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VOL. 4 - ISSUE 23

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Tuesday, June 16, 2015

—Silver medal winners!—



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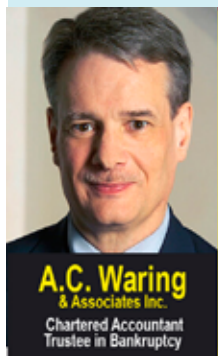
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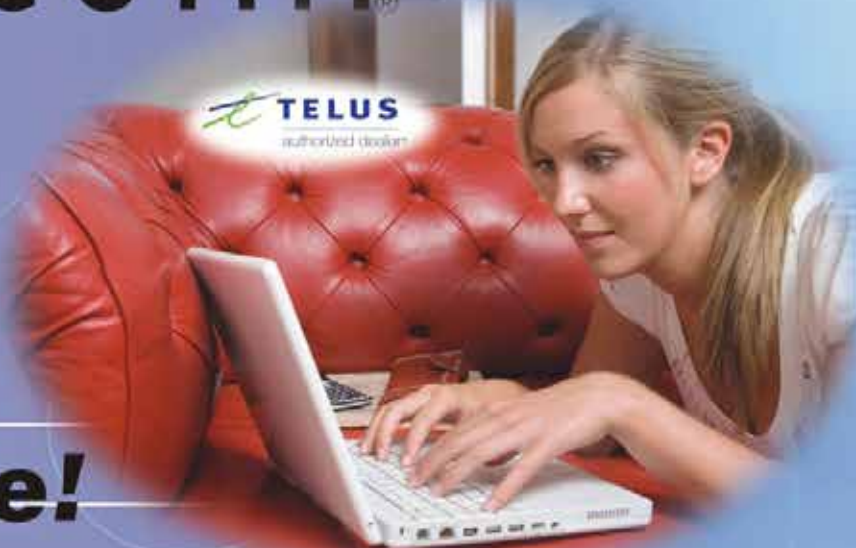


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Local girls rock the stage with Shania Twain

By Nerissa McNaughton

Shania Dawe and Trina Parker of Whitecourt have been fans of Canadian singer/songwriter Shania Twain for as long as they can remember. In fact, the first conversation the pair had as friends was about how much they admired the country crooner.

Nine years after that conversation, both girls would share the stage with Shania Twain.

"Trina made a sign saying 'can I please sing with you' and told me if it actually worked, I would have to come up with her," said Shania Dawe of how they met

and performed with the singer. "We were feeling very hopeful! When she first came out she was looking very obviously at us in the 4th row and, on about the 3rd or 4th song, she pointed and waved us up at the beginning of Don't be Stupid. Both of us were in shock! We ran to the front and security waved us through and there she was waiting at the top of the stairs with her hand out. We will never forget that moment. We both sang and danced our hearts out."

At one point, Twain handed the mic over to Trina who rocked the

stage, thanks to her experience and singing talent. When the song ended, the multiple award winner asked for the girl's names and was

surprised to learn that Dawe had been named after her.

"After the concert almost everyone recognized us and were com-

ing up to talk to us; some even wanted to take pictures with us," smiled Shania Dawe as she reminisced of their celebrity moment.

Who knows? Perhaps Whitecourt has two budding musicians in the works! We'll be keeping an eye out for the first Dawe and Parker album.



Living Waters Catholic Schools
REGIONAL DIVISION No.42

INVITATION

The public is invited to attend the

Ground Blessing and Sod Turning Ceremony

for École St. Joseph School

Phase I of the Whitecourt/Woodlands Community Learning Campus

Located at Athabasca Flats in Whitecourt

Friday, June 19th, 2015

1:00 pm

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How I see it

It's hard enough to hear about police shootings in other cities but when it happens in Edmonton, it really breaks my heart. The young man so senselessly struck down leaves behind a wife and two young sons and, while the boys will grow up knowing their father died as a hero in the line of duty, that can never replace having him home by their side.

The shooter, Norman Raddatz, also wounded another officer, burned down the house he was hiding in, and fatally shot himself.

So much violence, so much sadness. It doesn't end when the flames die down and the bodies are laid to rest. The people in the neighbourhood that covered in their basements as shots rang out, the friends and families of both the shooter and victim, and the officer who is recovering from his wound will all carry the memory of that night for a lifetime – and we, who have yet (and never will) forget our fallen four, add one more name to the list of those who died protecting us.

On the topic of our protectors, Whitecourt RCMP were notified last week that a RCMP jet boat was involved in a collision while patrolling the Athabasca River. All four officers on board made it to safety. Again, we thank the local RCMP for the risks they take for us every day.

Have a wonderful week everyone!

Valerie Winger
Owner/Publisher



Around the World

Here's what's making headlines around the world.

- In New York, convicts David Sweat and Richard Matt are on the run and it turns out they had a little help from the inside. Joyce Mitchell, a prison worker at Clinton Correctional Facility, is accused of supplying the outlaws with contraband to aid their escape. Her reason? Good old fashioned love. She had a crush on Matt that prompted her to risk her job and her freedom. Any chance Richard may have been using her? Likely.

- Water rationing got serious in California

where farmers were slapped with the largest water cuts in the state's history. The cuts are in response to the ongoing drought. "We are now at the point where demand in our system is outstripping supply for even the most senior water rights holders," Caren Trgovcich, chief deputy director of the water board, said dryly.

- Two naked Canadian siblings were part of the group that was arrested in Malaysia for angering tribal spirits, who retaliated with a deadly earthquake – and no, you did not read any of that wrong. The adventurous duo (and ap-

parently very close siblings) stripped with two other tourists from their group to – of course – take a photo atop the mountain. A later earthquake was blamed on the tacky tourists' disrespect. Perhaps this will curb the selfie/adventurous photo craze? One can only hope.



Women Building Futures information session

By Susan Hofforth

Calling women interested in a career in the trades! Women Building Futures is hosting a free information session on Wednesday, June 17 that will tell you about the opportunities available in the trades and construction industries.

Although it can be a tough career, there are a lot of opportunities for women in the trades, and WBF is a leader in this area. It provides the proper training, and help their graduates seek out

the proper placements. They can boast that over 90 per cent of its graduates are employed in well-paying careers.

Women Building Futures has been around since 1998. Originally, they sought a way to bring women out of poverty and into a workforce that has plenty of jobs year-round and that pays much more than minimum wage. Having women working in trades is good for the province, as well. It ensures that there is always

a workforce for an industry where jobs are plentiful.

So, if you are wondering whether this might be for you, attend the information session. It will be held on June 17 at the Forest Interpretive Centre from 6 to 8 p.m. Women can learn about the opportunities available, the upcoming programs, and how to apply. Register online at www.womenbuildingfutures.com or phone 780-452-1200 or 1-866-452-1201.



Whitecourt PRESS

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Valerie Winger, Proprietor/Publisher
Nerissa McNaughton, Reporter
Laura Bohnert, Reporter
Susan Hofforth, Reporter
Serena Lapointe, Photographer
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NOTICE OF PUBLIC HEARING PROPOSED REMOVAL OF PARK DESIGNATION

MONDAY, JUNE 22, 2015 - 7:00 P.M.

**FOREST INTERPRETIVE CENTRE - COUNCIL CHAMBERS
3002 - 33 STREET, WHITECOURT, AB**

Pursuant to the provisions of the Municipal Government Act, the Town of Whitecourt is proposing to remove the park designation on 0.17 acres of land within the NE ¼ SEC 24-59-12-5 as per the map below.

The Developer is proceeding with a proposed 24 lot residential subdivision and the removal of the park designation on the 0.17 acres within the NE ¼ SEC 24-59-12-5 will allow for the sale of this land to the Developer to accommodate better lot configurations.

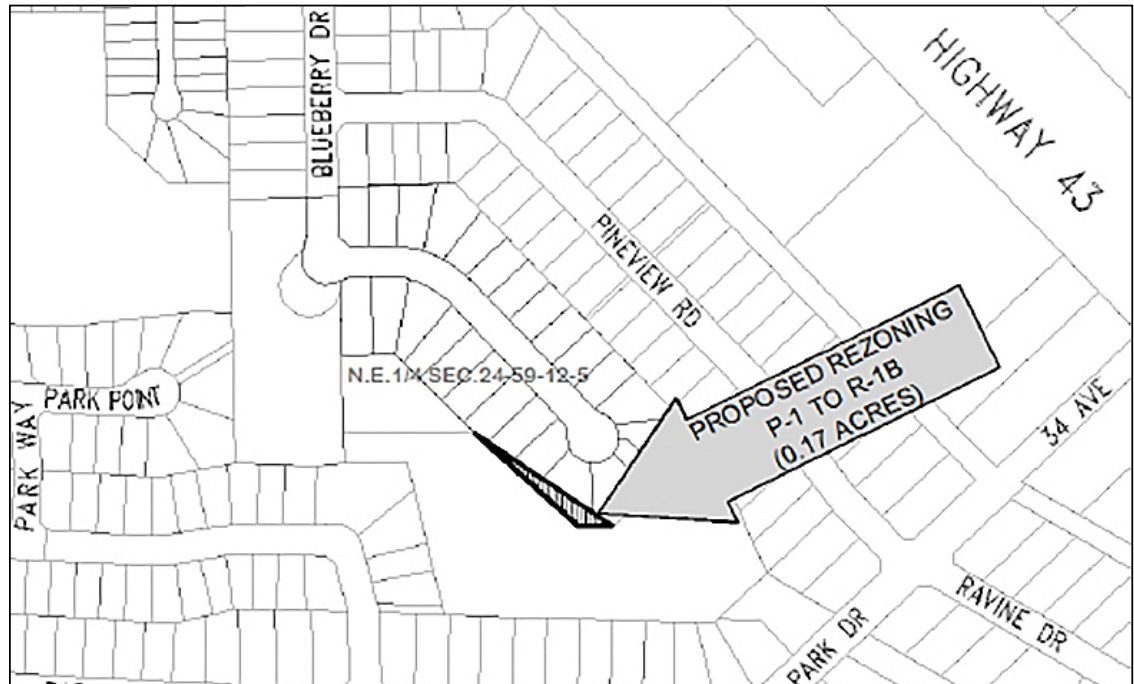
A public information meeting will be held at **6:30 p.m.** at the Forest Interpretive Centre on June 22, 2015 prior to the Public Hearing.

Any individuals or organizations may make presentations, speak at the hearing, or submit written comments for consideration.

Written comments must be received at the Town Office before noon on June 22, 2015.

The purpose of the Public Hearing is to allow presentations for or against the proposed removal of park designation.

Questions on the process or the Public Hearing should be directed to Jennine Loberg, Director of Planning and Development, at 780.778.2273, e-mailed to jennineloberg@whitecourt.ca or mailed to the Town at Box 509, Whitecourt, AB, T7S 1N6.



NOTICE OF PUBLIC HEARING PROPOSED ADOPTION OF LAND USE BYLAW NO. 1506

MONDAY, JUNE 22, 2015 - 7:00 P.M.

**FOREST INTERPRETIVE CENTRE - COUNCIL CHAMBERS
3002 - 33 STREET, WHITECOURT, AB**

Pursuant to the provisions of the Municipal Government Act, the Town of Whitecourt is proposing to rescind Land Use Bylaw No. 1429 and adopt a new Land Use Bylaw 1506:

The Land Use Bylaw (LUB) sets out the regulations for the use of land and buildings within the Town of Whitecourt. The proposed LUB can be found on the Town of Whitecourt website at www.whitecourt.ca or viewed at the Town Office 5004 - 52 Avenue during regular business hours.

A public information meeting will be held at **6:15 p.m.** in the foyer of the Forest Interpretive Centre on June 22, 2015 prior to the Public Hearing. Any individuals or organizations may make presentations, speak at the hearing, or submit written comments for consideration. Written comments must be received at the Town Office before noon on June 22, 2015.

The purpose of the Public Hearing is to allow presentations for or against the proposed amendments.

Questions on the process or the Public Hearing should be directed to Wendy Grimstad-Davidson, Development Officer, at 780.778.2273, e-mailed to wendydavidson@whitecourt.ca, or mailed to the Town at Box 509, Whitecourt, AB, T7S 1N6.

NOTICE OF PUBLIC HEARING PROPOSED ADOPTION OF MUNICIPAL DEVELOPMENT PLAN BYLAW NO. 1505

MONDAY, JUNE 22, 2015 - 7:00 P.M.

**FOREST INTERPRETIVE CENTRE - COUNCIL CHAMBERS
3002 - 33 STREET, WHITECOURT, AB**

Pursuant to the provisions of the Municipal Government Act, the Town of Whitecourt is proposing to rescind Municipal Development Plan Bylaw No. 1428 and adopt a new Municipal Development Plan Bylaw 1505:

The Municipal Development Plan (MDP) sets out the goals and vision of the Town, while providing objectives, principles, and policies for sustainable future growth. The proposed MDP can be found on the Town of Whitecourt website at www.whitecourt.ca or viewed at the Town Office 5004 - 52 Avenue during regular business hours.

A public information meeting will be held at **6:15 p.m.** in the foyer of the Forest Interpretive Centre on June 22, 2015 prior to the Public Hearing. Any individuals or organizations may make presentations, speak at the hearing, or submit written comments for consideration. Written comments must be received at the Town Office before noon on June 22, 2015.

The purpose of the Public Hearing is to allow presentations for or against the proposed amendments.

Questions on the process or the Public Hearing should be directed to Wendy Grimstad-Davidson, Development Officer, at 780.778.2273, e-mailed to wendydavidson@whitecourt.ca, or mailed to the Town at Box 509, Whitecourt, AB, T7S 1N6.

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COUNCILLOR
Darlene Chartrand
780-778-9330

darlenechartrand@whitecourt.ca



COUNCILLOR
Eris Moncur
780-262-0150

erismoncur@whitecourt.ca



DEPUTY MAYOR
Bill McAree
780-706-4642

billmcaree@whitecourt.ca



MAYOR
Maryann Chichak
780-706-1350

maryannchichak@whitecourt.ca



COUNCILLOR
Derek Schlosser
780-268-3375

derekshlosser@whitecourt.ca



COUNCILLOR
Paul Chauvet
780-268-3949

paulchauvet@whitecourt.ca



COUNCILLOR
Norm Hodgson
780-396-9034

normhodgson@whitecourt.ca

TOWN OF WHITECOURT – LAND USE BY-LAW 1429 NOTICE OF DECISION

The following decisions were made by the Development Authority on June 11, 2015

PERMIT NUMBER	APPROVAL DATE	LOCATION	PROPOSED OR EXISTING DEVELOPMENT	DECISION	APPEAL MUST BE MADE PRIOR TO 4:00PM ON THIS DATE
15-109	JUNE 11, 2015	3 ABRAHAM DRIVE LOT 2, BLOCK 14, PLAN 112-5657	SIDE YARD SETBACK OF 0.25 M FOR AN ACCESSORY BUILDING	REFUSED WITH CONDITIONS	JUNE 26, 2015
15-110	JUNE 11, 2015	39 RAVINE DRIVE LOT 10, BLOCK 5, PLAN 872-0650	APPLICATION FOR A SECOND VEHICLE ACCESS	APPROVED WITH CONDITIONS	JUNE 26, 2015

An Appeal of the above decision may be made by submitting a written appeal and appeal fee (\$220) 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 has the right to appeal prior to the above date.

THE TOWN OF WHITECOURT WOULD LIKE THANK ALL OUR COMMUNITY PARTNERS FOR THEIR HELP MAKING SENIORS' WEEK A GREAT SUCCESS

- Whitecourt Seniors Circle
- B & S Catering
- Heather Glenn – Warchola Catering
- Stitch n Time
- Valley Mall Liquor Store
- Topline Promotions
- Rexall Drugstore
- Whitecourt Stationary
- Mountain Steak & Pizza
- Canadian Tire
- Sam Reid
- Timio's Liquor Store
- Tim Horton's
- Servus Credit Union
- Spruceview Lodge
- Crossfire
- Fabulous Flowers
- Your Dollar Store With More
- Whitecourt & Woodlands Performing Arts Society
- St. Joseph Church
- Walmart
- Whitecourt IGA

NOTICE OF PUBLIC HEARING PROPOSED AMENDMENT TO LAND USE BYLAW NO. 1429

MONDAY, JUNE 22, 2015 - 7:00 P.M.
FOREST INTERPRETIVE CENTRE - COUNCIL CHAMBERS
3002 – 33 STREET, WHITECOURT, AB

Pursuant to the provisions of the Municipal Government Act, application has been made to amend Land Use Bylaw No. 1429:

Bylaw No. 1429-23

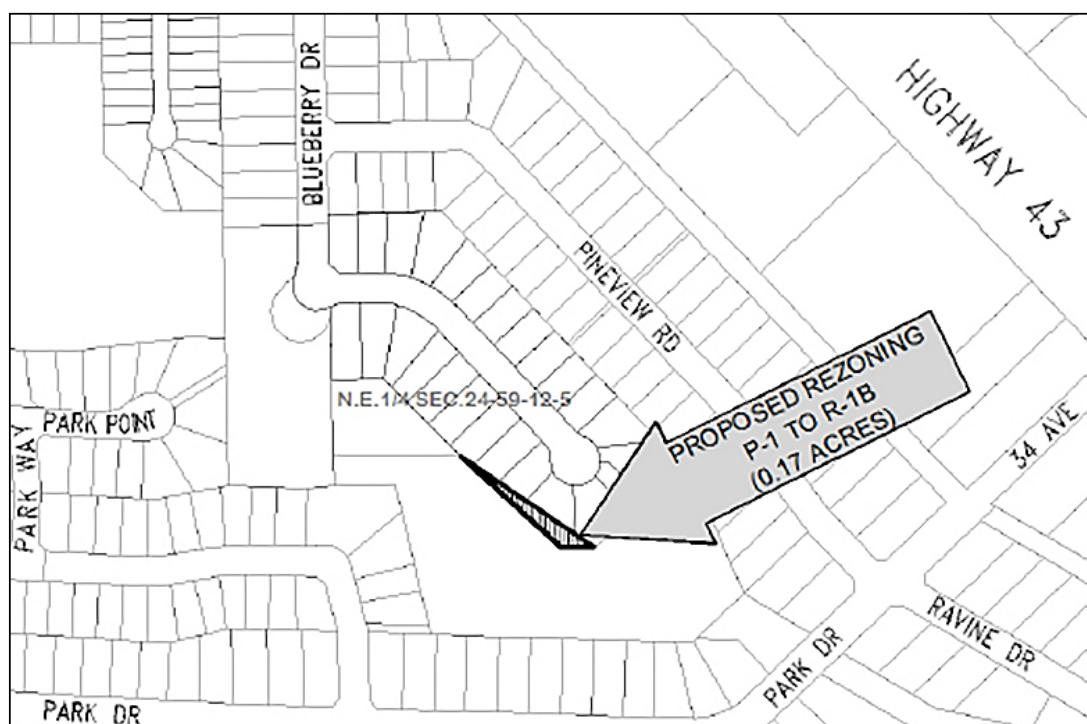
These amendments propose to rezone approximately 0.17 acres of land within the NE ¼ SEC 24-59-12-5 as per the map below from P-1 (Parks and Recreation) to R-1B (Low Density Residential).

The Developer is proceeding with a proposed 24 lot residential subdivision and the rezoning of this land to R-1B will allow the Developer to accommodate better lot configurations.

A public information meeting will be held at **6:30 p.m.** at the Forest Interpretive Centre on June 22, 2015 prior to the Public Hearing. Any individuals or organizations may make presentations, speak at the hearing, or submit written comments for consideration. Written comments must be received at the Town Office before noon on June 22, 2015.

The purpose of the Public Hearing is to allow presentations for or against the proposed amendments.

Questions on the process or the Public Hearing should be directed to Jennine Loberg, Director of Planning and Development, at 780.778.2273, e-mailed to jennineloberg@whitecourt.ca or mailed to the Town at Box 509, Whitecourt, AB, T7S 1N6.



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call 780-778-2273

Whitecourt

A day in the forest

By Susan Hofforth

As Whitecourt is, for the second year in a row, the Forestry Capital of Canada, it makes sense that our children will grow up knowing a lot about the forests of the country. On May 28, all the grade four students from Whitecourt Central School and École St. Joseph spent the day in the Huestis Demonstration Forest learning as much as they could.

"It was a fantastic day," said assistant principal Tim Bowman. "It came about because of

an email sent to Inside Education, an environmental education group. The group took the idea and brought together all the partners."

There were 30 forestry experts in all. They each set up an area and had interactive demonstrations. The kids learned about wildlife, environmental stewardship, indigenous plant life, fire safety, and outdoor survival. They took a guided walk through the forest looking for wildlife signs, touched the indigenous trees of Alberta, iden-

tified the danger areas of a campsite, located a geocache, found edible plants, planned how to fight a forest fire, observed how a trapper prepares a beaver hide for sale, and planted a seedling.

"When they first set out, their first instinct was to run so they missed a lot: the animal hair, scratches on trees, and places where animals lay down," said Bowman. "Once they learned to slow down and look around, they appreciated it more and

had a much richer experience. And, of course, having the experts there with them made it all the better. While students rotated through activities, they bubbled over with questions for the experts on site."

Both schools are thankful to Inside Education, Alberta Environment, Woodlands County, Alberta Trappers Association, Millar Western, West Fraser, and Alberta Newsprint Company for creating this special learning opportunity for our students.

Herman's Hermits at Eagle River

By Rechell McDonald

Herman's Hermits will be gracing the stage at the Eagle River Casino on June 27. Peter Noone, lead singer of the band, has had an impressive career in both acting and music, being a featured character as a child in the long-running Brit-

ish soap opera, Coronation Street. From his teen years on, his gifts in music and his not-so-bad looks landed him on

the cover of Time Magazine and saw him land appearances on iconic shows like the Ed Sullivan Show.

You might be thinking to yourself that you aren't sure if you know who Herman's Hermits are, but you do. Even if you are only 25, you've

likely heard a hit or three of theirs at some point. "I'm into Something Good," one of the band's songs that seems to have transcended the decades, has popped up in more media than the radio over the years. Needless to say, if this is something you want to see, get your tickets soon; they won't last long!



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**Whitecourt
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Whitecourt 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 send letters to Whitecourt Press, Box 2395, Whitecourt, Alberta, T7S 1W3, fax to 1-866-647-4105 or email to wctpress@telus.net; or drop off letters at our office located at 4919-51 Avenue in Whitecourt.



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Will the NDP government give hope to Whitecourt's Healthcare Centre?

By Laura Bohnert

On May 25, 2015, Whitecourt Mayor Maryann Chichak sent a letter to newly-elected premier Rachel Notley requesting Whitecourt's Healthcare Centre be made a priority in the upcoming fall budget.

The current Healthcare Centre was built in the 1960s for a population of less than 2,500. Whitecourt now represents a community of 11,000 people, and the Whitecourt Healthcare Centre currently services an area of between 30,000 and 40,000 people.

Not only is the centre not big enough for its current population demands, but it also possesses an outdated and

collapsing infrastructure. According to Chichak, the two needs-assessments that have been performed (one in 2008 and another in 2014) have both shown that the only solution for the community is to build a new Healthcare Centre. "The infrastructure is so old that it is no longer possible to attempt to upgrade or renovate the centre -- we can't even get parts for the system anymore," Chichak explains.

"Increasing services has also been difficult with an outdated facility," says Chichak. "We need a facility that can attract different types of medical professionals so it can support our com-

munity as it continues to grow."

"A new healthcare centre would bring Whitecourt into the modern age, allowing the Whitecourt Healthcare Centre to expand, bring different levels of medical services, and different procedures to our facility."

"The biggest thing," stressed Chichak, "is the influence an up-to-date facility would have on wait times. By being able

to offer more services here, we could reduce wait times in Edmonton when it comes to medical procedures that could be looked after within our area."

"The province has to look at ways to take the pressure off Edmonton," Chichak explains. "We are a hub in our area. We are the biggest and fastest-growing community between Edmonton and Grand Prairie. Our

growth patterns have to be planned for, and that starts with allowing Whitecourt to establish a healthcare centre that is adequate for its growing needs."

Despite promises that have been made to Whitecourt since 1993, no efforts have been put towards the facility. Chichak is hoping the new NDP government will start taking the necessary steps to fulfill the promises that were neglected by the previous government.

"It is important to Whitecourt that the NDP government recognizes the needs of our community," states Chichak. "It is important to us to see that they are taking

our requests seriously -- that they are taking our needs to heart -- and that they are able to follow through on commitments that were made to us 22 years ago by a previous government."

Mayor Chichak is hoping to be able to meet with the Health Minister and the Infrastructure Minister over the next couple of months to discuss Whitecourt's needs and move projects forward. "I am hoping to see some funds allocated in the fall budget," continues Chichak. "I would like to see our community included in the three-year capital plan, and I hope to see things breaking ground in the next 18 months."



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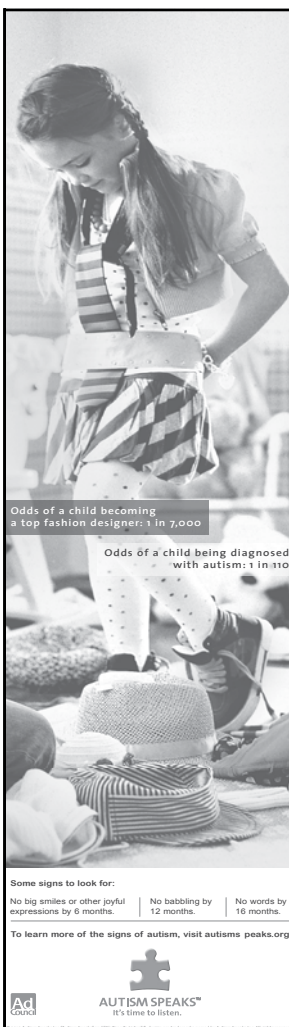
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Putting a face on suicide



Shayne
Kohout
Age 33

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.



Money Matters

One Canadian Dollar = 0.81 US Dollar
at an exchange rate of 0.8127 (using nominal rate).



Dollar Values as of June 14, 2015

RESULTS FOR WESTERN CANADA	
Western 6/49 Saturday, June 13, 2015 01 03 06 19 34 36 Bonus: 16 Extra: 5134274	Western Pick 3 June 14, 2015 9 8 8 Western Extra: June 15, 3683590
Lotto 6/49 Saturday, June 13, 2015 05 08 21 31 40 45 Bonus: 19 Extra: 5134274	Lotto MAX Friday, June 12, 2015 04 07 11 19 34 38 48 Bonus: 45 Extra: 3641507

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Whitecourt
PRESS

A look at the local weather

P.O.P.
High
Low
Wind
24-Hr Rain / Snow

Tues., Jun 16
Chance of thunder-showers
40%
20°C
6°C
NE 10 km/h
2-4 mm

Wed., Jun 17
Isolated showers
60%
15°C
8°C
E 10 km/h
close to 10 mm

Thu., Jun 18
Isolated showers
40%
17°C
8°C
NW 10 km/h
1-3 mm

Fri., Jun 19
Light rain
60%
16°C
8°C
NW 15 km/h
close to 5 mm

Sat., Jun 20
Variable cloudiness
60%
21°C
8°C
W 5 km/h
close to 5 mm

Whitecourt Town Council update

Whitecourt will be moving to a 3-day collection schedule for residential waste collection service effective September 1, 2015. The move, prompted by community growth, will enhance customer service. The new schedule has yet to be confirmed, but Whitecourt utility customers can expect to see information provided with utility bills throughout the summer leading up to the launch date.

Whitecourt has renewed the contract for residential recycling pickup service with Ever Green Ecological Service for an additional year. The recycling program launched in 2008, and provides weekly, curbside pickup service; however, statistics show that there has been a decline in the use of the program. Administration will be investigating enhancements that could be made to the program, such as providing recycling bins, expanding the program, etc. to re-energize the service. Over the

next several months, residents can expect to see promotions educating the community on the benefits of recycling to increase the percentage of waste being diverted from our regional landfill. Aside from the environmental benefits to recycling, Council also noted local impact recycling has for extending the life of our regional waste collection facility and the high costs associated with the construction of new dump sites.

Whitecourt will be submitting three project applications to the Canada 150 Grant Program. In recognition of Canada's 150th Anniversary, the federal government announced a series of grant programs to provide financial assistance to both infrastructure and special event projects. The deadline for the infrastructure component is June 17, and Whitecourt will be submitting applications for the following projects:

- Rotary Park Development

- Trail Development and Rehabilitation
- Playground Replacement

Whitecourt will also be submitting an application under the Canada 150 Fund for events, and is working with local organizations on developing the submission.

Whitecourt is applying to be designated a FireSmart Community under the FireSmart Canada program. In order to be approved by the program, a community must complete five steps; Whitecourt has completed all of them. Over the last five years, with funding from numerous provincial and other association grants, our community has completed over \$1.3 million in FireSmart activities which will help to minimize the risk of wildfire in our community. For more information on FireSmart take a walk along Dahl Drive to view our Dahl Drive Demonstration Project, or visit www.firesmartcanada.ca.

Get the Whitecourt Press App at iTunes AppStore and Google play

Available on the App Store | GET IT ON Google play

Scott Safety offers the following safety courses for individuals and groups either at our facility or on site.

- St John Ambulance First Aid
- H2S Alive
- Confined Space Entry Level 1 and 2
- Fall Protection
- Fire Extinguisher Safety and Use
- Hours of Service, Pre-Post Trip and Cargo Securement and Weights
- Detection and Control of Flammable Gases
- Specialized Fire Fighter Development Training
- Drug and Alcohol Testing
- Fit Testing
- Audiometric Testing

For course dates, times or more information please contact us at 1-780-778-3389 or e-mail at training@scottsafety.ca.

ACTUAL TEXT MESSAGE WITH A FRIEND...

La Montagne cartoonist.com

Career ads, online at:
www.whitecourtpress.com

The Whitecourt Press, a good read every Tuesday!

Whitecourt PRESS

Randy, of RPM Motorsport reading his Press

Whitecourt PRESS

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f t in

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RCMP ROYAL CANADIAN MOUNTED POLICE



RCMP Water Transport capsized

Whitecourt, Alberta - On June 12, 2015, at approximately 12:30 p.m. Whitecourt RCMP officers were informed that an RCMP jet-boat had been involved in a single vessel collision while on patrol on the Athabasca River, approximately thirty kilometres from Whitecourt, Alberta.

All four on-duty police officers had made it to shore and called in to the detachment to report the incident. Alberta Forestry is assisting in transporting the officers back to Whitecourt.

No other vessel was involved, or civilians

on board. None of the officers were seriously injured but all four will be assessed by medical professionals.

Every time an incident occurs with an RCMP vehicle or vessel, the RCMP conduct an internal review.

RCMP Evansburg - Aggravated Assault Charges After Incident at Campground

Evansburg, Alta. - On Sunday, June 7, 2015 at approximately 8:00 p.m., Evansburg RCMP were dispatched to an assault complaint at the Pembina River Provincial Park Campground. On arrival at the campground, RCMP met

with local Emergency Medical Services who were treating an injured person. The female victim had been assaulted and had several lacerations to her face.

Investigators determined there had been two large groups of people involved in multiple altercations at a local beach a short time earlier.

RCMP have charged 30-year-old Katrina IRONEAGLE, of St. Albert, Alta. with one count of Aggravated Assault with Intent to Wound/maim. She is scheduled to appear in Evansburg Pro-

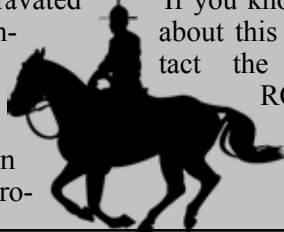
vincial Court on September 14, 2015.

One additional male has been arrested in relation to this incident, and charges are pending.

The victim was taken to the hospital and has since been released. No other injuries have been reported.

RCMP are interested in speaking with anyone who witnessed the incident at the Pembina River Provincial Park on June 7, 2015.

If you know anything about this please contact the Evansburg RCMP Detachment at 780-727-3654.



Lose 25 pounds by Labor Day weekend

Save \$200 off a new program and receive a starter kit of Kickstart to get your program going with a bang.

Summer Hours in Effect

Monday 9-6
Tuesday 9-3
Wednesday 9-6
Thursday 9-6
Friday 9-3
closed weekends and holidays but available by apt

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

House for sale



1996 bi-level 1112 sq ft 5 bed 3 bath with detached, in floor heated 24x24 garage & large driveway to park RV. Completely finished with open family room downstairs. Five appliances, new hot water tank, fresh interior paint.

Reduced to \$365,900! ACT NOW!

Call or text 780-779-1216 or 780-779-1141



by Jo Ann Derson

• Save the peels from your oranges, and dry them at a low temperature in the oven. You can add them to a pot of coffee or tea for a flavor boost that is refreshing and delicious.

• "If your tomato garden is experiencing caterpillars, try planting

dillweed close to your tomatoes. It can provide a diversion, allowing your tomatoes to grow pest-free!" -- Y.F.

• "Cure your color in new garments (especially dark- or bright-colored) by soaking the item in cold, salty water before washing. Make sure that the fabric will allow this!

• "Take good care of quality paint brushes, and they will take care of you! Wash thoroughly in soapy water and

rinse very well. After the brush is washed, combine enough water to cover the bristles and add two tablespoons of fabric softener. Swish for a minute or two, being sure to get it in the brush good, then hang to drip dry. Before you use the



brush to paint, simply rinse the fabric softener away." -- M.E.

• Baking soda can be used as a tooth scrub. It's particularly effective against stains, as it is a mild abrasive.

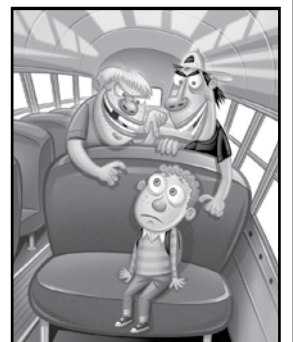
• "When you are dusting, don't forget the light bulbs. Dusty light bulbs can contribute to less-bright lighting and can shorten the life of your bulbs. Turn lights off when you are not using them. You will save electricity that way." -- A.L.

Are you or someone you know being bullied?

Call the Bullying Helpline (Confidential)

Toll Free, open 24 hours per day, seven days per week

1-888-456-2323



Stand up! Don't be afraid of bullies!!

Whitecourt PRESS

Find the Press
on Facebook,
Twitter and
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What's happening

Mondays:

• Whitecourt AA - Monday at St. James Lutheran at 8:00 p.m.

• Whitecourt District AG Society - Directors meet at Westward community center on the 3rd Monday of each month at 7 p.m.

Monday & Wednesday

• Whitecourt Co-Ed Volleyball League 8pm - 10pm at Percy Baxter School for the season or drop in - adults only.

Tuesdays:

• My Baby & Me Reading Program, 10:30 a.m. at the Library. To sign up or for info ask for Helen Midgley, Library Assistant

• My Storytime @ the Library on Tuesdays @ 2 p.m.

• Seniors Circle community bingo for everyone. Doors open at 6 p.m.

Second Tuesday of month:

• Oil Wives of Whitecourt meeting. Call Marlene 780-778-4242.

Third Tuesday of the month:

• Whitecourt Lions Club Reg. Meetings are 1st Wednesday of the month at 7:30 pm. For more info call Ray at 780-778-4665 or Gerald at 780-778-3258.

• Whitecourt Community Choir, 7:30 p.m. at Whitecourt United Church. All skill levels. Adults 16 and over.

Wednesday:

• My Storytime @ the Library on Wednesday @ 10:30 am.

• Whitecourt AA - at St. James Lutheran at 8:00 p.m.

• Whitecourt Fish and Game Assn. - Regular meetings run the 1st Wednesday of every month at Forestry Training Centre in Whitecourt.

Every 2nd Wednesday:

• Society of Whitecourt Arts Council 7 p.m. at ECHO Society Meeting Room. Contact Viviane at 780-706-0196.

Thursdays:

• Taking Off Pounds Sensibly (TOPS) 9:00 a.m., United Church.

Friday:

• Whitecourt AA - at St. James Lutheran at 8:00 p.m.

Sunday:

• Narcotics Anonymous at St. James Lutheran at 8:00 p.m. Ph. 780-779-7120 for further information.

Church Services

St. Joseph Roman Catholic Church
Time: 9:00 a.m.

St. Patrick's Anglican Church
10:30 a.m. Sunday

Family Worship Centre
Time: 10:30 a.m.

United Church
Hymm Sing 10:20 a.m. • Worship Time 10:30 a.m.

St. James Lutheran Church
Time: 11:00 a.m.

Whitecourt Baptist Church
Time: 10:00 a.m.

Skyview Alliance Church
Time: 10:30 a.m.

7th Day Adventist
(Church is held at St. Patrick's Anglican)
Saturday's at 10:00 a.m.

Hilltop Community Church
32 Whitecourt Avenue
Time: 10:30 a.m.

Galaxy Vapor

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Mon - Sat: 10 am - 8 pm



On June 13, Tanisha Crossland was the proud winner of Galaxy Vapor's first draw of a free unit and accessories. **Congratulations Tanisha!**

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5027 - 51 Avenue, Whitecourt (located beside Movie Theatre)

BABY BASSINET



It's a girl: Scarlett Jade Rose Meunier • Born: April 23, 2015

Weight: 6 pounds Gounces

Parents: Jan Nicole Jackson- Meunier and Corey Wayne Meunier

Grandparents: Debbie Jackson, Bill & Donna Beattie and Rick & Ann Meunier

Whitecourt & District
Public Library

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ADULTS 18 & OVER

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7-9 PM

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OR COMIC-CON CHARACTER



PLAY FUN WITH FLAGS, SATURN'S RINGS,
THE BIG BANG THEORY PARTY GAME!

PRE-REGISTRATION REQUIRED!!
SIGN UP IN PERSON AT THE FRONT DESK OF WHITECOURT & DISTRICT PUBLIC
LIBRARY OR CALL 780-778-2900 BY 8 PM, MONDAY, JUNE 15th

Edward Jones Weekly Market Insight (June 8 - June 12, 2015)

Market Performance

The TSX declined by over 1% on the week, its third consecutive weekly loss, on fears related to Greece. All sectors declined on the week with the exception of consumer staples, which increased by 1.1%. Despite a slight upward move in oil prices, energy stocks declined by 2% on the week. Healthcare, which has been the best performing sector on a year-to-date basis, lost 3% on the week.

Interest Rate Volatility Increasing

Interest rate volatility has increased over the past few weeks with rates rising modestly. While falling oil prices and choppy job growth have pressured the domestic economy – keeping the Bank of Canada on hold and Canadian rates low, stronger economic data in the U.S. has investors feverishly speculating over the timing of the U.S. Fed's first rate hike. With rates still

near historically low levels and the strength of the equity markets over the past several years, many investors may be questioning the role of fixed income in their investment portfolios. Fixed income investments (bonds) not only offer steady income, but also provide portfolio diversification benefits – benefits that can be easily overlooked in investors' search for higher yields and gains in the equity markets.

Do You Have Enough Fixed Income and Cash?

Stocks are typically more volatile than bonds, and bonds have frequently risen when stocks have dropped in the past. This type of relationship is an example of diversification at its highest level and is a reminder of the importance of owning the proper mix of stocks and bonds. Despite the current low income from fixed income investments, we believe their portfolio

diversification benefits make them an attractive investment for most investors. In fact, in nine out of the last ten years that the domestic stock market dropped for the full year, bonds acted as a portfolio diversifier and posted gains¹. While there is no guarantee that this relationship will always hold, it does demonstrate the diversification benefits of owning fixed income – especially when equity markets trade lower.

The plunge in oil prices took its toll on the TSX late in 2014, but market volatility has been below average for the past few years. In fact, we haven't seen a 10% correction in the S&P 500 since the summer of 2011. No one can predict when the next pullback will take place, but owning a well-diversified portfolio that includes fixed income can help insulate investors' portfolios from equity-market pullbacks. We recommend

laddering bond portfolios to address interest rate risk, including owning up to 80% of an investor's fixed-income portfolio in short- and intermediate-term bonds, which are less impacted by the potential for rising interest rates.

Rebalance to the Proper Mix

Despite interest rate volatility and likely higher interest rates at some point, we believe many investors may be underweight in fixed income and may be overlooking its portfolio benefits. No one can predict exactly when interest rates will rise or when equity markets will correct, but you can control the overall mix of equity and fixed income in your portfolio. This mix can help better position your portfolio for all market environments. Prepare today by rebalancing portfolios that are overweight equities by adding fixed income investments.



Come celebrate **Father's Day** with us and enter for the chance to win **\$50.00** in gift certificates.

Enjoy fathers day with us and enjoy a free slice of triple chocolate mousseline cake for Dad.

5123 Kepler St. W, Whitecourt, AB

Let's shake up Father's Day

By Valerie Winger

The traditional family. What is that? That is outdated jargon as far as I am concerned and, when a "holiday" such as "Father's Day" rolls around, all it does is alienate a large segment of the population. Therefore, I am proposing a change. Let's call it "You are Loved Day."

In the first place, fathers work hard all year. Why confine our thanks to one day? Secondly, for those without fathers, this day is hard! Thirdly, the family unit is no longer defined as a man, woman, and children. There are families with two dads and no mom, step-dads, grandpa as the father figure, live in boy-friends... the list goes on.

This Father's Day, celebrate what makes your family unique. Celebrate the strong adult role models. Celebrate the kids. Celebrate the pet's contribution to the family and, by all means, if you want to, celebrate the dads! Just don't pigeon-hole the day to one ideal if your family and your life doesn't fit the jargon.



HOROSCOPE

ARIES

(March 21 - April 20)

Aries, make note of any and all thoughts that pop into your head this week. Even your more quirky ideas may amount to something that brings big success.

TAURUS

(April 21 - May 21)

Taurus, play things close to the vest this week. Certain projects are up in the air, and you may need to more closely examine each situation before suggesting a course of action.

GEMINI

(May 22 - June 21)

It can be tough to stay on track this week, Gemini. It's hard to focus on work even for short periods of time. Try to maintain your productivity amidst the distractions.

CANCER

(June 22 - July 22)

Cancer, if you have any free time this week, sneak off to a quiet place and daydream for a little while. Some of your most inspiring ideas have come at the most unexpected moments.

LEO

(July 23 - August 23)

The line between fact and fantasy can be a bit blurry this week, Leo. You may be pulled in different directions, but try to maintain your focus.

VIRGO

(August 24 - September 22)

Virgo, rather than looking at things on the surface, dig a little deeper to try to find more profound meanings. You may unearth several interesting patterns.

LIBRA

(September 23 - October 23)

Libra, you may feel as though you are in unfamiliar surroundings this week. Don't get too scared, as this break from the norm might provide a little extra hop in your step.

SCORPIO

(October 24 - November 22)

Recognize the potential for magic wherever you go this week, Scorpio. You have the ability to see beauty where others only see blemishes. Turn others on to your way of thinking.

SAGITARIUS

(Nov. 23 - Dec. 21)

Sagittarius, encourage family members to gather in the coming days. Planning a day or evening with those you love most is a great way to escape the daily grind.

CAPRICORN

(Dec. 22 - Jan. 20)

Capricorn, honor all of your commitments in the coming days. Recognize others are counting on you and do your best to live up to their expectations.

AQUARIUS

(Jan. 21 - Feb. 18)

Aquarius, give a minor financial issue the attention it deserves. It's better to nip it in the bud early on so the situation does not escalate. Take responsibility for the problem.

PISCES

(Feb. 19 - March 20)

Pisces, avoid distractions as you look to resolve an issue that has been tough to handle. Try to clear your head before making decisions.



LOVESCOPE

by Eugenia Last

ARIES

(March 21 - April 20)

Playful chatty and charming will get your foot in the door and your heartthrob wanting to find out more about you and what you have to offer. Little surprises coupled with affection and compliments will lead to a connection with the person you want to spend your life with.

TAURUS

(April 21 - May 21)

Overdoing it will work against you. If you appear to be needy or too anxious to grab someone's attention you will fall short. If you aren't too vocal or share too much about your personal life you will create an air of mystery making you more appealing.

GEMINI

(May 22 - June 21)

People will gravitate towards you. Your outgoing cheerful intelligent banter will make you the go-to person. Everyone will want to share your spotlight and spend time enjoying your company. Choose the partner you want to be with wisely and a long-lasting love affair will unfold.

CANCER

(June 22 - July 22)

Forbidden territory will entice you. Stay away from a persuasive pursuivant who is involved with someone else. You have nothing to gain attaching yourself to someone who will keep you hidden from his or her friends and family. Set your standard high and say no to a secret affair.

LEO

(July 23 - August 23)

Your generosity and fun loving approach to life will mesmerize plenty of hopeful suitors. By helping in your community or a cause you feel strongly about you will improve your chance to meet the perfect mate. Look for the partner who can offer as much as you in return.

VIRGO

(August 24 - September 22)

Don't mix business with pleasure. Getting involved with someone you work with will lead to disaster. Jealousy and competitive action will result in arguments you don't want to share within the workplace. Set your sights on someone less involved in what you do for a living.

LIBRA

(September 23 - October 23)

Travel or attending a convention or seminar will be conducive to finding someone who catches your attention. Let your flirtatious side take over and before you know it a budding romance will have you feeling revived and looking forward to what the future holds.

SCORPIO

(October 24 - November 22)

Emotions will skyrocket but that doesn't mean you should let someone waltz into your life that isn't right for you. Be realistic, if someone is asking for too much too soon you'd be best to back away. Ulterior motives are apparent and can turn out to be a costly affair.

SAGITARIUS

(Nov. 23 - Dec. 21)

You will have no shortage of opportunities when it comes to love. Your adaptable adventuresome personality will lead to new people and places that offer a greater chance to meet someone who shares your sentiments on life, love and happiness. Explore the possibilities and enjoy the moment.

CAPRICORN

(Dec. 22 - Jan. 20)

Practicality will be in your best interest when it comes to love and romance. Anyone asking for too much or showing signs of being unpredictable should be avoided. Look for the person offering kindness, nurturing and a good handle on not living beyond his or her means.

AQUARIUS

(Jan. 21 - Feb. 18)

Social events will lead to plenty of opportunities to engage in a romantic encounter. Share your thoughts and show your affections and you will invite a passionate response from someone willing to explore the possibility of building a solid union and a good future with one another.

PISCES

(Feb. 19 - March 20)

Don't take or let anyone take you for granted. Unless the individual you are attracted to can offer you something in return keep looking. Don't be gullible false information will lead to mistrust and a parting of the ways. Keep your facts straight and your wallet closed.

Happy FATHER'S DAY!

Rick MacKinnon

Connie, Crystal, Kelly & Courtney

Daniel Baxtrom!

From your favourite daughter Amber. Love you Papa Bear!

Ryan Wilson! You are the best daddy in the whole wide world.

Love Hadley & Asher

Harvey Ryan! We love you tonnes Dad!

Xoxo Shawn & Melissa.

Happy 1st Father's Day Tutty! Thank you for being an amazing father to our little girl.

Love Michelle & Amaya.

Happy Father's Day Dave Majcher

Happy Father's Day Tim Loughran

To mine Daddy!

Love Daxton

Happy Father's Day Tim

Chad & Jenna, Cory & Brittany.

Dennis Watson, the best Poppa ever!

Love Jax, Farah, Jeremy & Christine.

Sonny Loughran!

We love you to the stars!

Merasia, JW & Cimmeron.



Ballerina for a day

Photo by Serena Lapointe Photography

Staples Manager Cody Stevenson was a great sport, dressing up as a ballerina and keeping it on for an entire work day. As part of its yearly Special Olympics fundraiser, Cody agreed to dress up in one of three costumes (banana, whoopee cushion, or ballerina) providing a large donation was made to their fundraiser. Thanks to a generous \$300 donation from Cory (last name not revealed at time of publication),

Cody donned a "pretty in pink" tutu made by Kristy Lovdahl and posed for pictures as customers popped in to see him. Catch Cody on the Special Olympics float this July 1 dressed up in one of his other two outfits. This year, our local Staples raised \$2,356 for the Special Olympics which is almost \$800 more than last year. Cody and his staff would like to thank everyone who donated to this great cause!

Happy Father's Day
from



and staff

5027 - 51 Avenue, Whitecourt T0E 2L0
780-706-1858

Happy Father's Day

from
Smitty's
and staff

3559 A Caxton St., Whitecourt, AB
780-779-0006



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Pedique or Gel Polish on Toes

All for **\$215.00** Regular \$260.00

Make-up Application and Trial Application are
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FATHER'S DAY SPECIAL

• Men's Express Package • Classic Pedicure
with paraffin • Relaxation Massage - 1 hour

Special **\$115.00** Regular \$130.00

Chastyn Kennedy is now offering Tape-in and Fusion Hair
Extensions at Divine. Call to book your **FREE** Consultation.

**We have so much going on in
June with Grad and Father's
Day we have several specials.**

**The Press has the highest
weekly circulation in Whitecourt.**

See the Alberta Weekly Newspapers Association Website for audited
circulation numbers of AWNA member newspapers in Alberta

Valerie Winger

Phone: 780-706-1858 Fax: 1-866-647-4105
(Toll Free) Email: wctpress@telus.net



**WHITECOURT
G & CC**

FATHERS DAY SALE

25% off all clothing, shoes and golf bags.

Gift Cards Available

**Bring Dad out for a steak
sandwich on Fathers Day- \$12.95**



**Come Join us for Wing
Night Monday Night:**

Starting at 5 p.m.

35 cent wings and \$5.00 domestic beer

Monday - 2 for 1 green fees all season!! (excluding holidays)

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Enhancement Grant recipients



Mayor Maryann Chichak presents a cheque to Gail Bablitz. (Children's Festival).



Betty Switzer, Mabel Baxter, and Jackie Handspiker of the Whitecourt Seniors Circle receive a cheque from Mayor Maryann Chichak.

Mayor Maryann Chichak presented the approved organizations with their 2015 Enhancement Grant Program cheques on Tuesday, June 9. The Whitecourt Enhancement Grant Program was established to offer community arts, culture, and recreation or-

ganizations assistance to start up or develop new community events, or assist with existing programs. Another call for applications will be made in the fall of 2015. Grants were awarded as follows:

- \$10,000 was awarded to the Whitecourt Children's Festival for

providing an arts and culture-based event for children. The successful event took place May 21, 2015.

- \$4,273.13 was awarded to the Whitecourt Seniors Circle for purchase of new floor curling rocks, playing surface improvements, and crib table replacement.

Track and Field



Edmonton may have FIFA Women's World Cup and Toronto its Pan Am and Parapan Games but, last Thursday,

Whitecourt had something just as exciting! École St. Mary held its track and field day, giving all the children in-

volved a taste of friendly competition, healthy outdoor exercise, and memories that will last a lifetime.

SEND IN YOUR PHOTOS!



To be featured in Photo of the week.

Submit photos to
wetpress@telus.net

Buying or Selling?

Let us help you find your perfect home!

Groat Creek MLS#36378 **\$525,000**

2800 sq. ft. 2 storey nestled in the trees on 4.34 acres! Oversized garage with mezzanine

Baxter Heights MLS#36382 **\$679,000**

Oversized garage

Beautifully landscaped 4 level split + an amazing river view!

Exquisite Property! \$1,399,900

7.34 Acres on Tower Road

STELLAR CUSTOMIZED BUNGALOW

Features stone fireplace on back covered deck and in living room, hardwood floors, beautiful cherry kitchen cabinets with quartz counter tops, butlers pantry, triple car garage, air conditioning, Bose stereo system... So many extras to appreciate!

5 Jackson place MLS#37107 **\$245,000**

New!

Fresh paint, new flooring, new hot water tank, fenced, beautiful maple kitchen with loads of cabinets! All appliances stay! Newer kitchen!

Immaculate!

Sangudo Acreage MLS#36853 **\$499,900**

New!

2410 sq. ft. Oversized garage plus shop, 9.3 acres! Original owners, well maintained home, gorgeous yard, your family awaits you.

58521 Range RD 80, Mayerthorpe, Alberta T0E1N0

New!

Beautiful meticulous property! Pride of ownership. Log exterior home. 18 acres, minutes from greencourt, 48x72 heated shop!

\$650,000

MLS#37275

6 Aspen Heights MLS#37038 **\$394,999**

Double detached garage, shed, huge deck. Wood burning stove, open concept living, huge deck. Peaceful, this property has so much to offer.



Get the Real Estate Advantage



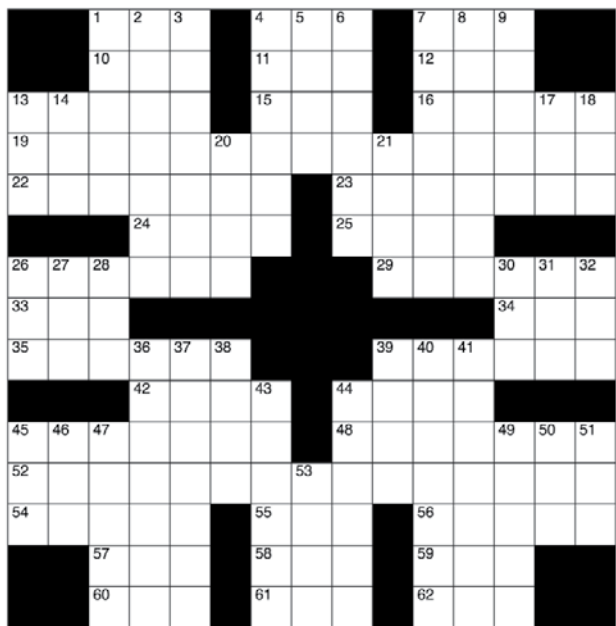
1-14 Mcleod Ave, Spruce Grove



www.realtyexecutives.com/Agents/Melinda_Grabler
movingwithmelinda@gmail.com

Call an **EXECUTIVE** Agent!

Whitecourt
PRESS
CROSSWORD PUZZLE



CLUES ACROSS

1. Sunscreen rating
4. Military mailbox
7. 12th month (abbr.)
10. Sunrise Mount of Shandong
11. Escape from the law
12. Similar suffix
13. Pyrrole
15. Anger
16. Blue-billed diving ducks
19. J.K. Rowling's pseudonym
22. Projecting part of a rampart
23. What St. Helens did
24. Large integers
25. Adhesive or digital
26. Writing providing information
29. Inscribed upright stone slabs
33. The night before
34. Black tropical American cuckoo
35. Heartache from loss
39. Hush money payer
42. Geological times
44. Types of fish eggs
45. Young pilchard
48. Lack of momentum
52. "Blue Bloods" A.D.A. actress
54. Rust fungi
55. Make lace
56. Small lizards
57. Energy Savings Measure
58. Before
59. ___ Lilly, drug company
60. Comic book character rooted in Japanese mythology
61. Radioactivity unit
62. Tear apart

CLUES DOWN

1. Posts or stumps (Scot.)
2. Painter's board
3. Containing more fire
4. In a way, adjusts
5. 1/100 Serbian dinar
6. Breakfast egg dish
7. Throw into disorder
8. Prisoner on the lam
9. 1st Hindu month
13. Treats high blood pressure (abbr.)
14. A plural of zoon
17. Ouray Res. Tribe
18. Doctor of Philosophy
20. Large quantities
21. Ladies undergarments
26. Foot (Latin)
27. Macao monetary unit
28. Prefix denoting "in a"
30. Research workplace
31. Midway between NE and E
32. Title of respect
36. Somewhat crimson
37. Folding paper art
38. Gradually diminish
39. Too osseous
40. Go in again
41. A citizen of Israel
43. Irish, English or Gordon
44. Had a wild disturbance
45. Helps little firms
46. They ___
47. Brown, wild & long-grained
49. Thysanopterous insect
50. Gandalf actor
51. Initials of Dannielynn's mother
53. "Dragon Tattoo" actress Rooney

Crossword solution on page 29

DEAR ABBY

by Abigail Van Buren

Husband's cocktail time is too much and too loose



DEAR ABBY: I have been blessed with success over the years and continue to provide a comfortable lifestyle for my wife and me. I will be celebrating my 74th birthday soon, and 55 years of marriage to my high school sweetheart.

When I come home from a busy day, I enjoy sitting down and having two generous cocktails while I listen to my favorite news station. I espouse my views on the political events of the day. And always, without exception, I verbalize my adoration for my wife and our family, and express how beautiful my wife is and how much I love her.

My wife becomes somewhat annoyed because I get loose with my opinions and comments because of the alcohol. She wants me to quit drinking every night before dinner. I feel there's no harm because I have only two drinks. At my age, I feel entitled, but I don't want to make my wife feel like she is

married to an alcoholic. What do you suggest I do? -- **MY AMERICAN DREAM INCLUDES COCKTAILS**

DEAR AMERICAN DREAM: For openers, try laying off the sauce for a week or so -- if you can manage it -- or cut back to one drink in a smaller glass. When you say you consume two "generous" drinks a day, I can't help but wonder how generous and what you're using to measure. While you may have been able to drink two generous drinks when you were younger with no negative effects, as folks get older (and 74 would qualify as "older"), they don't metabolize alcohol as well.

One of the signs of problem drinking is when it starts to cause problems with others. Another is belligerence, and if that's the way you become as you listen to your news programs, you can't blame your wife for being upset. And as to the endearments you utter while under the influ-

ence -- while they may be sweet, take it from me that women much prefer to hear them from men who are sober.

DEAR ABBY: I am getting married to a wonderful man. He suggested that his close friend "Zoe" would like to be a bridesmaid, so I asked her and she accepted.

The problem is, I have sent multiple messages to Zoe regarding the color we have selected for the bridesmaid dresses and also asked if she'd like to come along when I look for my wedding dress. I have received no response at all from her. My fiancé has also contacted her, and he hasn't heard back, either.

Is it OK if I decide to use someone else who

is willing to participate in the events leading up to the wedding, and not just the ceremony? -- **FIRST- AND ONLY-TIME BRIDE**

DEAR BRIDE: Have your fiancé check with Zoe to see if she's OK and her contact information is correct. Then send Zoe a written message explaining that because she hasn't responded to your previous messages, you and your fiancé assume she won't be participating in the pre-wedding activities and would prefer not to be one of your bridesmaids. Say that you both hope she will attend the wedding as a guest and send her an invitation. If she accepts -- fine. However, if you don't hear from her, take her off the list.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DAIRY PRODUCTION WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

ACUTE
ALFALFA
ALLEY
AMMONIA
ANTIBIOTIC
BEDDING
BIOSECURITY
BUCKET
BULL
BUNK
CANNULA
CATTLE
CLOVER
COLOSTRUM
CONFINEMENT
COW
CULTURE
CURD
DAIRY
DAM
DENITRIFICATION
FEEDERS
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Word Search
solution on page 29



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What do you think of the prime minister's comments about Russian president Vladimir Putin?



Jennifer Martin

I don't know if it's the right thing. Some people could say he's judging. It sounds pretty harsh.



Marie Wells

He should have been more discrete with what he was saying. If you were Putin, how do you think you would feel?



Jonathan Dumais

I think it's justified because I think inside of Stephen Harper, he thinks it's better for Canada to let everyone know on the UN, and he's not going to shut his mouth about it. I think it's a good thing.



Nadia Anbrade

I don't think it's politically correct that he said that; he should keep it private.



Geordina Corrigan

I think it was okay for him to say it, but he shouldn't have said it when he did. He should have said it more privately.



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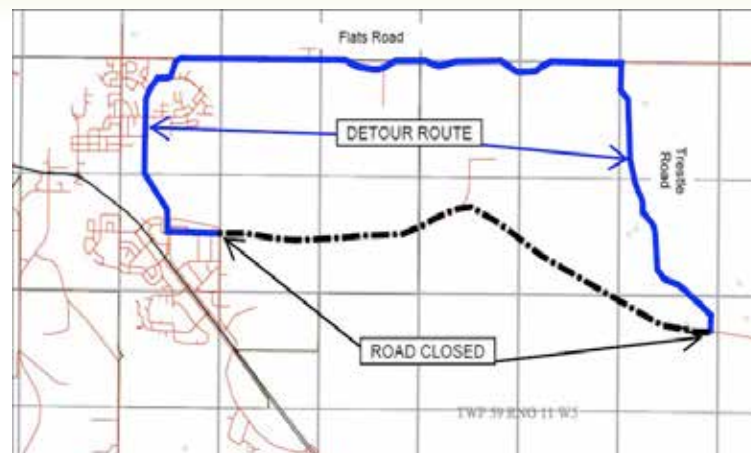
TWP RD 590A (PART OF KLASH RD) AND RG RD105 ROAD CLOSURE

TWP RD 590A east of RG RD 105 (Part of Klash Road) and RG RD 105 South of TWP RD 590A will be closed intermittently from May 19, 2015 to July 31, 2015 due to road construction. Please slow down and proceed with caution when approaching road crews. Because of the above activity, road conditions may be unfavorable. For further information please contact Woodlands County at (780) 778-8400.



OLD BLUE RIDGE HIGHWAY ROAD CLOSURE

41st Avenue (Township Road 594A) just east of Transfer Station will be closed from May 25th, 2015 to July 31st, 2015. All traffic will be routed in or out of Whitecourt via Trestle Road and Flats Road (Township 600). (75% Road Restrictions). Another alternate detour route will be Range Road 104 out to Hwy 43. We apologize for any delays but this closure is necessary to perform road construction. For further information please contact Woodlands County at (780) 778-8400.



NOTICE OF PUBLIC HEARING LAND USE BYLAW AMENDMENT APPLICATION 2015LUA03 BYLAW 460/15 - AMENDING WOODLANDS COUNTY LAND USE BYLAW 407/13



PLACE	DATE	TIME
Woodlands County Municipal Office Whitecourt, AB	Tuesday, July 7, 2015	7:30 p.m.

Pursuant to the provisions of Section 692 of the Municipal Government Act the Council of Woodlands County is considering an application for amendment to Land Use Bylaw 407/13, by making the following amendment through proposed Bylaw 460/15;

Re-zoning of SE 28-58-13-W5M, from CR Country Residential District to CRB Country Residential Business District, for the purpose of change in permitted and discretionary uses.

Written comments on the above proposed bylaw amendment may be provided **prior to June 30, 2015** to:

Woodlands County, Box 60, Whitecourt AB T7S 1N3
Attention: Jennifer Sunderman,
Development Officer
Or email at jennifer.sunderman@woodlands.ab.ca

Or interested individuals may attend the public hearing to voice comments.

The proposed land use amendment application and amending bylaw may be reviewed during regular business hours at the Woodlands County Municipal Office in Whitecourt located at #1 Woodlands Lane.

DISCRETIONARY USE DEVELOPMENT PERMIT APPLICATIONS

The Municipal Planning Commission will be making a decision on the following development permit application, as per the Woodlands County Land Use Bylaw, at a meeting on **Wednesday, July 8, 2015 at the Woodlands County Municipal Office in Whitecourt, Alberta at 7:00 p.m.** If you have any comment or concern regarding this proposal you may provide a written statement to the undersigned by 4:30 p.m. on June 30, 2015 or you may attend the meeting.

LEGAL DESCRIPTION	DEVELOPMENT PERMIT APPLICATION NUMBER	PROPOSAL
Pt. SE 17-59-11-W5M Lot 3, Block 1, Plan 872-0979	15-079-2015	Transport Contractor Business (Minor)

Information regarding this application may be obtained by inquiring at the noted address.

Attention: Jennifer Sunderman or Tyler McNab, Development Officers, Woodlands County
Box 60, #1 Woodlands Lane, Whitecourt AB T7S 1N3

Email: jennifer.sunderman@woodlands.ab.ca

Telephone: 780-778-8400 Toll-Free: 1-888-870-6315



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Woodlands County Mayor
Councillor for Whitecourt East
Division 4
E-Mail: jim.rennie@woodlands.ab.ca
Phone: 780-778-0202



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Councillor for Anselmo
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Phone: 780-648-2149



DALE MCQUEEN
Councillor for Goose Lake/Freeman River
Division 6
E-Mail: dale.mcqueen@woodlands.ab.ca
Phone: 780-584-2619



DALE KLUIN
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SENIOR CITIZEN AND DISABLED PERSONS TRANSPORTATION GRANT

Woodlands County would like to remind all senior citizens and disabled residents to submit their transportation grant forms, which also include mileage for attending the Healthy Living Program in Whitecourt from January to June 30, 2015, by **July 10, 2015**.

First time applicants must provide photo ID. Physically disabled individuals must produce a parking placard or letter from a physician stating they are permanently physically disabled. Developmentally disabled individuals must produce a letter from their psychologist/physician stating they have significant limitation in intellectual capacity or in adaptive skills.

Seniors (65 years of age or older), physically disabled, and developmentally disabled individuals, who reside in Woodlands County, are eligible to apply for the grant and are reminded to submit their transportation grant forms to:

Woodlands County
Community Services Department,
Box 60, #1 Woodlands Lane,
Whitecourt AB T7S 1N3

All individuals applying for the grant must complete the Transportation Grant Form which is available at either of the Woodlands County offices in Whitecourt or Fort Assiniboine. The grant form is also available on the County website at woodlands.ab.ca.

For further information, please call the Community Services Department at 1-888-870-6315.

NOTICE OF DECISION

Decisions have been made regarding the following development permit applications:

DEVELOPMENT PERMIT APPLICATION	LOCATION	PROPOSED DEVELOPMENT	DECISION	DATE OF DECISION
15-072-2015	Pt. SE 6-60-11-W5M Lot 2, Block 3, Plan 142-5057	Single Family Dwelling and Attached Garage	Approved with conditions	June 8, 2015
15-075-2015	Pt. SE 31-59-12-W5M Block OT, Plan 832-0901	Accessory Building	Approved with conditions	June 8, 2015
15-076-2015	Pt. NW 24-59-11-W5M	Accessory Building	Approved with conditions	June 8, 2015
15-078-2015	Pt. SE 5-59-11-W5M Lot 23, Block 1, Plan 102-4860	Single Family Dwelling and Attached Garage	Approved with conditions	June 10, 2015
15-080-2015	Pt. NE 4-59-10-W5M Lot 2, Block 2, Plan 102-3906	Single Family Dwelling and Shed	Approved with conditions	June 10, 2015
15-081-2015	Pt. SE 19-58-11-W5M Lot 6, Block 1, Plan 102-5167	Single Family Dwelling and Detached Garage	Approved with conditions	June 10, 2015

Any person affected by these decisions may appeal to the Secretary of the Development Appeal Board by forwarding a written appeal along with a \$200.00 fee, to the address listed below, prior to **4:30 p.m. July 2, 2015**:

Attention: Jennifer Sunderman, Development Officer or Tyler McNab, Development Officer
Woodlands County
Box 60, #1 Woodlands Lane, Whitecourt AB T7S 1N3

Telephone: 780-778-8400
Toll-Free: 1-888-870-6315

Information regarding these applications may be obtained by inquiring at the above noted address.



JIM RENNIE
Woodlands County Mayor
Councillor for Whitecourt East
Division 4
E-Mail: jim.rennie@woodlands.ab.ca
Phone: 780-778-0202



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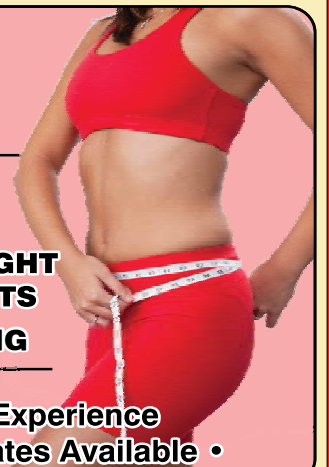
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Woodlands County "Staycation"

By Rechell McDonald

First of all, what is a staycation? A staycation is where you stay home on vacation, rather than traveling. Some people get crafty about it, too, and tell their family and co-workers that they are, indeed, traveling out of town for their vacation simply to avoid being bothered on their time off. Others plan to do activities locally, to make the most out of what is available at hand, without spending a fortune on a pricy family vacation.

Last year, Woodlands County got on the staycation-train and decided there is a lot to do in the area, but lots of people don't know about it – even residents! Thus, the staycation tour was born.

"We invite members from schools, businesses, hospitality, industry, and government to take part in the tour. The objective behind the tour is

to allow people to answer first-hand the age old question: 'What is there to do around here?'" explains Dana Severson, Woodlands County development and tourism assistant.

"This year we have representatives from hotels, campgrounds, municipal councils, businesses, youth organizations, realtors, community groups, and government employees attending. The value comes in expanding their knowledge of what is available to residents, visitors, and groups within the county. The benefits of the experience and information gained from attending the tour would be useful in attracting and retaining employees, enticing new families and residents to relocate to the area, or allowing current residents to explore their own proverbial backyard."

By way of a private coach, participants will take part in a series of activities at some of the areas the event is aiming to showcase. Some of what can be expected are a hike through Hard Luck Canyon, a full exploration of Rotary Park, and a barbecue and activities at the Blue Ridge Recreation Area. The tour will cap-off with refreshments and some time at the Fort Assiniboine museum.

Happening on the 24th of June, anyone not already signed up to participate in the tour is urged to get in contact with Dana Severson by phone or email to secure a spot (780-778-8400 or dana.severson@woodlands.ab.ca). Between 50 and 60 participants are expected, so if you've never staycated before, and are looking for an alternative to an expensive trip away, look no further.

Is there a coalition in the works?

By Laura Bohnert

Current polls suggest the New Democrats, Liberals, and Conservatives are neck and neck (and neck) for the upcoming October election -- but are Liberal and NDP supporters opposed to the Tories enough to vote for a coalition?

A recent survey shows the polls to be sitting pretty close to a tie: the Liberals have 32 per cent support, the Conservatives have 31 per cent, and the NDP are at 28 per cent, placing all three at what has been referred to as a statistical dead heat. Of course, a three-way tie wouldn't exactly be likely come election time. Conservative support is currently more optimally spread, which means they would win the largest share of the seats -- but it isn't too likely they would win a majority.

In order for a party to win a one-seat majority, they need 170 seats

out of the available 338. Conservatives would have an estimated 151 if an election were held today. However, the Liberals would take 101 and the NDP would take 83.

Of course, there are still months to the election -- not to mention, there a few trials underway which may carry an implication or two for a certain party leader -- and the polls could and likely will fluctuate by that point, but does this current trend suggest good news for the Conservative Party?

Not necessarily. Barring any major fluctuations, the Conservatives are still within range of achieving a majority, but another possibility has recently been brought to light: recent surveys have shown more than half of Canadians to be in favour of a coalition government.

Close to two thirds of all voters -- 57 per cent -- have suggested that,

should no party win enough seats to form a majority government, a coalition would be more favorable than a minority government.

And, the sudden influx of attack ads against not Trudeau, not the NDP, but against the idea of a coalition indicatively suggests that the Conservative party may be more than a little worried that voters aren't so against the idea of a coalition as they'd like.

Of course, maybe it is time for a change in the way our government is being run. Maybe more diversely distributed power -- or simply the regulating panopticism of having opposing parties all share one table, so to speak -- would make it a little more difficult for our government to reach its current levels of corruption and, maybe, that would work in favour of helping Canada crawl out of its current level of debt.

An incredible prosthetic

By Rechell McDonald

Bionic eyes. They are here, they are now. A Minneapolis-St. Paul man is now able to enjoy some semblance of sight after being in the dark for a decade due to a degenerative genetic disease that slowly robbed him of his vision.

Although the bionic eye, actually known as a retinal prosthesis, only allows him to make out shapes and the outlines of people at this time, it's enabled him to gain awareness of his environment to the point where he no longer requires his cane to get around. The main problem with the device is that, of course,

it does not recreate human sight perfectly. At this time, there are not enough electrodes in the device to render a perfect semblance of a person and then feed the data into his optic nerve.

It should be noted that this model of retina prosthetic is not ideal for every form of blindness. In the case of this initial test subject, only his photoreceptors were badly damaged by his condition, leaving a completely healthy optic nerve and the rest of the retina usable. The system itself is, also, not without its faults. It relays images in light flashes, more or less, that requires a

person to adapt and learn how to interpret them. The entire prosthetic involves an implanted eye piece, a pair of glasses with a camera (that records the world), and a small computer attached to the person who receives and translates the image data into signals the eye piece can then translate to the brain.

While it's far from ideal, and clearly is but a first-generation version of what will undoubtedly become a more sophisticated piece of equipment, for the test patient, his entire world has been altered for the better and he can now 'see' his wife again.



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Five top golf tips to help boost your game

(NC) When it comes to golf, it's the little things that can have the biggest impact on your game. Whether it's your first attempt, or 10th season, golf expert Bob Weeks has got you covered at the links this summer with these five tips:

Choose the right clubs: Regardless of your experience or skill level, choosing the right equipment can be the difference between duffing it and striking the ball straight down the fairway. It's important to work with a professional to get the clubs best-suited to your game

and then, to have them custom fit. You should be fit for the length, loft, lie angle, shaft flex and even the grip size. If your clubs aren't custom fit, it will be like walking around in shoes that are the wrong size.

Get on the ball: Choose the right kind of golf ball for your game. While golf balls all look the same, it's what's inside that determines if it's right for you. Golf balls fall into two categories: distance or control. Distance balls are generally two-piece balls with a large core and a cover. They are

harder and better suited for higher handicappers or beginners. Control balls, usually three- or four-piece balls, are softer and spin more meaning they will land on the green and stop. More skillful players should use these.

Consider the elements: Weather is always a factor in golf and dealing with it must always be considered. For instance, in cold temperatures, the ball will travel shorter distances, so take more club. The opposite is true for warmer temperatures. If you're playing into the wind, swing easy as that

will keep the ball from spinning too much and rising up into the breezes. And downwind, make sure to judge the intensity of the breezes so you can choose the proper club. Your ball will roll further than normal on a downwind shot so take that into account.

Putting and chipping is priority: Lots of players like to boom their drives and will spend a

lot of time on the range hitting their drivers. But if you want to improve your scores, you should spend more time working on your putting and chipping. Since most average players miss a lot of greens, the best way to save strokes is by chipping it close and making more putts. Focus more on your short game than your drive and you will improve.

Play the 19th hole: Win or lose, there's no better way to celebrate than hitting the 19th hole. Less is often more in golf and the same applies when considering what to eat and drink after a round. Molson Canadian 67 for example is specially brewed with 67 calories and an ABV of 3% per 341ml, offering a light, refreshing alternative for active players.

Boat rally



Rain or shine, boating is a good time.



A boat skipping along the water.

Photos by Serena Lapointe Photography

↑ Two-year-old Tenley having fun on Grandpa's boat.

Last weekend, over 30 boats took part in the Whitecourt Riverboat Association's Spring Family Boat Rally and Poker fun day! Even though it rained throughout most of Saturday, it didn't

dampen the spirits of those enjoying the Athabasca River during the 70-mile round trip from the boat launch up to the club's campsite and back. Participants enjoyed a steak supper following the rally.

HAPPY BIRTHDAY DUSTIN



**Happy
30th
Dustin
Belke
JUNE 19**



A happy, sweet and wonderful baby you were with those BIG brown eyes. You have brought us so many moments of happiness, joy, honour, and always a heart full of love. We have been so blessed to watch you grow into a kind, loving, honourable, and respectful young man and now onto a loving husband and most amazing Dad. We are so honoured, blessed, and proud to be your Mom and Dad. Thanks for loving us and sharing your life with us...and giving us the privilege of being your parents.
We love you.

HAPPY 1ST FATHERS DAY. Henry is one lucky little boy to have you for a DADDY!



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Tuesday, June 23	6:00-7:00pm
Wednesday, June 24	6:30-7:30pm
Tuesday, June 30	11:00am-12:00 noon
Thursday, July 2	6:30-7:30pm
Wednesday, July 8	11:00am-12:00 noon
Thursday, July 9	6:00-7:00pm

What to bring: Water bottle, yoga mat or towel that
you don't mind getting a little dirty.
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Level: All levels welcome
Cost: Free

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Do Just One Thing



By Danny Seo

turning them into custom creations. But what do you do with the loops if they break? The company has a free recycling service that will take them back. Just put the loops in a bag and mail it to the company. It melts the plastic and turns it into new products. Learn more at rainbowloom.com.

One of the easiest ways to combat pesky mosquitoes is to be vigilant about standing water. Mosquitoes need only a spoonful of still water to leave their eggs behind. While it's obvious that places like buckets, kiddie pools and inactive birdbaths are key real estate, consider less-obvious places like uneven gutters or the small trays under planters. If you do find an area that is difficult to dump or dry out, add a little vegetable oil to the standing water. It'll effectively kill the larva that may be inside.

Kids are obsessed with Rainbow Loom bracelets and kits, and they love taking the tiny rubber band-like loops and

Our cars are like a second home for many of us, so why hang artificial air fresheners from the rearview mirror? These fresheners, along with plug-ins and sprays, are loaded with chemicals and often with phthalates that contribute to unhealthy air quality. If you want to keep your car smelling fresh, reach for charcoal. Charcoal is a natural odor neutralizer, and it's long lasting, too. Fill a large tea strainer with pieces of charcoal and place it in the cup holder or hang it from the rearview mirror. The real smell of clean is no smell at all -- not "pine."

Are you one of the millions of home cooks who have replaced their Tef-

lon-coated nonstick pans for chemical-free alternatives? While it may seem like a good idea to donate your old pans to charity, if you won't eat food cooked in them, why give them to someone else? The good news is that these pans are recyclable. Some curbside recycling programs will take any type of cookware with any coating, as long as the body is stainless steel or aluminum. But some communities don't take coated pans. When in doubt, seek out a scrap metal yard -- it

will likely take the pans.

A lot of us avoid personal-care products that contain parabens, the chemical preservative that has been linked to a whole host of health concerns. The good news is that paraben-free products are easier to find; the bad news is that the shelf life for these items is not as long. One way to help extend and preserve the life of your all-natural moisturizers, shampoos, makeup and other personal products is to refrigerate them.



For day-to-day items, there's no need to store them in the fridge since they will be used quickly. But for infrequently used items, keeping them in the fridge will inhibit the growth of bacteria and lengthen the shelf life of the products.

LED light bulbs have taken over as the greenest choice when it comes to lighting your home. They are long-lasting, mercury-free, energy efficient and cast a soft, white light. But when shopping for LED bulbs, it can be tough to determine which one is right for your house. To figure it out, look for the lumens rating on the package. This is a measurement to determine the output of light from the bulb. Figure out what old-fashioned incandescent bulbs worked in what fixtures, and multiply the wattage of that

bulb by 10. So, a 40-watt bulb times 10 would be a 400-lumen LED bulb.

During the hot summer months, a central air conditioning system can be a simple way to keep your home cool. By choosing an Energy Star-rated model, you know you're using the most energy-efficient model possible to save electricity and money. But if you have an older central air conditioner, swapping it out for a new one can be a very costly expense. Instead, one affordable way to tune up your older model is to install a modern, high-efficiency compressor. The compressor inside the air conditioning unit is designed to circulate the refrigerant into the hot air it pulls in. Older models work harder to cool the air, while newer models will do it more efficiently.

Strange BUT TRUE

By Samantha Weaver

It was U.S. Vice President Hubert Humphrey who made the following sage observation: "Compassion is not weakness and concern for the unfortunate is not socialism."

Chop suey is not actually a Chinese dish; it was invented in California.



Dick Simon, one of the founders of the Simon and Schuster publishing company, was struggling in his business when he visited his aunt in 1924. She had been looking for a book of crossword puzzles to give to her daughter, but the puzzles being relatively new (first appearing in newspapers in 1913), there was no compilation available. Seeing an opportunity for

his fledgling business, Simon and his partner, Lincoln Schuster, published a book of puzzles right away. The puzzle book was an instant best seller, and its revenues supported Simon and Schuster while the publishing company was establishing itself.

You might be surprised to learn that in

1967, the Monkees chose Jimi Hendrix to be the opening act for their summer tour of the U.S. The pairing didn't last long, though; Hendrix discreetly left the tour after he was banned by the Daughters of the American Revolution for being too sexually suggestive.

If you have a particularly quiet friend, he or she might suffer from laliophobia, a fear of speaking.

Those who study such things say that if you're playing a game of Monopoly, you're most likely to land on B&O Railroad and Illinois Avenue.

A recipe from Mama Gray's kitchen

CHERRY COOKIES



- 1 cup butter
- 1/2 cup icing sugar
- 2 egg yolks
- 2 cups flour
- 2 tsp vanilla

Mix and knead to soft dough. Form into 1 inch balls and push a cherry in centre of each ball. Bake in 325° oven for 20 to 25 minutes. Let cookies cool and then

ice with green or red make thin icing. While icing. Use cherry juice, icing is soft, roll cookies in chopped pecans.



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

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 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!

Sudoku solution on page 29

Know the signs of heat stroke and illness. It could save your life

(NC) Heat-related illnesses can creep up on you so quickly you may not even know you're at risk, which is why it's important to know the signs and symptoms of heat stroke and other heat-related illnesses.

Take time to protect yourself and your family this summer. Environment Canada forecasts that many places in Canada can expect an increase in the number of days with temperatures over 30°C/86°F. Even something as simple as staying in the shade, where it can be 5°C/9°F cooler than the surrounding area can make a big difference in avoiding heat stress.

Signs of heat illness

Illnesses related to heat can include exhaustion, fainting, edema (swelling of your hands, feet and ankles), rash and muscle cramps. Heat illnesses are mainly caused by over-exposure to heat, or over-exertion in hot temperatures. People also succumb to underlying respiratory or cardiovascular conditions in the heat.

Symptoms may include:

- Heavy sweating
- Weakness
- Dizziness
- Nausea
- Headache
- Diarrhea and muscle cramps

Signs of heat stroke

Heat stroke is the most dangerous heat illness

and is a medical emergency.

Call 911 or your local emergency number immediately if someone has a high body temperature and is either unconscious, confused or has stopped sweating. While waiting for help, cool the person by moving them to a cool place, apply cold water to large areas of their skin and fan them. Recognizing the



symptoms and knowing what to do could save a life.

The likelihood of heat-related illnesses occurring in a country like Canada, where temperatures can soar well into the 30s and 40s during a heat wave, is high. Added humidity can catch people off guard, putting additional heat strain on the body and increasing health risks.

Health Canada is making precautionary information available to Canadians this summer, both online and in heat brochures. Find more information at Canada.ca and search for Extreme Heat or call 1-866-225-0709 to order Extreme Heat brochures.



Sun's Out, Fun's Out

(NC) It's time to stop hibernating indoors. Whether it's going for a brisk walk, a bike ride or playing golf, it's important to get out, get moving and stay fit.

If you have a lung condition like chronic obstructive pulmonary disease, or COPD, and find you are experiencing shortness of breath when enjoying these or other activities, don't assume it's just a result of growing older – it may be a sign your COPD could be better managed. If you take medication for COPD but are still experiencing shortness of breath, there may be treatment options avail-

able that can help you breathe better.

In order to stroll, garden or hike, steady breathing is necessary. You don't have to accept shortness of breath – there are ways that you can improve your lung health. The better you breathe the more active you can be.

It's a new season, and time for a new normal. Talk to your doctor about your shortness of breath and how you can improve your lung health. Take a step towards the outdoors and breathing better. For information and support in living well with COPD, visit www.copdsigns.ca.

Goldilocks reveals the secret to health!

By Verna Ellis,
Health Solutions

By now we know that we all need some help for a short time while we address our health issues and start moving away from "equilibrium." The goal needs to be to get healthy while we learn to make better lifestyle choices.

Non-contextual effects

Some things that may seem like context parameters don't really qualify. Medicinal herbs are a case in point. Properly speaking, only food herbs represent a true context parameter. Medicinal herbs represent a different principle altogether.

When I speak of "food herbs," I don't mean spices and seasoning. I mean healing foods herbs – plants that nour-

ish and strengthen our body functions. The herb dong quai happens to be both a seasoning herb and a healing food herb. Chinese cooks use it to make dong quai chicken, and Chinese healers use it to nourish the female reproductive system. Garlic is another herb with both seasoning and healing effects. Other food herbs taste down-right awful (as I can personally attest), yet still qualify as food herbs because they have specific nutritional, or restorative, effects.

Medicinal herbs don't have restorative effects. They act as drugs, not nutrients, meaning that they contain substances that mimic or block the chemicals that the body uses to govern itself. Medicinal herbs let us adjust our level of those

governing chemicals, but they do it artificially – by over-riding the body's own governing processes. Medicinal herbs don't sustain body functions, they replace them.

Cocaine and heroin both come from medicinal herbs. They affect us as if they were powerful chemicals manufactured by our endocrine system even though they come from plants. The wild Mexican yam is another powerful medicinal herb. It contains estrogen-like substances that affect us as if they were estrogen itself.

The difference between food herbs and medicinal herbs, then, is the difference between nutritional effects and drug-like effects. Medicinal herbs have drug-like effects. As a consequence, they have

power to addict us and they can cause side effects. Food herbs do neither. Imagine hundreds of variations on the idea that carrots nourish the eyes and you'll have a pretty good idea of what food herbs do. This difference between food herbs and medicinal herbs makes medicinal herbs entirely inappropriate for long-term use (though useful for some short-term purposes), and if we can't use something long-term without harming ourselves, we can't properly count it as a true context parameter.

Limits to the medicinal approach

Medical drugs suffer from the same drawback. They, too, either mimic (like insulin) or oppose (like antacids) the body's natural

governing chemicals. As a consequence, they trigger compensating effects that cause drug tolerance and the kind of reversing of benefits where a drug that once seemed to be helping actually ends up worsening the condition it was supposed to cure.

Science News magazine once reported that "the typical physician spends three minutes on insomnia complaints, and then prescribes sleeping pills without investigating the causes. These pills lose their effectiveness if used continually for two weeks. In fact, they are used for months on end, which is common among chronic insomniacs; they are physically addicting and can actually cause severe sleep disturbances rather than counter them. These disturbanc-

es are the consequences of over-riding the body's control of itself.

Early medical researchers first derived drugs by studying medicinal herbs and extracting their "active ingredients." Modern medical researchers now turn to the body's own pharmacy for their drugs. They ask scientifically how the body directs itself – what chemical "language" it uses, in essence, to switch its functions on and off – then they synthesize the key elements of that "language," which become their drugs. If the body uses a particular molecule to turn on the immune system, medical doctors could use a synthesized version of that molecule for the same purpose.

Continued next week

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Decisions to make before adopting a pet

Pets make great additions to households. Parents often find that bringing a pet into their homes is a great way to instill a sense of responsibility in their children, while singles or couples embrace the companionship that devoted pets provide.

Adoption is the route many prospective pet owners prefer to take when bringing new pets into their homes. Shelter animals are in need of good homes and providing such an environment to animals others have abandoned or were forced to give up can make new pet owners feel better about themselves. But

in an effort to make their transitions to pet ownership go more smoothly, men and women should make certain decisions before adding any furry friends to their family dynamic.

Responsibility

Pets are a big responsibility, but some pets are easier to care for than others. Fish, for example, don't require as much effort on the part of pet owners as dogs do. Prospective pet owners should discuss how much responsibility they are willing to take on and just who will be handling the bulk of the caretaking. Prospective

pet owners who don't feel like they can take on much additional responsibility might want to avoid adopting dogs, which need daily walks and exercise, in favor of cats, which don't require as much attention, or other pets that do not require as significant a time commitment.

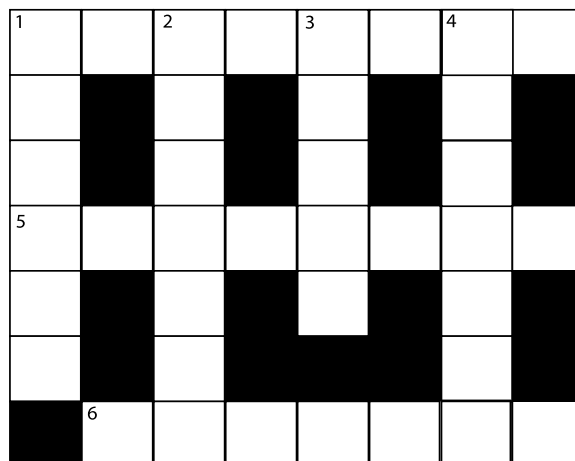
Budget

Prospective pet owners also should develop a budget before visiting a shelter or speaking to an adoption agency. Pets, even if they are adopted, can be expensive additions to a home, and it's easy for prospective pet owners to fall in love with an animal and bring it home only to realize down the road that the cost of keeping the animal is beyond their means. When adopting a pet, men and women should expect to pay adoption fees and pay for an initial veterinary visit, which may include vaccinations, the cost of which can quickly add up.

Continued next issue



Crossword Puzzle



ACROSS

1. Clothing for swimming
5. Fascinating aura of mystery
6. Return to a normal state

DOWN

1. Hot season
2. Causes a bother
3. Single step
4. Enjoy the pleasure

1. Summer 2. Iksome 3. Stair 4. Indulge
Down

1. Swimsuit 5. Mystique 6. Recover
Across
Answers:

THIS DAY IN...



HISTORY

• **1790:** THE RESIDENCE ACT ESTABLISHES THE DISTRICT OF COLUMBIA AS THE SEAT OF THE UNITED STATES GOVERNMENT.

• **1945:** THE FIRST ATOMIC BOMB IS TESTED IN NEW MEXICO.

• **1951:** J.D. SALINGER'S NOVEL, "THE CATCHER IN THE RYE," IS PUBLISHED FOR THE FIRST TIME.



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style of strap
that connects
around the neck



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MEDICAL TRANSCRIPTION! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

Equipment For Sale

A-CHEAP, lowest prices, steel shipping containers. Used 20' & 40' Seacans insulated 40 HC DMG \$2450. 1-866-528-7108; www.rtc-container.com.

Farm Machinery

EQUIPMENT FINANCING! Any type of commercial equipment will be considered. Oil/gas, agriculture, hospitality, construction, technology. We work with all types of credit. Call Steve 780-782-1252.

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HEATED CANOLA buying Green, Heated or Springthashed Canola. Buying: oats, barley, wheat & peas for feed. Buying damaged or offgrade grain. "On Farm Pickup" Westcan Feed & Grain, 1-877-250-5252.

For Sale

BEAUTIFUL SPRUCE TREES. 4 - 6 feet, \$35 each. Machine planting: \$10/tree (includes bark mulch and fertilizer). 20 tree minimum order. Delivery fee \$75 - \$125/order.

Quality guaranteed. 403-820-0961. METAL ROOFING & SIDING. 30+ colours available at over 40 Distributors. 40 year warranty. 48 hour Express Service available at select supporting Distributors. Call 1-888-263-8254.

STEEL BUILDINGS. "Our Big 35th Anniversary Sale!" 20x20 \$4500. 25x24 \$5198. 30x30 \$7449. 32x36 \$8427. 40x46 \$12,140. One end wall included. Pioneer Steel 1-800-668-5422; www.pioneersteel.ca.

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STEEL BUILDINGS/METAL BUILDINGS 60% off! 20x28, 30x40, 40x62, 45x90, 50x120, 60x150, 80x100, sell for balance owed! Call 1-800-457-2206; www.crownsteelbuildings.ca.

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1-855-380-2266 at Craigs Home Sales in Lethbridge, Alberta to have your home in time.

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Got a news tip?

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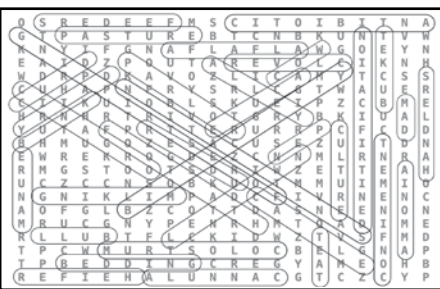
Photo by Serena Lapointe Photography

Working hard on our town roads in the pouring rain.

Puzzle Solutions, did you solve the puzzle?



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

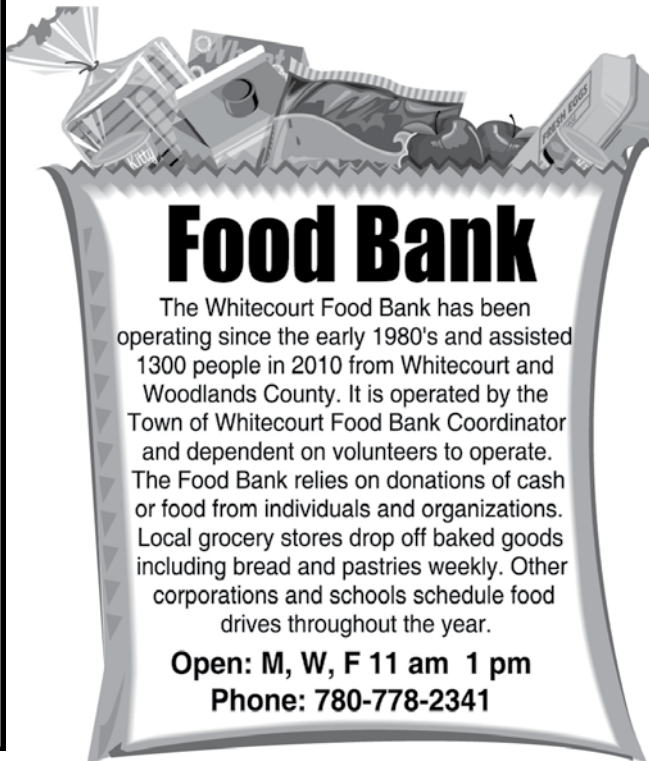


LORNE'S BLANKET

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 The Family Worship Centre at 780.778.2572



SUPPORT GROUP

for those suffering with chronic illness

Every first Thursday of the month

10 am @ Family Worship Centre

This support group provides support to those living

with chronic health issues.

- Emotional and spiritual support
- Encouragement
- Opportunity to share with people going through some of the same things you may be.

Contact Elaine for more information
780-779-7674 or email
lal68dutchholland@icloud.com

REPEAT BOUTIQUE

Open every Wednesday & Saturday 10:00 am - 4:00 pm

Everything is donated by the people of Whitecourt & surrounding areas. Run strictly by volunteers. Always looking for more volunteers. Always looking for more volunteers. Anyone who would like to volunteer can drop off a police record check at the Repeat Boutique. All the money raised is donated to the Whitecourt Healthcare centre in the form of equipment.

Contact is Elaine Gunderson

Friends of Whitecourt Society

also known as Whitecourt Healthcare Auxiliary.

Meetings every 3rd Tuesday

Auxiliary meetings held at Public Healthcare wing at the hospital. Repeat boutique is the major fund-raiser.

President is Elaine Gunderson



For all of your advertising needs, please contact:

Valerie 780-706-1858 or
wctpress@telus.net

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5116-59 Street, Whitecourt, Alberta T7S 1N6
Ph: 780-706-4889 Fax: 780-778-2106

Career ads, online at:
www.whitecourtpress.com



Experienced Water Transfer Supervisor, Lead Hands and Labourers

STRATTY ENTERPRISES is hiring! We are seeking candidates with Water Transfer experience to fill positions we have available. The ideal candidates will have a background in water transfer, clean driving record, actively participate in activities associated with workplace health and safety and have a strong desire to build a career with a growing company offering many advancement opportunities. Email resumes to careers@stratty.com or drop one off in person!

5116-59 Street
Whitecourt, Alberta T7S 1N6
Ph: 780-706-4889 Fax: 780-778-2106



Scott Safety Supply Services Inc. has the following positions available:

H2S Supervisor - Day Rater

- Qualification
- Valid Class 5 Drivers Licence & Current (within 30 days) Drivers Abstract
- Current H2S Alive Ticket
- Current First Aid Ticket
- Petroleum Safety Training (PST)
- Experience is an asset

Industrial Fire Fighter - Day Rater

- Qualification
- Class 3 & 5 Driver license & Current (within 30 days) Drivers Abstract
 - NFPA 1081 & NFPA 1001
 - Current H2S Alive Ticket
 - Current First Aid Ticket
 - Petroleum Safety Training (PST)
 - Experience is an asset

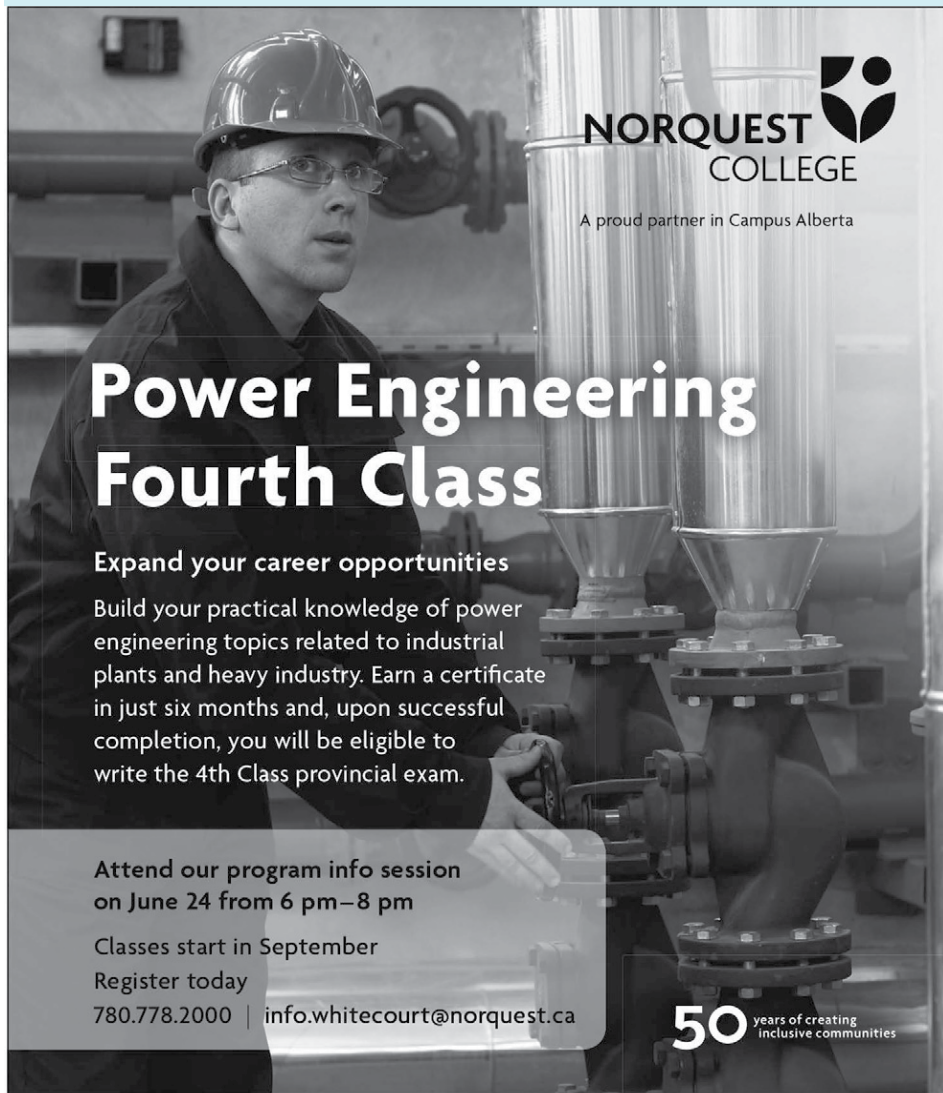
Medic - Day Rater

- Qualification
- EMR/EMT/OFA3 – ACP registered
 - Valid Class 5 Drivers Licence & Current (within 30 days) Drivers Abstract
 - Current H2S Alive Ticket
 - Current First Aid Ticket
 - Petroleum Safety Training (PST)
 - Experience is an asset

Pre-employment Drug Screening is Mandatory

This is an exceptional career opportunities for an individual who has initiative and drive to be part of a growing and thriving team. Scott Safety has excellent leadership and mentorship available. Qualified candidates are encouraged to send your resume in to hr@scottsafety.ca.

We thank you in advance for your interest. After reviewing applications, only those selected for an interview will be contacted.



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WHITECOURT POWER

Capstone Infrastructure owns and operates the Whitecourt Generating Station, located in Whitecourt, Alberta. We are an independent power producer with a competitive compensation/benefits program, bonus plan linked to plant performance and a challenging work environment that promotes personal growth. We currently have the following rewarding opportunity for a career-minded individual:

Millwright

Reporting to the Maintenance Manager, the successful candidate will be a journeyman Millwright with a broad background in industrial plant maintenance. Preference will be given to candidates with welding certification (dual ticketed), vibration and oil analysis knowledge, machinist skills and power plant maintenance experience. Hours of work are 7:00 am to 4:30 pm Monday to Friday with every second Friday off.

Please e-mail resumes to careers@capstoneinfra.com and add **Whitecourt Millwright** in the subject line, by Friday, June 19th, 2015

Whitecourt Power thanks all applicants in advance; however, only those candidates selected for interviews will be contacted.



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Then Profoxx Energy would like to hear from you.
We are a professional fast growing company that offers competitive wages and benefits in a safe Environment.

HELP WANTED for OILFIELD LABOURERS

- Labourer experience an asset.
- Oilfield maintenance an asset.
- Organized
- A Self-starter
- Team player

Submit your resume to:
careers@profoxxenergy.com
Or by fax 780-622-5056

We thank all those who apply, but only those chosen for interview will be contacted.



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Are you looking to grow your career in a drug and alcohol free environment, surrounded by a great team?
Then Profoxx Energy would like to hear from you.
We are a professional fast growing company that offers competitive wages and benefits in a safe Environment.

HELP WANTED for PIPEFITTER APPRENTICES

- Oilfield Construction experience an asset.
- Skid Steer experience an asset.
- Organized
- A Self-starter
- Team player
- Oilfield maintenance experience an asset.

Submit your resume to:
careers@profoxxenergy.com
Or by fax 780-622-5056

We thank all those who apply, but only those chosen for interview will be contacted.

BRAD'S Picker Services Ltd

requires experienced

- **Knuckle Picker Operator**
- **Winch Tractor Driver**
- **Swampers**

Benefit package offered. Drug test required

Please send resume to
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resumes at **3375 - 33 Street**



Northwell Oilfield Hauling requires experienced

- Bed truck drivers
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for their Whitecourt, Fox Creek,
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Please send resume including drivers abstract to:
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or Fax to: 780-778-5099
3624 - 36 Avenue Whitecourt
Northwell Oilfield Hauling Whitecourt Office
Phone 780-706-2000

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Send your letters, comments or story ideas to...
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Fax: 1-866-647-4105 [Toll Free]



NOW HIRING

Fire Extinguisher Service Technician

Brogan Safety Supply Ltd., is a manufacturer certified & authorized / industry leading provider of safety supplies, services & equipment.

Our rapidly expanding Whitecourt location is now looking for a
Fire Extinguisher Service Technician to join our team.

Applicants should be;

- Professional in appearance and attitude
- Driven by a desire to ensure customer satisfaction
- N.F.P.A Certified (We will train the right individual)
- Willing to meet job objectives and industry standards
- Able to work with minimal supervision

Apply in confidence to;
marc@brogansafety.com



Help Wanted

We require a dependable person for a delivery position

- 1 Position available
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- Starting Salary \$16 - \$20 depending on experience, knowledge and performance
- A clean drivers license is required

Apply in person to John

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Applicants must have:

- Have a clean drivers abstract
- Have current First Aid and H2S tickets
- Be able to pass a pre-employment drug test
- Previous experience driving pressure truck

Competitive wages and benefits offered after three months of employment.

Contact Patrick at pshrode@telus.net

Fax: 780-778-5114

MAGIC LANTERN THEATRES VISTA THEATRE

Help Wanted

Concession help wanted. Please stop by the theatre for an application or drop off your resume. Must be 15 years of age or older. unique benefits - free movies and more... please apply in person. also need summer help for july and august! Adults are welcome to apply also if wanting part-time work.

Apply in person at

5023 51 Ave., Whitecourt, AB



E.C.H.O. SOCIETY

Direct Support Workers - Permanent & Casual

LOOKING FOR A CAREER

We are seeking dynamic personnel to support citizens with disabilities in person centered lifestyles that promote lifelong learning and successful outcomes.

JOB DUTIES:

- Assist persons with disabilities to pursue and fulfil their goals, objectives, and aspirations.
- Ensuring the acquisition/maintenance of healthy family/natural community connections.
- Facilitate the skill development and support needs as required.
- Commitment to ongoing training and skill development within the context of the position.

DESIRED SKILLS:

Strong communication skills (both written and oral), interpersonal skills and is very organized. Confident in decision-making, works well independently with minimal supervision and is a positive team player. Effective time management, prioritising tasks, self-starter, and highly motivated. Efficient technology skills to operate computer programs/systems.

QUALIFICATIONS:

Grade 12 Diploma

Previous experience in working with individuals with disabilities is preferred.

Community Disability Services Diploma/Certificate would be an asset.

Equivalencies will be considered

In-house training workshops will be provided

Competitive benefit package for permanent positions

Required to have a valid driver's license and your own vehicle

Apply Within:

E.C.H.O. Society, Box 2096, Whitecourt, AB, T7S 1P7

Attention: Natalie Jendrick (H.R. Manager / Admin. Assistant)

Email: echosoc@telusplanet.net

ECHO Society thanks all applicants in advance. Only candidates selected for an interview will be contacted.

HELP WANTED

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

Food Service Attendant

Full Time / Shift Work

\$13.00 / Hour plus Benefits

Food Service Supervisor

Full Time / Shift Work

\$15.00 / Hour plus Benefits

Please apply in person at the restaurant.



**4331-52 Ave Unit 1
Whitecourt, AB**

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780-779-7373



Debra Granberg
780-706-4344



Karen L'Heureux
780-333-5007
Sales Associate



Brenda English
780-662-0060

Fox Creek



This year's World in Whitecourt will be held in conjunction with Party in the Park on **Saturday, September 5 at 12 noon** in Rotary Park. We are looking for food vendors who would like to showcase cultural food during this exciting event.

For more details please contact
Kara Grywacheski at **780-778-3637 ext 423**
or karagrywacheski@whitecourt.ca



DMC Homes

5512 Caxton Street West
Whitecourt, AB
Phone: (780) 778-2203
Email: dsmasse@telus.net
Website: www.dmchomes.net

Your Home, Your Way



The Oakville
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Alberta Government
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Alberta's New Home Buyer Protection Act
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Canada Day celebrations

By **Rechell McDonald**

The Town of Whitecourt has once again organized a whole slew of family-friendly activities to commemorate Canada Day, and it all begins at 9:30 a.m. with the parade downtown. Following the parade, residents can take advantage of the pancake breakfast that Town Council is hosting at the Seniors Circle, running from 10 to 11:30 a.m., or you can scurry over to Rotary Park for a kick-off to the volleyball tournament.

From noon onward, there will be tons of activities at Rotary Park including face painting, inflatables, a kids' carnival, live entertainment, and crafts. There will also be a crib tournament gearing up at the Seniors Circle at 1 p.m., and the fireworks by Graham Acres will begin at 11:15 p.m.

Organizers are still accepting entrants for the parade, as well as volunteers, and you can contact them at july1parade@gmail.com.

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Vehicles may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GP or Daily Rental incentives, the Commercial Fleet Incentive Program (CFIP), \$11,000 (June 30, 2015), receive 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LT 4WD Double Cab



MSRP

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\$62,180

Cash credit **\$12,000**

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General Motors of Canada Limited is introducing **20%** of MSRP Cash Credit on new select **2015MY** vehicles in stock the longest that are delivered from June 5 through June 28, 2015

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