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COMMUNITY NEWSPAPER



The Press

Locally Owned & Operated

Vol. 14 - Issue 2 | Wednesday, January 15, 2025

A new kind of tournament has spurred excitement for its faithful, thanks to an eagerness do to better



Never underestimate the power of conversation on a long bus ride. One of Whitecourt's long-standing tournaments received a major facelift following a "what if" chat between two local leaders as they travelled along a highway in Korea. Pictured is a family practicing for their team event. See story page 2

Local news printed on local newsprint

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A new kind of tournament has spurred excitement for its faithful, thanks to an eagerness do to better



A big kick is about to pop.

By Serena Lapointe

There's something about car rides, especially long ones, that bring out conversations that might not have happened otherwise. With plenty of time to spare and nothing to do but sit, books and devices can only do so much. Eventually, you talk.

While visiting Korea with the Whitecourt Taekwondo Club, Master Jim Rennie and Master Cindy Richardson got deep into a conversation that only a long drive could spur. The pair were dreaming about what they would do if they could

take the last 32 years' worth of local tournaments, throw them out, and start over. What would they do differently? What would be the same?

"Those types of conversations are invaluable because for me, for instance, a lot of the times as a person gets older, you just keep doing the same things over and over again, and I don't like that, and I hope I'm never that person. I want to be someone who thinks about doing it better or making something more exciting," explained Rennie.

One of the top prior-

ities the pair came up with was value for money. "Fifty percent of the fighters in a traditional tournament only get one fight. Sometimes it's more than fifty percent," Rennie added. For athletes travelling to attend a tournament, the thought of only getting to fight once or do one poomsae (solo pattern) didn't give the value they thought someone should get out of attending.

So, the pair decided to reinvent the tournament, aiming to get each athlete on the mat more than once. At the end of November, the organizing team from

Whitecourt Taekwondo put the plan into action for the first time. "We didn't know if it was going to work, which is a bit of a gamble, but the people involved with organizing it can figure out anything, and they did it. I'm very proud of our club, our volunteers and the vision of a small group to create something better for students. I think we should always do that at every tournament in Alberta or elsewhere," said Rennie.

The changes were immense. Instead of only once, every fighter hit the mat at least three times, and ev-

eryone performed their patterns (poomsae) at least twice. For Keith Martin, who travelled from Slave Lake with his children, the changes were a big hit. "Last time, if they lost one match, they were done, and then it was kind of sad. My sons enjoy the way they are doing it now. If you come for the whole day but only have one poomsae and one fight, it's a lot of downtime. You're there for eight hours and only doing stuff for ten minutes. So, this is great," he said. It was his family's third time attending Whitecourt's tournament, and he hopes

to see the same format used next year. "Thank you very much to the volunteers who made this event happen," he added.

Desiree Hartwig from Onoway is another traveller happy with the changes. She used to attend tournaments with her children. Now, it was her grandchildren participating. "I love the way this tournament is organized. There's no real waiting in line unless you're waiting for your turn in your event. It's great. I love that there's always something happening."

continued on page 3



Two golden girls receiving praise.



Local fighter, Nina, really enjoyed her time on the mat.



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continued from page 2

We're never not watching something."

The tournament has always brought hundreds of visitors to the community, and with the feedback received; those numbers could go even higher as the word gets out. "We want to be known as the tournament where you get the most value for the time," said Rennie. On top of the extra fights and extended playoff schedule, the tournament also brought back an oldie but a goodie, Tag Team Sparring.

"It hasn't happened in forty years in Alberta," said Rennie. The reason is simple. It takes a lot of support. Most tournaments don't have the manpower to run such a significant event within their tournament, leaving the popular competition on the chopping block of the competitive circuit provincially for four decades. "You must have a lot of volunteers to do what we are doing.

Whitecourt's always got an abundance of volunteers. There's a lot of logistics, but we've got the right combination of instructors who can dream up exciting opportunities." There were roughly 50 volunteers at the tournament.

The newly designed tournament also featured the youngest category ever. "The three- and four-year-old division, we've never tried that before. There's never been a chance in Canada for little kids to compete like that. It was cool to see what the kids liked and their reactions to it. For the parents, that was probably the first time their children had ever competed in something," said Rennie.

Classes for three- and four-year-old kids continue to grow locally, so adding the age into the tournament made sense. "Many parents don't realize their kids can take part in an organized activity at that age. And it's a bit of

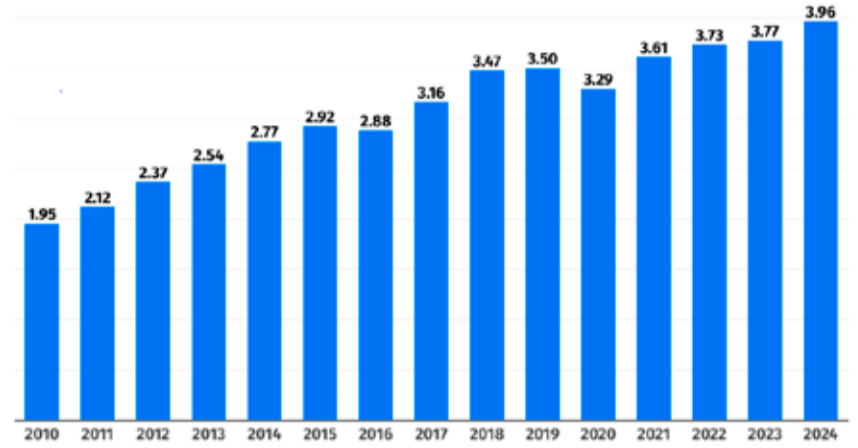
chaos (he chuckled), but the kids love it. They are learning how to listen, which I'm proud of," said Rennie.

Fighters from Saskatchewan, southern Alberta and as far north as High Level attended the 33rd Annual Whitecourt Taekwondo Championship on November 30 at the AJMC. The feedback since has been very positive. Masters, athletes, and their families have spoken highly of the new competition format used in Whitecourt. "I'm so proud to see a community come together. We probably have more volunteers than most of the tournaments in Edmonton, and they have a lot more people to draw from, which is interesting and our turnout is second to none. It just makes me proud to be from Whitecourt. It shows that small towns can do things as well as anyone, if not better. That's small-town attitude, and that's why I'm proud to live here."

Year-to-date oil production in Alberta

January to November, million barrels per day

ATB Economics



Source: Alberta Energy Regulator, Alberta Energy Resource Industries Monthly Statistics, Jan. 8, 2025

Build it and the barrels will come: Alberta's daily crude oil production breaks another record

By Rob Roach, ATB ECONOMICS

In the movie "Field Of Dreams," a voice tells a farmer played by Kevin Costner "if you build it, he will come." Costner's character proceeds to construct a baseball diamond in his corn field and the ghosts of Shoeless Joe Jackson and seven other players from the 1919 Chicago White Sox show up.

The line, often changed to "build it and they will come," is used to argue that taking the risk to build something will pay off down the road.

What does this have to do with Alberta's oil production?

It's a case of "build (the pipeline) and (the barrels) will come."

The 590,000 barrels per day of nameplate added when the Trans Mountain Expansion

(TMX) pipeline was completed last year is the baseball diamond in the corn field. The upward trend in Alberta's crude oil production to fill up the pipeline is Shoeless Joe showing up.

Crunching the numbers from the latest report from the Alberta Energy Regulator, we find that Alberta's oil production hit an all time high of 4.2 million barrels per day in November 2024.

Alberta's oil production has increased in 12 of the 13 months since November 2023 on a year-over-year basis.*

Total production over the first 11 months of last year was 5% (61.5 million barrels) higher than the same period in 2023.

As we discussed yesterday, more of those barrels are ending up in Asia, particular-

ly China. At the same time, U.S. imports of Canadian crude remain strong, hitting a record high last week.

In our latest forecast, we expect oil and gas export volumes to continue to increase this year, albeit at a more moderate pace of 3.3% compared to our estimate of 5% growth last year. While there is some room to bring on even more export capacity through optimization of the existing pipeline network and crude-by-rail options, future oil production in Alberta will once again bump up against transportation constraints as TMX is filled to capacity by 2028.

*Because oil production is highly seasonal, year-over-year comparisons are more useful than tracking month-over-month changes.

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SCHOOL NEWS



Pat Hardy students in 1Mercer kicked off the year with a joyful New Year's celebration, filled with excitement and activities to mark the occasion.



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PUBLIC NOTICE

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NOTICE OF PUBLIC HEARING JANUARY 27, 2025 – 4:00PM, FOREST, INTERPRETIVE CENTRE - COUNCIL CHAMBERS



Pursuant to the provisions of the Municipal Government Act, the Town of Whitecourt is proposing to remove the Municipal Reserve designation from title on Lot 15MR, Block 10, Plan 982 2153 per the map below, and amend the Land Use district for this parcel from U-S, Urban Services, to UD-F, Future Urban Development.

A **Public Information Session** will be held at **3:30 p.m.** in the foyer of the Forest Interpretive Centre (3002 - 33 Street) on **January 27, 2025** prior to the Public Hearing. This is an opportunity to learn more about the proposed changes and ask questions in an interactive setting prior to the formal Public Hearing.

The **Public Hearing** will be held at **4:00 p.m.** in the Town Council Chambers. The purpose of the Public Hearing is to allow presentations for, or against, the proposed changes. Any individuals or organizations may make presentations, speak at the hearing, or submit written comment for consideration. Written comments must be received at the Town Office before 12:00 noon on January 23, 2025.

Any individuals or organizations wishing to make a submission for the Public Hearing are encouraged to provide their comments in writing prior to noon on January 23, 2025. The Public Hearing will be available in person and through electronic means. **Individuals who wish to make a presentation by electronic means are asked to pre-register with the Legislative Manager by emailing a request to administration@whitecourt.ca prior to 12:00 noon on January 23, 2025.**

CHRISTMAS TREE PICK UP

Starting on Tuesday, January 7, crews will be picking up trees from across the community on a weekly basis throughout the month of January as time permits. There will be no set schedule, and pick up may be delayed due to snow or other higher priority tasks.

Please place your tree where you would normally place your garbage. For those residents in cul-de-sacs who place their garbage further out into the street, please don't place your tree where it will obstruct traffic.

Trees must be free of all decorations and tinsel. Please do not place the tree in garbage or tree bags.

The Whitecourt Regional Landfill also has a drop-off area for you to dispose of your tree. The Whitecourt Regional Landfill is open Monday to Saturday from 9:00 a.m. to 4:30 p.m.

TAKE PART! GIVE BACK! Opportunity for Public Participation

The Town is recruiting citizens to fill volunteer positions on two Boards. Board members 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. Get involved! It's your town. Share your knowledge and meet new colleagues.

Community Services Advisory Board

"To create a healthy, strong community by meeting the leisure and social needs of the community."

(1) Member – term to expire in October 2027

Applications will be accepted from residents of Whitecourt or the Woodlands County agreement area.

Subdivision and Development Appeal Board

"To make decisions on appeals of subdivision or development decisions made by the Development Officer or Municipal Planning Commission."

(1) Member – term to expire in October 2027

If being on a Council Committee interests you, please complete an application form which can be found on the Whitecourt website at <https://www.whitecourt.ca/your-town/mayor-council/public-participation> or picked up at the Town Office. Applications must be received before 12:00 noon, Monday, February 3, 2025 to:

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

You can also scan the QR code for a direct link to the application form:



Applications will be presented to Town Council at the February 10, 2025 Regular Meeting.

QUESTIONS?

Contact our Administration Department at 780.778.2273 or email administration@whitecourt.ca.

NOTICE OF DECISION

The following decisions were made by the Municipal Planning Commission:

Application 24-123: 5015 52 Avenue – Discretionary Use – Day Care Facility – Approved with conditions.

Date of Decision(s): January 9, 2025 **Appeal Closes at 4:00pm:** January 30, 2025

An Appeal of the above decision(s) may be made by submitting a written appeal and appeal fee (\$310) 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.



PUZZLES

SEE SOLUTIONS PAGE 15



SUDOKU

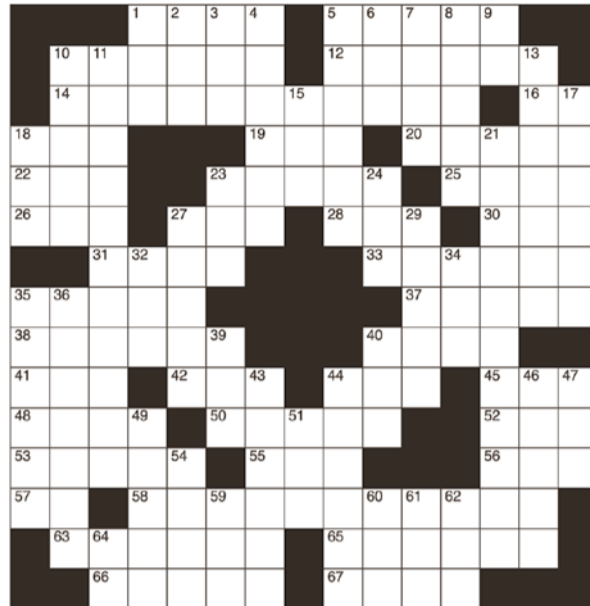
6			1			3		
			4					6
3						8	7	9
							4	
1	5					9		
	8	2				7		
4			5	3	8			
	7							
			2			1		4

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



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

- Hand (Spanish)
- Siskel and __, critics
- Seaman
- Chemical weapon
- One who eliminates
- They precede C
- Baseball stat
- Americans' "uncle"
- Cassia tree
- Surround
- Crisp and Pebbles are two
- A sudden very loud sound
- Affirmative
- Disadvantage
- Corpuscle count (abbr.)
- OJ trial judge
- New York art district

- Become more bleak
- Upstate NY city
- Clarified butters
- One who witnesses
- Condemn
- __ juris
- Natural
- Prohibit
- Swiss river
- Greek war god
- 5 iron
- New Zealand mountain parrot
- Scandinavian surname
- Follows sigma
- Doctor of Education
- Spanish be
- One that feeds on bugs
- Tooth issue
- Get into

- Lumps of clay
- Overly studious student
- Variety of Chinese
- Boxing's GOAT
- Japanese classical theater
- Prayer
- Inspire with love
- Ballplayers' accessory
- Retailer payment system
- More raw
- Atomic #81
- Fencing sword
- Hostilities
- Sea dweller
- Resinlike substance secreted by certain insects
- Businessmen
- Rest here please (abbr.)
- Loud devices
- Make a soft murmuring sound
- One point west of due

- south
- Trout
- Type of grass
- South American plant
- Letter of the Greek alphabet
- Not secure
- Traveler
- Sweet potato
- Period after sunrise and before sunset
- Some are choppy
- Asian country
- Genus of mosquitoes
- Cool!
- Shrill, wailing sound
- A baglike structure in a plant or animal
- Within
- Unhappy
- Decorate a cake with frosting
- Videocassette recorder
- Largest English dictionary (abbr.)
- It cools a home

HOROSCOPE

ARIES

(March 21 - April 20)



Focus on collaboration this week, Aries. Teamwork leads to unexpected rewards if you are open to others' ideas, so remain receptive to the input of teammates.

TAURUS

(April 21 - May 21)



Taurus, when a project presents itself to you, stay grounded and run through all the components carefully. Employ the same strategy when going over financial opportunities.

GEMINI

(May 22 - June 21)



Gemini, clear up any misunderstandings and express your thoughts openly with others this week. Communication is certainly key at this juncture in time.

CANCER

(June 22 - July 22)



It is important that you take time for some self-care this week, Cancer. Your emotional well-being is just as important as your physical fitness. Reflect on some personal goals in this area.

LEO

(July 23 - August 23)



Leo, you often excel in group settings, and social gatherings this week are a place where you can shine. Use all opportunities to network and connect with others.

VIRGO

(August 24 - September 22)



It is important to focus on your work-life balance right now, Virgo. Prioritize important tasks, but also make time for relaxation. Small changes to your routine can be ideal.

LIBRA

(September 23 - October 23)



Embrace your artistic side this week, Libra. Consider a new hobby that will keep your mind busy. Social activities that involve creative pursuits also can bring inspiration and joy.

SCORPIO

(October 24 - November 22)



Allow home and family to take center stage, Scorpio. Spend as much time as possible with loved ones and try to get to the root of any persistent, unresolved issues.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Sagittarius, this week focus on activities that afford a chance to learn and explore. You might want to take a class or try a new hobby. Curiosity can be exciting.

CAPRICORN

(Dec. 22 - Jan. 20)



Financial matters may require some attention right now, Capricorn. Examine your budget and figure out if the new year requires some changes to how you're managing money.

AQUARIUS

(January 21 - February 18)



Aquarius, new ideas may lead to some personal projects that inspire you. You might find that you'll be quite busy on these self-imposed tasks for the next couple of weeks.

PISCES

(February 19 - March 20)



This is a good time to focus attention inward, Pisces. Make time for reflection and even some meditation if that is something that interests you. The rewards will be worth it.

DOG TRAINING WORD SEARCH

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

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

WORDS

- | | | | | | |
|------------|---------|-------------|-----------------|-------------|---------------|
| ACQUIRE | ALPHA | BEHAVIOR | CONDITIONING | ENVIRONMENT | LEAD |
| ADAPTATION | ANXIETY | BEHAVIORIST | DESENSITIZATION | FEAR | MODIFICATION |
| AGGRESSION | AROUSAL | CLICKER | DISTRESS | FOCUS | POSITIVE |
| | BARKING | COLLAR | DOMINANCE | INHIBITION | REINFORCEMENT |
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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**



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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*



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

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:

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



Family Resource & Crisis Centre

www.whitecourtsheelter.ca

GRIEF SHARE

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

- 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

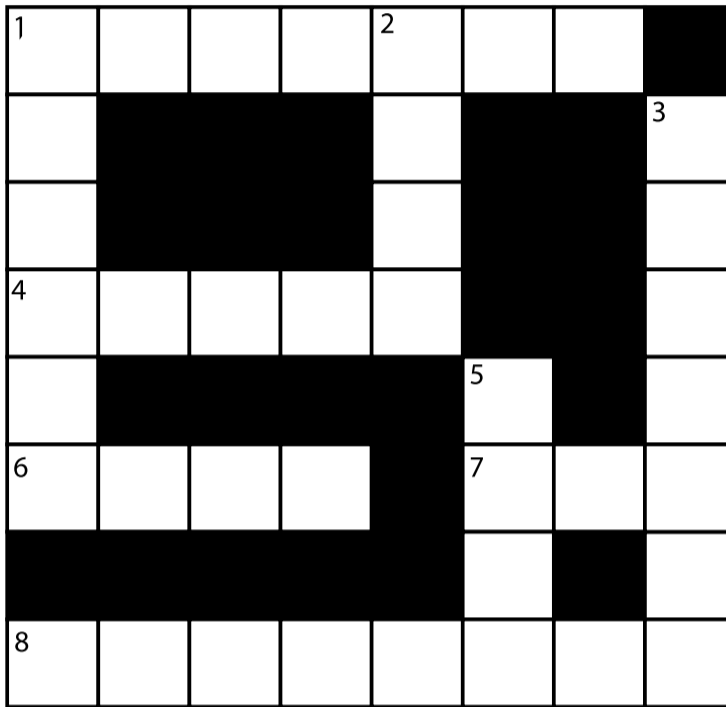
or **Contact Addictions Helpline @1(866)332-2322**



CANADIAN Kids Corner



Crossword Puzzle



CANADA



HISTORY

1888

The Northwest Territories holds its first general election. Twenty-two members of the Legislative Assembly are elected and all are independents.

Food FACT:



This popular breakfast food provides a good deal of fiber, which can help keep a person healthy.

Answer: Oatmeal

ACROSS

1. Instructions for preparing meals
4. Happy sound
6. Computer info
7. Prefix meaning "having three"
8. Early parts of the day

DOWN

1. Type of oatmeal oats
2. A way or track
3. Breakfast cupcakes
5. Shock or amaze

Answers:
 Across
 1. Recipes 4. Laugh 6. Data 7. Tri 8. Mornings
 Down
 1. Rolled 2. Path 3. Muffins 5. Stun

NEW WORD

ROLLED

hulled oats steamed and then flattened between rollers

How they say that in...

- English:** Oats
- Spanish:** Avena
- Italian:** Avena
- French:** Avoine
- German:** Hafer

Did You Know?

Oats are among the healthiest grains on earth. They are a great source of vitamins, minerals, fiber, and antioxidants.



Get the PICTURE?



Can you guess what the bigger picture is?

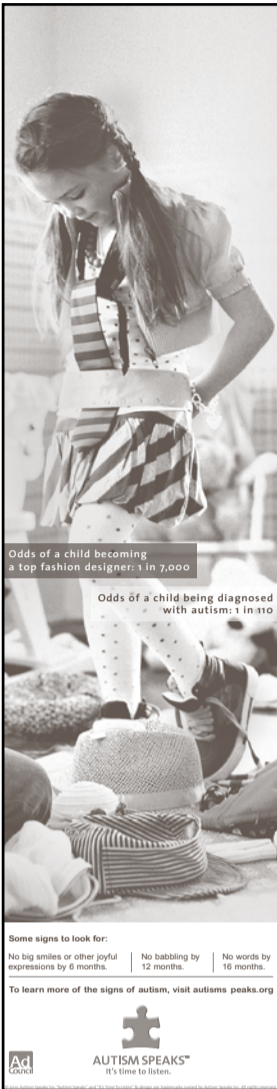
Answer: Cooked oatmeal



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A look at the local weather	Wed., Jan. 15	Thu., Jan. 16	Fri., Jan. 17	Sat., Jan. 18	Sun., Jan. 19
P.O.P.	30%	30%	30%	40%	10%
High	2°C	3°C	-5°C	-10°C	-11°C
Low	-5°C	-8°C	-16°C	-17°C	-16°C
Wind	W 11 km/h	W 21 km/h	NW 22 km/h	W 11 km/h	W 7 km/h
24-Hr Rain / Snow	-	-	-	-	-



The Whitecourt Wolverines gave a generous donation of \$1,000 to the Whitecourt Food Bank over the holiday season.



During the holiday season, Spartan Controls organized a competition with other companies to support the Whitecourt Food Bank. The effort proved successful, with an impressive 750 pounds of food collected to help those in need.

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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

PUBLISHED EVERY WEDNESDAY

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.

PUBLIC NOTICE

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NOTICE OF PUBLIC HEARING

January 27, 2025 – 4:00 PM

Forest Interpretive Centre - Council Chambers

Pursuant to the provisions of the Municipal Government Act, the Town of Whitecourt has received an application to delete the definition of “Professional, Financial, Office, Health and Business Support Service” and add definitions for “Professional Office Services” and “Health Services.” The Land Use Districts for both definitions would continue where the current definition of “Professional, Financial, Office, Health and Business Support Service” is currently allowed:

Permitted	Discretionary
C-1 Core Commercial – Downtown C-5 Main Street – Downtown C-6 Mixed Use Residential – Downtown	C-2 Service Commercial

The new definition of “Health Services” is also proposed to be Discretionary in the following Land Use Districts:

- C-7 Hilltop Commercial; and
- U-S Urban Services.

Public Information Session - 3:30 p.m. January 27, 2025, in the Forest Interpretive Centre lobby. This is an opportunity to learn more about the proposed changes and ask questions in an interactive setting.

Public Hearing – 4:00 p.m. January 27, 2025, in the Town Council Chambers. The Public Hearing is a formal opportunity to make presentations for or against the proposed application. These are comments directly to Council, and part of the public record.

Any individuals or organizations wishing to make a submission for the Public Hearing are encouraged to provide their comments in writing prior to noon on Thursday, January 23, 2025.

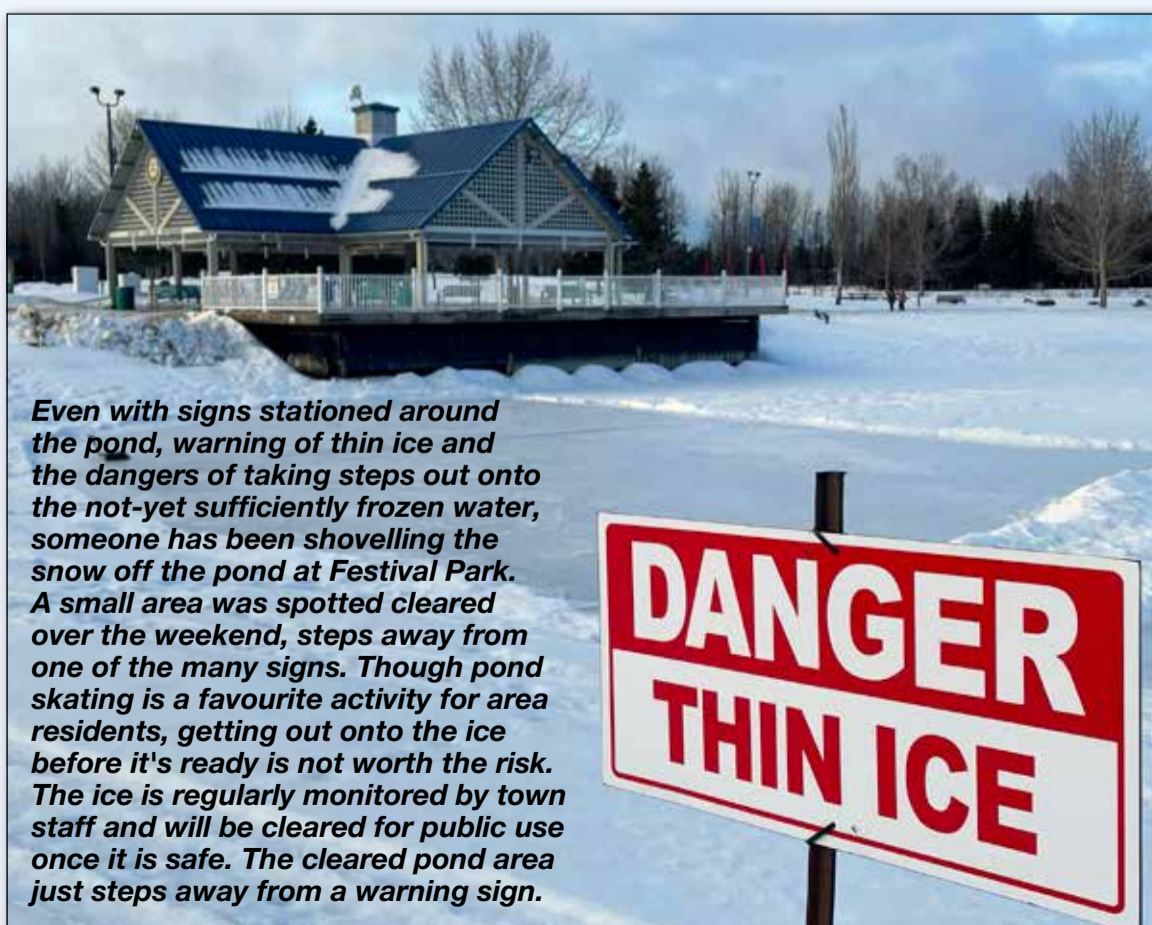
The Public Hearing will be available in person and through electronic means. **Individuals who wish to make a presentation by electronic means are asked to pre-register with the Legislative Manager by emailing a request to administration@whitecourt.ca prior to noon on Thursday, January 23, 2025.**

All written comments and pre-registration emails must clearly state your full name, municipal address, daytime phone number, and your support or opposition to the proposed amendment. It is also recommended to confirm receipt of all written submissions or email pre-registration requests.

The documents can be found on the Town of Whitecourt website at www.whitecourt.ca and are available for viewing at the Town Office 5004 - 52 Avenue, Planning Desk, during regular business hours prior to the Public Hearing.

Questions on the process or the Public Hearing should be directed to Stephanie Schaffner, Planner, at 780-778-2273, e-mailed to stephanieschaffner@whitecourt.ca, or mailed to Box 509, Whitecourt, AB, T7S 1N6.

Danger not being heeded



Even with signs stationed around the pond, warning of thin ice and the dangers of taking steps out onto the not-yet sufficiently frozen water, someone has been shovelling the snow off the pond at Festival Park. A small area was spotted cleared over the weekend, steps away from one of the many signs. Though pond skating is a favourite activity for area residents, getting out onto the ice before it's ready is not worth the risk. The ice is regularly monitored by town staff and will be cleared for public use once it is safe. The cleared pond area just steps away from a warning sign.

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
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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**
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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



Anna Louise Borau

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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by PETER MARINACCI



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Nose to the snow.



Look at those snowy feet!

The first of January was cold this year. Most people were probably warm somewhere, either inside or perhaps outside enjoying the snow but with lots of layers between them and the chill. However, some athletes at Whitecourt Taekwondo completed their version of a New Year's resolution. One of the club's longest-standing traditions involves starting the year by working out in the snow. In the past, especially when the temperature was mild, the people involved would've been in the teens or twenties. With the base temperature at -15 and the wind chill making it feel like at least -20 when it gusted, this year's workout group was small, and the workout was short, but that doesn't matter. The point is, they did it! Kudos to Whitecourt Taekwondo for over three decades of starting the year off on the right, snow-covered foot.

REGISTRATIONS FOR GRAVEL TRUCKS / EQUIPMENT

Registrations for the supply of gravel trucks and/or equipment are effective from January 1, 2025, to December 31, 2025. All applicants who wish to register may obtain new registration packages at either of the Woodlands County offices after January 1, 2025, between the hours of 8:15 a.m. to 12:00 noon and 1:00 p.m. to 4:30 p.m.

Registrations forms are also available on Woodlands County Website www.woodlands.ab.ca.

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If you wish to obtain further information, please contact tracy.caddey@woodlands.ab.ca

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Facsimile: 780- 778-8402

OR

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A win and a loss for the year's first two home games at JDA Place

By Serena Lapointe

Following a nice break for players, staff and volunteers, the Whitecourt Wolverines were back at it with their first home game of 2025 on Wednesday last week. The Devon Xtreme bused up for the contest at JDA Place and were looking for their first win against the Wolverines this season.

In four games prior, the Xtreme fell every single time, including a 6-3 hammering in early October and a 5-1 pounding on November 2. It sure looked like the Wolverines had the Xtreme backed into a corner this season.

Thirty-two seconds into the game, Braden Keeble pocketed his twelfth goal of the 2024/2025 season, with assists from Dwayne Jean Jr (his seventeenth) and Travis Verbeek (his tenth).

Keeble is from Brandon, Manitoba and is in his third season with the Wolverines, having traded up from the Brooks Bandits early in the 2022/2023 season. In 56 games last season, Keeble scored eight goals. With only 34 games in, Keeble is already halfway to doubling his goal count.

Eight minutes later, the Xtreme got on the board, tying things up. Seconds later, the Wolverines went on the powerplay but were un-



The Wolverines continue to be a force to be reckoned with against their AJHL rivals, holding in or near the top spot league-wide for much of the season. As the second half of the season winds up, the home team will look to keep up the momentum. Pictured is Verbeek's goal which landed him his 100th AJHL point.

able to capitalize on the man advantage. With just over three minutes left in the first period, the Xtreme scored again, taking the lead 2-1.

In the second period, the Wolverines were stronger, finishing checks and tightening their passing lanes. The Xtreme found themselves on the penalty kill twice, and giving the Wolverines more chances on the man advantage is usually not a good idea. While Xtreme player Brynn MacLean sat in the box for high sticking, the Wolverines made him

pay for it, tying things up 2-2.

In the third, our man on fire from the first, Braden Keeble, scored his thirteenth goal of the year, with assists from Dwayne Jean Jr and Tyler Rowland (his thirteenth). The Wolverines were back in the lead, 3-2. In the final two minutes of regulation, the Xtreme somehow beat Wolverine goaltender Zac Onyskiw, tying the game and forcing overtime.

Try as they might, neither team could score, resulting in one of the most exciting parts of a hockey

game; the shootout! Dylan Ruptash and Travis Verbeek were scoreless, leaving Jalen Bianchet as the sole scorer. Tyler Pretty and Malcolm Baar scored for the Xtreme, giving the visitors their first win against the Wolverines. Fans sure got a full plate of hockey that night.

Saturday evening at JDA Place was Fan Appreciation Night. A total of fifteen Edmonton Oilers tickets were handed out, and excitement was high. The night's competitor for the Wolverines was the Olds Grizzlies, who

sat second last in the league. Heading into the game, the Wolverines were tied for first with 48 points.

Mere minutes into the game, the Wolverines found themselves shorthanded, with two players, Ruptash and Pollock, in the penalty box. But someone forgot to tell #29 Dwayne Jean Jr that they were in a pickle because he ended up scoring like it wasn't a big deal, unassisted, for his tenth of the season. The unexpected goal had the fans roaring.

At 4:46, Verbeek made it 2-0, scoring

his seventh goal of the season, assisted by Ruptash and Keeble. Then, three minutes later, Ruptash scored, assisted by Spencer Claerhout, making it 3-0. Both the second and third goals were on the powerplay. At the fourteen-minute mark, Olds got on the board with a powerplay marker, making it 3-1. Before the period could end, two more

Wolverines hopped on the scoring train, making it 5-1 for the hometown team. Ethan Short scored his thir-

continued on page 15



Moving up the ice.



Serediak scores!



Captain Keeble was pulled to the ice by an Olds player, along with the ref.

continued from page 14

teenth, assisted by Keeble and Pollock at 17:38, and fourteen seconds later, Serediak scored his fourth, assisted by Mason Russell. The Wolverines were steamrolling the Grizzlys. Choo-choo!

After a busy first period, with six goals and seven penalties, the second period was quieter. The Wolverines and Grizzlys traded one penalty each, and only one goal was scored. Unfortunately for the Olds Grizzlys, it was the Wolverines adding to their goal column thanks to #12 Alex Symes, who scored his

first AJHL goal. Whitecourt now had a 6-1 lead.

In the third, things got heated. Nearly every goal attempt from the Wolverines resulted in tussles between players as the Grizzlys' frustrations grew. One collision near the Grizzlys' net resulted in Keeble hitting the ice alongside an Olds player and the referee. All three fell in a clump following a hit that Keeble felt was unnecessary.

In the final twenty minutes of action, Wolverine Travis Verbeek scored his eighth goal of the season and 100 AJHL point. The

Flesherton, Ontario native is in his third year with the league.

The final from JDA Place saw the Wolverines with seven goals to the Olds' one. The win gave the Wolverines the two points needed to take over the top spot in the AJHL with 50 points.

The next home games for the Whitecourt Wolverines are this Friday against the Fort McMurray Oil Barons and Saturday against the Calgary Canucks. The team will then head out for two road games in the south before returning to JDA Place to play Camrose on Friday, January 31.



King against the Grizzlys.

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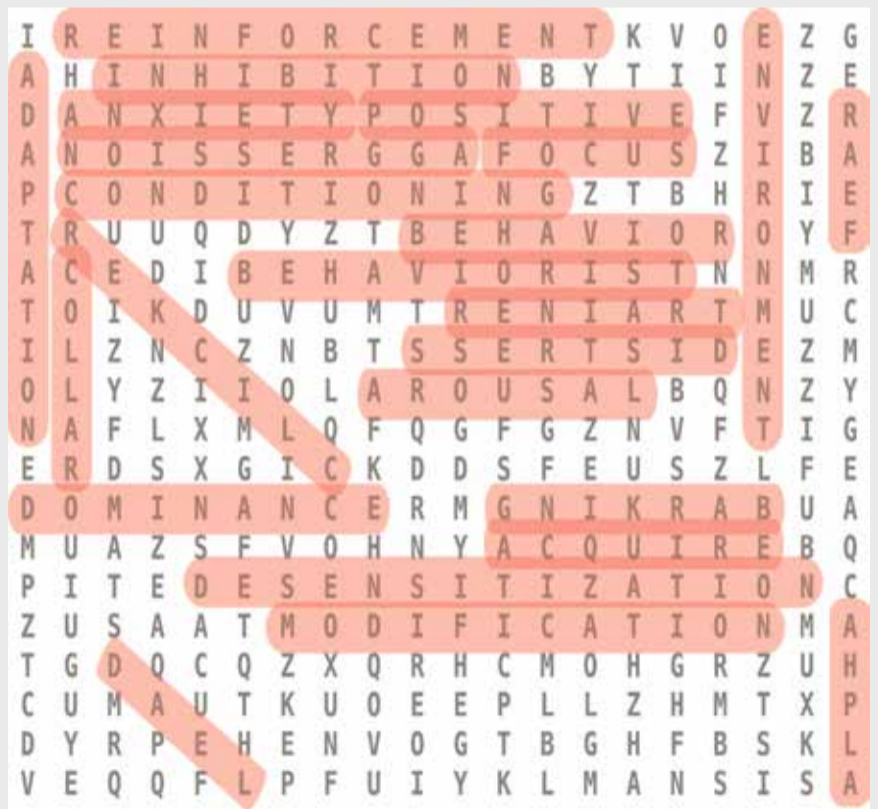
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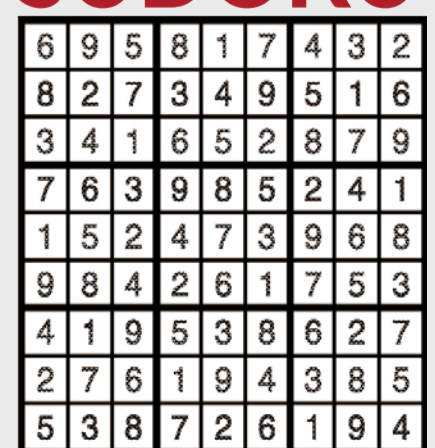
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