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COMMUNITY NEWSPAPER

Locally Owned & Operated

Canada

Vol. 14 - Issue 20 | Wednesday, May 21, 2025

Making the most of small-scale gardening to help offset grocery bills

By Serena Lapointe

Over the last three or four years, interest in home gardening has shot up exponentially in Canada. A report from the Argi-Food Analytics Lab at Dalhousie University in 2022 suggested that more than a million Canadian households were planning to garden for the first time that year, and one of the top reasons was wanting to save money.

The trend continued through 2024, as food gardens started taking the spotlight. Home-owners began using edible plants within their landscapes, mixing fruits and vegetables with their flowers, and changing up the traditional ornamental garden, planted for show and beauty, by adding a cultivation factor.

Local greenhouse owner, Vanessa Long, who owns Twin Acres

Greenhouse off East Mountain Road in Woodlands County, said she is seeing the same interest here and that it continues to grow year after year.

“There’s a big trend of moving into vegetable gardening for the first time. It gives you some pride of accomplishment, and shows kids where food comes from, and anything you

continued on page 14



Growing food amongst the flowers has become a trend over the last few years, with more and more Canadians getting into the dirt, planting seeds and eating locally grown harvests. But what crops have the highest yield? Twin Acres Greenhouse owner Vanessa Long has some tidbits.



That’s a wrap! Another year of youth theatre in Whitecourt has ended. Over thirty youth, on and off the stage, took part in Pumpjack Players’ annual spring children’s show, performing to two sold-out crowds at Central School on May 10 and 11. Pictured are three synchronized young gents.



There’s a new boss in the backyard.

Birthday party chaos sung beautifully by Pumpjack Players’ youth in spring musical

By Serena Lapointe

What would happen if about 30 kids got together for a backyard birthday party, accidentally got locked in and couldn’t leave, and there were no adults? And, what if those youth created their own society and ruled over each other? That was the synopsis of last weekend’s hilarious Pumpjack Players Spring Children’s Show held at Central School.

The play, aptly called The Most Epic Birthday Party Ever, was created by award-winning musical theatre composer and lyricist Denver Casado, based

continued on page 5



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Whitecourt Town Council update

Whitecourt is submitting an application to the Forest Resource Improvement Association of Alberta (FRIAA) for support of a Regional Community FireSmart Coordinator. If approved, the FireSmart Coordinator will be based in Whitecourt and focus on engaging the community and building awareness of FireSmart and wildfire resilience in the communities of Whitecourt, Woodlands County, Fox Creek, and Swan Hills.

Whitecourt, along with Pembina Pipeline, the Whitecourt & District Public Library, the Whitecourt Indigenous Friendship Society, and other community partners, is hosting a Pride Event on June 6 at Festival Park. The event will include a bbq, crats and activities to celebrate the 2SLGBTQ+ community. Details on the event can be found on the Facebook event

page.

Whitecourt encourages the community to recognize June 2 to 7, 2025 as Seniors' Week. Seniors' Week honours and celebrates seniors for their many contributions to our community and province. Celebrate Seniors' Week with the Town of Whitecourt and join the many activities scheduled throughout the community. Details on events and activities can be found on www.whitecourt.ca.

Party In The Park will kick off the summer season June 13 and 14 in Festival Park. Join us for two days of free family entertainment and performances, including headliners Aaron Pritchett and Wide Mouth Mason. Details on the event and activities can be found on the Facebook event page and www.whitecourt.ca.

A request was received from the City of

Cold Lake to partner in a request to the Province regarding rural bus service. Whitecourt, however, is already served by three private transportation companies that link our community to larger urban centres in northern Alberta.

The May 20, 2025 Policies and Priorities Committee meeting has been cancelled.

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Alberta Electoral Boundaries Commission

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Visit alberta.ca/measles to find out if you're up to date and what to do if you're not.





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- Participate in activities like hiking, fishing, concerts, and more

Who You Are

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- Self-directed and organized
- A safe driver with a valid Class 5 license
- Available to work weekends and enjoy being outside in all weather

What We Offer

- A fun and flexible summer job with real impact
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Odds of a child being diagnosed with autism: 1 in 110

Some signs to look for:

No big smiles or other joyful expressions by 6 months	No babbling by 12 months	No words by 16 months
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The Press
www.whitecourtpress.com

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The flowers are a nice welcome for staff.



Branches of beautiful blooms.

Pretty in pink

As staff at the Whitecourt Healthcare Centre arrive or leave the employee parking lot, they are met with a gorgeous view and a sweet smell thanks to thousands of pretty pink flowers covering the trees alongside the building. The beautiful spring display is worth a look as residents walk or drive by the hospital.



Jazz hands for the birthday girl.

continued from page 1

on a book he wrote with Brian Dawson. Casado's birthday musical is just one of the 26 shows on his resume. He is also the founder of Beat-by-Beat Press.

Pumpjack Players veterans Brigette Moore and Kristy Lovdahl directed the musical, guiding the cast of 29, including several young newcomers, through some catchy tunes. "It was about a birthday party for a 12-year-old.

They get locked in the backyard and all the adults vanish, so they create their own society. Then it shows what happens when kids are left to their own devices in large groups," chuckled Moore.

Hilarity ensued as the youth maneuvered their new society, including electing one to lead them. Eventually, things fall apart because the elected kid lets the power get to her head, causing some kids to separate themselves and create another society.

"I was the older sister, Charlie, who decided to become the queen and create her own country and boss everyone around," laughed Lily-Raine

Levy, who has acted in three prior shows with Pumpjack Players and ages out this year.

She said she gained confidence acting in the plays. "It has been a great opportunity for me to make a lot of friends and meet a lot of kids who look up to me as an older kid here. I felt like I connected with the kids in this play. I had a lot of fun, and I know the kids did too."

Levy joined Pumpjack Players after watching her mom, Lovdahl, perform in Chicago, one of the fall adult plays. "I was going to rehearsals with her, and I thought it was really cool. Then I saw the show. I was like, wow, I want to do that."

Youth plays tend to be musicals because more children can join thanks to the need for an ensemble. Levy said she loves singing, which was a bonus, but she encourages kids to try even if they don't. "A lot of these kids in this show, who weren't sure and were encouraged by a friend to join, did wonderfully. You never really know your talents until you try."

The Saturday evening and Sunday after-

noon shows both sold out, giving the youth a jam-packed audience to perform in front of. "Seeing them on stage performing and how well they did and how much they have grown over the past five months, and the audience being delighted with their work made everything worth it," said Moore.

Pumpjack Players president Shannon Roberts agreed. "I'm so proud of all the hard work they put into this, not just the kids on the stage but also behind the scenes. We have kids dedicated to learning their lines, making props and decorations, and doing the tech. It's amazing to see. We had twenty-nine youth on stage and seven behind the scenes."

Thirteen-year-old Liam Marcer was the Stage Manager and has been working behind the curtain for several plays. "I thought it would be cool to do backstage because I like theatre. I've done it in school and gone to a drama class. I thought backstage would be fun."

Marcer led the charge for moving props during the shows, helping with set up and some of the planning



Four narrators helped tell the story.

process. "It's super exciting to have that experience. It's cool to change the scenes. The hardest was probably the toilet," he said, which rolled in and out each time.

"It's not technically a team sport, but you are still working as a team. Being around like-minded people and finding a place for everybody is awesome," said Roberts. "They are learning to work together and are meeting people outside of who they would meet in their classrooms or schools. We have kids from three or four schools plus homeschooling kids, so they get to build those relationships," she added.

For Moore, the growth that happens once the show ends hits her the most.

"Once the show is over, and they realize that they didn't die from being onstage with their nerves, that confidence sets in afterwards. When they go out into the community, and people compliment them on how great they did, and all their friends start talking about the play, that's when the confidence hits, and you see it when they come back for the next play."

Moore and Roberts thanked the sponsors, volunteers, actors and audiences for supporting local theatre. "It's a great place to volunteer. I've stuck around for ten years and I'm not quitting yet," laughed Roberts.

"Thanks for all the hard work and the laughs and smiles and for sticking with us," she added.

The Pumpjack Play-

ers Annual General Meeting will be in August, and the group will need more directors to join the fold. "If you're someone who likes theatre and wants to get involved, there are a lot of opportunities for you!

We are always looking for board members, especially with the new centre and the path forward that Pumpjack can take," said Moore.



A silly moment in the bathroom.

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The Press

Whitecourt issues Request for Proposals for naming rights of the Culture & Events Centre

Whitecourt has launched a sponsorship campaign for the Culture & Events Centre, and is inviting businesses and local organizations to submit a proposal for naming rights of the facility. Submissions as part of this process will be accepted until June 24, 2025 at 4:30pm.

Located in the heart of downtown and at the entrance to Festival Park, the Culture & Events Centre will include an arts, culture and convention centre; library; and Town administration office. With a capital investment of \$54 million, this is the single largest project Whitecourt has ever done.

Construction on the Culture & Events Centre started last year, and the facility is scheduled to open in the fall of 2026.

- Roof work, exterior wall framing and site work is underway.
- Exterior wall systems and glazing, slabs, and interior wall framing are scheduled to be complete by the end of 2025.

“Sponsorships help create mutually beneficial opportunities,” stated Whitecourt Mayor Tom Pickard. “Sponsorship revenue will be used to offset the cost of construction, making the facility more accessible. In exchange, participating sponsors will receive increased brand awareness through increased visibility and a positive image for their involvement, support and connection to our region. Whitecourt was extremely successful in our sponsorship campaign for the Allan & Jean Millar Centre, and we’ve already received a number of requests for information from local organizations wanting to be part of this project and its legacy.”

In addition to facility naming rights, there are a variety of other components available for sponsorship, depend-

ing on how involved an organization wants to be. Sponsors will gain exposure, boost brand recognition, and demonstrate their commitment to our community. Other sponsorship opportunities include the gallery, multi-purpose rooms, meeting rooms, dressing rooms, green rooms, and an art wall.

A copy of the Request for Proposals and sponsorship package can be found at www.whitecourt.ca. Updates on the project will be posted on the Centre’s Facebook and Instagram pages @Culture-andEventsCentre.



PUBLIC NOTICE

Whitecourt

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

**Community Disability Services
Professional Appreciation Week
May 19 – 25, 2025**

Whitecourt Town Council encourages the citizens of Whitecourt to recognize May 19 - 25 as Community Disability Service Professionals Week. Support workers provide care for cognitively or developmentally challenged in our community with care, compassion and positivity. With the aid of Support Workers, our challenged community members are able to develop life skills and be accepted as a full and thriving part of our community.

During Community Disability Service Professionals Week, we encourage you to take the time to appreciate and acknowledge the efforts of those workers who provide this vital service in Whitecourt and area.

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The Press

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ANC Timber Ltd.

2025 HERBICIDE APPLICATION PROJECT

Please be advised that ANC Timber Ltd. is looking for input on their upcoming herbicide application program for 2025. ANC Timber Ltd. will be conducting both aerial and ground herbicide application programs between August 6th and September 20th, 2025. The application will treat approximately 1200 hectares of existing cutover area. The applications will be in portions of:

Township	Ranges	Meridian
48	14	W5M
58	18, 19, 20, 21, 25	W5M
59	17, 21, 23, 24	W5M
60	23, 24	W5M
61	22, 24	W5M
62	23, 24	W5M
63	23, 24	W5M

Both the aerial and ground herbicide applications will be done using VisionMax® silviculture herbicide. The purpose of the applications is to control grass and shrub species that are limiting the survival chances of our planted seedlings on recent harvested areas. Access to all areas will be posted with signs upon completion and all applications will be done in accordance with Alberta Agriculture and Forestry regulations and the Environmental Code of Practice for Pesticides. For more information, please contact an ANC Timber Ltd. representative at (780) 778-7967 or visit ANC’s website at <https://www.albertanewsprint.com/woodlands/>.

SEE SOLUTIONS PAGE 15

SUDOKU

CROSSWORDS

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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!

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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. Yearly tonnage (abbr.)
4. British thermal unit
7. Afflict
8. Refrain from harming
10. Galls
12. Leg bone
13. Rhine distributary
14. Recipe measurement
16. Chap
17. Useful book
19. Mountain Time
20. Snakelike fishes
21. Places where people live
25. US, Latin America, Canada belong to
26. Periodical
27. A type of sense
29. A way to get possession of
30. Everyone has one
31. Body art
32. Mr. October
39. Abba __, Israeli politician
41. Head movement
42. Jeweled headdress

43. VCR button
44. A way to change color
45. Basketball move
46. Upright stone slab
48. Forest-dwelling monkey
49. Pulsate steadily
50. Negative
51. Sino-Soviet bloc (abbr.)
52. Unit of work

CLUES DOWN

1. Island
2. Pittsburgh ballplayer
3. Chemical compound
4. Indicates density of data (abbr.)
5. Mesas
6. Wild, long-legged sheep
8. Engine additive
9. "CSI" actor George
11. Stony waste matter
14. Thyroid-stimulating hormone
15. Pores in a leaf's epidermis
18. Digraph

19. Married woman
20. Peripheral
22. Northern Italy city
23. Klutz
24. Type of tree
27. Witnessed
28. Popular breakfast food
29. __ Mahal
31. BoSox legend Williams
32. Professional drivers
33. Atom or molecule type
34. The Constitution State
35. Chest to store clothes (Scottish)
36. Type of solution
37. Speaker
38. Specifying
39. Formerly (archaic)
40. Wiseman and Krom are two
44. The bill in a restaurant
47. Tennis shot

SKIN CARE

WORD SEARCH

S E B U M D L Z T E C E M A H I F O D

O R H O N B L O D R X M Z E G T B G L Z E D E

S I L H E A T Z F E P C N B L E I T E

U H Y S G E F M C S Z A Z Y D Y A X A A

N I M P A U R H S C T I C P E S R U I L E

S I I F L S L P O C H O R C A S E D L E H

P P O Z L A X H E T L A I R U T X A N O H

O P C Y O R C M G I R L R I U T E M H F X

T P U P C A U N C S Y E A C R S S L X F

S P E O L H A B E C S D S S O B I T E T

M O A P C A Z D I L I E E N R A O O L D

G R Y N T L O L E X P R N O A D L G M G

E O M L F I A O O O R M R Y L E B S X

M S U P N S D I X P U T L S R N L Y Z B

I A H F E I T E N P I F P C S D S C U D

G C O H L N I M S N L G N I G A I T N A

N E N L A B T D R R O D P A I E O M T Z B N

R A F R D S I P E M O L A I E N T X D Y

B T O T X C Z M E S E D I M A R E C A Z

G I S S A H Y A L U R O N I C L X D H A

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

WORDS

ACIDS

ACNE

ANTI-AGING

ANTIOXIDANTS

CERAMIDES

CHARCOAL

CLEANSER

COLLAGEN

DRYNESS

ECZEMA

EMOLLIENT

EXFOLIATE

GLYCOLIC

HUMECTANT

HYALURONIC

MOISTURIZER

OILY

PEPTIDES

PORES

ROSACEA

SALICYLIC

SEBUM

SPF

SUN SPOTS

Fan support for the Oil



Note the sign and the Calgary dig.



A flag on a scaffolding at the back of the Culture and Events Centre.



Flags up for the Oil.

Many residents are showing their support for the Edmonton Oilers, each in their own way. Whether with flags/logos on their vehicles, homes, businesses or themselves. Here are three signs of support spotted last week, after the Oilers wrapped up their second-round playoff series.

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

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

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

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

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

KidsHelpPhone Ages 20 Years and Under

in Canada **1-800-668-6868** (Online or on the Phone). First Nations and Inuit Hope for Wellness 24/7 Help Line **1-855-242-3310**

Canadian Indian Residential Schools Crisis Line **1-866-925-4419**

Trans LifeLine – All Ages **1-877-330-6366**

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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3 pth Bale Spear
Bunch Rake
3 pth Rototiller
5' 3 pth Mower
JD Zero Turn Riding Lawn Mower

Recreational

Lund 14' Fishing Boat w/ 25 Hp Engine
Suzuki 200 Endura Trail Bike w/ 140 Kms
Skidoo Skandic Snowmobile w/ 200 Miles
2 - Honda Quads

Miscellaneous

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Sq Bale Feeders
Bale Feeders
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14" Band Saw
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- Ensure maintenance of safety and sanitation standards and policies
- Provide overall direction, coordination, and ongoing evaluation of operations.
- Understand basic asset management.
- Must be able to work other duties assigned.

QUALIFICATIONS AND EXPERIENCE

- 4-5 years' experience in the Food & Beverage Industry.
- 3-4 years demonstrated experience in supervisory within the Food & Beverage Industry.
- Experience in a casino setting preferred.
- Post secondary education in a related field preferred but not required.
- Training in management and employee development preferred but not required.
- Continuous training and education to keep abreast of changes in the industry and external environment.
- Excellent written and oral communication skills.
- Ability to meet deadlines in a rapidly changing business environment.
- Ability to work independently.
- Extensive food & beverage knowledge and ability to develop and apply practices, procedures, and principles in a casino environment.
- Developed writing skills sufficient to prepare written materials involving detailed descriptions and explanations requiring the accurate use of

- We are in the people business and therefore it is part of everyone's job to actively provide customer service. This means that for every customer that comes in, you will attempt to make eye contact, greet and welcome to our business. This also means that you must always be attentive to the customer's needs so there are no undue delays and we will serve our customers in a cheerful and efficient manner. Our service attitude also implies and obligation to each other. We must greet and acknowledge each other in a sincere professional way. And seek to assist each other wherever practical, thereby demonstrating that success is a shared experience among our teams. Excellent customer relations and team work are essential part of every job in this environment.
- specialized terminology.
- Self-planning skills sufficient to schedule, organize, and carry out work assignments according to established work plans, adjusting work schedules according to changing priorities.
- Developed judgment and problem solving skills sufficient to interpret and/or analyze factual and conceptual information with the ability to adapt general procedures or approaches when formulating responses to problems.
- Manages workload independently, and works well in teams.
- Develops security and systems knowledge through on the job experience.
- Must display leadership skills, the ability to multi-task and adjust to multiple jurisdictions.
- Smart Training course, preserve, deal US in phase 1, 2.
- Must be able to provide RCMP security clearance check.
- Working knowledge of MS Word, MS Excel, MS PowerPoint.

Contact: 780-779-2727 or Fax 780-706-7451
Visit our Website: www.eaglerivercasino.ca
How to Apply: Send resume to HR@eaglerivercasino.ca, mail or fax



Eagle River Casino & Travel Plaza

Restaurant Assistant Manager NOC 60030

RESPONSIBILITIES

- Plan, organize, direct, control and evaluate the operations of a restaurant, bar, or other food or beverage service
- Determine type of services to be offered and implement operational procedures
- Recruit staff and oversee staff training
- Set staff work schedules and monitor staff performance
- Control inventory, monitor revenues and modify procedures and prices
- Resolve customer complaints and ensure health and safety regulations are followed
- Negotiate arrangements with suppliers for food and other supplies
- Negotiate arrangements with clients for catering or use of facilities for banquets or receptions.

QUALIFICATIONS

- Completion of a college or other program related to hospitality or food and beverage service management is usually required.
- Responsible beverage service certification is usually required
- for managers of establishments serving alcoholic beverages.
- Several years of experience in the food service sector, including supervisory experience, are required.

Experience:

Education:

Language:

Employment Conditions:

Benefits Package:

Address:

Visit our Website:

How to Apply:

3 – 4 years.

Completion of secondary school is usually required. Terms of Employment: Permanent full-time 44-hour work week.


English

Shift work, Day, Evenings, Weekends, Holidays, Nights. Wage: \$26.00/hour Vision, Dental, and Health after a 90-day probation period. Location: Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada.

Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Canada T7S-1N3. Contact: 780-779-2727 or Fax 780-706-7451

www.eaglerivercasino.ca

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



Eagle River Casino & Travel Plaza

Now Hiring Cashiers NOC 65100

RESPONSIBILITIES

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

QUALIFICATIONS

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

Experience:

Education:

Terms of Employment:

Language:

Employment Conditions:

Wage:

Benefits Package:

Location:

Address:

Contact:

Visit our Website:

How to Apply:

2 – 3 years, or we will train.

Some post-secondary, high school may require.

Permanent full-time 40-hour work week.

English

Shift work, Day, Evenings, Weekends, Holidays, Nights.

\$15.00 per hour.

Vision, Dental, Health after 90-day probation period.

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

Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Canada T7S-1N3 780-779-2727 or Fax 780-706-7451

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Responding to growth: Residential building permits in Alberta

By Rob Roach
ATB ECONOMICS

The monthly numbers released this morning by Statistics Canada show an uptick in the value of residential building permits in Alberta in March.

Led by multiple-dwelling projects, permit value was up by 20% compared to March 2024.

The monthly numbers tend to be quite volatile, so it's important to look at the trend over a longer period. As the chart below shows, residential per-

mit values have been on a strong upward trend since 2022.

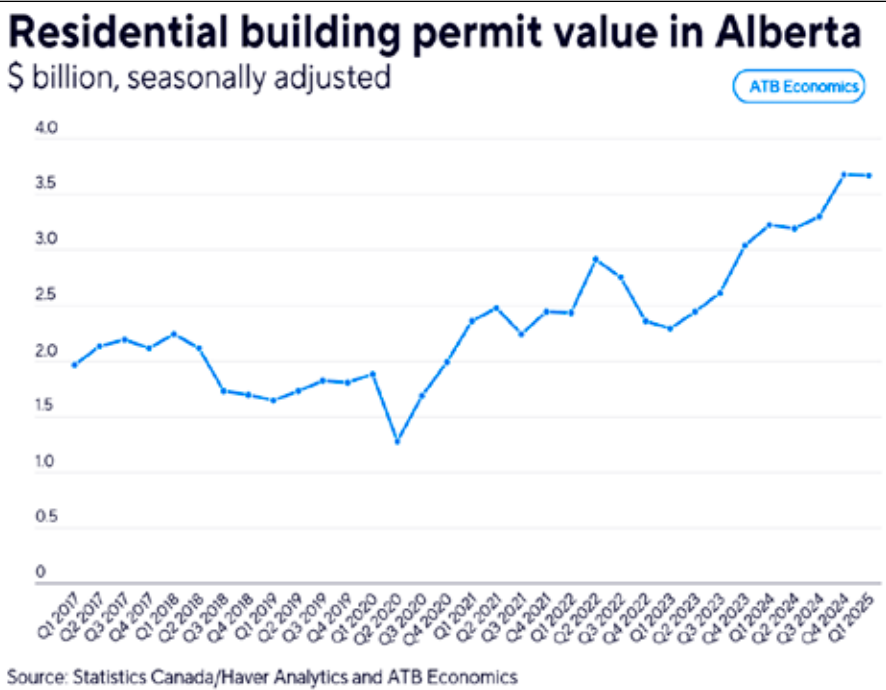
The upward trend in permit value is in keeping with the rapid pace of housing starts in the province.

Both the permit and housing starts trends point to the need for housing construction to continue to catch up to the population boom Alberta has been experiencing since 2023. Alberta's population growth was the highest in the country last year at 3.5%* with real-time estimates showing it

just passed the 5-million mark.

Although Alberta's population growth is forecast to slow, ongoing increases combined with the housing backlog will continue to support new residential construction in the province. Our current tracking sees housing starts cooling slightly to 45K this year from 47.8K in 2024, but this still represents a strong pace of new home construction in the province.

**Change between January 1, 2024 and January 1, 2025.*



NEED HELP? CALL ANYTIME! (24-7)

Mental Health Helpline 1-877-303-2642

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

A look at the local weather	Wed., May 21	Thu., May 22	Fri., May 23	Sat., May 24	Sun., May 25
P.O.P.	Mainly sunny	Chance of a shower	Scattered showers	Mainly sunny	Scattered showers
High	20%	40%	70%	30%	20%
Low	14°C	15°C	15°C	17°C	18°C
Wind	4°C	5°C	4°C	6°C	7°C
24-Hr Rain / Snow	W 14 km/h	W 8 km/h	N 7 km/h	E 12 km/h	SE 11 km/h
	-	-	-	-	-

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The Press

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Soaring Eagle Support Society

Offering support services for marginalized individuals

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

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



Recover Out Loud

- Mondays are in person, at the Family Worship Center upstairs, and online (hybrid) at 7:30pm
- Fridays 7:30pm at the Whitecourt Baptist Church in person only.

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



WHITECOURT
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Providing timely and
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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/>



Support group on Tuesdays 6:30pm - 8:30 pm. Our next series starts
Tuesday, February 4 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
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**If you know of any male requiring assistance, please
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@whitecourt_shelter

Shelter:

Wellspring Provides a Safe, Short Term, Supportive Residential
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Communities.

Child Support Program:

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

Preventative Education:

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



Family Resource & Crisis Centre

www.whitecourtshelter.ca

**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

Located at the United Church Basement on Legion
Street (formerly 5201 - 50 Street)

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The Press

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News Release



For Immediate Release

White Area Open House

Canfor along with its partners Millar Western, Alexis Nakota Sioux Nation and the Alexander First Nation will be holding two open houses at: MacKay Community Hall in MacKay, Alberta on June 10th from 4PM - 8PM and one at Goose Lake Community Hall in Lone Pine, Alberta June 11th from 4PM - 8PM. The general public and stakeholders will have the opportunity to review our planned activities for block and road development, harvesting, reforestation and herbicide treatment in the Hattanford, NoJack, Chip Lake, Hard Luck and Lone Pine areas . Public and stakeholder input is gathered and utilized to influence operations where site specific concerns are identified such as trails, camping areas, recreational areas etc.

Canfor would like to invite you to visit the MacKay and Goose Lake Community halls between 4PM - 8PM on June 10th & 11th for more information. Alternately, should you wish to visit the on-line forum please visit the Canfor website at <https://www.canforforestmanagement.ca/whitecourt>

DEVELOPMENT PERMITS

Are you starting a new construction project, planning to build a home, or expanding your business property? In Woodlands County, a development permit is your first step toward making your vision a reality—legally and safely.

- Ensure your project meets local bylaws
- Avoid costly delays or penalties
- Support smart, sustainable community growth

Whether you're building a garage, opening a new storefront, or expanding your home, Woodlands County is here to guide you through the development permit process.

- Learn what permits you need
 - Get step-by-step application support
 - Stay informed on zoning rules and timelines
- The Woodlands County Planning Department is here to help you every step of the way.
- For more information, please visit our website at <https://woodlands.ab.ca/p/planning-and-development>
- Or contact us at planning@woodlands.ab.ca or (780) 778 8400.

2025 TAX NOTICES

REMINDER TO ALL RATEPAYERS OF WOODLANDS COUNTY

Woodlands County mailed out the 2025 tax notices the week of May 12 - 16. Payments are due **Monday, June 30, 2025**. Penalties will be applied on payments made after June 30th.

A portion of property taxes go directly to the provincial government to help pay for the operations of Alberta's education system. The increased school requisition for 2025 is 12.5% higher than in 2024.

The portion that is used by the County to fund core services like road maintenance, fire protection, snow clearing, waste management, parks, community programs and more is increasing by 2.9% for 2025.

If you have not received your 2025 tax notice(s), please contact either Woodlands County office to request a copy.

Woodlands County Municipal Office #1 Woodlands Lane, Whitecourt, AB 780-778-8400 1-888-870-6315	Woodlands County Regional Office 61053A Highway 33, Fort Assiniboine, AB 780-584-3866 1-866-584-3866
---	--

Office Hours
8:15 am – 12:00 noon
1:00 pm – 4:30 pm

2025 MUNICIPAL CENSUS

This spring/summer, Woodlands County is conducting an online Census using a Secure Access Code (SAC) that will be mailed to County residents' current mailing address. This code will have instructions and a link to complete the census online.

Filling out your Census online is quick, secure, and eliminates the need for an in-person visit.

Visit censusalberta.ca/woodlands or scan the QR Code.

Complete the Census online by May 30 for a chance to win one of three \$500 Visa Gift Cards!

Early bird prizes include a load of gravel for two lucky winners, if completed by May 18.

Online responses are open from May 1 to May 30; however, if you are unable to complete it online, Census enumerators will be visiting door-to-door starting May 19 to collect information.

Other Participation Options:
You can also participate by calling the Fort Assiniboine Municipal Office at 780-584-3866 or toll-free at 1-866-584-3866.





DAVE KUSCH
Councillor for Assiniboine
Division 1
dave.kusch@woodlands.ab.ca
Phone: 780-778-9337




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



ALAN DEANE
Councillor for Whitecourt
Central Division 3
alan.deane@woodlands.ab.ca
Phone: 780-778-0694



JEREMY WILHELM
Councillor for
Whitecourt East Division 4
jeremy.wilhelm@woodlands.ab.ca
Phone: 780-773-6564



BRUCE PRESTIDGE
Councillor for Blue Ridge
Division 5
bruce.prestidge@woodlands.ab.ca
Phone: 780-778-3917



PETER KUELKEN
Councillor for Goose Lake/
Freeman River Division 6
peter.kuelken@woodlands.ab.ca
Phone: 780-284-2425



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



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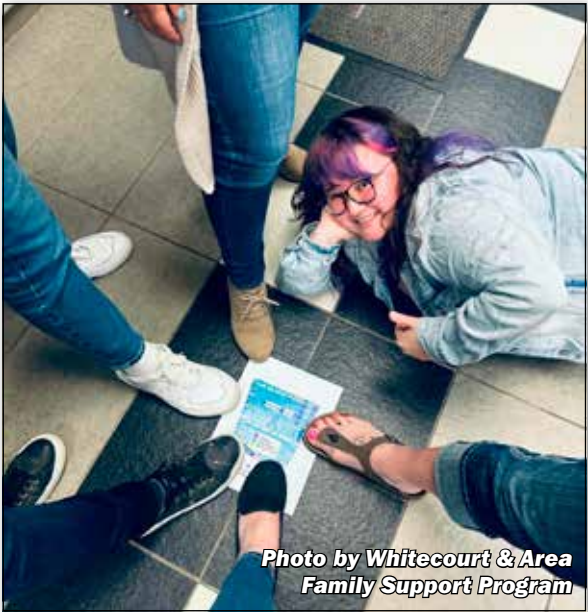


Photo by Whitecourt & Area Family Support Program

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The Press

www.whitecourtpress.com

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

Members of the Whitecourt & Area Family Support Program gather around a Denim Day poster to show their support for survivors of sexual violence on April 30.

Eagle River Casino & Travel Plaza

Executive Chef NOC 62200

Responsibilities:

- Plan and direct food preparation and cooking activities of several restaurants in an establishment, restaurant chains, hospitals or other establishments with food services
- Consult with clients regarding weddings, banquets and specialty functions
- Plan menus and ensure food meets quality standards
- Estimate food requirements and may estimate food and labour costs
- Supervise activities of sous-chefs, specialist chefs, chefs and cooks
- Arrange for equipment purchases and repairs
- Recruit and hire staff
- May prepare and cook food on a regular basis, or for special guests or functions.

Employment requirements

- Cook's trade certification or equivalent credentials, training and experience are required.
- The certifications of Certified Working Chef (CWC) and Certified Chef de Cuisine (CCC), administered by the Canadian Culinary Institute (CCI) of the Canadian Culinary Federation (CCF) preferred.
- Several years of experience in commercial food preparation, including two years in a supervisory capacity and experience as a sous-chef, specialist chef or chef.
- Red Seal endorsement preferred.
- Management training preferred.

Experience: 3-4 years
Education: Completion of secondary school preferred
Language: English
Terms of Employment: Permanent, full-time (44 hours/week)
Benefits Package: Vision, Dental, and Health after 90-day probation period.

Visit our website www.eaglerivercasino.ca
Address: Twp Rd 602A, HWY 32N Whitecourt, AB T7S 1N3
Phone: 780.779.2727
Fax: 780.706.7451
How to Apply: Send resume to hr@eaglerivercasino.ca, mail, or fax.

Eagle River Casino & Travel Plaza

Sous Chef NOC 62200

Primary Responsibilities

- Supervise activities of specialist chefs, chefs, cooks and other kitchen workers
- Demonstrate new cooking techniques and new equipment to cooking staff
- Prepare and cook complete meals or specialty foods, such as pastries, sauces, soups, salads, vegetables and meat, poultry and fish dishes, and create decorative food displays for special events such as banquets
- Instruct cooks in preparation, cooking, garnishing and presentation of food
- Create new recipes
- May plan menus and requisition food and kitchen supplies
- May prepare and cook meals or specialty foods.
- May requisition food and kitchen supplies.
- Supervise cooks and other kitchen staff

Employment requirements

- Cook's trade certification or equivalent credentials, training and experience are required.
- The certifications of Certified Working Chef (CWC) and Certified Chef de Cuisine (CCC), administered by the Canadian Culinary Institute (CCI) of the Canadian Culinary Federation (CCF) preferred.
- Red Seal endorsement preferred.
- Sous-chefs, specialist chefs and chefs require several years of experience in commercial food preparation.
- Completion of secondary school preferred.

Experience: 3-4 years
Education: Completion of secondary school preferred
Language: English
Terms of Employment: Permanent, full-time (44 hours/week)
Benefits Package: Vision, Dental, and Health after 90-day probation period.

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



Veggies and flowers growing together in the greenhouse.

continued from page 1

can do to help offset your grocery bill is nice.”

She said that one of the mistakes a new gardener can make when they get into the hobby for the first time is choosing time-consuming crops that yield lower harvests. One of her favourite vegetables to recommend is bush beans. “They are about a two-week harvest window, so you can reseed them every two weeks until July so that you have beans all summer,” explained Long.

By planting seeds into the ground every two weeks, residents can expect a harvest every two weeks for most of the growing season. If that sounds like a lot of beans, Long said she freezes hers to have the rest of the year. “If you lay them flat on a cookie sheet, freeze them and then vacuum pack them, you can stack them in your freezer to eat through the winter. Some people like to can them, but that does change the texture and taste a bit. If you have the room in your freezer, freezing them is

great.”

Three other favourites she recommends are potatoes, zucchini and carrots.

“We ate last year’s carrots until February of this year. It depends on the room you have to put them after you harvest them, but you can put away quite a bit,” she explained.

“You can put zucchini into every muffin you make, and it freezes pretty well.

I slice mine into rounds, freeze them flat on a cookie sheet, and then stack them in freezer bags. They look like a stack of coins. They are easy to break apart, and they aren’t a shredded mush. We use them however we want,” she said.

Depending on the room residents have for growing, tomatoes are another lower-maintenance option which are easy to wash, freeze whole and throw into soups. Onions are another veggie that can be chopped and frozen using a baking sheet and then bagged. “I still have bags of onions and tomatoes in the freezer from last year. They are prepped and ready for us to use, and it wasn’t

overly expensive to do that.”

Long said the main thing is to try. “I like to see people try new things. Go for the crazy looking tomato. It’s not going to kill you,” she laughed. “It might be black or yellow, and you might like it. We are growing one this year that smells like oranges. As you pick them, the leaves smell like oranges. It tricks your brain into thinking you’re eating an orange when you are eating a tomato. It doesn’t make it taste like oranges, though. It’s something fun and different,” she explained.

“Last year, I brought home a green cauliflower, and my family ate it better than the white cauliflower. They refused previously because it was green, but I guess if you keep putting it in front of them, they will eventually eat it,” she chuckled.

Those working with minimal space and planning to use pots can grow herbs, lettuces and tomatoes like plum, cherry or other dwarf varieties.

Bush beans, as Long suggested, can also be grown in pots, as can



Tomato plants can offer high yields.



A huge onion patch.

chives and scallions. Long said she has various plants available that would suit small-scale gardening and can help beginners get started on the right foot. “It’s good to see people interested in getting involved and wanting to grow things. It’s also fun to do.”

At the greenhouse, Long has grown her vegetable garden to 7,000 square feet, growing onions, tomatoes, celery, pickling cucumbers, peppers and more, gathering good advice to share along the way. “I’m running two operations simultaneously. The bedding and

nursery plants are sold until we sell out, sometime in June, and then the produce production typically takes over at that point, and we sell the produce at markets for the rest of the season.”

She invites residents to pop in with questions from 10-6 every day until the end of June. “Try something, even if it’s one pot or a small area, just go for it. The hardest thing is maintaining the weeds, so make sure you have the time to deal with what you have.” And for those with questions, Long said the staff are avid growers themselves. “We have

a good team, and if one of us doesn’t have the answer; we go to someone else who will know.”

One last thing Long said that regular and new gardeners might enjoy is getting involved with the Communities in Bloom committee through the Town of Whitecourt. “They have tremendous knowledge in that group, and that is invaluable. It’s a great organization to be part of.” Stay tuned for next week’s final article of this three-part series, where Long gives tips for dealing with deer and ways to protect your yard.

The Press

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Photo by Spruceview Lodge

Guests at Spruceview Lodge enjoy a lovely Mother's Day celebration on May 12, surrounded by flowers from Petals Plus Whitecourt, live harp music by Eileen, and treats like mimosas and croffles.

Money Matters

One Canadian Dollar = 0.71 US Dollar
at an exchange rate of 0.7147 (using nominal rate).

Dollar Values as of May 21, 2025

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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.

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

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