with access points, approximately 4.5 kilometres long and 100 metres wide, on the eastern boundary of town.

The Whitecourt Fire Department will be hosting a Fire Chief Change of Command Ceremony at 7:30pm on December 17 at the Fire Hall.

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PAGE

Christmas is for kids







It might've been snowing like crazy and a tad on the chilly side, but that didn't stop families from enjoying last weekend's Christmas is For Kids event by the Whitecourt & District Chamber of Commerce. Held at the Whitecourt Legion, families enjoyed free festive crafts, glitter and sparkle tattoos, and a hot cup of cocoa following a horse-drawn wagon ride. Families could also attend a free movie at Vista Theatre and hang out with the Grinch or the Gingerbread Man. Lots of falling snow made for pretty pictures as this group went for a spin around the block, led by two beautiful horses.

continued from page 2

she said.

Tschigerl said everything comes together on Thursday, December 12, as ATCO volunteers collect the donations at the ambassador locations and drop them off at the United Church. The very next morning, the Christmas Hamper elves start 'shopping' for each family on the list from the donations and wrap everything up. "The gifts are personally picked out by our volunteers," said Tschigerl.

The longest-running hamper helper is Phyllis Tomlinson, one of the founders 52 years ago. She retired from the front lines two years ago when the hamper celebrated 50 years of magic. Tschigerl said she hopes Tomlinson can make it in for a visit on wrapping day and enjoy one of the best parts.

For those looking to grab some gifts for the hamper, Tschigerl said they often struggle with gifts for kids between ages 9-11. "Those pre-teenage ages are always ones we struggle with. A bigger set of LEGOs is always a good draw for those kids. We always include family games, so age-appropriate games are a good suggestion. We also have a craft or activity

for each of the kids."

To those who donated, Tschigerl said the words thank you aren't big enough to express the gratitude shared by volunteers. And the same for families who shop together and have made donations a yearly tradition. "It leads into many generations and puts that generosity on our next and future generations. It's huge."

She said even businesses not donating physical items play a significant role by donating gift and meal cards. "You would not believe how the businesses in Whitecourt have a hand in what is going on with this program. Your heart melts because you know everything is going out into our community, and it's pretty spectacular."

Though each family does things a little differently when they receive their hamper, whether they keep it a secret until Christmas Day or let their kids see it arrive, Tschigerl said there has been some special moments over the years for the delivery drivers who come back every year and help. "That's their way of giving back to the community. They love doing it. We have heard stories where children have seen the boxes come in and the overwhelming joy that the delivery people get to see in that moment."

Interviews happen at the Whitecourt United Church (5201 - 50 Street), and there are only two left- Thursday, December 5, from 7-9 pm and Saturday, December 7, from 12-3 pm. Tschigerl said one member of the family that knows details about the needs and situation is all who needs to come in. "We are asking for them to bring Alberta Health Care cards for everyone and proof of residency to prove they live in Whitecourt or Wood-

Free consultation

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lands County. They can bring in a power bill or something that shows their physical address."

Tschigerl said she hopes families in need take full advantage of the opportunity and allow themselves to feel the love of their community this holiday season. A town-sized hug, if you will.

"It's the hardest step anyone can take. That's who we are trying to reach- those who have difficulty feeling like they can come. We want them to know that they are more than welcome. We want them there. There's nothing to keep them from walking through those doors. We have a welcoming environment, and we want to see them. We want to help them in the best way possible."

3 Day Miracle Prayer to the Holy Spirit

Holy Spirit, you who make me see everything

and show me the way to reach my ideal.
You who give me the divine gift to forgive
and forget the wrong that is done to me
and you who are in all instances of my life
with me.

I, in this short dialogue,
want to thank you for everything,
and confirm once more that I never want
to be separated from you no matter
how great the material desires may be,
I want to be with you and my loved ones in
your perpetual glory.

Amen

You must pray this prayer 3 consecutive days without asking your wish. After the 3rd day, your wish will be granted no matter how difficult it may be. Promise to publish this dialogue as your favor has been granted.

KFB



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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**



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

This can include help with parking costs for hospital visits, living expenses and unforeseen medical expenses. Applications can be made through the Drs at both Whitecourt Medical Clinics or (office hours, can leave a message): Kim Nendsa (President of Whitecourt Cancer & Wellness Society) 780-778-0932 Aimee Grierson 780-262-0222

https://wctcancerwellness.com/ **Monthly meetings have been postponed due to COVID-19



"Serving the community for over 30 years" The Food Bank relies on donations of cash or food in order to help families in need. Open Mon, Wed & Fri 11:00am to 2:00 pm Phone: 780-778-2341

Located within the Carlan Services Community Centre

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

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

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Outreach Support Program:

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Child Support Program:

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

Preventative Education:

Family Resource & Crisis Centre

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

www.whitecourtshelter.ca

Support group on Tuesdays 6:30pm - 8:30 pm, starting September 17, 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

- 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

The results are in for this year's provincial Communities in Bloom competition, and community members should be proud

By Serena Lapointe

The judges have officially spoken. In August, Whitecourt was on the big stage, competing in the Communities in Bloom Provincial Competition. Two judges toured the municipality by bus, along with the local Communities in Bloom committee, town staff and town councillors.

The group visited multiple local hot spots, including Festival Park, toured neighbourhoods to see what residents had done to beautify their properties, saw the downtown business core, shared about projects

continued on page 7



Communities in Bloom is a national, provincial and municipal level organization run on the back of dedicated volunteers. A recent provincial-level competition saw Whitecourt judged alongside other municipalities in Alberta and the results are now in. Pictured is a river spur under construction in 2016.

Johnson, Mary Joann November 10, 1958 - February 8, 2024

n November 15, 2024, Mary Joann Johnson of Trochu, AB, formerly of Quesnel and Fort Nelson, BC peacefully passed away at the age of 88 years.

Mary will be lovingly remembered by her children, Karey and Barb, both of Whitecourt, AB and Kathy (Darcy) of Prince George, BC; grandchildren, Lance, Jamie and Randi (Layne); great-grandchildren, Rhys, Brier, Willem, Raina and Alina; brother, Grant; sister, Dawn (Ron); and many more dear relatives and friends.

Mary was predeceased by her husband, Gord Crawford (2002); brother, Cliff; and sister, Pat (Larry).

Thank you to the doctors and staff at the Rimbey and Mayerthorpe Extendicares for the kind care shown to Mary.

In accordance with Mary's wishes, no public ceremony will be held.

In recognition of Mary's deep love for animals, the family requests that you honour her memory with donations to a local animal rescue.

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



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continued from page 6

happening in Whitecourt, like FireSmart, and checked out the river spurs on the Athabasca River. The trained judges evaluated Whitecourt for Community Appearance, Environmental Action, Heritage Conservation, Management, Landscape, and Plant and Floral Displays concerning municipal, business, institution, residential and community involvement.

Following a full day of data collection, the judges went to other municipalities in the province and over the next couple of months, all the scores were tabulated and recently provided to municipalities. On Monday, November 25, the Whitecourt Town Council heard how Whitecourt did. Kelly Sadoway, Manager of Recreation, Arts and Culture, was excited to share it.

"I come bearing good news! I'm happy to say that we were given a score of 83.9 percent and an overall ranking of five out of five blooms." Whitecourt has achieved a five out of five ranking through the provincial competition previously. "They gave us praise for a few things. We got special recognition for the River Spur Project and the addition of walking trails and benches down there," explained Sadoway.

She said the judges also pointed out the beauty of downtown Whitecourt, commenting on the colourful flowers. "They really thought it was beautiful," said Sadoway. "They also liked our strong FireSmart program, which is going to get even better, I hear," she said with a smile, alluding to the recently announced fireguard project that will commence this month.

The Communities in Bloom judges also praised the community for its well-maintained park spaces and the diverse outdoor recreational activities available at Festival Park, including the playground, bouncy pillow, volleyball courts, walking trails, slides, splash park, soccer fields and open spaces for a mix of sports.

One thing the judges said they would like to see next time is the Whitecourt Cemetery. "They would like to see what we have going on over there," said Sadoway. She said they also wanted more information on the river spurs. "They had some questions about the log jams and how they were all sitting there and that it was actually a positive thing, and they wanted more information on that and for us to share it." The trees pushed up against the spurs from past high-water events help protect the land from further erosion, acting as a barrier. They also provide habitat for fish and wildlife. The judges felt that signage explaining that could be added.

"The Town of Whitecourt has many natural assets for the residents and visitors to enjoy.

The River Spur Project is one of the most recently completed projects that can be enjoyed. It is important to have signage in this location, addressing the reasons for leaving the tree branches and logs along the banks of the river," read the evaluation form prepared by the visiting judges, Bob and Sherry Cote. They also commented that it was obvious that people cared about their community. "We enjoyed our short visit to your community. and we wish you all the best in your ongoing projects that promote Growing Great Communities Together. It was evident that the community representatives that were on our tour, and those that met us at various locations, are very passionate and proud of their community," they concluded.

"They were also thinking about water conservation incentives for us to get more residents using rain barrels," said Sadoway. The Communities in

Bloom committee has given out rain barrels in the past thanks to an opportunity that sprung up about ten years ago. "Someone on the committee had a line on someone who repurposed the barrels. They were for industry use, and they repurposed them to be rain barrels. We got 100 of them. I think we sold them for half the price we paid for them as an initiative to try and get people to use them, and they all went out," explained Sadoway. Similarly, the group recently gave out composters during a composter class at the library to help encourage residents to compost at home.

"We got a newsletter from Communities in Bloom (after the results were shared), and it talked about all the different areas and communities that had been ranked in Alberta, and Whitecourt had the highest percentage. However, they did not declare us the winners, so I'm not too sure what's happening

there," said Sadoway. She added that she sent in a letter and was waiting on a response to find out if Whitecourt was the overall provincial champ. "It did look like we did well."

Mayor Tom Pickard chuckled and said, "But we're not competitive. It's about beautification. But, if we're keeping score, we did have the highest score." Councillors, admin and visitors in the audience shared a laugh with a few "We're the champs" thrown in for good measure. with smiles all around. "It's ok to celebrate our wins," said Councillor Tara Baker.

Whitecourt has been a provincial winner in the past, as well as a participant in the national competition. Whether or not Whitecourt is officially crowned this year's provincial winner, residents and businesses alike, and the hardworking town staff, should all be proud that their efforts to beautify the town have been noticed and are appreciated.

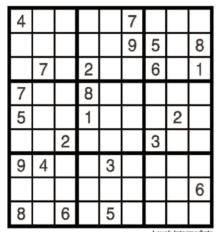


This was one of the beautiful flower displays in downtown Whitecourt.





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 dues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Crossword Clues

CLUES ACROSS

- 1. Bar bills
- 5. Recipe measurement (abbr.)
- 8. Swiss river
- 11. Czech Republic capital
- 13. "Officially known as"
- 14. A French abbot
- 15. Having a strong sharp smell or taste
- 16. Local area network
- 17. Data transmission
- speed measure 18. Embarrass
- 20. When you hope to get there
- 21. This (Spanish)
- 22. Gives up
- 25. Churchgoer 30. Current
- 31. Slang for gun
- 32. Small drum
- 33. Vanished union bigwig

- 38. Rocker's tool of the
- 41. Dearth
- 43. 2024 Olympics host 45. Excess blood in the
- vessels
- 48. Afrikaans 49. Agreement between
- provider and customer 50. Spiritual leader of a
- Jewish congregation
- 55. Ancient Syrian city
- 56. Witch
- 57. Celebrations
- 59. Long period of time
- 60. A team's best pitcher
- 61. Current unit
- 62. One-time aerospace company
- 63. French/Belgian river 64. Swedish rock group

CLUES DOWN

1. Yearly tonnage (abbr.)

- 2. Genus of clams
- 3. Remark
- 4. Actor LaBeouf
- 5. Ohio town
- 6. Olympic sport
- 7. Cure
- 8. Behave in a way that belittles
- 9. Shares a boundary with
- 10. Give advice 12. Promotional materials
- 14. Assist or encourage,
- usually in some wrongdoing
- 19. "Agatha All Along"
- actress Kathryn
- 23. Small piece
- 24. King of Camelot 25. Parts per thousand
- (abbr.) `26. Śmall Milky Way
- constellation
- 27. One who challenges authority (abbr.)
- 28. Equal (prefix)
- 29. Shawl
- 34. S. American wood

sorrel relative

- 35. The end
- 36. Supervises interstate commerce
- 37. Yes vote
- 39. Officer of high rank
- 40. Church office
- 41. Tire pressure
- measurement
- 42. From a distance
- 44. Photographs
- 45. Industrial process 46. Nobel Prize-winning
- physicist
- 47. Map out
- 48. Mammary gland part
- of female mammal 51. Honorable title
- (Turkish)
- 52. Spongelike cake leavened with yeast
- 53. Speak incessantly
- 54. Poetry term
- 58. Relaxing space

WORDS

ASSISTIVE

BATHROOM

CAREGIVER CHAIR

CHORES CUSTODIAL

DIRECTIVE

FALLING

GRAB BARS

GUARDIAN **HAZARDS**

HOMEBOUND

HOME HEALTH AIDE

INDEPENDENCE

LIGHTING

MEALS

MEMORY

MOBILITY

MONITORED

NONSKID

REHABILITATION

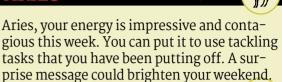
SAFETY

SKILLED

SLIP

CROSSWORDS HOROS

(March 21 - April 20)



(April 21 - May 21)



Taurus, review your budget and consider a new investment opportunity. This week brings a chance to reconnect with someone special. Don't avoid vulnerability, as it could enhance things.

(May 22 - June 21)



You might find yourself in discussions that lead to exciting new projects, Gemini. Be open to collaboration and work on improving your communication skills. Time for fun comes later.

CANCER

(June 22 - July 22)



This week is all about self-care, Cancer. Take some time to focus on your emotional well-being and nurture it as much as you can. A midweek work opportunity could arise

(July 23 - August 23)

Leo, dive into artistic pursuits or share ideas with others this week, as your creativity will be shining brightly. A social engagement may bring new connections that lead to exciting prospects.

VIRGO

(August 24 - September 22)



Get down to business and organize your workspace or tackle a project that has been pushed aside, Virgo. If you feel overwhelmed, be sure to ask for some help from those you trust.

(September 23 - October 23)



Libra, it's all about balance this week, something you know a lot about as the scales sign. Make time for both work and play so you can make the most of every opportunity.

SCORPIO

(October 24 - November 22)

Intensity and passion might define your week, Scorpio. Delve into a project that excites you. By the middle of the week, news could be very exciting.

SAGITTARIUS

(Nov. 23 - Dec. 21)

This is the week for exploring new ideas or planning a trip, Sagittarius. It's only a matter of time before you realize that adventure awaits. Get started on what awaits.

CAPRICORN

(Dec. 22 - Jan. 20)



Capricorn, try focusing on your long-term goals this week. Strategic planning will pay off in the long run. If you need help, seek a mentor who can offer advice.

AQUARIUS

(January 21 - February 18)

A surprise opportunity might arise for you midweek, Aquarius. Don't hesitate to snatch it up quickly, as others also might be interested. Leave weekend plans open for now.

PISCES

(February 19 - March 20)



Pisces, if you feel your emotions are running high this week, try to channel your feelings into a creative project that will use them in a smart way. A friend may call asking for advice.

SENIOR SAFETY WORD SEARCH

В S C Ε Ι Ε Ε L Ι Ε Т Ε С R М Ι ٧ N Ι 0 D Ε F 0 Ρ F R В U С Ι G S Ε В Z Ι Ι S ۷ 0 F N Р K R Υ 0 U Н Ι U D D Т М М Ρ Ρ N N P U Н Z U Υ G Ι М Α Ε Ι S Ι S S Α K С Ε Ρ В R Ε Ε R S В Z Т S Υ G Ι ۷ С

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

H A I

FALLING

EINC

HOMEBOUND HOME HEALTH AIDE INDEPENDENCE LIGHTING

MEALS MEMORY MOBILITY

Ι

М

SAFETY SKILLED SLIP

WORDS

K P

Z R D

Т

ASSISTIVE BATHROOM CAREGIVER

CHAIR CHORES CUSTODIAL DIRECTIVE

GRAB BARS GUARDIAN HAZARDS

R K L M

MONITORED

NONSKID REHABILITATION

PAGE

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 <u>Line **1-866-925-4419**</u>

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

Email wctpress@telus.net All submissions remain confidential

Putting a face on suicide



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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Pumpjack Players perform holiday channel spoof





An audience AWWW for the lonely and good-looking axe carrying single guy.



A busy city girl in a small town? Check.



PUBLIC NOTICE

expected to start early in 2025.

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



NOTICE OF DECISION

The following decisions were made by the Municipal Planning Commission:

their roles to life and being very, very punny. Hats off to the Pumpjack Players! Next on the docket is the children's play, with auditions

Application 24-116: Unit 2, 4164 Kepler Street – Discretionary Use – Application for Retail General – Approved with Conditions.

Date of Decision(s): November 28, 2024 Appeal Closes at 4:00pm: December 19, 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.

11



MON TUE SUN WED SAT 1 7 ribbon tree rnament **CARDS Snow Globes** 12 Holidays Sock 8 14 11 13 around the world Ornaments Snack Attack 21 15 17 Melted 18 FORK 16 22 24 28 27 23 Afterschool Program will start again on January 6th 2025.

All Programs: Free, Drop-In at the Library, Designed for all school ages, Run 3:30-5:30 PM

Bryson, Tristan Cole

May 18, 1996 - November 22, 2024

t is with heavy hearts our family announces the passing of our beloved son, and brother, Tristan Cole Bryson of Whitecourt, AB on November 22, 2024, at the age of 28 years.

Tristan leaves to cherish his memory, parents, Darrell and Linda; sister, Maddy; grandparents, Jim and Darla Bryson; aunts and uncles, Debbie Starman (Clarence Yaworski), Dwight (Lynn) Starman, Lisa (Mark) Bowles, Vicki Bryson (Haley Roberts), Dale (Lila) Starman and Joe Liwczak; and cousins, Karli Starman, Chance (Erin) Starman, Taylor (Samara) Starman, Curtis Bowles, Kristin Bowles, Angelina Liwczak, Rick Liwczak, Kenny (Sherry) Starman, Kevin Starman and Kelly (Sharlene) Starman.

Tristan was predeceased by his granny, Flora Starman; poppa, Leslie Starman; and aunt, Gloria Liwczak.

Tristan was the most loving son and brother anyone could ever wish for. He loved with his whole heart and touched the hearts of everyone who knew him. He was one of a kind and will be missed dearly.

Honouring Tristan's wishes, a private gathering will be held with inurnment in the Whitecourt Cemetery.

In lieu of other tributes, please consider a donation to your local food bank.

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



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This is the study of the physical features of the earth and its atmosphere.

Answer: Geography

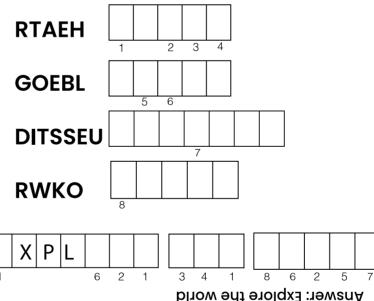
Creative Coloring

Color in this picture to create your own masterpiece.



Double Word Puzzle

Unscramble the words to reveal the sentence.



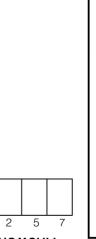


1916

Women are given the right to vote in Manitoba, Saskatchewan and Alberta.

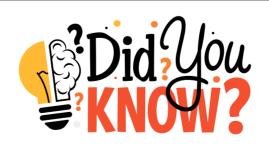
TERRAIN

a stretch of land, particularly in regard to its physical features





English: Soil Spanish: Tierra **Italian:** Terra French: Terre **German:** Erde



Asia is the largest continent in the world by area. It stretches from the Mediterranean Sea

to the Pacific Ocean.





Can you guess what the bigger picture is?

Answer: Antique map





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A look at the local weather

High Low Wind 24-Hr Rain / Snow

Wed., Dec. 04 Snow 60% -4°C -6°C E 11 km/h

Cloudy 60% 1°C -2°C W 10 km/h

Fri., Dec. 06 Cloudy with sunny breaks 40% 1°C 0°C

SW 6 km/h

Sat., Dec. 07 Mix of sun and clouds 30% 3°C 0°C

W 16 km/h

Sun., Dec. 08 Cloudy with wet snow 60% 2°C 0°C NW 13 km/h

Money Matters

One Canadian Dollar = 0.71 US Dollar at an exchange rate of 0.7135 (using nominal rate).



Dollar Values as of December 4, 2024



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

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Please apply in person at the restaurant.



4331-52 Ave Unit 1 Whitecourt, AB 4216 Elko Drive Whitecourt, AB

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.



The Press

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.

Falls prevention month a reminder to stay safe all year

Alberta Health Services encourages Albertans to take steps to prevent falls and other injuries. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022. Here are some tips to avoid falls:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away

from windows and balcony rails to prevent children from climbing.

- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.
- Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity, and discuss strategies for staying active if you have limited mobility.
- Choose footwear

that has low heels, fits well and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.

- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free, and turn on lights on stairs.

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 911. If your condition is not life-threatening, call Health Link 811 for health advice or information.

November is Falls Prevention Month.

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.





SCHOOL NEWS





15

Grade one students from Pat Hardy Primary School had a fantastic time on the ice during a recent skating session. The event was made even more special by the support and participation of parents and family members, who joined in to create a memorable afternoon for everyone involved.

PUZZLES SOLUTIONS

WORD SEARCH

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

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