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COMMUNITY NEWSPAPER



The Press

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Canada

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Reminiscing with residents: Spruce View Lodge edition featuring Morley White



Local artist Morley White is the next long-time resident to join the Reminiscing with Residents series, sharing his experiences of growing up in Whitecourt. This November, White turns 96, and we are thrilled to share his story with readers. Pictured is Morley White and a photocopy of his moose painting.



One of Morley's handmade cabins.

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By Serena Lapointe

At 95 years young, Morley Clifford White is a soft-spoken storyteller. He has been living at Spruce View Lodge for nearly two years and has been a resident of Whitecourt since he was about hip height, give or take three years old.

Born on November 16, 1929, in the Grasslands, White has lived through experiences that most people have not. His parents came

into Canada from the United States early in the twenties and, through a government program, were able to purchase a property in the Grasslands. "They found a possibility that suited them. It had a creek that ran through the property with lots of fish in it and beavers," recalled White.

When asked about his earliest memory, White said it was of life on the Whitecourt homestead with his big family. "It

would be when I was about ten years old. I had fifteen brothers and sisters, and I was right in the middle. There were nine sisters and seven brothers. It was natural to have a big family like that. I didn't know any different."

One of the pictures in White's living quarters at Spruce View is of six of the siblings, including him, and one of the friendliest animals on

continued on page 5



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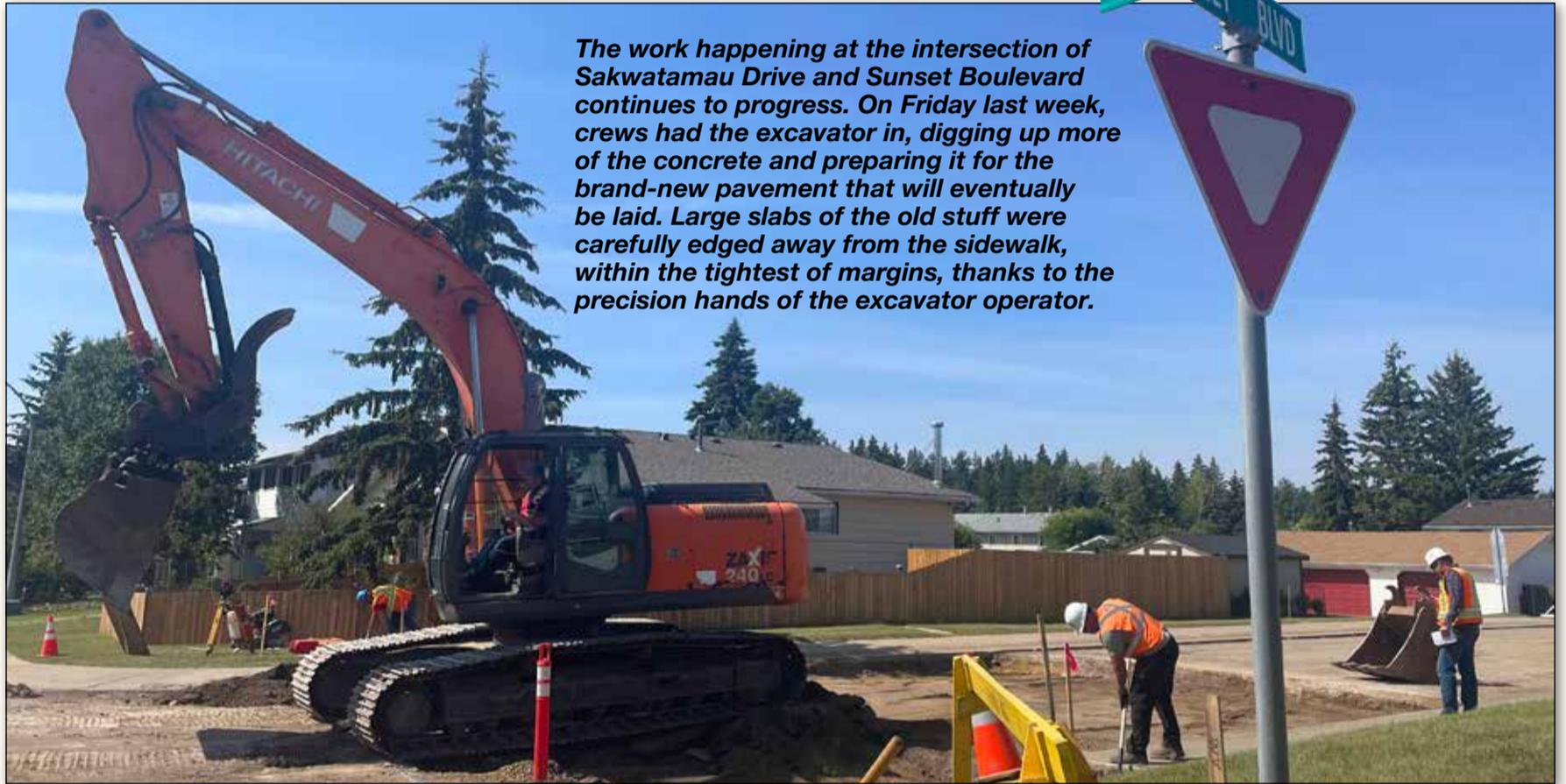
Dig this! Road gets a facelift



Another big chunk of pavement gone.



Much of the pavement in the intersection had already been lifted.



The work happening at the intersection of Sakwatamau Drive and Sunset Boulevard continues to progress. On Friday last week, crews had the excavator in, digging up more of the concrete and preparing it for the brand-new pavement that will eventually be laid. Large slabs of the old stuff were carefully edged away from the sidewalk, within the tightest of margins, thanks to the precision hands of the excavator operator.

The corner of Sakwatamau Dr and Sunset Boulevard.



Town of Whitecourt photo

Book your free FireSmart Home Assessment with the Whitecourt Fire Department and learn how you could qualify for funding to reduce wildfire risk on your property.



Mike and Rebecca's NoFrills generously donated some much needed pantry items to the Whitecourt Food Bank.

CORRECTION

In last week's paper in a photo cutline it was incorrectly stated that Hard Luck Canyon was a former coal mine site. This was an error on our part. We apologize for the error.

Region welcomes new FireSmart Coordinator

The communities of Whitecourt, Woodlands County, and Swan Hills successfully secured funding from the Forest Resource Improvement Association of Alberta (FRIAA) for a Regional FireSmart Coordinator. The Regional FireSmart Coordinator will focus on engaging with communities across Woodlands County, including the Hamlets of Blue Ridge, Anselmo, Goose Lake, and Fort Assiniboine, as well as the Towns of Whitecourt and Swan Hills. The Coordinator will work to build local awareness, promote FireSmart practices,

and enhance wildfire resilience. "This role plays a crucial leadership role in reducing wildfire risk, fostering inter-agency cooperation, and advancing the long-term sustainability of wildfire preparedness efforts in the region," noted Lee Hardman, Whitecourt Director of Community Safety. The position will be based in Whitecourt, and work with representatives from all partnering municipalities. For those interested in applying, the position will be posted on www.whitecourt.ca in the coming weeks.

Tips to protect your child from concussions this summer

Falls are the leading cause of injuries leading to emergency department or urgent care centre visits for children in Alberta, so it's important to stay safe this summer — and that includes recognizing the signs of concussions and preventing them. A concussion is a brain injury caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. More than 3,500 children under five years of age visited an emergency department or urgent care centre for injuries when they fell off a bed, chair or other furniture in 2022, according to the most recent statistics. About 70 per cent of concussion injuries in children are from falls. To prevent concussions in:

- Children under five years of age:
 - Actively watch your child. Make sure they are in a safe environment.
 - Use wall-mounted gates at the top and bottom of stairs.
 - Install window guards on all windows on the second floor and above.
 - Children five to nine years of age:
 - Teach your child about safety during wheeled activities.
 - Make sure your child wears a helmet during wheeled activities.
 - Use child car seats and booster seats correctly.
- It can be difficult to tell if your child has a concussion. Watch for:
- A headache that does not go away.

- Changes in the way they play or act, or in their mood.
 - Changes in the way they eat or sleep.
- Children suspected of having a concussion should stop sports or activities, see a healthcare provider and rest. Rest, followed by a gradual return to activities, is often the best way to recover from a concussion. Always follow your healthcare provider's guidance. Call 911 if your child has symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. Visit MyHealth Alberta for more information. Acute Care Alberta is the new provincial health agency that will oversee the governance and coordination

of acute care services across Alberta. By bringing together specialized care providers, Acute Care Alberta will speed up access to high-quality care, reduce wait times and make sure every patient's journey through the acute care system is efficient and effective across the province. Primary Care Alberta is a made-in-Alberta solution to improve access to the primary care services Albertans rely on. By delivering coordinated services, Primary Care Alberta allows for valued healthcare professionals to do what they do best care for you. Together, we are creating a future where compassionate, timely and effective healthcare is available to every Albertan at every stage of life.



Please be advised that **The Press** will not be publishing on **August 6** and **August 13**. We apologize for any inconvenience this may cause and appreciate your understanding. Thank you for your continued support.

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The Press

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continued from page 1

the farm. Was it a dog? Or a cat? Nope. It was a pig. "It was the friendliest pig of all. It was just as friendly as the children were," said White, pictured on the far left of the photograph.

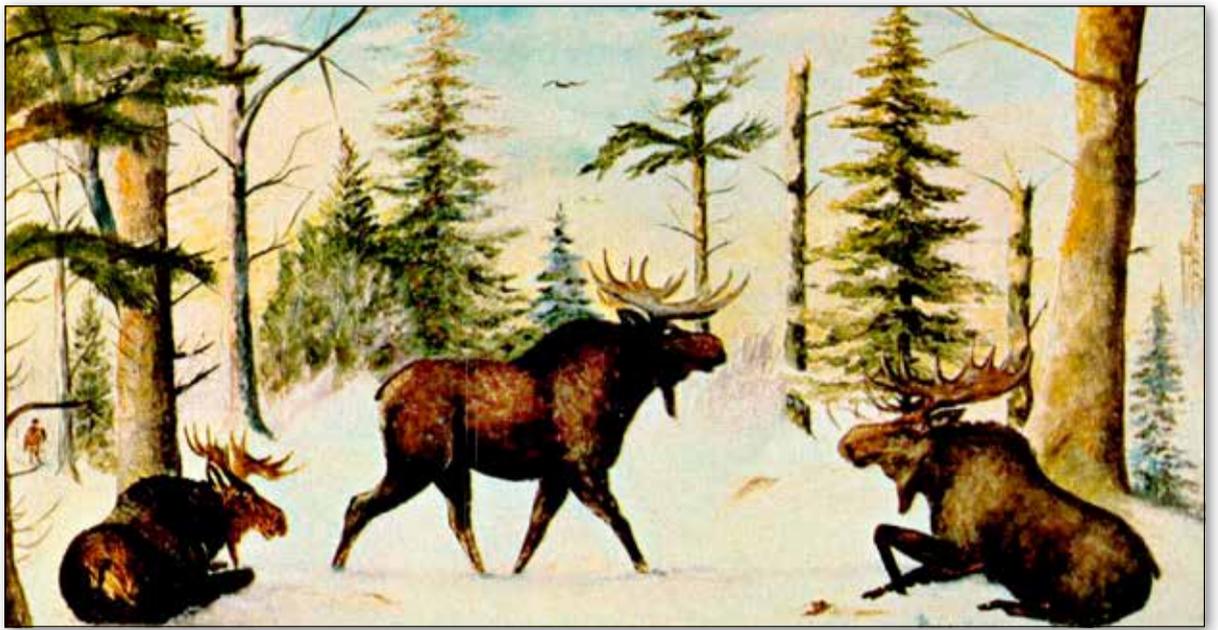
White couldn't quite remember where the family's Whitecourt homestead was, but remembered that it was a three-mile walk to get to Central School and they didn't have to walk up a big hill, putting it somewhere in the valley. White remembered one experience as a middle school student, which was a powerful reminder of the flippancy of life.

"I remember when it was winter, my little brother was just starting to walk to school with us. On the way home, he stopped walking, fell into a snow drift and sat there. We kept looking back to see if he was ok, but he wasn't. We went back to encourage him to keep going. He was able to get up, and we managed to get home, but he was freezing to death. It was pret-

ty scary," he recalled. That day, the children all learned about the dangers of getting too cold. "We didn't know at the time, but we found out what it was afterwards from talking to our parents. So, we got that education."

The icy temperatures weren't the only brush with death that White faced as a youngster growing up in Whitecourt in the 30s and 40s. The land around their property was rich with life, and the boys loved going hunting and fishing to help provide for the family. But sometimes things got dangerous. "I almost experienced death. We had a neighbour, and one time I passed through just on the edge of their property, and they saw us and came out shooting at us. They were aware of what they were trying to do to us," recalled White.

"It was a bugger. People were not normal. They were wild back then. It was a different way of life. I experienced getting shot at several times. Now, when I think about it, I



Morley's famous painting.

know that God looked after me and kept me away from needing to go to the hospital or being dead," said White. Thankfully, the family remained safe and enjoyed the 20 acres they lived on, selling the grain they grew and filling their bellies with the goodness the land had to offer.

"I loved fishing. It was fun food," chuckled White. "We liked the freedom we had back then. No licenses for hunting and fishing." Gardening was something he enjoyed,

too. He has fond memories of helping his parents. "It was kind of exciting to me to see that stuff grow. I would snatch the odd carrot out of the garden from time to time," he laughed.

With such a big family, White said the house was always busy. "Sixteen kids, there was bound to be a mess in the house. We were not trained that well. We were all poor, so we didn't recognize anything as different. We shared rooms. The girls were in one room and the boys were in the other. That was normal to us. If someone got sick, they would share my parents' room. My mom was a really good and sweet mother," smiled White.

As he grew up, his artistic abilities did too. White found a passion for painting and started a business, Signs by Morley White, where he painted signs for businesses. "One time, I went to Mayerthorpe, and I painted a wall outside, about twenty feet high and a hundred and some feet long, right in the middle of town. I painted a bunch of different people on the wall. I haven't been there in a while, but I think it's still there."

One of his most famous paintings fea-

tures three moose in the bush, a bird flying above them and a hunter watching from a distance. The hunter is White. "I looked out the window of my imagination and saw that scene, so I painted it. I liked making pictures I wanted, a life, a world. I was able to paint something I liked, which made me happy." Morley said it might not be for everyone. "If you asked everybody what they thought, there would be some who don't care for moose," he laughed.

White doesn't paint these days, but he wishes he had paid more attention to it when he did. "It makes me wish that it meant more to me. I would've done so much more with it. I should've been thrilled in my heart to be able to paint those pictures," he smiled.

He gushed about his children, eleven daughters and one son, saying they are talented. "They are very good. Some of them are even a little better than I was," laughed White. When asked if his son was born last, White chuckled. "Yes, he was. It's a lot of daughters! My son got more involved in life than I did," he said with a proud smile. Even though his family is spread across the

country, White said it was important that they got out and travelled, and he's proud of them for it.

Inside White's room, above his television, are several wooden cabins and an oil derrick, all lovingly made by his two hands. "I made 1000 cabins and filled them in the back of the truck, and went to one town and then another town, and I sold them all. I carved people to place in them, too. I liked creating things." There's a good chance that creations from Morley White are inside a few houses in Whitecourt still to this day.

When asked what he remembers most vividly from his childhood, White said one word: freedom. "I can remember running through the bush and over rough ground, and I was always getting slivers in my feet because I was always barefoot."

Running was something he loved to do, almost as much as painting. "I liked racing against people. In school, I enjoyed competing, and I would win because I believed in myself. It was fun." With his soft voice and big smile, White was a pleasure to interview. Thank you for sharing your memories with us, Morley!



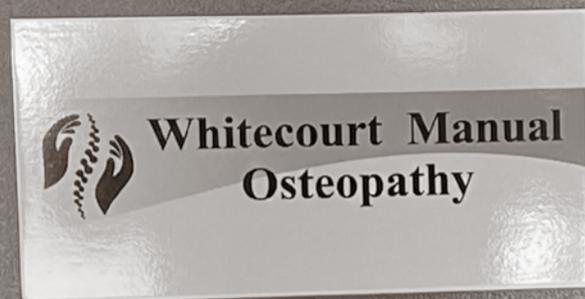
Morley (left) with five of his siblings and the family's pet pig.

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The Press

UNIT 2



The 2025 Whitecourt Launch winner is ...



The Whitecourt Launch Program, a gameshow-esque funding opportunity for local entrepreneurs and business owners, which involves pitching an idea to the Economic Development Committee for a chance to score cash towards a new project or service, recently selected its 2025 winner. This year's winner was Whitecourt Manual Osteopathy Ltd. Pictured is Nicole Podgurney of Whitecourt Manual Osteopathy Ltd.

By Serena Lapointe

This year's installment of the Whitecourt Launch Program wrapped up recently with a winner selected. The three businesses that took part were Hydro Haven Ltd, Lather Lagoon & The Book Nook, and Whitecourt Manual Osteopathy Ltd. The program is similar to popular shows like Shark Tank or Dragon's Den in that it is a competition with the goal of being selected as the overall champion and gaining funding towards a business venture.

Unlike those television shows where business owners can access a seemingly untold dollar figure depending on what the millionaires want to invest into their business, the Whitecourt Launch Program provides a one-time grant of up to \$10,000 to help support an entrepreneur to start a business, buy a pre-existing business, move a home-based business into a storefront, start something

new from scratch or expand an already existing business.

Also, unlike television shows, the program features a side of small-town charm because the businesses that take part do an in-depth breakdown of their business/idea with help from the Town Administration and Community Futures Yellow East, which provided business mentorship and help with sales pitch creation.

With their pitches ready to go, each of the three took turns presenting in front of the Economic Development Committee who then rated their pitches with a scoring matrix. Rhonda Woods, Economic Development Officer for the Town of Whitecourt, presented the committee's results during the June 25 Regular Meeting of Town Council. "We had six applications this year, which was fantastic. Three were invited to do the pitch to the committee. One withdrew, as they

weren't quite ready for that storefront opening, and two continued forward," she explained.

Woods said that the committee had a hard time choosing between the two pitches but ultimately decided on a winner. She also mentioned that the runner-up could reapply next year, and they are still working with them and giving them support. "It was a very tough one. There were two that were really close, within a couple of points of each other. But the committee felt strongly about awarding this grant program to Whitecourt Manual Osteopathy for the expansion of services."

Nicole Podgurney is the owner and registered Manual Osteopath at Whitecourt Manual Osteopathy Ltd. She said she applied for the program because she saw it as an incredible opportunity to grow her business. "I'm passionate about helping people live pain-free, and this

program gave me the push I needed to help expand that vision. It just seemed like a really good opportunity," explained Podgurney.

She said the process was good and that it helped push her out of her comfort zone, in a good way. "It helped me grow as both a business owner and a person. The mentorship, resources, and community connections were valuable to me, and I felt supported throughout. It really helped me solidify my goals and take confident action towards them."

She said that working with Community Futures Yellowhead East was a highlight of the experience. "I worked very closely with them, and they were a blessing. They were so good. I had multiple meetings with them every week. They really helped me every step of the way through the process."

Podgurney said the program helped her

gain visibility in the community and helped her connect with other entrepreneurs. "It was amazing for networking and referrals. It was a huge step forward for my business." She said she encourages entrepreneurial-minded people to give it a shot or those already in business who want to expand their services, like she is.

"This program gives you tools, guidance, and a real boost. You don't have to do it alone. The Whitecourt Launch Program connects you with so many people who want to see you succeed, and they are ready to help. And even if you don't get the grant, you still have those connections now to help you grow your business or help your vision come true, which I think is really cool," she added.

Podgurney is expanding her services to include cryotherapy, an intense cold therapy used to treat arthritis, bursitis, tendonitis, and similar issues. "It's

really good for athletic recovery or if you're a labourer and you need faster recovery from an injury or being sore, then this is the way to go. It's non-invasive and is great for all sorts of people in our community."

As a registered Manual Osteopath, Podgurney's focus is on chronic pain and bone disease, and how to treat them. "We use very gentle, hands-on techniques that help to adjust the musculoskeletal structure. We ensure the skeleton is aligned, and then we work on the muscles to make sure they are functioning properly. It's great for nerve issues, joint issues, muscle issues, chronic pain, old sports injuries, motor vehicle accident injuries, and anything that has been very chronic in your life." Whitecourt Manual Osteopathy is located downtown in Business Plaza 1 (4739 50 Avenue) across from Life Medical Clinic.



PUZZLES

SEE SOLUTIONS PAGE 15



SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

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. Pacific Standard Time
- 4. Extracts through heating and melting
- 10. Express delight
- 11. More curvy
- 12. Expression of uncertainty
- 14. Indicates before
- 15. Daughter of Hera and Zeus
- 16. Southwestern CA city
- 18. Unified
- 22. Less attractive
- 23. Base of jellies
- 24. A large and noisy party
- 26. He was traded for Luka

- 27. Wolverine genus
- 28. "Happy Days" actress Moran
- 30. Root of taro plant
- 31. Student environmental group (abbr.)
- 34. Silk garments
- 36. Unique power
- 37. Ray Liotta cop film
- 39. Leak slowly through
- 40. Notion
- 41. Atomic #55
- 42. Fixed in one place
- 48. About heat
- 50. Type of baseball pitch
- 51. Seedless raisin
- 52. Large wading birds
- 53. Similar
- 54. Time zone

CROSSWORDS

	1	2	3		4	5	6	7	8	9			
						11							
12	13		14					15					
16		17						18		19 20 21			
22								23					
24					25	26			27				
					28	29			30				
31	32	33			34			35		36			
37			38		39								
40					41		42		43	44	45	46	47
48					49				50				
51									52				
					53				54				55
					56				57				
					59								60

- 55. Atomic #34
- 56. Program
- 58. Old world, new
- 59. Contrary belief
- 60. "To the __ degree"

CLUES DOWN

- 1. Plain-woven fabric
- 2. Classed
- 3. Suppositions
- 4. Midway between south and west
- 5. Tropical American trees
- 6. Leveled
- 7. Published false statement
- 8. Adolescent
- 9. Junior's father
- 12. Aurochs
- 13. Not low
- 17. Boxing's GOAT
- 19. Short musical composition
- 20. Small immature

- 21. Eavesdropper
- 25. Parcels of land
- 29. Anger
- 31. Irritations
- 32. Hindu holy man
- 33. Wicker basket for fish
- 35. Natural object
- 38. Transporting in a vehicle
- 41. A dog is one
- 43. Smaller portion
- 44. Sew
- 45. Belonging to a thing
- 46. Horsley and Greenwood are two
- 47. Scottish language
- 49. Producer
- 56. Exclamation of surprise
- 57. Russian river

HOROSCOPE

ARIES

(March 21 - April 20)



Aries, the week kicks off with a surge of vitality and determination. You're eager to take action, and the universe backs you. It's a perfect week to push ahead with goals.

TAURUS

(April 21 - May 21)



Creative energy flows in and a long-dormant idea may spark back to life, Taurus. You're in the right mindset to pursue something artistic and innovative.

GEMINI

(May 22 - June 21)



Gemini, you're in your element this week and buzzing with charm and curiosity. Engaging conversations abound. Opportunities to connect, both socially and professionally, come easily.

CANCER

(June 22 - July 22)



Cancer, a small act of courage pays off in a big way, and you'll find that trusting yourself leads to a fulfilling outcome this week. Embrace your instincts.

LEO

(July 23 - August 23)



Love and joy surround you, and this week is ideal for connecting with someone special or deepening an important bond, Leo. Your heart feels open, and good things are flowing your way.

VIRGO

(August 24 - September 22)



A chance to help or support someone brings a deeper sense of purpose. Kindness flows easily from you now, Virgo, and the gratitude you receive in return is touching and inspiring.

LIBRA

(September 23 - October 23)



This week your relationships are in harmony, Libra. You're feeling strongly supported. Conversations flow with ease, and people are drawn to your warm personality.

SCORPIO

(October 24 - November 22)



A milestone is within reach, and the progress you've made starts to emerge this week, Scorpio. Your persistence and inner fire have been guiding you forward.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Sagittarius, a fresh perspective allows you to release old worries or doubts. This is a week of clarity and growth during which inspiration meets personal freedom.

CAPRICORN

(Dec. 22 - Jan. 20)



Practical matters — especially career or finances — are looking up, Capricorn. A smart decision made now could lead to something even better down the line.

AQUARIUS

(January 21 - February 18)



Aquarius, you've had your eye on the prize for some time now, and the good news is that the finish line is within arm's length. Stick with things for just a little longer.

PISCES

(February 19 - March 20)



Pisces, you have been making some changes this week. Your perspective and surroundings at home have changed. This can be a refreshing endeavor.

PROTECT PETS WORD SEARCH



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

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

WORDS

CARRIER
COLLAR
CORDS

CRATE
DANGEROUS
EMERGENCY
FENCE

HARNESS
HAZARDS
HEATSTROKE
HYDRATION

IDENTIFICATION
LOCKED
LOST
MICROCHIP

PET-PROOFING
PREVENTIVE
RESTRAINT
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Steel pipe, framed bale waggon

International # 10 end wheel drill
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Partying it up in the park



Two happy, and super friendly, Rotary volunteers having fun behind the BBQ.



A line up of folks snagging a hot dog or two.

Pictures courtesy of Whitecourt Rotary Club

Summer Park Parties are the best. Rotary Club volunteers cook up hot dogs (thanks to IGA for the buns), emergency services personnel pop by to say hello, and neighbours from around the area and the community hang out, play games, and visit together. The most recent event was on Wednesday at Athabasca Park on Torgerson Drive. For those who missed it, the next installment of the popular Whitecourt Park Parties events is Wednesday, August 20, from 5:30 pm to 7:30 pm at Lyons Park on Trading Post Trail.

Kaj Christensen

March 13, 1950 – July 6, 2025

With heavy hearts we announce the peaceful passing of Kaj Christensen on Sunday, July 6, 2025 while family and friends surrounded him. He made wisecracks and told stories to his very last moment and had those that loved him laughing through tears right to the end.

Kaj will be remembered by his children, Lisa (Mikey) and Mark (Jordanne); sisters, Sonja (Helge) and Inge, partner Lena, and extended family and many friends.

Kaj was predeceased by his parents, Rigmor and Gunnar; and stepfather, Knud.

It's tough to capture the essence of a man whose life was so adventurous in only a few sentences, particularly Kaj who managed to come up with a life time of stories from the single year he served in the Danish navy and then probably another four lifetimes worth of stories from his time in Yellowknife, and that only accounts for a fraction of his life.

Kaj lived with a great amount of humour, curiosity, wanderlust and he had compassion for everyone he came across. He made friends easily and kept them for life, often dropping by unannounced for a coffee or beer during his various adventures after years had gone by, and picking up right where he left off.

He was a volunteer in various community organizations during his 30 years living in Blue Ridge, and served as a volunteer firefighter in Blue Ridge for 20 years, working his way to



Deputy Chief, an accomplishment he was very proud of.

Kaj's humorous story telling captivated his audiences with tales from his storied life from accidentally blowing his ship's cover in a foreign harbour with an ill-timed blast of the horn while in the navy to nearly peeing on a black bear during a break on one of his road trips exploring the roads not often travelled in Canada.

Kaj had a positive impact on others, to his children he was fun loving, compassionate, good natured and had great empathy.

He instilled in them a good work ethic, a love of travel and taught them independence, he supported his children positively in their life choices. Kaj's hand made "Best Dad Ever" certificate still hangs proudly on the wall of his home.

As Kaj was an avid reader, donations can be made in his name directly to the Blue Ridge Library, address Box 264, Blue Ridge, AB T0E 0B0, E transfers blueridgelibrary@yrl.ab.ca

The family would like to thank Doctor Roszko and the staff at the Whitecourt Hospital, Barrhead Hospital and University of Alberta Hospital for their care and compassion during Kaj's stay, and a special thank you to his friends and family who visited and snuck in Kaj's favourite contraband in the form of ice cream, candy and beer during his final days.

A Service for Kaj will be held on Sunday July 27, 2025, at 1PM at Blue Ridge and District Community League in Blue Ridge, AB 304 2 Ave.

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Call or text 780-706-5731 or email michelleorisia@hotmail.com to book or ask questions.

Condolences may be sent to www.affinityfuneralservice.ca.

Funeral Arrangements in the care of Terri Shimenosky at:



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Funeral Service

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#1 4105 41st Avenue,
Whitecourt, Alberta

A wild ride: The Canadian dollar in 2025

By Bill Kellett for ATB ECONOMICS

Since the beginning of 2025, we've seen heightened volatility across various financial markets. To help you understand and navigate these dynamic conditions, ATB's Economics team has invited experts from our ATB Capital Markets Fixed Income, Currencies, and Commodities (FICC) team to guest author The Twenty-Four. The team will share their key perspectives on how to approach markets for the remainder of 2025 and effectively navigate future fluctuations. Today's article was written by Bill Kellett. Bill is Managing Director and Head of Currencies at ATB Capital Markets, where he leads the firm's Foreign Exchange (FX) strategy and advisory efforts.

2025 is shaping up to be a historical year for volatility, divergence, and uncertainty in currency markets. There are countless drivers of price action over the past six months, including policy direction from the U.S. Administration, heightened geopolitical tensions, de-globalization, and shifts in capital flows. These drivers will have a lasting impact in the years to come. Today's Twenty-Four aims to provide clarity surrounding the path forward in foreign exchange (FX) markets for the balance of 2025 and beyond, gleaning insight from what we have already seen this year to help guide a general path forward.

We rang in 2025 with a sharp rally in the U.S.

against multiple currencies. Anticipation of tariffs and strong language from the incoming U.S. president led to uncertainty in all asset classes, and significant movement and volatility in FX markets. The tone changed dramatically as winter turned to spring, and it became apparent that the actions of the U.S. Administration were having a negative effect on the U.S. dollar (USD). The subsequent USD sell-off was driven by fears of rising U.S. inflation and falling growth expectations due to tariffs, causing foreign investors to begin diversifying away from U.S. Treasuries into other assets outside the U.S. This led to an 8.5% sell-off in USD/CAD, a 12% drop in the U.S. Dollar Index, and a 16% rise in EUR/USD from their respective highs/lows.

Interest rates, capital flow, and commodities will play a significant part in charting the path forward in currency markets, and currencies that will outperform or underperform accordingly. Volatility in currency markets has moved from extreme levels during the first half of 2025 to something that feels much more normalized. We still anticipate significant currency movement for the balance of 2025, but the pace will be less frantic than the first half of the year.

It has been a wild ride for the Canadian dollar (CAD), and there are signs of underlying challenges emerging in the Canadian economy. Stabilizing the Canadian

economy is crucial to driving increases in capital investment, which in turn leads to support for CAD. Despite steps being taken to address potential challenges ahead, we do anticipate that CAD will underperform through the balance of 2025.

However, CAD underperformance doesn't necessarily mean USD/CAD is moving higher. While dramatic capital rotation out of the U.S. is not a sustainable reality, the USD is showing signs of longer term systemic weakness. USD weakness will likely outpace CAD weakness, setting up for a move lower in USD/CAD. We anticipate USD/CAD will drift moderately lower over the second half of 2025, edging down to the low 1.3000's.

CAD will struggle against other currencies, such as the Euro (EUR), Great British Pound (GBP), and the Japanese Yen (JPY) through the balance of 2025. We are optimistic that capital inflows will eventually return to Canada through increased investment and increased focus on broadening our energy, manufacturing, and services sectors. If capital inflows return, the trend in the CAD crosses should reverse course by early to mid 2026.

Elsewhere in the world, we will see continued volatility in most of the major currencies and the weaker USD trend will have an impact accordingly. We anticipate ongoing strength in EUR/USD, GBP/USD, AUD/USD,

and weakness for USD/JPY.

Markets are moving fast, and we will continue to see significant volatility and movement across asset classes. We expect the theme of USD weakness will continue through the balance of 2025, and this variable will be the main overarching fac-

tor impacting FX markets.

As we zoom out throughout the week across this ATB Fixed Income, Currencies and Commodities series on various asset classes, we will identify an ongoing theme of uncertainty going forward, with a need to focus on timing and ex-

pert advice to help navigate the path forward. If we can help you gain insight into any of the topics discussed above, please do not hesitate to reach out to the ATB FICC team for more information. We are here to provide insight on everything impacting Alberta, Canada, and beyond!



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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**



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Aimee Grierson 780-262-0222
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The Food Bank relies on donations of cash or food in order to help families in need.

Open Mon, Wed & Fri 11:00am to 2:00 pm
Phone: 780-778-2341

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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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@whitecourt_shelter

Shelter:

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

Outreach Support Program:

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

Please Leave a Message for Our AA member or Contact Addictions Helpline @1(866)332-2322



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.

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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Eagle River Casino & Travel Plaza RV Park Supervisor (NOC 62029)

This position is responsible for the day-to-day operations of Eagle River Tourism RV Park near Whitecourt. The incumbent must have a solid customer service orientation, be business-minded, conduct themselves professionally, and have a strong respect for the environment and wildlife. Working weekends, holidays, and evenings will be required.

In addition to providing excellent customer service to our guests, the responsibilities include:

- Processing payment from guests
- Preparation of morning and evening reports
- Reconcile daily / monthly receipts.
- Maintaining grounds and facilities:
 - Ensure maintenance of safety and sanitation standards and policies
 - Oversee maintenance of buildings and sites
 - Cleaning of all washrooms and communal areas
 - Sweeping and mopping floors
 - Moving of furniture during routine cleaning
 - Ensuring playground is maintained
 - Mowing grass and weed trimming
 - Shoveling snow
- Lifting 30-50lbs during maintenance of grounds
- Understand and carry out the security requirements.
- Work with fellow staff members as a team to ensure all guests receive the proper care and attention.
- Working with the broader team to develop promotions for the property.
- Understand the basic workings and operations of the RV Park
- Be punctual, professional, and knowledgeable regarding all functions and available services of the RV Park
- Understand security requirements to look after guests and property
- Any other duties as required

QUALIFICATIONS

- Experience in the customer service industry
- Strong mathematical skills for processing cash, credit or debit transactions
- Excellent written and oral communication skills
- Good physical fitness
- Ability to work independently
- Manual dexterity and mechanical aptitude
- Good problem-solving skills
- Valid class 5 Driver's License
- Must be 18 years of age.
- Current Standard First Aid & Level C certification, Pro serve, Protect, Deal Us In Phases 1 & 2, AML
- Must be able to obtain AGLC Security license

This is a full time, permanent position. Wage \$24.00/hr. Health benefits available. Interested applicants should apply with resume and cover letter to hr@eaglerivercasino.ca



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.

- 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

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: 3 – 4 years.
Education: Completion of secondary school is usually required. Terms of Employment: Permanent full-time 44-hour work week.
Language: English
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

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



Town of Whitecourt photo

Victor Haas (right) stands with staff from the Whitecourt Food Bank after generously donating 71 pounds of much-needed pantry items, all carefully selected from the food bank's official wish list. The Whitecourt Food Bank, operated by a dedicated team of staff, relies on community support to meet rising demand. Gestures like Haas's personal donation highlight the power of local action and the spirit of giving that continues to uplift the community.



Spruceview Lodge photo

A resident of Spruce View Lodge smiles beside a vintage Whitecourt Fire Department truck during the Lodge's recent car show BBQ fundraiser. The event, made possible by generous community support and local partners—including emergency services and classic car owners—brought residents, volunteers, and visitors together for a fun-filled day of nostalgia and connection.

EMPLOYMENT OPPORTUNITY

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- Job#: 25-040,** Family Violence Prevention Worker, Temporary, Full-time position.
Job#: 25-042, Energy Manager, Contract, Full-time position.

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



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Tim Hortons in Whitecourt is looking to fill the following positions:

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Alberta RCMP issues province-wide alert after opioids found in replica pill that killed teenager

Alberta RCMP are issuing a critical warning about a potentially deadly supply of illegal opiates that closely resemble a prescription medication called "Xanax". Xanax is commonly used for anti-anxiety and is opiate-free. The replica pills (shown in photos) have tested positive for deadly quantities of the highly potent opioid known as isotonitazene.

"We are investigating the death of a 16-year-old youth where there is a nexus to isotonitazene. Parents, relatives,

and other community members need to share this information as much as possible, and especially so now that school is out." Says RCMP Public Information Officer Cpl. Troy Savinkoff.

"Yes, the drugs are illegal, but more important is that the public knows the extreme danger that this dangerous replica can pose. We are working to interdict the supply and notify the public. Please look at the photos, share them with your kids, friends, and relatives, and let them

know that these pills could kill them".

The pills containing the opiate are described as:

- Grey in appearance;
- Rectangular shaped ;
- Have the letters ONAX imprinted on one side;
- Have the number "2" printed vertically on the other side.

Prescriptions should only be purchased from a reputable licensed pharmacist. If you have information about replica prescriptions, please contact your local police or call 310-RCMP.



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I also collaborate closely with experienced industry professionals, including my mentor Mike LaRue, to continually refine and expand my expertise. Together, we are building a team dedicated to delivering exceptional mortgage services.

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High
Low
Wind
24-Hr Rain / Snow



Wed., July 23
Scattered showers
60%
21°C
13°C
SW 9 km/h
1-3mm



Thu., July 24
Chance of shower
40%
24°C
13°C
W 9 km/h
<1mm



Fri., July 25
Showers
40%
21°C
12°C
W 18 km/h
~1mm



Sat., July 26
Scattered showers
60%
21°C
12°C
E 8 km/h
1-3mm



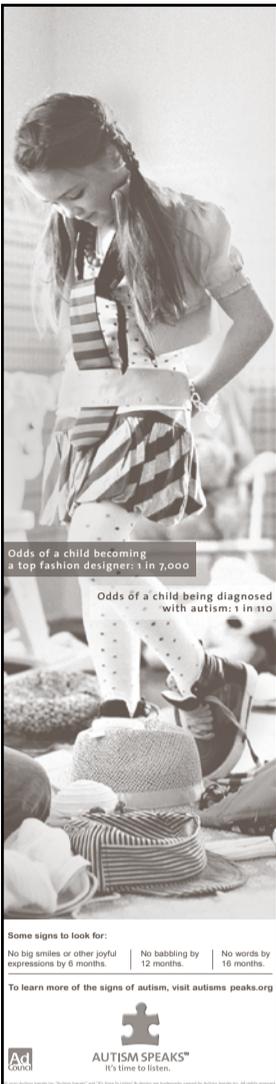
Sun., July 27
Chance of shower
60%
20°C
12°C
E 8 km/h
1-3mm



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No big smiles or other joyful expressions by 6 months. No babbling by 12 months. No words by 18 months.

To learn more of the signs of autism, visit autismspeaks.org



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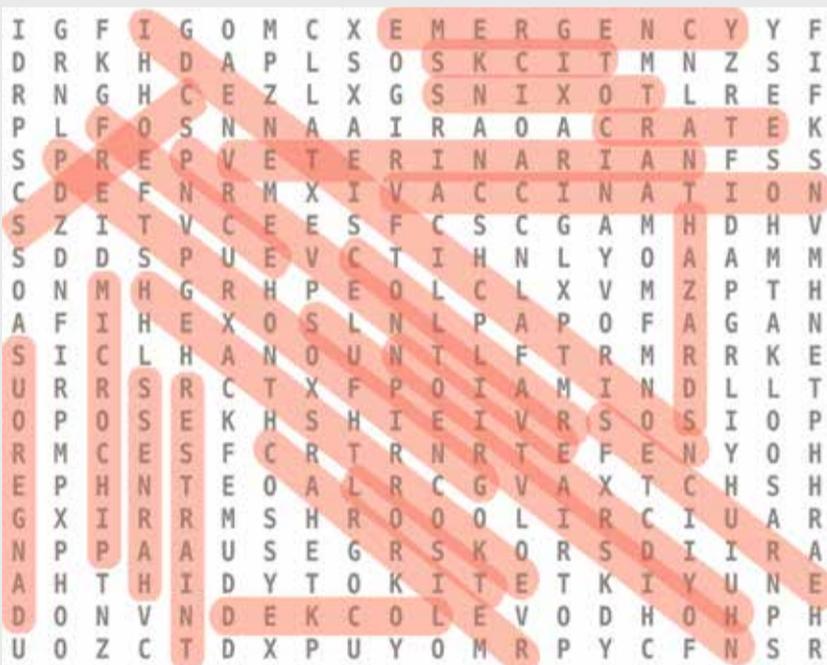
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5	8	3	9	1	4	6	7	2
7	9	6	2	8	3	4	1	5
1	4	2	6	7	5	9	3	8
3	2	1	4	5	8	7	9	6
8	5	4	7	6	9	1	2	3
9	6	7	3	2	1	5	8	4

Letter to the Editor policy

The Press welcomes readers to write letters to the Editor. A maximum of 300 words is preferred but not necessary. Letters must carry a first name or two initials with surname and include an address and daytime telephone number. All letters are subject to editing. Please email letters to wctpress@gmail.com.



The Press

A locally owned and family operated newspaper serving Whitecourt

PUBLISHED EVERY WEDNESDAY

Contact

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



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

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