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**COMMUNITY NEWSPAPER** 

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HeartToHomeMeals.ca

\*Some conditions may apply.



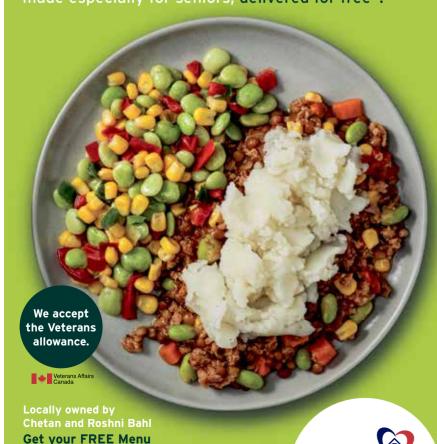


Two students from Pat Hardy Primary School, Riley Mitchell and Bhodon Mecredi, were among 304 students from across Alberta nominated for the prestigious Honouring Spirit: Indigenous Student Awards, which celebrate leadership, courage, and commitment to Indigenous culture and education. Riley Mitchell was one of only a handful of students in the entire province selected as a 2024 award recipient. Riley was honoured

continued on page 3

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**HEART TO** 

**HOME MEALS** 

# Oh, deer! - How to have gardens despite the four-legged pests



Long holding short and tall varieties of Marigolds and Salvia. See story page 2.



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# Oh, deer! – How to have gardens despite the four-legged pests

By Serena Lapointe

One frequently raised issue that Vanessa Long, owner of Twin Acres Greenhouse, hears from gardeners is the roaming deer who help themselves to gardens, shrubs, and flower beds, destroying hard work and wasting money. Though pretty to look at, the forest friends bring lots of problems to contend with.

Some plants are considered deer-resistant, and products exist to combat the issue, but that doesn't necessarily mean they will work. "There's really nothing that's guaranteed. You can invest in a motion-activated sprinkler system that will spray them in the face, but sometimes they get used to those. Deer-resistant doesn't mean the deer won't try because they will," said Long.

"Our neighbour has planted deer-resistant plants. They also have spinners around them, but I've seen the deer take a bite out of the Canas she plants, so, it's a catch-22." As opportunistic animals, some deer in one part of town might eat deer-resistant flowers or not be bothered by deterrents. Ahh, the joys.

"They don't communicate with each other, so just because one does something or something works with one deer doesn't mean they go tell the rest of the herd about it," laughed Long, adding, "They are better in the like that."

town and county, a dog might seem logical, but as Long said, even that can backfire. "Deer will generally back off when they see one, but you need a vigilant dog. Mine was lazy. It chased them during the day but not at night," she chuckled.

So, what are the best options? Long has some suggestions. "For annuals, the go-to is Marigolds. You can get them short or tall. We have ones that grow up to three feet tall or six inches off the ground. There's a huge variety there."

"Salvia is another one. You can get short and tall of that too. We have both annuals and perennials. Dusty Miller (Silver Dust) and Snapdragons are others. Those who've lived in Whitecourt, like our senior population, when they come, that's what they want because they know the deer don't go after it as much," she explained.

"Sage is another good one, as is Lemon balm. Potentillas, Ninebark and Peonies seem to stand up well too. As far as trees go, it's bad news. Deer will eat all trees unless it's a Spruce or Pine. Those are about the only two that are usually safe. They will go after everything else, so you must fence them or make a little cage around them until they are big enough." Some products on the market can offer protection. One smells like garlic and onions; strong freezer, for those that smells deer don't like that people can spray Aside from high onto their deer-loving fences, of which the flowers. "But that's not low," said Long. rules differ between to say they won't take

a chunk out of those plants anyway. I've had people tell me that they have planted all deer-resistant plants, and then the deer gets mad and rips everything out," said Long.

"They will also rut things they are not supposed to rut. We just had calls this morning about deer pushing over a tree in the middle of winter because they were pushing up against it while rutting," she explained. "They're fun animals," she sarcastically chuckled.

One idea, Long suggested, was to take a drive around the community and take note of the different kinds of plants residents have unprotected that are still intact and thriving, "If you can, take a picture of it (from the sidewalk) and come show us, and we will tell vou what it is. Because if the deer can access them and aren't eating them, those are the plants you want."

One type of plant that deer seem to dislike most is ornamental grass, which is why Long tends to use them often. "It cuts their palate. They don't have top teeth, so they squish their food up, and it cuts their mouth. When that happens, they aren't going to eat it again." She said any hollow grass with a sharp edge that could give a paper cut would be a good candidate for deer resistance in the garden and a smart addition to a flower bed. "That's why onions tend to work. They have a strong smell, tant plants might not find works. That's hopefully make the and they are also hol- guarantee the deer steer why Marigolds con- most of the growing

Newer plants show-



The final segment of our three-part gardening series with Twin Acres Greenhouse owner Vanessa Long focuses on deer and how to best deal with them, including deer-resistant varieties and tricks that might make all the difference.

ing promise for deer resistance include Artemesia, a large, silver trailing plant. "Argyranthemum is another one. The deer don't seem to love it. But as always, it depends on your herd," chuckled Long.

clear, but having them tinue to be one of the season, roaming hunnibble a plant is a lot top picks," said Long. gry deer or not.

different than having them outright eat it. Deer are known to have an incredible sense of smell, far surpassing human ability, so if a plant smells strong to you, it'll be much more so to a deer.

"Anything smelly Choosing deer-resis- is generally what I

Some people like to plant marigolds in their gardens, side by side with their vegetables, in hopes deer won't eat the surrounding plants. Long said she can provide advice at the greenhouse to help residents plan their gardens and

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# **Centennial Park Trail closures** in effect now until June 25

Access to Centennial Park at the 47 Street entrance will be closed May 22 through June 25, 2025. The area will be closed so that the asphalt trail can be removed and replaced.

• Residents that back on to the project area, including Chickadee Drive, Beaver Drive, and Park Drive, may

in the park area behind their property.

The trail closure will be marked with signs and barricades. Please do not enter the work site and avoid the active work zone.

The trail will be temporarily reopened to accommodate the June

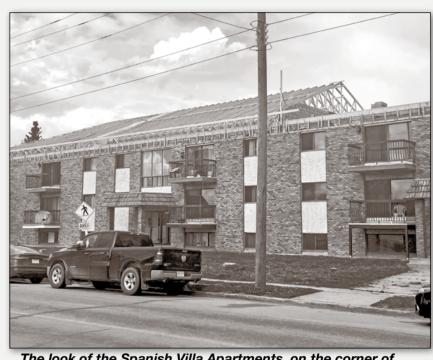
hear and see activity 7, 2025 Run 4 Fun event. Questions can be directed to Andre Blanchard, an E-Construction representative, at 780-983-3244.

The Centennial Park Pathway Improvement Project began in 2024, and will be completed 2026. Work involves widening of the pathway, as well as surface

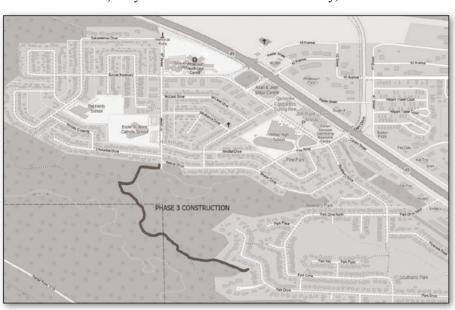
and drainage improvements. This project is funded in part by the Government of Cana-

Residents are encouraged to use alternate walking routes in the area. For further information on the trail system please download our mobile app and explore Whitecourt's outdoor spaces using our trail map features.

# Raising the roof



The look of the Spanish Villa Apartments, on the corner of 47 Street and 55 Avenue, will soon be dramatically changed. Crews were working on the brand-new peaked roof on Friday afternoon, replacing the long-time flat roof. Large trusses were lining roughly half of the roof's surface. The project, which has been ongoing for a while, looks to be heading towards the finish line and is just one of several significant construction projects happening in the community.





# Adding up: Population trends in Alberta

By Rob Roach ATB ECONOMICS

As Alberta (and everywhere else) deals with the economic fallout from U.S. trade policy under President Trump, the activity spurred by its population growth will help it weather the storm. When you stop to add it up, it's an impressive demographic story in which Alberta leads the country.

At the same time, the province's recent growth spurt presents challenges as job creation, housing and infrastructure try to catch up. Longer-term demographic forces include a growing proportion of seniors and ongoing urbanization.

To help get our heads around this, we've pulled together the key demographic stats into a handy new report that we will update as new data become available.

# **Key trends include:**

 Canada's population star - Alberta's annual population growth has outpaced every other province and territory for two years in a row. Over 24 months ending July 1, 2024, Alberta added just shy of 378,000 new residents. According to Statistics Canada's real-time population clock, Alberta hit the 5-million mark on May 11.

international An affair - The annual

number of immigrants arriving in Alberta reached a record high in 2024 at over 60,000. An even bigger story, however, has been the meteoric rise in the number of net non-permanent

residents (NPRs) added to Alberta's population. Alberta added 91,260 NPRs in 2024 compared to 11,497 two years earlier.

• Welcome neighbour - Alberta recorded a near-record net gain of 43,750 residents from other parts of Canada last year.

• Baby steps - Natural increase added over 15,000 people to Alberta's population last year. The Atlantic provinces, Quebec and B.C. all experienced natural decrease last year.

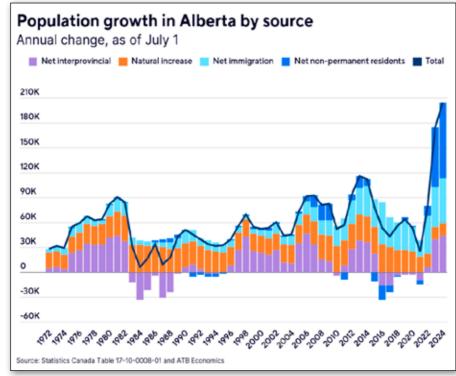
# Looking ahead at where the trends are pointing:

Growth will continue - Alberta is on track to add more people in the years and decades ahead, but at a more moderate pace than we've seen in recent vears.

- The population will get older - The proportion of seniors in the population will increase, but will remain lower than in the country as a whole.
- Even more urban -Urban centers and the surrounding areas are projected to see the strongest population growth and account for the vast majority of overall population gains.

# continued from page 1

at a special ceremony held at the Alberta Legislature Building. where recipients were recognized for their achievements. Staff at Pat Hardy School expressed pride in both students for representing the school and the Whitecourt community with such distinction.



# Midlife career change: where can you take your skills?

(NC) People are liv- its greatest resourcing longer than ever before, and they're also spending more of that life in the workforce. So, is it any wonder that the number of professionals starting a second career is at an all-time high? It can be a great way to take the skills and experience you've earned over the years and apply them in a new field or direction. Unsure where to take that earned expertise or where it can make a meaningful impact? Here's something you might not have considered:

International development. There's a growing movement to try and make the world a better place by addressing issues of poverty, discrimination, and injustice in developing nations that don't always have the resources or infrastructure to make a largescale impact on their

As part of this movement, Canada is starting to leverage one of es—its people. Initiatives like the Technical Assistance Partnership (TAP) project are bringing Canadian experts in a diverse range of fields to partner nations.

You can apply your earned skills in unexpected places. After a 35-year career serving in the RCMP, one Canadian financial crime specialist brought his expertise to Paraguay's Economic Crimes and Anti-Corruption Unit. He's been providing them with training, as well as spreading education and awareness more broadly in the country. This helps fight back against corruption, money laundering and organized crime.

Where will your career take vou? You don't have to be an RCMP veteran to make a real difference. From communications agency fighting cyberbullving in Tunisia to the women strengthening Nigeria's healthcare system, local lead-



ers are bringing their skills and knowledge to partner nations around world. They're making an impact that benefits us all.

Learn more from the

new podcast, Canadian Changemakers, that's bringing stories about the local leaders makwaves overseas tap-pat.ca/canadian-changemakers.



Congratulations to all the 2025 Spirit of Youth recipients! The evening was filled with recognition, celebration, and magic. Appreciation is extended to the volunteers who contributed to the success of the event, including the Whitecourt Youth Advisory Committee, Whitecourt & District Public Library, and Woodlands County. Thanks are also given to the sponsors: Microtel Inn & Suites, K & C Graphics, Tim Hortons, McDonald's, Dairy Queen, and Booster Juice. Most importantly, gratitude goes to the deserving youth and their families and friends who came out to celebrate.





The Seasons Change **And Time Slips Away But Forever In Our Hearts** The Memories Of You Will Always Stay

Love from your family and friends

# 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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4216 Elko Drive Whitecourt, AB



1st Call Safety and Consulting Ltd. has made a generous donation of a new baseball pitching machine to support students at Whitecourt Central School. Staff and students are grateful for the contribution, which will benefit school sports for years to come.



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   Clergy / Church and Halls
   Grief Support
  - Assistance with CPP Applications



# Whitecourt Minor Ball hits a home run with bottle drive

Obituary Notices





Whitecourt Minor Ball players brave the spring rain with smiles and determination as they go door-to-door collecting bottles during the annual fundraiser on May 20.



An impressive 1,932 bags of bottles were gathered by players, volunteers, and families—showcasing the overwhelming support from the Whitecourt community.

### By Haylee Winger

The streets of White-court were alive with teamwork, determination, and community spirit last week on May 20 as players from Whitecourt Minor Ball – Baseball and Softball – took to neighborhoods in a door-to-door

bottle drive that raised both funds and smiles, even under a steady spring rain.

A total of 1,932 bags of bottles were collected by the young athletes, volunteers, and families involved in the

continued on page 10







Alberta and NWT for \$269 (up to 25 words) \$8.00 each additional word. These ads are placed in over 100 community newspapers throughout Alberta. We can also place ads in other provinces throughout Canada.





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# Employment Opportunities

THE LAKESIDE LEADER is hiring a reporter/photographer for an ongoing, full-time position in Slave Lake. Must have own car and camera. Email resume to: joemc@lakesideleader. com.

### Farm Machinery

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FORAGE SEED FOR SALE: Organic & Conventional:

Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

### For Sale

WHITE SPRUCE TREES: 5' average \$50. Installation ONLY \$19. Includes: hole augered, Wurzel Dip enzyme injection, bark mulch application, staking. Minimum order 25. One-time fuel charge: \$150 - 225. Crystal Springs. 403-820-0961. Quality guaranteed.

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



# SCHOOL NEWS



Pat Hardy's Grade 3 students had an exciting science day at Carson Pegasus! They explored nature, conducted hands-on experiments, and learned about local wildlife. The students were full of curiosity as they asked questions, made observations, and worked together on fun science activities. It was a day full of discovery, teamwork, and outdoor learning that left everyone inspired and excited about science.



Spring has sprung in Miss Chamzuk's Kindergarten class at Pat Hardy School, where students got their hands dirty planting flowers.

# **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

P.O.P. High Low Wind 24-Hr Rain / Snow Wed., May 28
Mainly sunny
20%
26°C
13°C
NE 8 km/h

Thu., May 29
Chance of a thunderstorms
60%
27°C
10°C
E 11 km/h

~1mm

Fri., May 30
Sunny
10%
21°C
9°C
NW 18 km/h



Sat., May 3 Sunny 10% 20°C 9°C W 28 km/h



Sun., Jun. 1
Sunny
10%
18°C
8°C
W 21 km/h

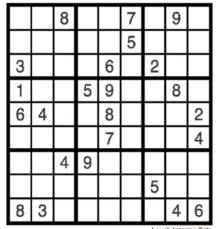




SEE SOLUTIONS PAGE 15



# **SUDOKU**



Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



### Here's How It Works:

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

# Crossword Clues

### **CLUES ACROSS**

- 1. Bring up
- 7. Child
- 10. Formal written defense
- 12. Bangladeshi currency
- 13. Burial site
- 14. In the lead
- 15. Large recesses in a church
- 16. Count on
- 17. Defunct phone company
- 18. Golf scores
- 19. Afflicts
- 21. Defensive nuclear weapon
- 22. Prominence
- 27. "The Great Lakes

# State'

- 28. SoCal ballplayer
- 33. Location of White House
- 34. Magnificence
- 36. Hip hop songstress
- 37. Capital of Yemen
- 38. \_\_ Blyton, children's author
- 39. Bomb
- 40. Pancake made of buckwheat flour
- 41. Pinkish-violet color
- 44. A way to make right 45. Monument to one
- buried elsewhere
- 48. Region south of Dead Sea
- 49. Acts out against
- 50. Harsh cry of a crow

### 51. Formal title for a woman

# **CLUES DOWN**

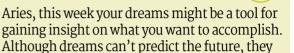
- 1. Kitchen devices
- 2. Wings
- 3. Mythological birds
- 4. Everyone has one
- 5. Matchstick game
- 6. Bar bill
- 7. Weights
- 8. Satisfactorily
- 9. Small amount
- 10. Tree types
- 11. Small protuberances
- 12. Equivalent of 100K BTU
- 14. Type of horse
- 17. More (Spanish)
- 18. Argentinian province
- 20. A bad act
- 23. Moving in a circular way

# 24. Battery type

- 25. Atomic #58
- 26. Popular breakfast food
- 29. An alternative
- 30. Tooth caregiver
- 31. A way to conform
- 32. Disfigured men
- 35. Cool!
- 36. Genus of mosses
- 38. Body part
- 40. Kashmiri people
- 41. Round water pot
- 42. Something to
- purchase 43. Emit coherent
- radiation
- 44. Indicates 10
- 45. Advertising metric
- 46. Pitching stat
- 47. Head movement

# **CROSSWORDS HOROSCOPE**

(March 21 - April 20)



# TAURUS

(April 21 - May 21)



Follow your instincts this week, Taurus, even if you're more prone to reason than whimsy. Let the chips fall where they may and go with the flow.

# **GEMINI**

(May 22 - June 21)

This week can be all about feeding your mind, Gemini. Walk around a bookstore and pick up the first book that catches your eye, regardless of its subject matter.

### CANCER

(June 22 - July 22)



Something may be worrying you lately, Cancer, but you can't exactly put your finger on it. Talk about your feelings with others as another person may have a different perspective.

(July 23 - August 23)

Leo, seize an opportunity to pursue the things that you want most of all. Use this week to map out a plan and then get started on all of the steps before you reach your goal.

### VIRGO

(August 24 - September 22)

Check out ways that you can advance your career or education this week. The energy around you is favoring growth, so now is the time to take advantage and learn a new skill.

# **LIBRA**

(September 23 - October 23)



Others trust your opinions because your intuition tends to be spot on, Libra. When a friend comes to you this week asking for some advice, you will not hesitate.

# SCORPIO

(October 24 - November 22)

Use your creativity to make things happen this week, Scorpio. This may not produce a finished product, but it could be about an innovative way to approach a task or problem.

# **SAGITTARIUS**

(Nov. 23 - Dec. 21)



Figure out some new ways to expand your horizons this week, Sagittarius. Identify means to personal growth, including educational opportunities.



Capricorn, it is important to step out of your routine every so often to increase your knowledge and expand your horizons. This is one of those weeks to do so.

(January 21 - February 18)

Are you satisfied with your career, Aquarius? If you have been mulling a career change, this could be the week to start moving your chess pieces around.

# PISCES

(February 19 - March 20)



Pisces, don't worry too much about the changes that lie ahead this week. You have a more adaptable nature than you might realize. As changes come your way, embrace them.

# SPRING HAS SPRUNG WORD SEARCH



Z В D P W G R Т Z Ε Ε S Z G U C K K G C S В Z U S 0 U Ι L Ι W T N Ι D Ι W G C F K Ι C U D C 0 Т N 0 Ι Н U W N R Ι Н N S N 0 D S S K K 0 Т L Ι S U Ε T Ι G Ε Ι R N W W R Ι Н U Ε 0 C G C Z Α Н R L Н G 0 S Ε T S C P Ι 0 Ε D Н Т D N Ι R Ρ N W D 0 S N U U W U 0 Ι G Ι Ε Ι T Υ N Κ Н L N Ι D Т S Ε Υ Т N N Ε S Ε G Ι Ε Υ G G 0 Ε N Α D т Ι F C Н R G G N N Н М G Ι N С G М D F С Ι Ρ Z Ι Т Ι G U G В R G Ε U Ε D В D Ε F S Ι С С P R 0 Z F В R Ν Α Κ Н Ε W D Ι S S Ι Κ R Т Α W В Κ R Α Ε N В Α Ε Ε Z C G W Α U R D Т Ε Н U D W S Ρ F S R 0 0 М S Т Ι F Ε K U В М В В Α

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

Ρ

D

WORDS

**APRIL AWAKENING**  **BLOOMS** BREEZE BUDDING BUNNY

G

Υ

R

0

W

**CHIRPING** EGGS **FLOWERS GARDEN** 

R

Α

Z

**GREEN GROWS INSECTS NEST** 

G

В

Κ

Α

POLLEN REBIRTH SAPLING SHOWERS **SPRING SUNNY SUNSHINE TREES** 

Ι

N

F



# life is in danger know

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 1-8 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

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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# PUBLIC NOTIC



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# **NOTICE OF DECISION**

The following decision was made by the Municipal Planning Commission:

Application W25-355: Lot A, Plan 1322740 55 Edge Water Crescent – Approved with conditions.

Date of Decisions: May 22, 2025 Appeal Closes at 4:00pm: June 12, 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.

# **REQUEST FOR PROPOSAL**

Current opportunities are posted on the Town's website and when required opportunities are posted on purchasing connection.ca. Currently, Whitecourt has the following opportunities:

Allan & Jean Millar Centre Wellness Services. Closes: June 6, 2025 at

For further details on any of these opportunities visit www.whitecourt.ca and search the project title.



# **Eagle River Casino & Travel Plaza**

# Now Hiring Food & Beverage Supervisor

# **DUTIES AND REPONSIBILITIES**

- Actively promotes an environment conducive to high quality customer service and employee relations by being a positive leadership example.
- · Assist for scheduling, disciplinary actions, training and mentoring for staff of food and beverage
- · Inventory each month
- Work with Marketing & Advertising to promote
- the food & beverage outlets. · Understand security requirements.
- · 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
- Must be able to provide RCMP security clearance
- 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

PAGE





# **Eagle River Casino & Travel Plaza**

# **Restaurant Assistant Manager NOC 60030**

### **REPONSIBILITIES**

- · 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
- **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

- 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.

for managers of establishments serving alcoholic beverages.

 Several years of experience in the food service sector, including supervisory experience, are

**Experience:** 

**Education:** Completion of secondary school is usually

required. Terms of Employment: Permanent

full-time 44-hour work week.

**English** Language:

**Employment Conditions:** Shift work, Day, Evenings, Weekends,

Holidays, Nights. Wage: \$26.00/hour **Benefits Package:** 

Vision, Dental, and Health after a 90-day probation period. Location: Twp.Rd.602A, Hwy 32 North, Whitecourt, AB Canada.

**Address:** Eagle River Casino & Travel Plaza P.O Box 10 Whitecourt, Alberta Canada T7S-1N3.

Contact: 780-779-2727 or Fax 780-706-7451

**Visit our Website:** www.eaglerivercasino.ca

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

mail or fax.

# **Eagle River Casino & Travel Plaza Now Hiring Cashiers NOC 65100**

### **REPONSIBILITIES**

- · 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

### **QUALIFICATIONS**

**Contact:** 

- 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

- card payments
- Scan Itéms
- Tabulate total payment for goods or services
- 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

be required for cashiers working in gambling casinos.

- Must be able to complete Smart training courses
- · Must be able to complete AML

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

**Education:** Some post-secondary, high school may

Permanent full-time 40-hour work week. **Terms of Employment:** 

English Language:

**Employment Conditions:** Shift work, Day, Evenings, Weekends,

Holidays, Nights. \$15.00 per hour.

Wage: Vision, Dental, Health after 90-day probation **Benefits Package:** 

Location: Twp.Rd.602A, Hwy 32 North, Whitecourt, AB

Canada.

Address: Eagle River Casino & Travel Plaza P.O Box 10

> Whitecourt, Alberta Canada T7S-1N3 780-779-2727 or Fax 780-706-7451

**Visit our Website:** www.eaglerivercasino.ca

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

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Athlete's Foot **Ankle Sprains Diabetic Foot Care** Forefoot Pain Ingrown Toenails



Dr. Ben Sefcik, DPM **Podiatrist** 

# **Grande Prairie**

**Parkland Medical** Centre #202, 10127 121 Ave Grande Prairie, AB

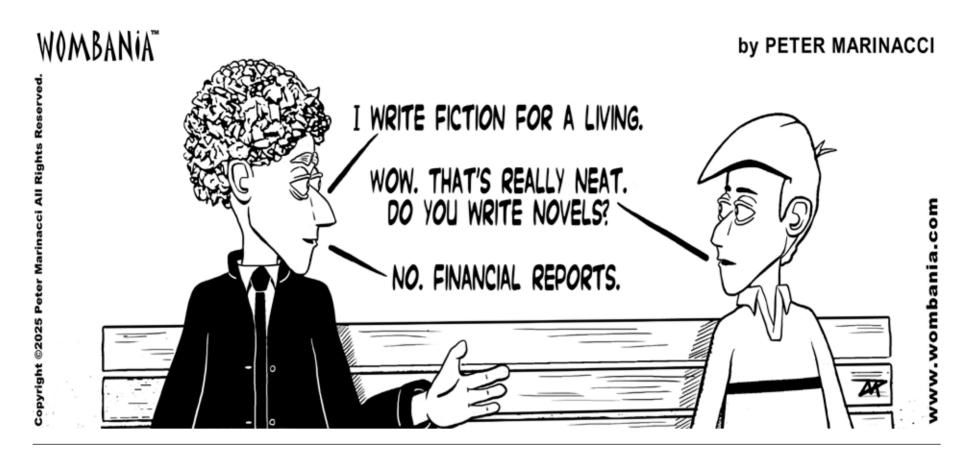
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**Pharmasave** 5112 50 St. Whitecourt, AB

**Evolution Foot and Ankle Clinic** www.bensefcikdpm.com



# CUPW begins legal strike action with nationwide overtime ban—Canada Post continues operations, but delivery delays expected

The Canadian Union of Postal Workers (CUPW) officially launched a nationwide overtime ban today, marking the start of legal strike action by employees in both its Urban and Rural and Suburban Mail Carrier (RSMC) bargaining units.

Starting at midnight local time on May 23, CUPW members have refused to work any overtime hours. While unionized postal workers will continue their regular duties, the refusal to work overtime is expected to reduce operational flexibility at Canada Post, potentially causing delays in mail and parcel deliv-

eries. Despite this disruption, Canada Post confirms it remains fully operational for now, with no full work stoppages or rotating strikes reported.

The union describes the overtime ban as a necessary and measured step after months of stalled negotiations. CUPW representatives say workers face increasing workloads, especially in parcel delivery, without adequate compensation or improved working conditions. Rising parcel volumes in recent years have added pressure to postal workers, who argue they are being asked to do more while their wages and

support have not kept pace.

By imposing an overtime ban, CUPW aims to pressure Canada Post to address these issues while still maintaining essential postal services. The strike action is fully legal under the current labor laws and is intended to escalate negotiations without completely halting mail delivery.

On May 21, Canada Post presented CUPW with "global offers" designed to address union concerns while balancing the corporation's financial realities. These offers include proposed wage increases, the removal of some contentious contract items, and adjustments aimed at helping Canada Post remain competitive, particularly in the increasingly important parcel delivery business.

Canada Post has made the full details of these offers publicly available at canadapost.ca/offers and has expressed willingness to resume negotiations with the help of mediators at any time.

The overtime ban has already coincided with a noticeable drop in parcel and mail volumes as businesses and individuals prepare for possible disruptions. Both CUPW and Canada Post acknowledge that the situation remains fluid. There are currently no plans for rotating strikes or full work stoppages, but if talks continue to stall, further escalation in strike activities could occur.

Canada Post warns

that a full labor disruption would have serious consequences not only for the company's financial stability but also for millions of Canadians and businesses that rely on timely postal services. The union, meanwhile, insists that stronger action may be needed to achieve fair treatment and sustainable working conditions.

Postal services are

vital to everyday life across Canada—from delivering bills and government communications to supporting e-commerce and small businesses with parcel shipments. A prolonged labor dispute risks significant delays, increased costs, and disruptions to Canadians' daily routines.

Both CUPW and Canada Post say they remain committed to resolving their differences through negotiation, but significant gaps persist. The coming days and weeks will be critical as the two sides work to find common ground before the dispute escalates further.

## continued from page 5

large-scale fundraising event. The effort was organized to support the association's growing programs, which rely heavily on community fundraising to help keep costs manageable for local families.

"Whitecourt Minor Ball is thrilled with the support of the community! The players were welcomed warmly, bottles and cans were provided generously, and cash donations were a lovely surprise! What has now become an annual fundraiser for the entire Association has been such a success—not only for the monetary support for ball, but for the bonding amongst players of all ages!" said the Whitecourt Minor Ball communications coordinator.

The Whitecourt Bottle Depot played a key role in the event's success, opening its doors exclusively to the group that evening to help manage the high volume of bags coming in. Adding to the celebratory spirit, Selectest Services generously provided freezies to participants, handing them out as a thank-you to the hardworking kids who braved the rain.

Even one of the youngest members of the association showed

impressive dedication. five year-old Vayda Shostak, was out collecting bottles with the same energy and determination as her older teammates.

"I liked asking for the bottles and grabbing the bottles. It made me happy," said Vayda, while reminiscing about the event.

Funds raised will go toward helping ensure that baseball and softball remain affordable and accessible for families in the Whitecourt area. The organization continues to grow each year, supported by a strong network of volunteers and the generosity of the community.

For many players, the day was more than just a fundraiser—it was a chance to connect with teammates, give back to the sport they love, and experience the value of working together toward a shared goal.



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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** 



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/



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

# LORNE'S BLANKET

is transitional housing for men.

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

If you know of any male requiring assistance, please Call Lorne's Blanket at 780-778-0952



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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:** 

Ongoing Support, Advocacy, Follow-Up & Support Groups for Women, Men and Youth in Whitecourt and Surrounding Communities.

Child Support Program:

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

Preventative Education:

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

Family Resource & Crisis Centre www.whitecourtshelter.ca

Whitecourt Alcoholics **Anonymous Group** 



# Meetings are three times each week

- 8:00 pm 9:00 pm Monday
- Wednesday 8:00 pm 9:00 pm
- 8:00 pm 9:00 pm Friday

Located at the United Church Basement on Legion Street (formerly 5201 – 50 Street) Please Leave a Message for Our AA member or

Contact Addictions Helpline @1(866)332-2322



# **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 11<sup>th</sup> 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 10<sup>th</sup> & 11<sup>th</sup> for more information. Alternately, should you wish to visit the on-line forum please visit the Canfor website at https://www.canforforestmanagement.ca/whitecourt





**THIS IS YOUR CO-OP.** Every Pembina West Co-op member is an owner, and as an owner, you can and should have a say in your business.

The Pembina West Co-op Board of Directors invites all members to attend our Annual General Meeting.

## **ITEMS FOR CONSIDERATION:**

- · Election of Directors
- · Appointment of an auditor

# DIRECTOR NOMINATIONS CLOSE JUNE 10, 2025.

Find more information in-store or on our website at pembinawestco-op.crs

MAYERTHORPE INFORMATION SESSION TUE, JUNE 24

**6:30pm** REGISTRATION

7:00pm CALL TO ORDER MAYERTHORPE LEGION 5111 45 AVE

THIS SESSION IS INFORMATION ONLY

ANNUAL GENERAL MEETING WED, JUNE 25

6:30PM
REGISTRATION
7:00PM
CALL TO ORDER

BARRHEAD SENIOR'S DROP IN CENTRE 5437 49 STREET







# **2025 Virtual Open House** - Forestry Activities

This spring, Canfor Whitecourt will be running a virtual open house to showcase our operational forestry plans for the upcoming year. The general public and stakeholders will have the opportunity to review our planned forestry activities, which include road development, harvesting, reclamation, reforestation and herbicide treatment for the 2025-2026 forestry year. The general public and stakeholders have the opportunity to provide input, which is gathered and utilized to influence operations where site specific concerns are identified such as trails, camping areas, recreational areas, or other areas of interest.

## Please visit us at

www.canforforestmanagement.ca/whitecourt

to view maps of our operational plans, which are available for all areas in which Canfor Whitecourt operates. This is your opportunity to influence our plans, so we would appreciate any comments and concerns that you may have.

For more information, contact:

Dan Philippot | wctplans@canfor.com

PAGE

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# Alberta Newsprint Please check out our website at albertanewsprint.com Company For all open career opportunities, albertanewsprint.com $\rightarrow$ Careers.

# **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.

Online responses are open from May 1 to July 18; 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.









ALAN DEANE





BRUCE PRESTINGE



PETER KUELKEN







# **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

# **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.

- 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.
- 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:** 

**Education:** Completion of secondary school preferred

English Language:

**Terms of Employment:** Permanent, full-time (44 hours/week) Vision, Dental, and Health after 90-day probation **Benefits Package:** 

Visit our website www.eaglerivercasino.ca

Twp Rd 602A, HWY 32N Whitecourt, AB T7S 1N3 Address: 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

# **Employment requirements**

- Cook's trade certification or equivalent credentials, training and experience are
- The certifications of Certified Working Chef (CWC) and Certified Chef de Cuisine (CCC), administered by the Canadian Culinary Institute (CCI) of the Canadian

- 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
- · May requisition food and kitchen supplies.
- Supervise cooks and other kitchen staff

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:** 

Completion of secondary school preferred **Education:** 

English Language:

**Terms of Employment:** Permanent, full-time (44 hours/week)

Vision, Dental, and Health after 90-day probation **Benefits Package:** 

Visit our website www.eaglerivercasino.ca

Twp Rd 602A, HWY 32N Whitecourt, AB T7S 1N3 Address:

**Phone:** 780.779.2727 Fax: 780.706.7451

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

# Alberta enhancing women's health by improving testing for vaginal infections

Precision Alberta Laboratories (APL) has introduced new molecular testing technology that can accurately identify common vaginal infections (also known as vaginitis) in women, sooner.

"APL recognizes the importance of women's health and is making investments to advance in this area," says Dr. Carolyn O'Hara, Interim Chief Medical Laboratory Officer, APL. "We are committed to using innovative healthcare technologies to meet the needs of women across Alberta."

Alberta is now using molecular testing to detect infections such as bacterial vaginosis, candida and trichomoniasis. This method



makes for an accurate and more immediate diagnosis, leading to quicker treatment and improved health outcomes - and it's also better at detecting co-infections. Molecular testing can reduce the time it takes to get

results from 72 hours to just 24 hours.

"It's great to see Alberta offer improved technology to benefit women's sexual health," says Tammy Hofer, Chief Operating Officer, APL. "Many women are not aware of the importance of being tested for these types of infections, or even that testing exists to help identify them. It's important that healthcare providers encourage their patients experiencing symptoms to get tested.'

These infections are more than just an annovance for women, they can have serious health impacts. Untreated bacterial vaginosis infections can lead to an increased risk of complications such as other STIs, pelvic inflammatory disease and cervicitis, as well as pregnancy-related concerns such as premature delivery, low birthweight and pregnancy loss.

Common vaginal infections can be passed between partners, making it difficult to identify and break the cycle of infection, particularly if symptoms are not presented by both partners. Because of this, women are encouraged to get tested at the immediate sign of vaginal symptoms for any of these infections, including excessive discharge, strong odor, itching, or discomfort during intercourse.

Women in Alberta can request testing for these infections with their local healthcare providers throughout Alberta. To get tested and find a provider, visit: Sexual and Reproductive Health | Alberta Health Services.

Alberta Precision Laboratories is a wholowned subsidiary of Alberta Health Services, delivering high-quality, responsive diagnostic lab services to Albertans across our healthcare system.







Whitecourt Fire Department's newest recruits celebrate a major milestone after receiving their pagers—officially stepping into their roles as on-call firefighters.

# **PUZZLES SOLUTIONS**

# **WORD SEARCH**

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# **CROSSWORDS**



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# **Money Matters**

One Canadian Dollar = 0.72 US Dollar at an exchange rate of 0.7231 (using nominal rate).



Dollar Values as of May 28, 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.





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.









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