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VOL. 3 - ISSUE 49 Proud to be your newspaper serving Whitecourt and our surrounding communities Tuesday, December 16, 2014

## — Silver for the Saints —



Photo submitted

The St. Joseph Saints won Silver after working hard during the Hilltop Dairy Queen Classic on December 13.

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The most widely distributed weekly newspaper in Whitecourt and area.  
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# Flood hazard mapping open house

By Susan Hofforth  
Whitecourt Press

Whitecourt, on the fork of three rivers, is subject to flooding. A recent draft study has been done showing how properties in the area can be affected by a 1-in-100-year flood.

This study has been updated to include the changes in ground elevation that were done prior to 2012. The study does

reduce the amount of land and properties affected, but still includes approximately 200 properties. Once the study has been finalized, the town and the province will use the information to address development and planning for the future. Before it can be finalized, however, the town wants to hear from the people already living in the flood hazard area.

"We want some insight on what people think of the survey," said project manager Peter Yackulic. "We want to hear about the actual behaviour of floodwater on your property and what your needs are."

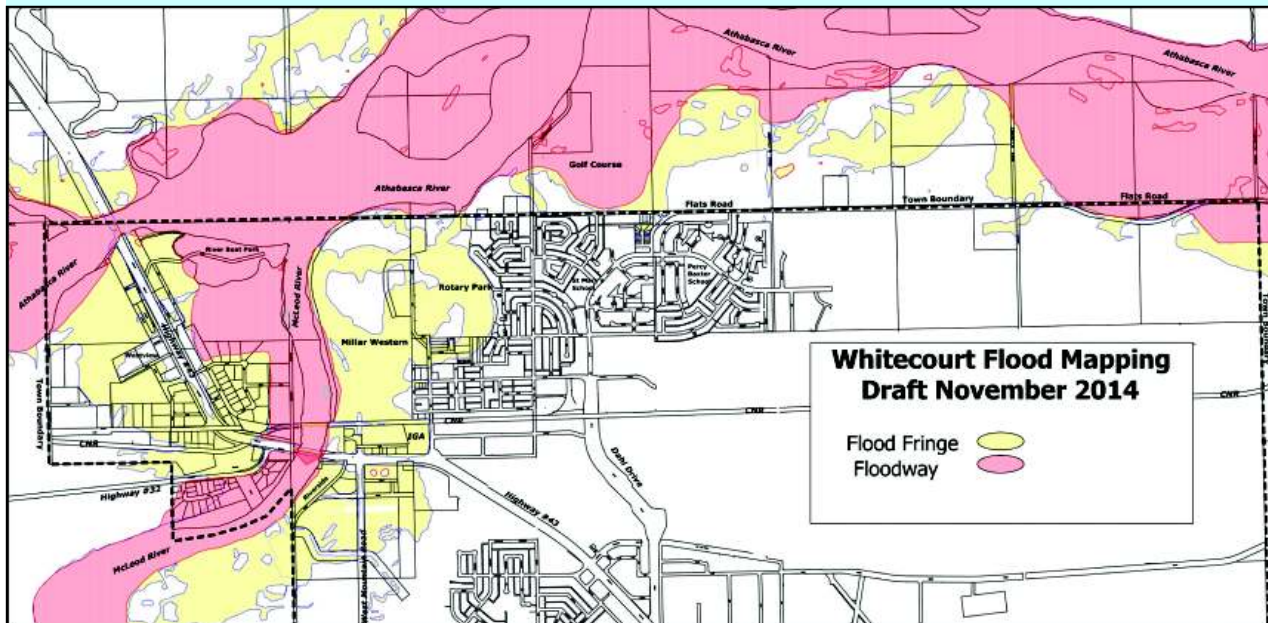
An Open House to share the information obtained in the study and discuss how your property could be impacted will be held on Thurs-

day, January 9 at the Forest Interpretive Centre. A drop-in information session will be held from 5 to 7 p.m. AESRD and town staff, with representatives from Northwest Hydraulic Consultants Ltd, will be available. At 7 p.m. there will be a presentation to explain the project, with a question and answer period afterwards.

Maps and aerial pho-

tos of the flood hazard area are available on the Town of Whitecourt website at [www.whitecourt.ca](http://www.whitecourt.ca).

If you have further questions, email [peter.yackulic@whitecourt.ca](mailto:peter.yackulic@whitecourt.ca).



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## Santa Claus parade



Photos Whitecourt Press

A lot of happy faces were seen at last Saturday's annual Santa Claus parade. A great start to the Christmas season was enjoyed by all who attended.

## The 30/30 active living challenge!

By Laura Bohnert  
Whitecourt Press

The 30/30 Active Living Challenge is a fitness program that challenges you to get 30 minutes of activity a day for 30 days at the Allan & Jean Millar Centre. The event runs between January 2 and February 17, 2015 and is the perfect way to kick off that New Year's resolution!

To get started, simply head over to the Allan & Jean Millar Centre and register with Guest Services. You'll get your tracking sheets, then you just have to participate in a minimum of 30 minutes of activity over 30 days before February 17.

If you hand in your tracking sheets before February 21, 2015, you'll be entered into a draw to win some amazing prizes: first prize includes a three-month membership to the Allan & Jean Millar Centre and second prize is a one-month membership. This will be the second

year that the Allan & Jean Millar Centre has held the 30/30 Active Living Challenge. Last year, the event had over 100 participants.

"It is important for everyone to stay active throughout the year," explains Jessica Crawford-Corrin, Guest Services co-ordinator for the Town of Whitecourt, "even if it is just for 30 minutes a day."

"We are trying to get the community more active and involved in a healthy, active lifestyle," Crawford-Corrin continues. Introducing even a 30-minute workout into your lifestyle can help "improve mental and physical health, increase your energy, and reduce fatigue, improve your mood, and reduce stress levels. Studies even show that people who exercise regularly live longer than those who don't."

Anyone interested in the program needs to register before January 2, 2014, which is the day the challenge starts.

"You do not need to be a member to participate in this challenge," encourages Crawford-Corrin. "Come drop in for the day and enter to win. This program is for absolutely anyone -- all ages, all genders, and all lifestyles! We would like to encourage everyone to take part in this challenge. Thirty minutes of

activity is very easy to accomplish."

"We aren't just looking for people who are working out at the Allan & Jean Millar Centre," adds Crawford-Corrin. "You could come to play a sport for 30 minutes and it will still count. We offer drop-in sports throughout the week that you could count as your

activity."

Are you ready to accept the challenge?

For more information,

drop into the Allan & Jean Millar Centre, or call Guest Services at 780-778-3637.

### Press Christmas Schedule

December 23 last  
publication for 2014.

No paper on  
Dec. 30 and Jan. 6.

First paper for 2015  
January 13.

Office will be reopen on January 12, if you  
need anything for the Jan. 13th issue please  
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# Michael Jones seeks Conservative nomination

By **Nerissa McNaughton**  
Whitecourt Press

Michael Jones is seeking the Conservative nomination in the new federal riding of Peace River-Westlock. While the riding is new, the Yellowhead district's representation in the House of Commons goes back to the late 70s. This riding is diverse in culture, religion, needs, and expectations, and Jones is excited about proving a united voice and helping to create a positive future.

"My first real exposure to politics was seeing Ralph Klein as Premier of Alberta," says Jones. "There was something about his approach and attitude that resonated with me. I liked the fact that he was focused on what was best for Albertans and that he didn't mind stepping on a few toes to get things done. That interest stayed with me, and it's why I studied political science at the University of Alberta before going to law school there. I decided to run in the new federal riding because I think this is a great opportunity for someone to come forward who is willing to work hard and make sure all the people of this riding are represented effectively in Ottawa."

Jones has spent a great deal of time thinking of the issues in his riding and in Alberta. "I think the most important issues to Albertans are jobs and the safety of their families. Our government is addressing these issues in a couple of different ways. The Conservative government has focused on jobs by working to open more markets to our products and making sure the infrastructure is in place to get our products to market. The Conservative government has focused on the safety of families by making sure our criminal justice system effectively deals with those who break the law. I would continue to support policies that bring jobs in to this constituency as well as legislation that protects



Photo submitted

Canadian families from criminals."

In reflecting on the value of the Party and what it has achieved for the province, Jones says, "At this juncture, what Prime Minister Harper and those who work with him should do is point out the benefits to everyday Canadians that flow from Conservative policies. When we look at the overall economic picture, Canada is in an enviable position. When we look at the overall standard of living, Canada is consistently among the best in the world. I

look forward to defending and promoting policies that keep Canadians safe and allow Canadian businesses to grow and flourish."

He concludes, "I think freedom is the most important political principle. This is a principle that has been embraced by the Conservative government of Canada. The government promotes freedom when it lowers taxes allowing Canadians to keep more of their hard-earned money. It promotes freedom when it negotiates trade agreements allow-

ing our goods to flow to even larger parts of the world. Our Conservative government promotes freedom when it focuses on victims' rights in the criminal justice system. These policies benefit Albertans every day."

## KEEPING YOU CONNECTED

For more information visit [www.whitecourt.ca](http://www.whitecourt.ca)



### Happy Holidays Whitecourt!

Regardless of your profession or industry – this year has shaped up to be a crazy one!

With the rush and stress of our day to day, I hope all of you take time off this holiday season to relax and spend quality time with family and friends. Make the time to create memories – whether it's visiting, playing board games and cards, walking in the park, or getting in a quick ride on your sled. This downtime with loved ones is so important to our health and wellbeing.

Both of my children will be returning home for the holidays. It will be another typical Christmas for us, travelling between friends and families' homes to visit and celebrate the season before and on Christmas Day. While I love seeing all of my loved ones, I always look forward to Boxing Day which is typically the day we stay home, wrapped up on the couch eating leftovers.

The upcoming year will be another year of growth and change for Whitecourt. I look forward to working with Council, staff and the community as a whole in 2015.

On behalf of Town Council and staff, I wish you a safe, healthy, and joyful Christmas and a Happy New Year.

Follow me on Facebook



**Maryann Chichak**  
Mayor

## HOLIDAY HOURS OF OPERATION

The Town of Whitecourt wishes you and your loved ones a safe and happy holiday season!

### Residential Waste Collection:

- Collection service will proceed per the normal schedule (pickup in the hilltop area on Tuesdays, and Wednesdays in the valley area)

### Curbside Recycling Collection:

- Will proceed on Fridays per the normal schedule

### Town Office, Forest Interpretive Centre, Public Works Shop, Utilities

#### Department:

- December 24, 25 & 26: Closed
- January 1: Closed

### Allan & Jean Millar Centre:

- December 24: 5:30 a.m. to 4:00 p.m.
- December 25 & 26: Closed
- December 31: 5:30 a.m. to 4:00 p.m.
- January 1: Closed

### Whitecourt Regional Landfill:

- December 24: 9:00 a.m. to 3:00 p.m.
- December 25, 26 and 27: Closed
- December 31: 9:00 a.m. to 3:00 p.m.
- January 1: Closed

### Whitecourt Transfer Station:

- December 24: 10:00 a.m. to 4:00 p.m.
- December 25 & 26: Closed
- December 31: 10:00 a.m. to 4:00 p.m.
- January 1: Closed

### Scott Safety Centre:

- December 24 to 26: Closed
- December 31: Closes at 3:00 p.m.
- January 1: Closed

### Whitecourt Transit

- December 24: Service from 7:00 a.m. to 5:00 p.m.
- No service December 25, 26 and January 1

### Whitecourt Food Bank:

- December 24 & 26: Closed

Please note that snow and ice control activities will be conducted throughout the holiday season, as required, for your safety. If you have an after-hours emergency please call 780-778-7707.



## PUBLIC NOTICE

For more information visit us at [www.whitecourt.ca](http://www.whitecourt.ca), [facebook.com/TownofWhitecourt](https://facebook.com/TownofWhitecourt) or call 780-778-2273



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Darlene Chartrand  
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780-706-4642  
[billmcaree@whitecourt.ca](mailto:billmcaree@whitecourt.ca)



**MAYOR**  
Maryann Chichak  
780-706-1350  
[maryannchichak@whitecourt.ca](mailto:maryannchichak@whitecourt.ca)



**COUNCILLOR**  
Derek Schlosser  
780-268-3375  
[derekschlosser@whitecourt.ca](mailto:derekschlosser@whitecourt.ca)



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## Intersection crash



Photo Whitecourt Press

During the early evening of December 13 emergency personnel responded to a two-vehicle collision at the intersection by McDonald's. Cause and injuries resulting from crash unknown.

## Having fun at the market



Photo Whitecourt Press

The Farmers' Market, held Tuesdays at the Legion, continues to serve quality goods and has become a staple of the community.

## New radio service for Fox Creek

By Laura Bohnert  
Whitecourt Press

If you're living or working in Fox Creek, Alberta, you're going to want to turn your radio dial to 98.1 FM. As of 3 p.m. on Wednesday, December 10, 2014, Fox Creek's newest radio service officially switched to "on the air."

The new radio service is owned by Newcap Ra-

dio which is one of Canada's leading radio broadcasters. Newcap Radio holds 95 licenses across Canada including 96.7 The Rig in Whitecourt, and reaches millions of listeners each week through multiple formats. Newcap Radio's decision to provide radio service to Fox Creek at 98.1 FM was approved by the CRTC (the Ca-

nadian Radio-television and Telecommunications Commission).

"The service is on a transmitter tower that is located within the Fox Creek region," explains Dave Schuck, General Manager of Newcap Radio's Alberta NW Division. "It provides repeater broadcasting of The Rig with an improved signal for Fox Creek."

A telecommunications repeater is an electronic device that receives and retransmits signal. It can retransmit at a higher level or power in order to cover longer distances. The service allows The Rig to broadcast with better and more reliable reception to the Fox Creek area.

The service began broadcasting on Wednesday, December 10 without any interruptions, reports The Rig's Magen Steiger who made her way to Fox Creek for the kickoff, "and we are already receiving really good feedback."

The Rig is a Rock format station. It was founded in Whitecourt in 2006, and was Whitecourt's first radio station.

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## FROM THE FIREHALL Entertaining safely this holiday season

By Susan Hofforth  
Whitecourt Press

As we have said in previous articles, house fires and related accidents go up significantly over the holiday season. It's important to enjoy the time together with friends and family, but just as important to do it safely and responsibly.

Keep your house safe for guests by making sure that all smoke de-

tectors and carbon monoxide detectors are tested and are working well. Don't block any exits with decorations or extra tables and chairs. Clear away any accumulations of snow from the outside, and make a clear path away from your house. Be conscious of your home escape plans and make sure your guests are aware of how they

can get out of the house, if necessary. Encourage all smokers to go outside, but if you do allow smoking indoors, make sure ashtrays are sturdy and cannot be knocked over, and that all cigarettes are extinguished.

Keep an eye on what you are cooking. It's easy to get distracted. Cooking fires most commonly occur when



cooking is left unattended. Always stay in the kitchen when cooking especially if using oil or high temperatures. If a pot catches fire, carefully slide a tight-fitting lid over the pot to smother the flames and then turn off the heat.

Finally, keep a careful eye on what people are drinking. Always provide non-alcoholic

drinks, and don't discourage guests from choosing them. Serve plenty of snacks and other food when serving alcohol. It's a good idea to make one person responsible for serving guests alcohol, and not to have a common source that can't be monitored, like a punch bowl or a keg. Be aware of how much guests are consuming,

and stop serving alcohol at least one hour before the end of the party. Be sure everyone has a safe way to get home. Call a cab, find designated drivers, or drive them yourself.

Enjoy the holidays, but be responsible. The fire department wants to wish everybody a safe and merry Christmas.

# New ANC power plant open for business



Photo submitted

By Susan Hofforth  
Whitecourt Press

The ribbon was offi-

cially cut at a ceremony on December 11 de-

claring the new Alberta Newsprint Company power plant open for business.

It has taken two years since the signing of the contract to reach this point. This represents 215,000 working hours on a project worth \$74 million. It is designed to save money and minimize electricity costs. "The plant will be operated as a peaking plant to minimize ANC electricity costs for both immediate demand pricing and minimization of co-incident peak to minimize transmission charges," said Gary

Smith of ANC.

Premier Jim Prentice was on hand at the event along with other federal and provincial politicians: MLA George Vanderburg, Energy Minister Frank Oberle, Finance minister Robin Campbell, MLA Everett McDonald, Energy Minister Wayne Drysdale, and MP Jim Eglin-

ski. Local politicians included Mayor Jim Rennie and Deputy Mayor Norm Hodgson.

**Stay Connected...**  
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## 2014 Christmas Promotion

By Rechell McDonald  
Whitecourt Press

Since November 15, the Whitecourt District Chamber of Commerce has been running a Christmas promotion as a way to boost the local economy and get residents more involved in local businesses. Each

Saturday a draw takes place and a winner is chosen. To get your name in the draw you simply pick up a card from one of many participating local merchants. For every \$20 spent in local businesses you receive a stamp on your card. Ten stamps fill a card and then the full

card can be given to any of the participating merchants who will enter the card in the draw for you.

The prizes consisted of over \$8,000 in cash and prizes, with the final draw this Saturday to award one lucky winner \$1,000 in Whitecourt cash. Many local businesses sponsored and participated in the event this year, and it has been a fantastic incentive for getting residents out in the community, encouraging them to spend their money here to invigorate our community. By shopping in Whitecourt this holiday season, residents were able to get what they needed, plus get a chance to win some great prizes, too.

Although it's tempt-

ing to rush off to Edmonton and take advantage of the malls there, you have a far better chance of finding unique and meaningful gifts right here at home at the local shops as opposed to the big box stores. Happy shopping, and good luck to everyone for this Saturday's draw.

### Letter to the editor policy

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](mailto:wctpress@telus.net); or drop off letters at our office located at 4919-51 Avenue in Whitecourt.



### To all patients and friends

**Dr. Siegfried Zierath**, Chiropractor wishes to inform everyone of his retirement from full time chiropractic practice effective December 19, 2014. Dr. Zierath turned his practice over to new owner, Corey Graham on June 1st, who has been operating as Chiropractic Health and Wellness and Laser Tech. Dr. Zierath and Lois are moving to the Kootenay Lake, B. C. area after nearly 37 years in Whitecourt. This has been a great community with wonderful people, its been a pleasure to serve here. So long for now and Merry Christmas.

### Family Worship Centre Would Like To Thank Everyone Who Donated To This Year's Gift Auction:

**A&W, Adrenaline Power Sports, Al's Sports Quest, Caine's Jewelers, Your Dollar Store With More Whitecourt, Domino's Pizza, Dairy Queen, Dynamic, Exit Realty, Footprints Massage, Hearty Fusion, The Holland Family, KFC, K&C Graphics, Kenney law Office, Kim's nails, Krista's Massage, Kujira, Linh's Kitchen, M&M Meats, Millar Western Forest Products - Pulp Division, Moose Country, Mountain Steak and Pizza, Panago, Pizza Delight, Precision Auto-body, Remax, Shabby Gabby, Violet-Mae's Bakery, Wct. Golf and Country Club, Whitecourt Insurance, Whitecourt Press, Whitecourt Star, and Whitecourt Vet. Clinic.**

*Thank You and Merry Christmas*



## How I see it

Welcome, everyone, to this week's issue of the Press.

As the year draws to a close, I find myself reflecting on the past months. These pages have seen everything from the stories that warmed our hearts to the stories

that broke them.

While it is not always easy being in this role, I still maintain that it is one of absolute necessity. What sets North America apart from a great majority of other cultures? Our freedom. We can speak, congregate, worship, and express ourselves in ways so many across the globe cannot.

Why is this so important? Being able to speak is a right and it affords us an identity. Think of any relationship, be it with your spouse, parents, boss, employer, or friend. What makes those relationships work? It's the fact that you can talk freely with that person. Regardless of if there is a "power" difference such as between a boss and employee, you should feel comfortable saying, "this is what works for me in this role" or "I need to speak to you about this." If you can't do that – and I know some of you readers are thinking right now, "I could never approach my boss/spouse/friend so candidly," – then what is the true nature of your relationship? I'm betting it's a little strained.

Apply that on a national level. If our political leaders do something we don't like, we can talk about it. If a contractor disappears with a cheque and an incomplete job, we can vent about it. If a school does something special, everyone gets to know. If you want to attend a church of any denomination, you can look one up and blog about the service. When the information stops flowing, society changes – and not for the better. We need to hear it all: the good, the bad, the challenging, and the rewarding stories.

Freedom of speech and the power of the press are the heartbeat of our nation whether you are in Ottawa on Parliament Hill or right here in the cozy town of Whitecourt; so express yourself. I love telling your stories when you do.

*Have a wonderful week everyone!*

**Valerie Winger**  
Owner/Publisher

## What to do when the sky feels like it is falling in



By **Gwen Randall-Young**  
Special to the Whitecourt Press

What do we do when it feels as though our whole world is coming crashing down around us? This feeling can come as a result of external circumstances, but it can also be triggered by inner mood shifts. At such times, life seems incredibly hard, and a future filled with that kind of pain seems utterly unbearable. There is a feeling either of hopelessness, or an urgency to change the external situation. Sometimes there is an urge to escape, either through death or addictive behaviours including alcohol, drugs, work and, perhaps even, eating or television. Notwithstanding the fact there may truly be a need for some concrete life changes, let us look at how we can deal with the sense of emotional devastation in the short term.

Remember how we all learned that if we find our clothes on fire, we should not run, but instead we need to "drop and roll"? To run would only fuel the flames, and we could not run away from the fire because it is right there with us. Dropping to the ground and rolling removes the

oxygen source, without which the fire cannot continue. When we have emotional pain, and we try to run from it, we similarly fuel that pain. We are not doing anything to alleviate it. When we formulate catastrophic expectations and worst case scenarios, we add fuel to the fire. When we berate ourselves we fan the flames. Emotional pain is generally not extinguished as easily as a fire might be, but we can learn how to survive it, and how to control it.

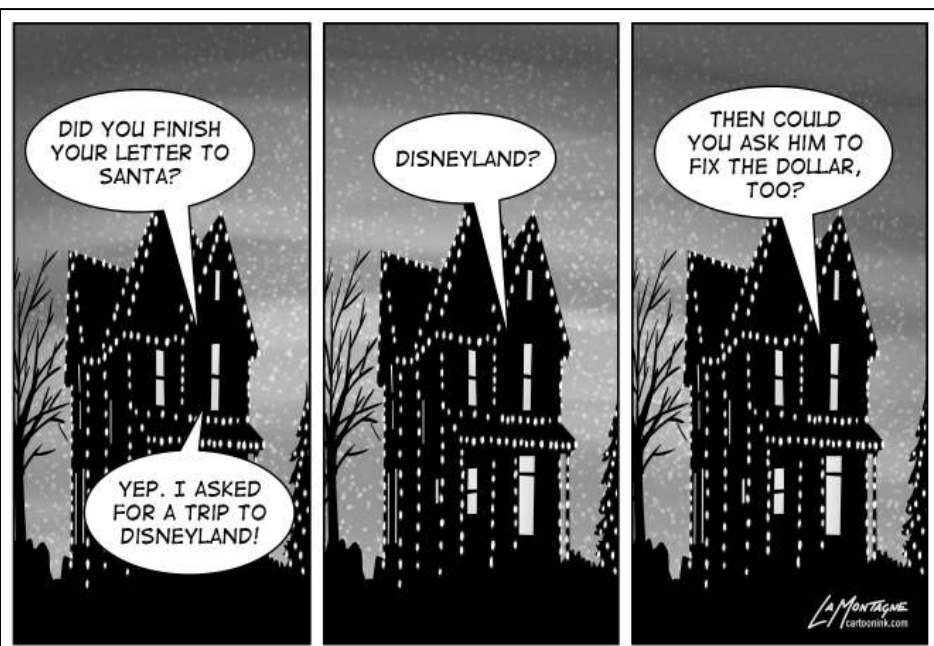
Ironically, the best way to handle these feelings is to accept them, and allow ourselves to feel the pain for a while. It is not the time to abandon ourselves. Even if we feel we have been rejected, abandoned or betrayed, it is not the end of the world. Even if we cannot find anything to like in ourselves or our situation, it is not the end of the world. These situations may force us to see we must make changes, but change is always possible. If we realize we must take a new path, we must remember there will be new people and situations there, and

there could be a bright new world waiting just around the corner.

There would have been little progress for the human species if there had not always been individuals who were willing to venture into the unknown. We all have the capacity within us. The unknown aspects of our own consciousness or our own potential futures can seem as daunting as the wilds of Africa or the jungles of South America. But we can call upon the traditions of our ancestors to give us the strength to explore beyond the safety of our known circumscribed reality.

Someone once said that faith is knowing as you hold desperately to the edge of the cliff, that if you let go, one of two things will happen. Either there will be someone there to catch you, or you will be shown how to fly. Know that whatever happens for you, you can choose to be all right. Things may be different, perhaps even hard, but you can still be all right. Don't ever forget that. Alright?

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**Every child born to a parent with Huntington disease has a 50% chance of sharing the same fate.**

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# Whitecourt PRESS

An Independently owned newspaper serving Whitecourt and area.

Published every Tuesday.  
Box 2395, Whitecourt, AB, T7S 1W3  
STREET ADDRESS:  
4919-51 Avenue, T7N 1N5

**Valerie Winger, Proprietor/Publisher**  
**Nerissa McNaughton, Reporter**  
**Laura Bohnert, Reporter**  
**Susan Hofforth, Reporter**  
**Serena Lapointe, Photographer**  
**Roy Uttley, Reporter/Photographer**



### Contact us:

Office: 780-778-5594 Valerie's cell: 780-706-1858  
Fax: 1-866-647-4105 Email: [wctpress@telus.net](mailto:wctpress@telus.net)

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## Business Profile

### Meet Santosh Menon

By Nerissa McNaughton  
Whitecourt Press

Last week the Whitecourt Press brought you the story of Wendy's grand opening. This week, meet the man behind it all – Santosh Menon.

As operations manager, Menon brings a wealth of experience and knowledge to

Whitecourt's Wendy's. The owner, Ken Park, also owns two locations in Grande Prairie (with a third opening in 2015), one in Edmonton, one in Saskatchewan, and nine in British Columbia. Menon looks after the Alberta and Saskatchewan locations.

"We had been con-

sidering this town and this particular location for over four years," says Menon. "We have stores in Grande Prairie and in Edmonton, therefore it makes logical and financial sense to open Wendy's in between the two bigger cities. This provides ease of management and training.

Whitecourt, if I am not mistaken, has one of the highest family per capita incomes, so it makes sense to open Wendy's in Whitecourt (as well, most of our competitors are already here!).

This Wendy's is in an enviable location visible from Highway 43 and with easy access to Ke-

pler Street.

If you have been in other Wendy's, you'll notice something a little different about this one. Menon explains, "As part of the 'Image Activation' package that has a more modern decor and feel to it, it is mandatory that we serve a specialized beverage menu that

no other Wendy's is offering. Our specialties include iced coffee and lemongrass green tea." You can get those special offerings along with Wendy's signature menu items.

We extend a warm Whitecourt welcome to Wendy's and look forward to our new – and old – menu favourites.

## Reading Together Time

**Not only is the newspaper informative for you, it's a great learning tool for kids. Here are some simple tips you can use to help improve your child's reading skills at any age.**

- Read the newspaper to your child regularly.
- Explain what you're reading and encourage a discussion.
- Read the newspaper together as a family.
- Let children choose what they want to read.
- Encourage your children to read the newspaper on their own.

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## Does ISIS fade to the background of Canada's thoughts too easily?

By Laura Bohnert  
Whitecourt Press

On December 7, 2014, a new video was released from ISIS, this time featuring a former Ottawa citizen turned extremist, and he had some interesting things to say to Canada.

The six-minute long video was posted on Twitter and Jihadi web forums by John Maguire who identifies himself as Abu Anwar al-Canadi. In the video he accuses Canada of "waging war" against Muslims.

According to a transcript released by the SITE Intelligence Group, Maguire states, "It should not surprise you when operations by the Muslims are executed where it hurts you the most -- on your very own soil -- in retaliation to your unprovoked acts of aggression towards our people."

"You have absolutely

no right to live in a state of safety and security when your country is carrying out atrocities on our people," Maguire argues. "Your people will be indiscriminately targeted as you indiscriminately target our people."

Maguire is a former University of Ottawa dropout, originally from Kemptville, Ontario, who converted to Islam before becoming radicalized as an extremist and vanishing last year.

In the same video, Maguire prompts further attack on Canadian soil. He argues that Muslims have the obligation to either join ISIS or to "follow the example of the attackers who struck in Ottawa and Saint-Jean-sur-Richelieu, Quebec. You either pack your bags or prepare your explosive devices. You either purchase your airline ticket, or you sharp-

en your knife."

The video was produced by a propaganda group that has been linked to the Islamic State of Iraq and Al-Sham, and it has found little support within Canada; in fact, Canada's major Muslim organizations have all denounced the terrorist group outright.

Maguire, while offering an extremist view that is horrifying and threatening to both Muslims and Canadians, does have one point worth noting (I probably just got flagged as a flight risk for that one, but I'll continue): Canada has been launching attacks on ISIS, and has participated in the war on Iraq and Afghanistan --we've fired our weapons, and we've claimed lives. We are not peacekeepers anymore; we are complicit in the war. We can't complacently sit back in partial de-

nial that the "conflict" is even happening, and react with horror when a remnant of that violence washes up on our shore. There are, after all, innocent people (not quite the point Maguire is going for but I, in no way, support his actual message) dying "over there," at the hands of this conflict, too.

We need to be aware of the atrocities more than simply when they directly threaten us at a war monument or through a propagandistic video. And, we need to be informed about why Canada is participating in the first place -- what the real motivations at work are -- about what the real threat is, and about why we can't allow a terrorist threat to become justification for racially profiling an entire cultural group as the enemy, either.

### Money Matters

**One Canadian Dollar = 0.87 US Dollar**  
at an exchange rate of 0.8666 (using nominal rate).



**Dollar Values as of December 12, 2014**

### RESULTS FOR WESTERN CANADA



<b>Western 6/49</b> December 13, 2014 <b>03 13 15 23 35 47</b> Bonus: 06 Extra: 6546729	<b>Western Pick 3</b> December 14, 2014 <b>2 0 5</b> Western Extra: December 14: 4282204
<b>Lotto 6/49</b> December 13, 2014 <b>14 23 25 31 33 38</b> Bonus: 05 Extra: 6546729	<b>Lotto MAX</b> December 12, 2014 <b>02 14 30 34 38 47 48</b> Bonus: 16 Extra: 6800286

## Life is Rosy



By Carla Lindgren Coates  
Best Selling Author of *Through Thorns I Thrive*

### Kids Make

### Christmas Rosey

It's been awhile since I have had children in my home at Christmas time. My oldest stepson, Chris,

is 29. This year Mark and I are so blessed to have Hailey and Tyson living with us.

I have enjoyed sitting back and letting the kids decorate the house and doing things their way, not mine. I have enjoyed participating in all the Christmas activities happening around town: sleigh rides, Santa Claus parade, Christmas with the seniors, Christmas concerts, and visits from Santa. I have enjoyed watching all the reruns of the Christmas movies that I love with them.

This year has been the first time that I have helped make a gingerbread house and homemade dog treats for Tia, the dog's, stocking. We are making new family traditions but it is not only the adults who make them.

I remember Christmas not so long ago being very lonely. Waking up to an empty house with no presents to open wasn't my fondest memory, but I always had a place to indulge in Christmas dinner, thanks to my family.


I am so blessed now to have Mark and the kids to share in the festivities. There is no better way to celebrate than to have children be a part of it. They make their long wish lists and letters to Santa. They get so excited for the big day. They receive a lot but they give so much more. They bring joy, love, fun, anticipation, and meaning to Christmas, and make it so much more rosy.

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A look at the local weather	Tues., Dec. 16	Wed., Dec. 17	Thurs., Dec. 18	Fri., Dec. 19	Sat., Dec. 20
P.O.P.	20%	20%	20%	20%	20%
High	-10°C	-6°C	-6°C	-6°C	-3°C
Low	-15°C	-13°C	-12°C	-16°C	-12°C
Wind	E 5 km/h	W 10 km/h	W 10 km/h	E 5 km/h	W 10 km/h
24-Hr Rain / Snow					

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## 5 Reasons why every woman should have her own will

(NC) Making a will is a sensible and worthwhile task that everybody, whatever their age or financial status, should do. However there are some special reasons why women should make a will of their own:

- Women usually live longer than their husbands, so it's a good idea for each of you to have your own will.
- Planning for children or other dependants is something that women usually want to pay special attention to.
- Taxes and legal concerns (especially if there

was a previous marriage or other dependants) should be looked at.

- Many women will want to make special arrangements for the distribution of family heirlooms, jewellery, items of historical or sentimental value, and their own property.
- Continuing the support for charities and organizations that many women supported during their lifetimes may be a consideration.

A will lets you decide With a properly prepared will, you can ensure that:

- Property will be dis-

tributed exactly as you would have wished;

- You can name your own executor to administer your estate;
- Guardians of children will be named in the way you want;
- Personal items such as jewellery and antiques will be handled the way you intend;
- Individuals, your church, health charities and organizations like Amnesty International will receive the support you had always intended for them.

Common questions include:

- How do I start?

If you do not have a will, now is the time to prepare one. While a will does not need to be a complicated document, it is always advisable to contact a lawyer or trust company to help you. The peace of mind which comes from ensuring there are no small mistakes or omissions which could cause difficulties for your heirs is well worth the costs of such services.

Can I change my will?

Yes, you can always change your will, either completely or by means of a codicil, which is a document that adds to

or alters your existing will. You should seek legal advice to do this as requirements vary from province to province.

Should I leave money to a good cause?

Always take care of your loved ones first, but then consider if there are organizations and causes you'd also like to support with your estate. The tradition of leaving money to charities that benefit society and your community is many centuries old. Today, people at all income levels support organizations like the Cancer Society or Amnesty International-

al through their wills. These bequests are a vital source of funds for the organizations and stand as a lasting memorial to the donor. For individuals who feel that they cannot afford to make a large donation to a cause they support during their lifetime, a bequest in a will can be a good way to make a lasting contribution.

A free information package is available from Amnesty International at 312 Laurier Avenue East, Suite #19, Ottawa, Ontario, K1N 1H9.

## It's never too late to start saving money



(NC) It is best if you can start saving early for your golden years because every little bit helps.

According to a national survey conducted for the Chartered Professional Accountants of Canada (CPA Canada), a significant number of respondents, aged 55 and older, find managing

their personal finances a challenge.

The survey found that 50 per cent of respondents appear to be meeting their monthly expenses with relative ease. However, one quarter of those surveyed are experiencing some level of difficulty.

Respondents also were asked to forecast

their financial situation in 10 years. Twenty-two per cent expect it to improve, 38 per cent anticipate it will be the same and 31 per cent predict their personal situation will deteriorate.

Kelley Keehn, author of CPA Canada's A Canadian's Guide to Money-Smart Living, says the good news is that while there are obvious advantages to saving earlier, it is never too late to make financial gains.

With the expenses of child-rearing and the bulk of mortgages managed, Keehn says, "many individuals don't really start to save aggressively until their 50s and older."

With age, of course, comes wisdom.

Survey respondents were asked what they would have done differently to prepare for their later years. Saving more money was the top response cited by just under half (46 per cent)

of the participants. Respondents were provided several options relating to turning the clock back and the next two most common wishes were making better investments (40 per cent) and

taking better care of their health (37 per cent).

The telephone survey involving 1,022 Canadians was conducted between August 21 and September 2, 2014.

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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:

- 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:

- 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.

## 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.

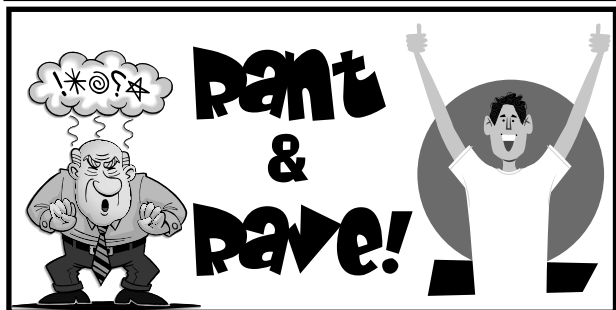
**St. James Lutheran Church**  
Time: 11:00 a.m.

**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.



## Whitecourt and Area Rant & Rave (Published with minimal editing)

The Whitecourt Press has no affiliation with rant and rave. We simply take a few clips from the rant and rave Facebook page.

**RANT:** Why do so many folks drive around town with their fog lights on 24/7 365 days a year? If it's to impress us, here's a news flash, "skippy", everybody has them and we are not impressed, just annoyed!

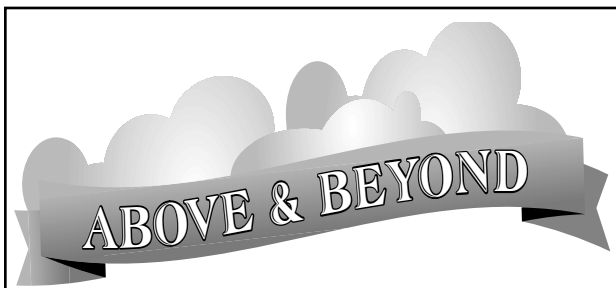
**RANT:** It's bad enough you park on the parade route when there are lots of signs up all day, but to sit in your vehicle with it running and gassing us all is really ignorant. Thank you.

**RANT:** People who steal things. Has anyone else had any of their Christmas decorations taken from their yard?

**RAVE:** All the people who help out families in need, and doing it publicly, not only at this time of year but all year long. Seeing a community come together to help each other is just amazing. My faith in humanity has been restored! Kudos to all of you! Keep it up. Love seeing the posts.

**RAVE:** Just want to give a shout out to cashiers who actually take the time to talk to customers while they scan. As a cashier, you are the last impression a customer has of the store. If you are chatting with another employee or ignoring us completely it doesn't leave a good taste in our mouths. I have been so lucky the last few days with fantastic cashier experiences at No Frills (a new girl who moved from BC), Beaver Creek, and Walmart (a lady from the east coast.) (There were other stores where I wasn't so lucky but I will not name names.) I'm not sure if it's just the season, but thank you for taking the time to make sure customers feel appreciated by talking to them! I know cashiers don't always get credit for a good experience but, in this case, I think they should!

Send in your Rant or Rave to [wctpress@telus.net](mailto:wctpress@telus.net)



Check out our page on Facebook

- ➔ Thank you so much to the four guys who helped push my car behind CIBC! You are awesome!
- ➔ Thank you to the town crews for the great job in the snow removal!
- ➔ Thank you to Carl Chamberland and an unknown lady who pushed out my van while I was picking up kids from school! It is much appreciated!

## LockTalk



By Jason Kerr  
Special to the Whitecourt Press

### The Modern Guard Dog

Do you live in a place that doesn't allow pets and wish you had one? Or are you a person who values the security having a dog brings but are not a pet person? Well let me introduce you to Rovio. Rovio is a roaming wireless camera that can transmit a live feed to your mobile device. With Rovio, you will always be just a click away from the people

and places that are important to you.

Rovio is the wireless Internet equipped mobile webcam that enables you to view and interact with its environment through streaming video and audio, wherever you are!

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## Education savings deliver unexpected benefits

(NC) Be sure to save for your child's post-secondary education, no matter whether university is in the picture or not. A Registered Education Savings Plan (RESP) for example, will give you valuable government grant money and tax-free savings.

Not every dream career requires a degree, but most require some form of certification or training. Electricians, police officers, plumbers, they all require different types of formal training. And RESP money can be put towards most of them.

The reality is that an RESP has very few limitations and can be used for most post-secondary education that results in a degree, diploma or occupational skill, be it a college, trade school, arts school or other approved institution of higher learning.

"It is a very common misconception that an RESP can only be applied to a traditional university education," says Andrew Haid, the president and CEO of the innovative RESP provider, giraffe & friends. "Educational savings plans such as our no-fee, worry-free RESP can be applied to a wide

variety of educational opportunities. If a child's chosen career has formal training at an approved institution, an RESP can be used to pursue it."

Parents and students will welcome this flexibility. Canada is increasingly in need of skilled tradespeople, from iron workers and machinists to plumbers and hair stylists. Students who choose careers such as these will have many opportunities for rewarding employment upon graduation.

More information is available online at [giraffeandfriends.com](http://giraffeandfriends.com).

## Who's hiring this week;



See our Careers section pages 33 to 39

- ➔ A-Tech N.D.T. Limited
  - ➔ Alberta Newsprint Company
  - ➔ Arrow Transportation
  - ➔ Aurora Transport Ltd.
  - ➔ Bonnett's Energy Corp.
  - ➔ Brad's Picker Services Ltd
  - ➔ Canadian Tire
  - ➔ Devonian Hotel & Suites
  - ➔ Furniture Den
  - ➔ KW Mechanical
  - ➔ Millar Western
  - ➔ Northwell Oilfield Hauling Inc.
  - ➔ Scotiabank
  - ➔ Stone RV
  - ➔ The Boys & Girls Club
  - ➔ Tim Hortons
  - ➔ Town of Whitecourt
  - ➔ TransCanada
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- Your career ad is distributed 1500 more times per week than any other local weekly in Whitecourt.



**It is what it is...**



By **Marc Chayer**  
Special to the Whitecourt Press

This past week we in Alberta suddenly found ourselves looking down the barrel. Not a gun barrel, mind you, but down the barrel of oil.

The price of oil closed at \$57.81 on Friday and is expected to keep dropping. While speculation for the price drop is rampant, some analysts figure it is OPEC looking to thin out the herd of oil companies. Many junior players need \$80/barrel to stay profitable.

For us here in Alberta, and more specifically, Whitecourt, the price

of oil is usually the barometer we look to in an effort to determine what our next year is going to look like. At \$57/barrel and almost daily announcements by producers of cuts in their 2015 budgets, you really can't blame some folks for getting a little nervous.

The provincial government, for its part, has already started talking about being "prudent" with its next budget due to the drop in oil prices. This I find a little funny because it kind of makes me think that while we were at \$100/barrel, the guys in Edmonton felt that being prudent with taxpayer dollars was not really something to worry about. I mean why start now?

Most people I know that were around in the last recession have come to realize that crazy spending is not something that breeds longev-

ity in today's business world. Reasons as to the price drop really don't matter much to you and me. The only thing we see is that sudden lack of activity and a sudden surge in available labour.

That being the case, how is it that the province keeps getting nailed by the same hammer? The price of oil jumps around and we have little control over it. Perhaps if we budget at \$30/barrel then, maybe, we won't get run over by the same bus over and over again.

The long-term forecast with respect to the price of oil is expected to land at \$60/barrel. The only thing I am waiting for now is for the Feds to announce that the forecasted budget surplus will be smaller than expected and we will all have to tighten our belts.

It is what it is...



- Cookies are so fun to make (and to eat). To save some of your favorites for the new year, simply place dough balls on a cookie sheet, and freeze. Pop into a freezer-safe bag, and you can have freshly baked cookies pretty much anytime! ~ JoAnn

- Many people have heard of using applesauce in place of oil or fats, but here's one from T.L. in Georgia about a

sugar replacement: "You can use pureed grapes in place of white sugar in some quick bread or muffin recipes. It's pretty easy to make in the blender, and all you need to do is adjust the dry ingredients a little bit so that your muffins are not too moist."

- Wine: Nobody I know is wasting it. But if you're done before the bottle is, pour the leftover wine into ice-cube trays to save it. You can use it later in recipes, or (my favorite) to chill a glass of wine!

- If you have a lot of overnight guests, here's a good trick so that ev-

erybody can hang up his or her towel: Grab some "S" hooks from the shop and hang them off the towel bar. Now everyone can have a towel hook.

- I have two carafes that I use for my breakfast bar. I keep coffee in one, and the other holds milk or cream. On holiday nights, I prep the cream carafe and put it in the fridge. In the morning, while the first pot of coffee is brewing, I fill the coffee carafe with hot water and let it sit until the coffee is ready. It keeps the coffee hot longer. Then guests can serve themselves some coffee while the next pot is brewing.

**Gingerbread house contest**



Photos Whitecourt Press

Last weekend Little Big Fort held a gingerbread house contest. It was a fun and creative activity that was enjoyed by all who participated.

**Whitecourt PRESS**

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\* per year.



## TOP OF THE CHARTS

### Top 10 Pop Singles This Week Last Week

1. Taylor Swift No. 1 "Blank Space"
2. Meghan Trainor No. 2 "All About That Bass"
3. Hozier No. 3 "Take Me to Church"
4. Taylor Swift No. 5 "Shake It Off"
5. Maroon 5 No. 4 "Animals"
6. Selena Gomez No. 20 "The Heart Wants What It Wants"
7. Sam Smith No. 7 "I'm Not the Only One"
8. Mark Ronson feat. Bruno Mars No. 18 "Uptown Funk!"
9. Tove Lo No. 6 "Habits (Stay High)"
10. Ariana Grande & The Weekend No. 9 "Love Me Harder"

### Top 10 Albums

1. Taylor Swift No. 2 "1989"
2. Pentatonix No. 3 "That's Christmas to Me"
3. Various Artists new entry "Shady XV"
4. One Direction No. 1 "Four"
5. Sam Smith No. 11 "In the Lonely Hour"
6. Rick Ross new entry "Hood Billionaire"
7. Ariana Grande No. 39 "My Everything"
8. Beyonce new entry "Beyonce: More Only (EP)"
9. Soundtrack No. 13 "Frozen"
10. Maroon 5 No. 32 "V"

### Top 10 Hot Country Singles

1. Tim McGraw No. 2 "Shotgun Rider"
2. Carrie Underwood No. 1 "Something in the Water"
3. Keith Urban No. 3 "Somewhere in My Car"
4. Maddie & Tae No. 5 "Girl in a Country Song"
5. Sam Hunt No. 4 "Leave the Night On"
6. Brad Paisley No. 7 "Perfect Storm"
7. Little Big Town No. 6 "Day Drinking"
8. Florida Georgia Line No. 12 "Sun Daze"
9. Eric Church No. 11 "Talladega"
10. Jason Aldean No. 10 "Burnin' It Down"



### THE BOLD AND THE BEAUTIFUL

Wyatt decided to file a restraining order on his mom after her latest confrontation with Hope. Even Deacon was having enough of Quinn after finding out that she was still harassing his daughter. Ivy gushed to Katie about how well her relationship with Liam was progressing. Wyatt and Liam set aside their differences for Hope's well-being. Fearing that her only friend might move back to Australia, Aly gave Ivy some helpful advice. Hope made a brutally honest admission to Wyatt about their marriage. Bill showed

his vulnerable side to Katie about his regrets. Aly confessed to Ivy all about her childhood difficulties. Wait to See: Ridge reflects on his feelings for Caroline.

### DAYS OF OUR LIVES

Sonny accused Chad of stabbing him in the back. Eric caught up with Serena, who made it clear why she came to Salem. Melanie made amends for the trouble she caused. Theresa and Melanie got into a major catfight. Sonny received a tempting offer. Eric and Serena revisited their romantic history. Rafe confronted Clyde about his lies. Will returned home to Sonny harboring a big secret. Rafe asked for Victor's help regarding Clyde. Chad and Jordan made love for the first time. Abigail and Ben shared a romantic evening while getting into the holiday



Darin Brooks stars as "Wyatt" on "The Bold and The Beautiful"

spirit. Hope received a disturbing phone call from Bree. Kate warned Chad that Rafe was gunning for him. JJ had a breakthrough during his therapy session. Wait to See: Serena asks Eric out on a date.

### GENERAL HOSPITAL

Carly was taken aback by Sonny's condition at the prison. Franco and Nina received a surprise visitor. Morgan and Kiki continued to search for more leads about Franco's whereabouts. Carly promised Sonny that she would track down Ava's baby. Sam had a weird feeling about Jake. Franco did all he could to cover his and Nina's tracks. Rosalie shared a very random connec-

tion to someone in Port Charles. After hearing some shocking intel, Sonny was determined to protect his crime organization. Alexis questioned Julian about what he knew about Ric. Carly bonded with Jake at the Metro Court, and he later came to her defense. Wait to See: Olivia opens up to Ned.

### THE YOUNG AND THE RESTLESS

Sage threatened to turn Adam in to the police if he left. Joe and Avery reached a truce just as Dylan walked in and witnessed their connection. Stitch told Ashley and Abby that he made a breakthrough with the love potion. Billy and Chelsea found themselves in conflict over Adam. Jack picked out the Christmas tree he wanted, but Victor abruptly stepped in and told him that it was already taken. Phyllis flipped out when she learned that Jack sold her penthouse. Later, Jack realized that he had no choice but to tell Phyllis the truth about himself and Kelly. Lily overheard Joe trying to get Cane to work with him. Adam had a nightmare about Delia's accident. Wait to See: Michael worries about his future with Lauren.



1. **The Hunger Games: Mockingjay -- Part 1** (PG-13) Jennifer Lawrence, Josh Hutcherson
2. **Penguins of Madagascar** (PG) animated
3. **Horrible Bosses 2** (R) Jason Bateman, Jason Sudeikis
4. **Big Hero 6** (PG) animated
5. **Interstellar** (PG-

13) Matthew McConaughey, Anne Hathaway

6. **Dumb and Dumber To** (PG-13) Jim Carrey, Jeff Daniels

7. **The Theory of Everything** (PG-13) Eddie Redmayne, Felicity Jones

8. **Gone Girl** (R) Ben Affleck, Rosamund Pike

9. **The Pyramid** (R) Ashley Hinshaw, James Buckley

10. **Birdman** (R) Michael Keaton, Zach Galifianakis

5. **How to Train Your Dragon 2** (PG) animated

6. **The November Man** (R) Pierce Brosnan

7. **The Giver** (PG-13) Brenton Thwaites

8. **Tyler Perry's A Madea Christmas** (PG-13) Tyler Perry

9. **Maleficent** (PG) Angelina Jolie

10. **If I Stay** (PG-13) Chloe Grace Moretz

**Top 10 DVD, Blu-ray Sales**

1. **How to Train Your Dragon 2** (PG) FOX

2. **The Expendables 3** (PG-13) Lions Gate

3. **Transformers: Age**

**of Extinction** (PG-13) Paramount

4. **Maleficent** (PG) Buena Vista

5. **Tyler Perry's A Madea Christmas** (PG-13) Lions Gate

6. **Planes: Fire & Rescue** (PG) Buena Vista

7. **The LEGO Movie** (PG) Warner

8. **22 Jump Street** (R) Sony

9. **Divergent** (PG-13) Summit

10. **The Hunger Games: Catching Fire** (PG-13) Lions Gate



- Top 10 VOD Movies**
1. **22 Jump Street** (R) Channing Tatum
  2. **Let's Be Cops** (R) Jake Johnson
  3. **The Expendables 3** (PG-13) Sylvester Stallone
  4. **Tammy** (R) Melissa McCarthy

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

## NOW PLAYING:

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Ending Thursday, December 18 is:

### Dumb And Dumber To

Rated PG (Crude Content, Coarse Language, Not Recommended For Young Children) showing nightly at 7 & 9 p.m.

Starting Friday December 19 until Thursday December 25 is

### Night At The Museum: Secret of the Tomb

Rated PG showing nightly at 7 & 9 p.m. with Matinees on Dec 20, 21, 23 and 24 at 2 p.m.

**We will be CLOSED in the evening on December 24 and CLOSED for Christmas on December 25.**

Looking for a Unique Gift for Someone Special give the Gift of entertainment Gift Certificates and Holiday Gift Packs are available at the Box Office.

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# 12 Days Of Christmas



DECEMBER 1-3 | DECEMBER 7 - 10 | DECEMBER 14 - 17 | DECEMBER 21

## BOXING WEEK HOT SEAT

DECEMBER 28 - 30: 1 HOT SEAT DRAW AT 8 PM EACH NIGHT



**SEAN HOGAN**  
DECEMBER 4



**THE FAB FOUVER**  
DECEMBER 12 & 13



**CEASE & DESIST**  
DECEMBER 31

## Turducken!

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WWW.EAGLERIVERCASINO.CA

## Twenty-seven reasons to smile



Photos by Serena Lapointe Photography

Last Saturday 27 girls took part in a spa day as part of the BE-YOU-TIFUL campaign. The girls enjoyed making bath salts, doing some yoga and other exercises, and topped off the day with a movie and popcorn.

**Career ads, online at:**  
[www.whitecourtpress.com](http://www.whitecourtpress.com)

### If you could have anything for Christmas, what would it be?



**Gana Neric**

Peace on Earth and goodwill to men, because there's so much war all over the place. Terrorism. They are taking lives. And I just want to have a peaceful Earth. That's it.



**Darlene McCallum**

A shed for my quads. I've been waiting a long time for one.



**Greg Sakovich**

I would want to get a Bugotti Veyron Super Sport for Christmas, because that is a fantastic vehicle.



**Davina Morrison**

An Iphone, because it would be fun. I could call my friends.



**Connan Mountnui**

World peace, because I'm sick of all the fighting around the world. It influences my family - my child, and frankly it's not needed.

## Haze Tattoos & Body Piercing

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Email: hazetattoo@hotmail.com



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Story Ideas?

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Call us at:  
780-706-1858, or email:  
publisher@whitecourtpress.com

# Whitecourt PRESS



## Lunchbox program receives donation



Photo submitted

Mountain Steak & Pizza presents a \$600 cheque to the Community Lunchbox Program. Fifty cents from every pizza sold from December 1 to 15 went to the program.

## Woodlands County update

By **Rechell McDonald**  
Whitecourt Press

November proved to be a busy month for Woodlands County Council with a wide variety of issues hitting the table. The Airport Air-side Development Phase I – Apron III Expansion Paving Project has been awarded to Knelsen Sand and Gravel Ltd. and will commence in May, 2015. A more pressing issue that came up is the winter maintenance and condition of Highway 658. The council is in talks with Ledcor to come up with more viable solutions. Luckily, a mild start to this winter has made it less of a problem than it has been in previous years, and provided some extra time to consider and solve the problem. As of December 2, the council had a plan to review and had a meeting set up to go over subcontract documents with the Ledcor manager. With any luck, this will be resolved before the New Year.

The county council is also looking into viable solutions that will allow all residents to have easy access to reliable internet. In the meantime, for those with internet access, the county launched a new website a couple months ago and

is encouraging residents to review it and provide feedback. Residents will also find the newest GROWTH Alberta economic indicators report on the website. To check this out and/or provide feedback on the website, visit [www.woodlands.ab.ca](http://www.woodlands.ab.ca)

**MERRY CHRISTMAS**

**CHRISTMAS**

**MERRY CHRISTMAS**

Get your Christmas greeting in the last paper of the year, **December 23.**

Call Valerie at **780-706-1858** or email **wctpress@telus.net**

**Whitecourt PRESS**

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

**Melinda's Picks Of The Week**

**Exquisite**

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**\$630,000**

14 Riverstone - 2,290 sq. feet, walk through pantry, walk through master closet in laundry, huge master suite, family room on second floor, triple car garage, exposed aggregate driveway. MLS 35439

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3650 55 Ave. - 4 level split, 1,100 sq. feet. Built in 2000. Perfect rental investment. Very cute! MLS 35607

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# Christmas cheer



Students brought Christmas cheer last Thursday to St. Mary School at its annual Grandparents' Tea. The children sang songs and acted out skits to the theme "A Bug's Christmas" and pulled it off without a hitch from beginning to end.



Students at Pat Hardy School put on quite a show for family and friends on Tuesday night. Between raffles and music, fun was had by all.

**Merry Christmas**  
Wishing you peace and joy from Parliament Hill.

**JIM EGLINSKI, MP**  
Yellowhead

119-50<sup>TH</sup> STREET, PO BOX 7887, STATION MAIN EDSON, ALBERTA T7E 1V9  
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Contact for: Publisher-Owner / Accounting / Advertising / News / Sales  
Valerie Winger:  
Phone: 780-706-1858 Fax: 1-866-647-4105 (Toll Free) Email: wctpress@telus.net

## WOODLANDS COUNTY HOLIDAY HOURS OF OPERATION



Please be advised that both the Municipal Office in Whitecourt and the Regional Municipal Office in Fort Assiniboine will be closed December 24 and 25, 26 2014 and January 1, 2015.

### Transfer Station & Hamlet Garbage Collection Holiday Schedule

All Woodlands County Transfer Stations will be closed on December 25, 27 and 28, 2014 and Jan. 1, 2015.

### Garbage Collection

Hamlet of Fort Assiniboine & Blue Ridge

Blue Ridge garbage pickup will be Monday December 29, 2014 and Friday January 2, 2015.

Fort Assiniboine garbage pickup will be on Tuesday, December 23 and Tuesday December 30, 2014.

Normal schedule will resume after these days.



## EMPLOYMENT OPPORTUNITIES

Woodlands County is currently accepting applications for one full-time

### Airport Labourer

Qualifications:

Class 5 Driver's License with air brakes is required.

A current driver's abstract is also required.

Airport/aviation and appropriate equipment experience is an asset.

RSC, CRFI, human factors and wildlife control training would also be an asset.

A job description for this position is available at the Woodlands County Municipal Office in Whitecourt or the Regional Municipal Office in Fort Assiniboine.

Closing date for applications is **January 1, 2015.**

Interested parties may submit their applications to:

William Stewart  
Whitecourt Airport Manager  
Box 60, # 1 Woodlands Lane  
Whitecourt AB T7S 1N3

Telephone: (780) 779-9948  
Facsimile: (780) 778-8402

Woodlands County would like to thank all applicants; however, only those candidates selected for an interview will be contacted.

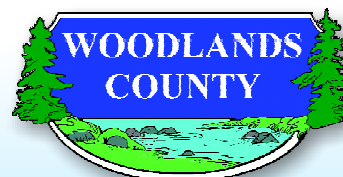
## TAX INSTALLMENT PAYMENT PLAN

The "Tax Installment Payment Plan (T.I.P.P.)" permits property owners in Woodlands County to enter into an agreement to pay annual property taxes in twelve (12) monthly payments through an automatic bank debit on the first business day of each month.

Ratepayers interested in this program for the 2015 Tax Year must complete and submit the necessary paperwork on, or prior to, **December 20, 2014.**

For further information regarding the Tax Installment Payment Plan or to obtain the required sign-up form please contact the Woodlands County Municipal Office in Whitecourt at 780-778-8400 or the Woodlands County Regional Municipal Office in Fort Assiniboine at 780-584-3866.

Visit the County's website to download the sign-up form at [www.woodlands.ab.ca](http://www.woodlands.ab.ca)



[www.woodlands.ab.ca](http://www.woodlands.ab.ca)



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



**SYLVIA BONNETT**  
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Division 1  
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Phone: 780-778-8029



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



**DALE KLUIN**  
Councillor for Assiniboine/Timeau  
Division 7  
E-mail: dale.kluin@woodlands.ab.ca  
Phone: 780 584 2610

Whitecourt Press is the only locally owned weekly newspaper in Whitecourt

# Properly inflated winter tires save money at the pumps



(NC) Putting winter tires on your vehicle is as much a part of being Canadian as going to the drive-through for your morning coffee. What is unCanadian is letting Old Man Winter cost you more at the pumps.

One way to keep winter from eating away at your bank account is to maintain proper tire inflation. Driving with underinflated winter tires uses more energy, which means blasting through more fuel.

According to the

Office of Energy Efficiency for vehicles at Natural Resources Canada, changes in ambient temperature cause changes in tire pressure. In a country like Canada where temperature swings of 20°C to 30°C are not uncommon, Canadians are particularly vulnerable to changes in tire inflation.

The science behind the equation goes like this. For every 5°C change in ambient temperature there is a one psi change in pressure. This means a drop in temperature

of 15°C would result in 10 per cent or three psi under-inflation. The bottom line? Your vehicle has to work harder to move, which uses more fuel and costs you more at the pumps.

Follow this checklist to get the most mileage from your winter tires this year and maybe, just maybe, you might save enough for a last-minute getaway down south, at least part of it anyway.

- Install winter tires when the mercury dips below 7°C.
- Check tire pressure monthly. Properly maintained tires could save you the equivalent of two weeks' worth of free gas every year. And because your tires will last longer, you could save the cost of one or two sets of tires for as long as you use them on your vehicle.
- Think of environmental savings too. Proper tire inflation helps

increase fuel efficiency thereby reducing greenhouse gas emissions. Every year in Canada, 1.5 million tonnes of carbon dioxide are unnecessarily released into

the environment because of poor tire maintenance practices.

There are more tips for safe, fuel-efficient winter driving at [www.vehicles.gc.ca](http://www.vehicles.gc.ca), [www.betiresmart.ca](http://www.betiresmart.ca) and [www.rubberassociation.ca](http://www.rubberassociation.ca) or by calling 1-800-387-2000. You can also download the latest annual Fuel Consumption Guide at [www.vehicles.gc.ca](http://www.vehicles.gc.ca)

ca and [www.rubberassociation.ca](http://www.rubberassociation.ca) or by calling 1-800-387-2000. You can also download the latest annual Fuel Consumption Guide at [www.vehicles.gc.ca](http://www.vehicles.gc.ca)

# Increase your hybrid know-how by learning the facts

(NC) Hybrid vehicles are a cross between traditional fuel-powered vehicles and electric vehicles.

By combining an electric motor, a battery pack, as well as an internal combustion engine, hybrids deliver power to the wheels. Common technologies include idle stop, which allows the engine to automatically shut off and restart at stop lights. The electric motor takes over to prevent unnecessary idling while regenerative braking harnesses the energy used while braking to recharge the batteries.

In many hybrids, the electric motor also provides added power during acceleration and when added performance is needed. Some hybrids can also operate using only the electric motor and battery pack at low speeds.

Because the electric motor replaces some of the work done by a

traditional engine, and some hybrids can run as electric vehicles at low speeds, hybrids are ideal vehicles for individuals who travel predominantly in the city under stop-and-go conditions.

Anyone interested in reducing their fuel consumption, emissions, impact on the environment and the price they pay at the pumps may find hybrids to be the answer. And the good news is hybrids are also making the grade with Natural Resources Canada in its annual rating of the most fuel efficient vehicles in Canada. In fact, over the past several years, hybrids have been recognized as the most fuel-efficient in a variety of different vehicle classes.

You can visit the NRCan website at [www.vehicles.gc.ca](http://www.vehicles.gc.ca) or call 1-800-387-2000 to learn more about EnerGuide Label for Vehicles and the annual Fuel Consumption Guide.



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Call Jim at 778-0202

## Beatles tribute



Beatles fans deserted the gaming tables and slot machines to get closer to The Fabfour ever Beatles tribute on Friday and Saturday night at The Eagle River Casino. The time vaults cracked open, and the crowd, a bit more grey, relived the past with this convincing tribute to, perhaps, the greatest rock band of all time.



Photos Roy Uttley

## Mooseltoe



Photos Whitecourt Press

Last Saturday children enjoyed the book *Mooseltoe* which was followed with crafts at the Whitecourt and District Public Library.

# DMC Homes

5512 Caxton Street West  
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**Early Bird \$125 Gift Card Winners**

• John Garol	• Ron Brown
• Danielle Thibault	• Rob Klein
• Mary-Jo Husby	• Amy Lloyd
• Dana Favreau	<b>\$500 Whitecourt Dollars</b>
• <i>Cashier winner for \$100 Whitecourt Dollars is Emerald Faber, Tags Food &amp; Gas</i>	

**Frosty Friday Double Stamp - Nov. 15th**

**Late Night Shopping, Santa Claus Parade & Town Tree Light Up**  
Postponed to Dec. 12

**Christmas is for Kids Saturday Dec. 6th at Legion Hall**

**Ugly Sweater & Late Night Shopping Double Stamp - Dec. 12th**

**Final Draw \$1000 Whitecourt Dollars - Dec. 20th**

## Unplug before travelling to save household costs

(NC) Last winter reminded us why so many Canadians pack up and head south with the birds.

If you plan to vacation for an extended period of time this year, here are some helpful tips to protect your home and your wallet:

- Electronic devices left plugged in, even when turned off, still draw power. That's called phantom or standby power, and it's costing you money. Unplug the following electronics while you are away: television, home theatre system, computer, monitor, printer, electronic chargers and other appliances you don't need

while you are on vacation. If you have pay-TV services, you will probably want to keep your cable television converter powered up at all times to avoid the risk of running into rebooting problems.

- For increased security, use timers on light fixtures inside and outside your home. Using timers is much less costly in the long run than leaving your lights on all day. Fluorescent lighting requires special dimmers or timers, so make sure you use the correct ones.

- Turn down the temperature in your home to 16 degrees Celsius.

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# The Rig rocks!



Photo Desiree Emperingham

Central School choir members were given a grand tour of the offices and production room at 96.7 The Rig on Friday. The Rig held an Open House all day to raise donations for the Whitecourt Food Bank.

"At this time of year people tend to be more generous but, also, there is a greater demand on food bank resources so all donations are very much appreciated," said a Whitecourt Food Bank spokesperson.

With the choir's visit and tour, students brought in over 60 items on their own.



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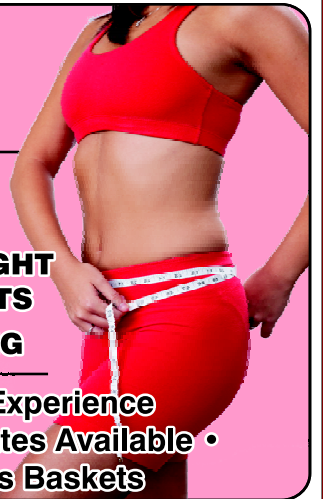
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Whitecourt  
PRESS

# How to keep safe with your winter sports

By **Rechell McDonald**  
Whitecourt Press

(NC) Winter has great appeal when the ski slopes beckon, so Ontario's chiropractors remind us to enjoy all of our favourite sports, but to do it safely.

On the slopes, for ex-

ample, make sure that ski and snowboard bindings are adjusted for your height and weight. Always check the weather conditions and watch the trails for icy patches and other potential hazards. Here are a few more safety tips:

Dress for the weather. Layered clothing works better to keep your muscles warm and your skin dry so you don't get chilled. You may want to invest in clothing designed specifically for winter outdoor activity (available at a local out-

fitter or sporting goods store), or layer garments made of natural fibres, like cotton, wool, and silk.

Know when to rest. Take a break when you feel tired. Stop your activity immediately if you experience sudden or

prolonged pain in any joint or muscle. Cool down by stretching, and change into dry, warm clothes.

Stay hydrated. Don't be fooled by the temperature. Your active body needs plenty of fluids even though it's cold out-

side. Be sure to drink lots of water or juice before, during and after winter sports. Follow these tips, and you're well on your way to having a safe and healthy winter.

More information is available online at [www.yourback-health.com](http://www.yourback-health.com).

## Wolverines defeat Maskwacis



Photos Whitecourt Press

The Whitecourt Wolverines battled hard for a win of 6 to 2 against the Maskwacis last Saturday at the Scott Safety Centre.

## It's all downhill from here



Photos Whitecourt Press

With perfect weather over the weekend, the toboggan hill was the hot spot of the weekend.



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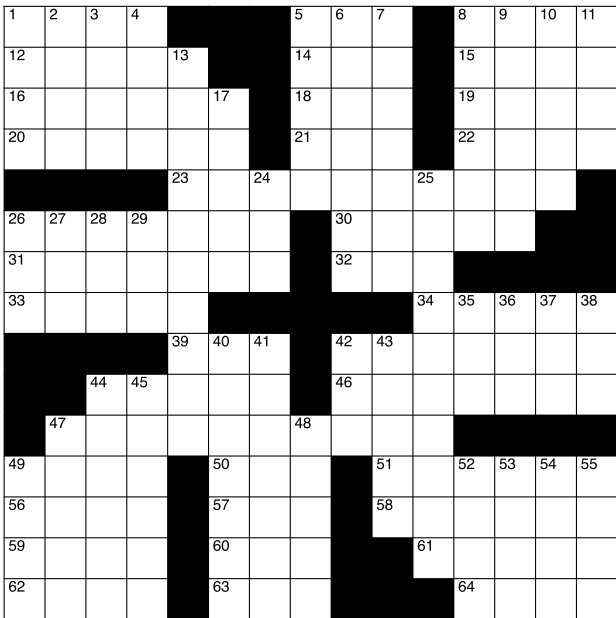
## Christmas concert stars at Pat Hardy



Photo Desiree Emperingham

Students put on a wonderful performance for family and friends at last week's Christmas concert.

**Whitecourt PRESS**  
**CROSSWORD PUZZLE**



**CLUES ACROSS**

1. Cuts off a branch
5. 13th Hebrew letter
8. O'Hair' producer Joseph
12. Giraffa camelopardalis
14. Indicates near
15. Capital of Samoa
16. Roving adventurously
18. Help
19. Deafening noises
20. Spanish neighborhood
21. Portable computer screen material
22. 20th Hebrew letter
23. 'Blue Bloods' lead actor
26. Scholarly
30. Raleigh NC river
31. Alongside each other
32. Electronics Support Module
33. Dogma
34. New Deal statesman Harold
39. A corporation's first stock offer
42. Slender tower with balconies
44. Young eel
46. Deviation from the normal
47. CBS police drama
49. Cliff
50. Resting place
51. Island in Venice
56. 1981-82 Sec. of State
57. Young man
58. Skylighted central area
59. Oily skin disorder
60. East northeast
61. 1945 Crimean conference city
62. Transfer property
63. Used to be United
64. Daze

**CLUES DOWN**

1. Murderers Leopold & \_\_\_\_\_
2. Southern veggie
3. Henry's 6th wife
4. Practice fight
5. Dinners
6. Hermaphrodite
7. Centers
8. Fathers (Spanish)
9. For each one
10. SW Belarus city
11. Australian slang for a kiss
13. Ability to begin
17. Short whistle blasts
24. Were introduced
25. Glowing quality
26. Ingest
27. Relative biological effectiveness
28. Footed vase
29. River in NE Scotland
35. English Univ. river
36. Malaysian Isthmus
37. Soft-finned fish
38. Eyelid infection
40. Fred & Wilma's baby
41. New \_\_\_\_\_, Louisiana city
42. Tse-tung or Zedong
43. Hindu weather god
44. \_\_\_\_\_ May, actress
45. Hauled laboriously
47. One suspender
48. More peculiar
49. N. Central African country
52. Macaw genus
53. Rhythmic swing or cadence
54. Ballerina skirt
55. Arabian sultanate

**Crossword solution on page 28**

**DEAR ABBY**

by Abigail Van Buren

**Vigilant mother is devastated by news of son's molestation**



**DEAR ABBY:** I'm so upset. I just found out my son was molested by one of his older cousins. "Ryan" didn't want me to know because he was afraid of how I would react. Ryan is 19 and a very private person. I want to confront the person who did this to him and press charges.

What's upsetting is I tried hard to protect my children. I thought I was doing everything right by having my boys let their friends come and spend the night at my home instead of letting them stay at their friends' homes.

I want Ryan to go to counseling to understand he did nothing wrong, that it wasn't his fault. Please help me to help my son. I partly blame myself for not knowing.

How did I let this happen? I am their mother. I am supposed to keep them safe. Please tell me what to do. -- CONFUSED MOTHER

**DEAR MOTHER:** Stay calm and understand that you have done nothing wrong. This is no reflection upon you as a parent. While many people still believe that child molesters are creepy strangers who prey on little kids, the truth is the majority turn out to be family members or close friends one would never suspect.

Your son may be embarrassed or blame himself for what his cousin did. Reassure him that when someone older acts out against a younger one as his cousin did, that is "coercion" -- an imbalance of power and experience. Explain that it would be beneficial for him to talk to a therapist. It might also benefit the cousin to do so because he may need to learn about boundaries.

Whether the cousin can be arrested or prosecuted may depend upon how long ago this occurred, and how old the kids were at the time it happened.

**DEAR ABBY:** I feel like I am not appreciated at my husband's family's holiday gatherings. Everyone brings a dish, while I get assigned the

"leftover" -- which is usually a salad. I told my husband I wanted to bring the dessert one year, so I made a homemade pie. His sister proceeded to bring two store-bought pies in addition to her dish. No one ate any of my pie except for my husband and me. Even when I bring the salad, no one eats it, either.

I may not be the best cook, but I am a good one and my pie was perfect. Because this has happened more than once, I feel discouraged about contributing, and I have told that to my husband. Do you have any advice about how I can contribute without feeling left out? -- NO NAME, PLEASE

**DEAR NO NAME:** Yes. Understand that when families gather for holiday dinners year af-

ter year, they often want particular foods prepared in the way to which they are accustomed. While you may want to contribute, you may not be able to do that unless you are hosting the party.

From now on, unless you are asked to do otherwise, bring with you only a smile, your appetite, and flowers or a bottle of wine. If you do, there will be fewer hurt feelings and you'll save yourself some work.

\*\*

**TO MY JEWISH READERS:** The eight days of Hanukkah begin at sundown. Happy Hanukkah, everyone! May we all enjoy a joyous festival of lights.

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](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

Good advice for everyone -- teens to seniors -- is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



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

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

**WORDS**

- ACADIA
- ARCHES
- BADLANDS
- BISCAYNE
- BRYCE CANYON
- CARLSBAD
- CONGAREE
- CRATER LAKE
- CUYAHOGA VALLEY
- DENALI
- DRY TORTUGAS
- EVERGLADES
- GLACIER BAY
- GRAND CANYON
- GRAND TETON
- GREAT BASIN
- HALEAKALA
- HOT SPRINGS
- ISLE ROYALE
- JOSHUA TREE
- KATMAI
- KENAI FJORDS
- KINGS CANYON
- KOBUK VALLEY
- LAKE CLARK
- MAMMOTH CAVE
- MOUNT RAINIER
- OLYMPIC
- PETRIFIED FOREST
- SAGUARO
- SEQUOIA
- WRANGELL
- YELLOWSTONE
- ZION

Word Search solution on page 28



## Your

# HOROSCOPE

### **ARIES (March 21-April 20):**

Aries, things are going to change with regard to your professional life. Expect some good news at work and possibly a promotion. Make the most of this opportunity.

### **TAURUS (April 21-May 21):**

This week is bound to be very social, and your calendar is full, Taurus. You can pick and choose what you want to do, and you can expect to enjoy all of your experiences in the week ahead.

### **GEMINI (May 22-June 21):**

Expect to start the week on an exciting note, Gemini. Big news is coming your way, and you can allow yourself to enjoy this exciting time in your life.

### **CANCER (June 22-July 22):**

Cancer, enjoy time with your significant other in the days ahead. A romantic trip could be just the way to go, and both of you will appreciate the one-on-one time.

### **LEO (July 23-Aug. 23):**

Home matters have been on your mind, Leo. This week you will reach a resolution to your issue. Your hard work has paid off so you can have some fun.

### **VIRGO (Aug. 24-Sept. 22):**

This is a week you are bound to enjoy, Virgo. The next several days will be full of structured fun, and that is right up your alley. Enjoy the company of friends and family.

### **LIBRA (Sept. 23-Oct. 23):**

Libra, you may prefer to keep to yourself this week, but you are more likely to be surrounded by friends and family. Make the most of this time with loved ones.

### **SCORPIO (Oct. 24-Nov. 22):**

Scorpio, things are set to go your way and you couldn't be happier. You thrive on being in control, and that's right where you will be this week. Good things are ahead.

### **SAGITTARIUS (Nov. 23-Dec. 21):**

Sagittarius, you tend to get restless with routine, so take some time to switch things up this week. Take a different route to work or school. Otherwise, make new friends.

### **CAPRICORN (Dec. 22-Jan. 20):**

Capricorn, your love of travel continues this week, and you won't be content until you hit the road. If you have the chance to travel, make the most of this opportunity.

### **AQUARIUS (Jan. 21-Feb. 18):**

Aquarius, now is a great time to aim for a promotion at work or make some changes to make yourself more marketable. It's time to push ahead in your career.

### **PISCES (Feb. 19-March 20):**

Pisces, this is an exciting period for you, as both personal plans and career goals come to fruition. Enjoy the ride in the days ahead.

## LOVESCOPE

by Eugenia Last



**ARIES (March 21-April 19):** Don't be too quick to settle for someone who pays attention to you. Problems will arise if you think you can change someone or you try to be what someone wants you to be rather than who you are. Have fun, but bide your time when it comes to commitment.

**TAURUS (April 20-May 20):** Don't let your actions or your stubbornness stand between you and finding true love. If you are fun to be with, the object of your desire will want to spend time with you. Playful, considerate interaction will promote romance that leads to a long-lasting commitment.

**GEMINI (May 21-June 20):** You probably aren't looking for the same sort of relationship as someone you are flirting with. Tread carefully, or you will end up in a one-sided love affair with someone looking for far more of a commitment than you are willing to offer. Honesty will keep you out of trouble.

**CANCER (June 21-July 22):** Be creative when it comes to romance. Shower the person you care for with affection and unusual outings that allow you to show off your intelligence. A change of heart is likely if you discover the person you are drawn to hasn't as much to offer in return.

**LEO (July 23-Aug. 22):** Sharing your ideas and elaborating on the type of life you envision and strive to obtain will attract the interest of someone who wants a similar lifestyle. Before you get too excited, make sure this person is willing to contribute and not just ride on your coattails.

**VIRGO (Aug. 23-Sept. 22):** Bide your time. You will meet someone of interest, but if you move too fast, you are likely to end up being disappointed. What you see is not always what you get. Ulterior motives will instigate an unstable future based on what you have, not who you are.

**LIBRA (Sept. 23-Oct. 22):** Enjoy activities that challenge you mentally and push your imagination to outer limits, and you will see your personal situation in a different way. Once you discover who you are and what you want, it will be much easier to choose who the best partner is for you.

**SCORPIO (Oct. 23-Nov. 21):** Get involved in an event that is conducive to meeting new people or travel that is for singles only, and you will hook up with someone who understands you and is in sync with your goals and lifestyle. Build a close friendship before you introduce intimacy.

**SAGITTARIUS (Nov. 22-Dec. 21):** Try new things and visit unfamiliar places. Your quest to find someone who can contribute and add a bit of excitement to your life will be met if you broaden your scope and look outside your circle or community. Someone unique will offer a host of lifestyle options.

**CAPRICORN (Dec. 22-Jan. 19):** A desire to be in a passionate relationship can be to your detriment. Making an impulsive move based on little knowledge or time spent with someone you are attracted to can end in disaster. Ask questions, and you'll discover what your love interest has to offer in return.

**AQUARIUS (Jan. 20-Feb. 18):** Delving into a relationship with someone from your past isn't likely to turn out any better than it did the first time around. Adjust your thinking and look for someone who actually shares your interests, concerns and goals. Don't let sweet talk lead you astray.

**PISCES (Feb. 19-March 20):** Help a cause you feel strongly about, and you will meet someone who shares your passion and is looking for the same sort of lifestyle as you. Love at first sight is likely, but you should enjoy a long courtship that allows ample time to plan your future.

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# Do Just One Thing



by Danny Seo

Did you know tea is the No. 2 most popular beverage in the world, right after water? Since tea is gaining popularity for its taste and health benefits, it makes sense to wonder if the tea you're brewing and sipping is environmentally friendly and grown with the farmers in mind. When buying tea, look for varieties that are certified by independent nonprofit organizations like the Rainforest Alliance or Fair Trade USA, which have standards to make sure the growing and labor practices are sustainable. And major tea companies are taking steps, too, creating Tea 2030, a project of Forum for the Future that works to create global sustainability. Brands like Tazo Tea, The Republic of Tea and Lipton are members

of Tea 2030.

Did you know that close to 40 percent of holiday gifts are returned? Did you also know that 18 percent of gifts are donated to charity, 15 percent are regifted and a whopping 11 percent of gifts are tossed in the trash? That means only about 15 percent of gifts received this holiday season are actually kept and enjoyed. To help cut the waste, consider scrapping giving gifts that are too personal, like clothes, toys, electronics, jewelry, cosmetics and kitchen and bath items. Instead, think about experiential items like excursions to restaurants, a delicious bottle of organic wine or even a donation in the recipient's name to a worthwhile charity. We can cut the waste and give gifts that are a joy to give and a joy to receive.

It may sound like a problem for "Lifestyles of the Rich and Famous," but if you want to do one thing to help our oceans, consider passing on eating caviar. Caviar varieties like beluga and

wild-caught sturgeon are species that are often overfished. Generally, caviar is harvested from fish that can take many years to mature, and when they are matured, their eggs are collected, which makes repopulation difficult. If you must have caviar, look for American domestic kinds that come from a more sustainable form of fishing and -- bonus -- are often cheaper.

During the holiday season, many people love to give food to their local food banks to help people who are less fortunate. But instead of emptying your pantry of food you really don't want to eat -- pickled beets, anyone? -- take a cue from the "wish list" of your local food bank. The No. 1 most requested item? One hundred percent real juice boxes

for kids. Not sugary juice drinks, but healthier versions made from real fruit. Also, holiday food items like canned yams, cranberry sauce and boxed stuffing are up on the list, so when you are buying for your own pantry, buy a second set to give. Finally, canned vegetables that have "no salt added" are up there since they are loaded with vitamins and help families create well-rounded meals.

Baking vs. cooking usually means just one thing: One is more precise than the other. When it comes to making homemade breads and pastries, it's important to follow recipes precisely all the way down to the temperature of the oven and how long you preheat it before baking. But when it comes to cooking entrees and

meals in the oven (think casseroles, pizza and baked mac and cheese), preheating the oven is not necessary. So skip wasting all that energy by preheating and start cooking right away. You can ignore the preheating tip in cookbooks to save energy and time the next time you cook.

Sick of scrubbing your shower to keep it clean from mold and mildew? Try this easy and nontoxic preventative method the next time you shower: Using the residual water and steam from your early morning shower, sprinkle table salt all over the tile, floors and even the shower curtain. The moisture from the shower will help the salt stick to all of the surfaces. Let it sit all day (and even overnight), and the next time you shower, the

salt will wash down the drain. The anti-microbial attributes of salt help fight mildew and will keep your shower clean for weeks.

Denim jeans are one of the most-owned items by both men and women in the United States, so it makes sense to take care of them properly so they look good for longer. First, always wash jeans in cold water and turn them inside out. This will help retain their shape and won't hurt the finish of the jeans. Skip the dryer and let them dry out on a clothesline. You can even just drape them over a hanger and hang it on a door if a clothesline is not an option. Finally, when it's time to get new jeans, donate your old ones. The most re-sold item at Goodwill is jeans, so it will gladly take them from you to raise money for its charitable works.

• There is a species of ant found in Australia and Tasmania that, in some cases, can kill a human with a single sting.

\*\*\*

*Thought for the Day:*  
"I shall not waste my days in trying to prolong them." -- Ian L. Fleming

## Strange BUT TRUE

By Samantha Weaver

• It was novelist Mary Ann Evans -- better known by her pen name, George Eliot -- who made the following sage observation: "Blessed is the man who, having nothing to say, abstains from giving wordy evidence of the fact."

• In the five-year span between 1946 and 1951, television ownership in the United States jumped from 10,000 to 12 million.

• You probably don't know the name Clara Peller, but if you were watching TV in the 1980s, you would almost certainly recognize her as the "Where's the beef?" lady from fast-food chain Wendy's incredibly successful ad campaign. You might be surprised to learn that Peller wasn't an actress; she was a manicurist. A commercial producer named Joe Sedelmaier was shooting a different ad when he realized they needed a manicurist on site, so an assistant ran to a local beauty shop and returned with Peller. As soon as she greeted Sedelmaier with a gruff

"How ya doin'?", the producer realized that she had potential. He convinced Wendy's to create an entire campaign around the octogenarian. The gamble paid off; the restaurant's sales jumped by 15 percent almost as soon as the ads began to run.

• TV's Gilligan's is-

land was created in the middle of an artificial lake at CBS Studios in Hollywood. The cost of construction was \$75,000.

• The next time you're at a hockey game, be sure to watch out for stray pucks; they travel through the air at speeds of up to 100 mph.

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

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!

Level: Beginner

Here's How It Works:

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

Sudoku solution on page 28



## A recipe from Mama Gray's kitchen

### DREAM BARS

**Base:**

- 1/3 cup brown sugar
- 1/2 cup butter

- 1/4 tsp. salt
- 1 cup flour

**Directions:**

Cream brown sugar, butter, and salt. Blend in 1 cup flour with creamed mixture. Pat in bottom of greased 8x8 inch square pan and bake at 350° for 10 minutes. Remove crust from oven and let it cool.

**Topping:**

- 2 eggs
- 1 1/2 cups brown sugar
- 2 T flour
- 1 tsp. baking powder

- 1 cup chopped walnuts
- 3/4 cup medium flaked coconut
- 1/4 tsp. salt
- 1 tsp. vanilla

**Directions:**

Beat eggs well, then add brown sugar, flour, baking powder, walnuts, coconut, salt, and vanilla. Pour over partially baked base and bake for 20 to 25 minutes in 350° oven. When bars are cool, spread with thin vanilla butter frosting. Cut in small squares.

**TO YOUR GOOD HEALTH**

By Keith Roach, M.D.

**Coumadin vs. Pradaxa**

**DEAR DR. ROACH:** I was put on Coumadin several years ago for atrial fibrillation. It was a perpetual pain in the butt, all those tests and never knowing from day to day how much the blood had been changed from meal to meal. Both extremes were dangerous. I had two friends on Coumadin who were in remote areas when they fell, both hitting their head. Both died from brain hemorrhage before they could be treated at

a hospital. My doctor suggested Pradaxa, a more expensive product, but no testing required. From what I read, there is no more danger of internal bleeding from one than from the other, and apparently Coumadin can be reversed medically in an emergency room while Pradaxa cannot (true or false?).

It would be helpful for you to explain the chemical/medical differences between the two drugs; how they work and why they work differently; and an opinion as to which is the safer to

use, and why. -- C.L.

**ANSWER:** Atrial fibrillation, the chaotic beating of the upper part of the heart, puts people at higher risk for blood clots, and is one of the most common reasons to prescribe warfarin (Coumadin). Warfarin really did start off as rat poison, but, like many drugs, it's useful as a medicine in small doses even if it is potentially deadly in high doses. It has been in use for 60 years.

Unfortunately, it is ineffective if you don't give enough and can cause serious bleeding

if too much is given, as happened to your friends. The INR blood test (international normalized ratio) is used to determine the correct dose, and the usual desired range is 2-3, although people with mechanical heart valves need a slightly higher dose, 2.5-3.5. Blood testing needs to be done at least every few weeks, and much more often when just starting and in people whose levels go up and down.

Since warfarin works by blocking vitamin K, people on warfarin need

to have a consistent vitamin K intake, which is mostly found in green, leafy vegetables. Vitamin K will reverse the effects of warfarin in half a day or so, but blood products can be used to immediately reverse the effect.

Dabigatran (Pradaxa) is a new medication that works by directly blocking thrombin, a key protein in making clots. Dabigatran should not be given to people with poor kidney function or disease of heart valves. There is no way to reverse its effects.

Studies comparing

warfarin and dabigatran have shown similar rates of effectiveness and a slightly lower risk of brain hemorrhage with dabigatran. Some studies show a slightly higher risk of heart attack in people taking dabigatran.

In my opinion, both are reasonable choices. Pradaxa may be more convenient since it doesn't require testing and appears to be about as effective, and with a lower risk of brain hemorrhage. However, there is no antidote, and it needs to be taken twice daily.

**Take steps to prevent a fall**



(NC) Every year, one in three Canadians over age 65 will take a fall – often with serious consequences. You can do a lot to about this, however.

To start with, talk to a health professional, such as a chiropractor, about evaluating your health risks. A few steps of prevention can help you stay safely on your feet, as follows:

- Remove your reading glasses when you are walking. Always slip them off before you take a step.
- Never climb on a chair or stool to reach

something. Always ask for assistance.

- If you have a pet such as a cat or dog, consider putting a bell or reflector on its collar. It's easy to stumble across an affectionate or sleeping pet that's in your path.

- Take your time. If you frequently find yourself rushing to pick-up the phone, consider investing in a cordless phone that you can keep near you. Don't rush to answer the door. The visitor will wait.

- Always sit down to put on or take off shoes and clothing. Place a

chair or bench near the entranceway.

- Keep hallways and stairs free of grandchildren's toys.

- Wear shoes or slippers with non-slip soles indoors. That means you might have to give up

that pair of loose, comfy slippers with the worn soles.

- Ask for help if you need it. Most people like to lend a hand.

More information is available at [www.your-back-health.com](http://www.your-back-health.com).

**The pills you pop!**

By Verna Ellis  
Health Solutions

*Continued from last week...*

In light of all of this information coming to light in the last three months, one wonders at the gall used by those who would caution against chiropractic spinal adjusting for fear of vascular accidents. The only numbers I found in these articles are from Dr. Graham on Vioxx: up to 139,000 heart attacks and strokes, with

as many as 56,000 being fatal, occurred in a period of time of less than five years. Again, this is from just one of these drugs.

Incredibly, there is only one randomized clinical trial comparing the cox-2 inhibitors Vioxx/Celebrex/Bextra to chiropractic spinal adjusting for the treatment of chronic spinal pain.<sup>2</sup> It was published in July 2003 in Spine, the world's number one

orthopedic journal. Astonishingly, chiropractic spinal adjusting was better than five times more effective in treating chronic spinal pain than were the cox-2 inhibitors Vioxx/Celebrex/Bextra. Interestingly, the drugs resulted in more patients experiencing adverse reactions than becoming asymptomatic during the study period. Chiropractic spinal adjusting resulted in far superior results with no adverse reactions. You can sign

up for my review of this article<sup>2</sup> and many others on my website, [www.danmurphydc.com](http://www.danmurphydc.com).

*Thank you, Dr. Dan Murphy for your extensive research.*

It is becoming more than obvious that making more informed choices is the only hope we have in trying to stay and be healthy. The crisis care, symptom chasing system we have created has forgotten that the patient's health should be its purpose.

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## Pet care can be eco-friendly

Many pet owners take caring for their pets very seriously, carefully monitoring their pets' diets, making visits to the veterinarian a part of their routine and ensuring their furry friends get plenty of exercise. In return, those pet owners get unconditional love and loyalty from their pets.

Though pets and pet owners can benefit from proper pet care, there's a third party that can benefit as well. When pet care is conducted in an eco-friendly way, the planet reaps as many rewards as pets and their owners. The following are a few ways pet owners can incorporate some eco-friendly practices into their pet care.

\* Use biodegradable bags to scoop waste. Biodegradable bags are a much more earth-friendly option than reusing a plastic bag from the grocery store. That's because, unlike a plastic grocery bag, a biodegradable bag naturally decomposes, significantly reducing landfill waste. While no

pet owner enjoys picking up after their four-legged friends, doing so in a way that's more eco-friendly can give conscientious pet owners more peace of mind.

\* Go organic. The organic food movement has become more popular at dinner tables across the globe, so why not let pets get in on the trend as well? Organic pet foods are typically free of artificial flavors and colorings and are produced without the use of hormones or chemicals.

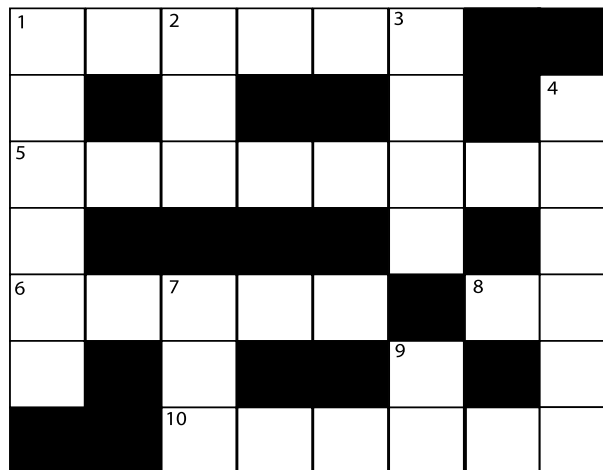
\* Don't take the outdoors inside. Many homeowners use products like pesticides in their yard in an attempt to make their lawns appear as lush as possible. When possible, avoid the use of such products so pets can roam and play in a chemical-free environment. If you simply must use pesticides or insecticides, be careful not to track them indoors. Remove any footwear you wore in the yard when entering your home so you aren't tracking potentially harmful chemicals inside

where they can put your pets' health in jeopardy.

\* Take a stroll rather than a drive to the dog park. Many communities now have dog parks, where dogs can be let off their leashes and freely play with other dogs from the neighborhood. Rather than driving to the dog park, walk there to reduce your fuel consumption. If the dog park is a bit too far from home for you and your pet to walk there and back, determine if it's possible to take your dog via bicycle instead. Riding a bicycle is great exercise, and it's a much more eco-friendly way to travel than driving.

\* Groom in a green-friendly way. Pet owners can even use green grooming products when cleaning their pets. Natural products can be just as effective as more traditional pet shampoos, but natural products are not made with chemicals that can harm the environment and even harm your pet if the products are ingested.

## Crossword Puzzle



### ACROSS

1. Athletics
5. Essential
6. Evening
8. Not down
10. Flat pieces of material

### DOWN

1. Snow sport
2. Opposite of "in"
3. Ride on crest
4. Sides of hills
7. Big amount
9. Otherwise

Answers:  
Across  
1. Sports 5. Integral 6. Night 8. Up 10. Boards  
Down  
1. Skiing 2. Out 3. Surf 4. Slopes 7. Gob 9. Or

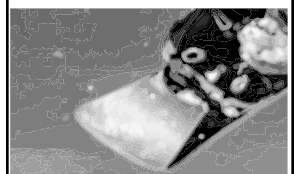
## CANADA



## HISTORY 1928

Frank Morse Rob of Ontario obtains a patent for the first electronic organ. He calls it the Robb Wave Organ.

## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SNOWBOARD

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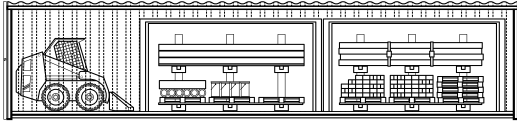


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A permanent, full time position exists in our Maintenance Department as a **Lubrication Technician**.

The successful candidate for this position will become a member of our Preventive Maintenance Team and will be responsible for the lubrication of rotating equipment and minor machinery adjustments. This person must also function well within a teamwork environment where a high value is placed on individuals and teams accepting responsibility.

The successful candidate must possess a minimum of a Grade 12 diploma (or equivalent), a current driver's license and a minimum of 2 years' industrial experience. Preference will be given to candidates who have experience in mechanical maintenance and who would like to pursue a career in the trades. Computer skills such as Outlook, Word, Excel and CMMS programs are a definite asset.

Alberta Newsprint Company offers a competitive, fully company-funded benefits and pension package. You will also be included in the company-wide bonus plan.

Qualified candidates are requested to forward their resumes, complete with references, by December 30, 2014 to:

**Alberta Newsprint Company**  
Postal Bag 9000  
Whitecourt, Alberta T7S 1P9  
Attn: Personnel Services Coordinator  
Fax: 780-778-7070  
Email: [career\\_mech@albertanewsprint.com](mailto:career_mech@albertanewsprint.com)  
Visit our website: [www.albertanewsprint.com](http://www.albertanewsprint.com)



Alberta Newsprint thanks all applicants in advance; only candidates selected for an interview will be contacted.

## SUMMER EMPLOYMENT OPPORTUNITY

Alberta Newsprint Company has summer employment opportunities.

### QUALIFICATIONS:

Candidate(s) **MUST** currently be enrolled in Post Secondary Education **and** be available for **entire contract term**. Good Physical condition is required. A medical assessment may be required prior to employment that is fully paid for by ANC. (Evidence of enrollment in a post-secondary program must be provided).

**TERM: May 4, 2015 – August 31, 2015**

### 2015 Summer Student Rate of Pay

\$21.90/hour (Day Student)  
\$22.94/hour (Shift Student)

If you are interested and qualify, please submit your application/resume by **January 15, 2015** to:

Alberta Newsprint Company  
Box 9000  
Whitecourt, AB T7S 1P9  
Attn: Personnel Services Coordinator  
Summer Employment  
Fax: 780-778-7070  
Email: [career\\_summer@albertanewsprint.com](mailto:career_summer@albertanewsprint.com)

**Interviews for all positions will be conducted at ANC on January 31, 2015 at ANC Millsite.**

Alberta Newsprint thanks all applicants in advance; only candidates selected for an interview will be contacted.



# Give children a gift that makes financial sense

(NC) If you are a parent in search of the perfect holiday gift for your child, consider the advantages of giving a financial product, not only as a present, but as a way to help a child understand the benefits of good money management.

“Parents know it’s important to help their children learn healthy financial habits, and they are looking for simple, relevant and fun ways to start,” said Linda Mackay, senior vice president of retail savings and investing at TD Canada Trust. “Giving a finan-

cial gift, like a contribution towards their RESP, or cash to kick start their first bank account, is a great way to get the conversation started.”

Mackay notes that

even young children can appreciate the ABCs of finances, like the benefit of saving up for the things they really want, and a greater understanding of the value of a dol-

lar. As they grow older, parents can help them open their first bank account, and then move on to more complex lessons like balancing priorities and budgets and investing in their own education.

A recent TD survey found that many parents and grandparents not only choose to give children some form of financial product as a holiday

gift, but they do it also at other times of the year as well, particularly towards a child’s education through contributions to a Registered Education Savings Plan.

“The real gift here is financial education which is the foundation needed to develop healthy financial habits in the future,” said Mackay.

## ARROW

ARROW TRANSPORTATION SYSTEMS INC.

[www.arrow.ca](http://www.arrow.ca)

Seeking qualified drivers for immediate openings in Whitecourt, AB. for Wood Fibre hauling.

**We offer:**

- Full Time, Year Round Work
- Home Every Day
- Competitive Wage & Benefits

**You possess:**

- Super B driving experience
- A clean drivers abstract
- References

We are an equal opportunity Employer.

Email: [jobs@arrow.ca](mailto:jobs@arrow.ca), Fax: 250-314-1750  
Phone: 1-877-700-4445



## HELP WANTED

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

**Food Service Attendant**  
Full Time / Shift Work  
**\$12.50 / Hour plus Benefits**

**Food Service Supervisor**  
Full Time / Shift Work  
**\$14.50 / Hour plus Benefits**

*Please apply in person at the restaurant.*



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

### Canadian Tire Whitecourt is currently looking to fill the following full time positions in our newly expanded store:

**Department Managers for Hardware, Warehouse, Sports & Seasonal**

This position ensures the department is running effectively and efficiently in order to meet productivity goals while focusing on the 5 basics of retail (Customer service, Faced, Filled, Signed and Cleaned). This includes ensuring staff are properly trained and informed of all pertinent information in order to follow the stores policies and procedures.

**Retail Sales Associates**

Several positions available which are fast-paced, involving constant interaction with customers explaining product benefits and fulfilling customer needs. Helping customers is combined with store maintenance activities such as stocking shelves, merchandising and general housekeeping.

**PHYSICAL DEMANDS** (refers to an 8-hour shift with standard breaks)

- Ability to stand/walk for 8 hours
- Ability to lift 10 kilos or 25 lbs unassisted
- Ability to lift and turn repeatedly throughout the shift
- Ability to lift above shoulder and from floor to shoulder and floor to waist
- Ability to twist, turn, reach and work above shoulder level
- Ability to go up and down a ladder while carrying merchandise
- Ability to walk and carry at same time & push/pull as required
- Educational & experience requirements as per position

Please apply with Resume at

Canadian Tire, 4721 51 St, Whitecourt, AB T7S 1P1



### Canadian Tire Whitecourt is currently looking to fill the following full time positions in our newly expanded store:

**Automotive Technician**

- Perform maintenance and repair vehicles as requested by customers
- Perform road tests using safe driving standards
- Providing written, prioritized quotations for necessary additional work
- Notify service advisor and customer of additional maintenance work required to be recorded
- Explain procedures and repairs directly to customers, as required
- Perform daily bay inspections
- Instruct apprentices: monitor and verify their work for accuracy
- Maintain company and personally-owned equipment and tools in good repair
- Develop and maintain up-to-date knowledge of the operation, maintenance and repair of most domestic and imported cars
- Maintain professional appearance (uniform, hygiene, grooming & name tag)
- Follow company, store and department policies
- Follow store health & safety program and observe provincial occupational health & safety regulations; report any observed or potential hazards immediately
- Participate in meetings and all training, as required

Must have valid mechanic’s license and drivers license.

**Automotive Tire Technician**

Perform oil changes and tire installations as well as some light maintenance and some cleaning tasks. In this position, you will often interact and take direction from licensed technicians and interact directly with customers.

**PHYSICAL DEMANDS** (refers to an 8-hour shift with standard breaks)

- Ability to stand/walk for 8 hours
- Able to lift 25 kilos or 50 lbs unassisted and carry as required
- Ability to lift and turn repeatedly throughout the shift
- Ability to lift above shoulder and from floor to shoulder and floor to waist
- Ability to go up and down a ladder while carrying merchandise
- Ability to walk and carry at same time & push/pull as required
- Able to twist, turn, reach and work above shoulder level
- Ability to work in an environment conducive to the repair of motor vehicles

Please apply in person with resume or call [780-778-6591](tel:780-778-6591) ask for Mark.



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or call 780-706-1858



## Northwell Oilfield Hauling requires experienced

- Bed truck drivers
- Picker drivers with lift tickets
- Swampers
- Welders
- Mechanics

for their Whitecourt, Fox Creek,  
and Swan Hills Branches

*Excellent equipment to operate  
Competitive Wages and benefit package offered  
Drug test required*

Please send resume including drivers abstract to:  
[grussell@northwelloilfield.ca](mailto:grussell@northwelloilfield.ca)  
or Fax to: 780-778-5099  
3624 - 36 Avenue Whitecourt  
Northwell Oilfield Hauling Whitecourt Office  
Phone 780-706-2000

Visit [www.whitecourtpress.com](http://www.whitecourtpress.com)

EMPLOYMENT OPPORTUNITY | Job #14-066

## Mechanic III



The Town of Whitecourt is your local government at work. Council and staff function on behalf of the community to enhance the quality of life for all residents, with a commitment to the well-being of our community. Our organization now has an opening for a full-time, permanent, Mechanic III within the Infrastructure Services Department.

Reporting to the Manager of Works, the Mechanic III is responsible for the operation, repair, and maintenance of the Town's fleet and related equipment.

### QUALIFICATIONS:

- Must be a qualified and licenced Automotive Mechanic, preferably with knowledge and experience with Heavy Duty and specialized municipal mobile and protection equipment.
- Must be willing and capable of obtaining a Journeyman licence in Heavy Duty or other available upgrading in related fields as required by the Town.
- Experience with and knowledge of equipment maintenance programs and parts inventory systems.
- Able to relate in a positive manner to the general public as well as other staff members.
- Must possess a valid Class 3 driver's licence; Class 1 licence is preferred.
- Able to weld and fabricate.

### PRIMARY RESPONSIBILITIES:

- Responsible for repairs and service work to all equipment as required.
- Responsible to ensure that proper maintenance and records for all equipment, as required, is in place.
- Responsible for developing, updating, and following extensive preventative maintenance programs.
- To assist with required equipment replacement, general repair, and maintenance budget.

The successful applicant must be a self-motivated energetic individual, and will be required to pass a pre-employment physical and criminal record check, and provide a driver's abstract prior to being hired. The rate of the position is between \$33.01 and \$35.72 per hour depending on experience.

Job descriptions are available upon request.

Please forward your resume to the following address by 12 noon on Monday, January 5:

### TOWN OF WHITECOURT

Attention: Legislative Coordinator  
Box 509, 5004 - 52 Avenue,  
WHITECOURT, AB T7S 1N6  
Fax: 780-778-4166  
Email: [hr@whitecourt.ca](mailto:hr@whitecourt.ca)  
Re: Job #14-066

We thank all applicants for their interest; however, only those who are interviewed will be contacted.



Boreal Pumping, a division of Bonnett's Energy Corp. is an extremely busy oilfield services company that has developed a reputation for delivering excellent results and have become recognized industry leaders in our core service areas! We are looking for committed, high performing individuals who seek opportunities for change and growth to join our growing Pumping team!

### Base Manager – Whitecourt, AB:

The qualified candidate will have excellent oral and written communication skills, knowledge of office processes, procedures and technology along with the ability to work effectively in a team setting. This position requires a willingness to work a flexible schedule and occasional overnight travel.

Responsibilities include but are not limited to: overseeing day-day pumping operations, dispatching jobs, provide support for all fluid and nitrogen operations, implement the company's HSE program, and will provide leadership and guidance to employees in accordance with company policies and procedures.

The qualified candidate will have a minimum of 8 years in a Pumping Supervisory position and must have Fluid and/or Nitrogen operations experience. Must also possess a valid driver's license with clean driver's abstract.

### Nitrogen Supervisors – Grande Prairie and Whitecourt, AB

#### Fluid Pumping Operators & Supervisors – Grande Prairie and Whitecourt, AB:

The qualified candidates must have a valid Class 1 driver's license with a clean abstract, current H2S and First Aid certificates and nitrogen and/or fluid pumping experience for the Supervisor roles. Pre-employment testing is in effect. All positions require driving and the operating equipment.

If you are a safety-oriented individual looking to join a dynamic growth oriented oilfield service company, we would like to hear from you. We offer a great working environment, a competitive salary and bonus plan, a comprehensive benefits package, and a company matching RRSP plan.

Please send your resume (indicating job title and location) and driver's abstract to Human Resources at [hr@bonnettsenergy.com](mailto:hr@bonnettsenergy.com) or fax to 780-532-4811.

We thank all that apply; only those under consideration for the position will be contacted.



# BE A PART OF SOMETHING BIG

### NOW HIRING EI&C MEASUREMENT TECHNICIAN— REFERENCE CODE 7244 FIND THE MOST SIGNIFICANT WORK OF YOUR CAREER AT TRANSCANADA

At TransCanada we dream big, think big and do big things. For more than 60 years, we've been supplying reliable and efficient energy to millions of North Americans with our pipelines, gas storage and power generation facilities.

The Measurement Technician is required to have the technical skills to ensure all measurement control systems and equipment are effectively maintained and safely operated in accordance with our standards of performance, policies and procedures. Preference would be a certified Journeyman Instrumentation Technician or an Electrician both with a minimum of 5 years industry relevant experience. A high school diploma/GED is required. This position is overtime eligible and part of an on-call rotation and provides emergency support as required. Some travel may also be required. This position is based out of Whitecourt, Alberta, reporting to the Edson Area Manager.

\* Hours of work may need to be extended as business needs arise. This position will be required to travel away from home base to other company locations for project support, temporary assignments, meetings or training.

TransCanada is an equal opportunity employer. For more information and to apply to this position, please visit our website at [TransCanadaCareers.ca](http://TransCanadaCareers.ca).

Everything you do at TransCanada contributes to everything we do across North America. Make more of your career. Help us build long-lasting energy solutions that matter.



## Establish new roots.

Millar Western is a progressive forest company offering diverse, rewarding careers in great Alberta communities, with excellent advancement opportunities and a healthy work-life balance. **Grow with us.**

### Maintenance Manager

Our Whitecourt Wood Products Division is seeking a Maintenance Manager. Reporting to the Operations Manager, this individual will play a key role in managing a cohesive team of Maintenance personnel, while also developing and managing budgets and maintaining a professional work environment focused on safety and product quality. The ideal candidate will have several years of experience in the wood products manufacturing industry, with a minimum of five years at the Superintendent or Management level. He or she will demonstrate excellent interpersonal and leadership skills, business acumen with the ability to develop and implement processes, and troubleshooting skills with a focus on root cause analysis and preventative maintenance. Experience with SAP business or a similar ERP program would be considered an asset. For more information, visit [millarwestern.com/careers](http://millarwestern.com/careers).

### Application deadline: December 19, 2014

Send your resume and cover letter to:

[jlockinger@millarwestern.com](mailto:jlockinger@millarwestern.com)

Visit **MillarWestern.com**

a resourceful company



EMPLOYMENT OPPORTUNITY | Job #14-068

**Utility Maintenance Operator**



The Town of Whitecourt is your local government at work. Council and staff function on behalf of the community to enhance the quality of life for all residents, with a commitment to the well being of our community. Our organization now has an opening for a full-time, permanent Utility Maintenance Operator to work within the Infrastructure Services Department, reporting to the Manager of Utilities.

This position is responsible to perform daily operational and maintenance functions as required at the wastewater lift stations, water distribution, and wastewater collection systems.

**QUALIFICATIONS:**

- Minimum high school education
- Alberta Environment Level 1 Certification in water distribution and wastewater collection
- Certification or enrollment in the certification program to acquire a Level II Operator status in water distribution and wastewater collection under the Alberta Environment Operator Certification Program would be an asset
- Experience in the operations of water distribution, sewage collection, and wastewater lift stations
- Valid Class 5 Driver's Licence is required; Class 3 is preferred

The applicant must be physically fit for heavy labour related tasks and be prepared to do shift work, on-call and any overtime as required by the supervisor. The successful applicant will be a person who is willing to work outside the parameters of the position description and be able to work with minimal supervision.

The position requires an individual who is safety conscious with self-motivation, exhibits accuracy, mechanical and computer skills, neatness and completeness in all functions, and relates in a positive manner to the general public, as well as other staff members. The successful applicant will be required to pass a pre-employment physical and criminal records check and provide a driver's abstract prior to being hired. Job descriptions are available upon request. The Town of Whitecourt offers competitive wages based on experience.

Resumes must be received at the following address by 12:00 noon on Monday, January 5:

**TOWN OF WHITECOURT**

Attention: Legislative Coordinator  
Box 509, 5004 - 52 Avenue,  
WHITECOURT, AB T7S 1N6  
Fax: 780-778-4166  
Email: [hr@whitecourt.ca](mailto:hr@whitecourt.ca)  
Re: Job #14-068

*We thank all applicants for their interest; however, only those who are interviewed will be contacted.*

**Grow with us.**

Millar Western is a progressive forest company offering diverse, rewarding careers in great Alberta communities, with excellent advancement opportunities and a healthy work-life balance.

**Finishing Superintendent**

Millar Western is seeking a Finishing Superintendent to play a key role in our Whitecourt Wood Products Division. Reporting to the Operations Manager, the successful candidate will be responsible for the management of all finishing-end processes, including planer mill, shipping, kilns and planer maintenance. He or she will work closely with the leadership team to ensure performance objectives are met safely, efficiently and effectively. The successful applicant will have proven leadership skills and a strong background in lumber manufacturing. More information can be found on our website.

**Application deadline: January 9, 2015**

Send your resume and cover letter, citing position title in subject line, to: [jlocker@millarwestern.com](mailto:jlocker@millarwestern.com)

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**NOW HIRING!  
Production Testing Crews**

Vencor is currently hiring the following positions in various locations throughout Northern & Central Alberta:

- **Day Supervisors**
- **Night Supervisors**
- **Assistants**

- Competitive Salaries & Bonuses
- Accommodations Provided
- Subsistence Pay
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**APPLY NOW!**

[resumes@vencorproduction.com](mailto:resumes@vencorproduction.com)

**Fax to: 780-778-6998**



Silverline Swabbing, a division of Bonnett's Energy Corp. has an immediate opening at their Whitecourt, AB location for a **Rig Assistant**.

In 2004, Silverline Swabbing Ltd. commenced operations with a single rig. Today, we are a multi-rig operation proud to be recognized as a leading swabbing services company, providing services to our clients in northern Alberta and British Columbia.

We are pleased at the industry-wide reputation we have developed of being trusted, knowledgeable professionals who combine innovation and creativity to provide the highest possible level of service to our clients. Together, our team of swabbing service specialists' years of experience and training, combined with the latest technology – including tandem and tridem rigs, pressure vessels, tanks and scrubbers – enables us to offer a range of swabbing services throughout the Western Canada Sedimentary Basin

We are currently seeking qualified candidates who have a valid Class 3 driver's license and a clean driver's abstract and current certificates in H2S and First Aid. Pre-employment testing is in effect.

If you are a safety-oriented individual, interested in joining a dynamic, growth-oriented oilfield service company, we would like to hear from you. We offer a competitive salary and bonus program, company matching RRSP, and a comprehensive benefit package.

Interested applicants can email their resume (indicating job position and location) along with a current Driver's Abstract to Human Resources at: [hr@bonnettsenergy.com](mailto:hr@bonnettsenergy.com) or fax to 780-532-4811.

We thank all that apply; only those under consideration for the position will be contacted.



**On-line!**



**View the Whitecourt Press  
E-Newspaper Edition!**

**Go to [www.whitecourtpress.com](http://www.whitecourtpress.com) and click on E-Newspaper Whitecourt Press**

## Salesperson

Salesperson position available. No experience required, will train suitable person. Friendly, outgoing person who likes people and getting out of the office. Customer relations experience an asset.



Send resume to  
Valerie at  
[wctpress@telus.net](mailto:wctpress@telus.net)

## PAPER DELIVERY

Press paper route available.  
Tuesdays • 9 a.m. - 2 p.m.



Call 780-706-1858 or email  
Valerie at  
[wctpress@telus.net](mailto:wctpress@telus.net)

## BRAD'S Picker Services Ltd

Brad's Picker Service a diverse and progressive oilfield transport company utilizes a wide spectrum of trades and skills. At Brad's we provide ample opportunity and a unique work experience few other companies can match. We are currently seeking ambitious, innovative, and hardworking individuals to join our team. Brad's offers excellent wages, comprehensive benefits, as well as many opportunities for education and career advancement.

### Description

We provide newer equipment and a safe work environment. Our pickers perform a variety of different jobs from service and maintenance work to construction work and rental equipment hauling. Brad's offers plenty of opportunity for advancement, if you are looking for challenging work that will lead into a successful career then we are looking for you. We also have a full service mechanics bay ensuring equipment is serviced and ready to go.

### Qualifications

- Clean class 5 driver's license with air brake endorsement
- Knuckle boom experience and or a picker ticket
- Must have experience pulling trailer with electric brakes
- First Aid, H2S and other safety tickets are an asset
- Motivation to work hard to get tasks done on time, as well as a competitive spirit
- Must be able to pass drug test
- Pride and ownership of work
- Problem solving skills
- Able to work independently and as part of a team

### Job Duties

- Operate 8 ton knuckle picker in a safe efficient manner
- Abide by all company safety policies and DOT policies
- Work with maintenance department to ensure truck is clean and in good working order.

Phone 780-778-6141  
Fax 780-778-6118  
Email [bradsjobs8@gmail.com](mailto:bradsjobs8@gmail.com)

We thank all applicants for their interest; however, only those selected for an interview will be contacted. Preference given to local applicants unless willing to relocate.



The Boys & Girls Club  
of Whitecourt and District

WHITECOURT TEEN CENTRE

### Career Opportunity: Youth Development Coordinator

The Boys and Girls Club of Whitecourt and District has an exciting part-time opportunity for the right individual to join our excellent team. Reporting to the Executive Director, the *Youth Development Coordinator (YDC)* is responsible for developing, facilitating and implementing the broad range of services and programs for the youth of the community. The YDC has the ability to motivate and support staff and volunteers in their efforts to engage and interact with youth in meaningful ways, including social preventative services as well as leisure services.

#### Key Duties and Responsibilities

- Use a variety of methods to identify and assess community and youth services and programs
- Oversee all aspects of program delivery which includes effective planning, budgeting, policy development, evaluation and reporting to meet the needs of the youth we serve
- Promote youth related activities through social media and community events
- Maintain records and statistics for the programs and events
- Support and work with the Teen Manager and other Teen Centre workers to ensure coordination and enhancement of all youth programs

#### Requirements

- Preference will go to candidates with formal education and training in post-secondary fields such as Social Work, Education, Youth Development, Recreation or Psychology
- Three to five years' experience working with youth especially in partnership with community agencies
- Ability to work flex time between administrative duties and direct program delivery
- Excellent communication and interpersonal skills with the ability to establish good relationships with Youth, Volunteers and Community Stakeholders
- Clean Criminal Record Check and Vulnerable Sector Record Check

The Youth Development Coordinator position will be 18 hours per week; salary will be dependent on qualifications and experience.

To apply for this exciting opportunity please submit your resume and cover letter via email to Cathy Branton, Executive Director, [whitecourtbgc@gmail.com](mailto:whitecourtbgc@gmail.com) or drop off in person at the Boys and Girls Club in The Carlan Community Resource Centre. Applications will be accepted until December 30, 2014.

### EMPLOYMENT OPPORTUNITY | Job #14-067

## Allan & Jean Millar Centre Finance Clerk



The Town of Whitecourt is your local government at work. Council and staff function on behalf of the community to enhance the quality of life for all residents, with a commitment to the well being of our community. Our organization has an opening for a part-time (20 hours per week) Allan & Jean Millar Centre Finance Clerk. This position works out of the Allan & Jean Millar Centre, and reports to the Controller and under the direction of the Community Services Department.

This position works closely with other experienced staff in the Town's Corporate Services and Community Services Departments.

#### DUTIES INCLUDE:

- Aiding the Guest Services staff with balancing cash receipt reports to cash
- Aiding the bookings staff with accounts receivable reports and collection
- Aiding the Manager of Family and Community Support Services (FCSS) with application and final reporting of FCSS Grants
- Reconciling monthly reports between CLASS and Diamond software programs and electronic fund transfers
- Completing year end audit reports as required
- Other finance duties within the Community Services Department as required.

The successful applicant should have some post secondary accounting education. One to five years experience in an accounting field, preferably with some municipal government experience; an equivalent combination of education and experience may be considered. Familiarity with Great Plains Diamond Municipal Software, CLASS Software, and Excel would be a definite asset. A high degree of efficiency and accuracy is required. This will be a good opportunity for people with good accounting skills to gain experience in a municipal environment.

The Town of Whitecourt is committed to its employees and provides a first rate benefits package. This position's starting pay will be \$26,573 per year. The successful candidate will be required to pass a pre-employment physical and criminal record check, and provide a driver's abstract, prior to being hired. A job description is available upon request.

If you feel that you have the qualifications and desire to be part of the Allan & Jean Millar Centre Team, please submit your resume to the following address prior to 12:00 noon on Monday, January 5:

TOWN OF WHITECOURT  
Attention: Legislative Coordinator  
Box 509, 5004 - 52 Avenue,  
WHITECOURT, AB T7S 1N6  
Fax: 780-778-4166  
Email: [hr@whitecourt.ca](mailto:hr@whitecourt.ca)  
Re: Job # 14-067



We thank all applicants for their interest; however, only those who are interviewed will be contacted.



# Your Voice Matters



Send your letters, comments or story ideas to... Email: [wctpress@telus.net](mailto:wctpress@telus.net) Phone: 780-706-1858 Fax: 1-866-647-4105 (Toll Free)

**Help Wanted**

**We require a dependable person for a delivery position**

- 1 Position available
- Heavy Lifting and attention to detail required.
- Starting Salary \$16 - \$20 depending on experience, knowledge and performance
- A clean drivers license is required

**Apply in person to John**

**FURNITURE DEN** 4807 - 50 Ave.  
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Over 29,000 sq feet of showroom and warehouse space!!!  
Hours of Operation - Monday to Saturday: 9:30 am - 6:00 pm

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TRANSPORT LTD.**

HAS THE FOLLOWING EMPLOYMENT OPPORTUNITY AVAILABLE IN OUR WHITECOURT, AB LOCATION.

WE OFFER COMPETITIVE WAGES AND EXCELLENT BENEFITS.

- COMBO VAC OPERATOR • TANK TRUCK OPERATOR

**MINIMUM REQUIREMENTS**

- Valid class 1 or class 3
- Clean drivers abstract
- Current H2S and First aid
- Pre-Employment drug and Fitness test
- Ability to work flexible hours

**EXPERIENCE IN SIMILAR POSITIONS AN ASSET BUT WILLING TO TRAIN**

Aurora Transport Ltd. strives to meet requirements of our customers and employees by professionally managing growth and operations in an ethical manner. We are a diversified, growth-orientated business and we take pride in providing a safe / productive environment to our employees and customers. If you are the right candidate for these positions we encourage you to apply.

Please apply in person to:

3764 - 30 STREET, WHITECOURT, ALBERTA OR EMAIL:  
jeff@auroratransportltd.com

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Our WHITECOURT BRANCH is currently seeking:

**SMALL BUSINESS ADVISOR TRAINEE**

Your primary role will be to build and maintain a portfolio of Small Business customers and assist them with their personal and business financial needs. You are results-oriented and have a sound knowledge of the small business market, including the features and benefits of small business products and services, applicable risk management policies and legal and security documentation for small business products. You demonstrate excellent relationship building skills and are conversant with small business legal structures and life cycles, competitor offerings and alternate sources of financing. You have a post-graduate degree/certificate in a business related discipline.

For more information about this opportunity and to apply, please visit [www.scotiabank.com/careers](http://www.scotiabank.com/careers) and search for Job ID 18028.



Visit [www.whitecourtpress.com](http://www.whitecourtpress.com)



**Help Wanted**

**1. HEAVY DUTY TECHNICIAN**

- 3rd Year
- 4th Year
- Journeyman

**\*\*\* TOP WAGES \*\*\***

Benefits start immediately  
Great work environment

**Apply in person at  
4004 - 41st Avenue, Whitecourt  
or  
Email resume to [kswheel@telus.net](mailto:kswheel@telus.net)**

**A-Tech NDT is a Company that values worker's time and effort both at work and at home. We pride ourselves on matching our worker's needs with suitable work environments and scheduling. A-Tech is a rapidly growing company that promotes education and advancement opportunities.**



**Now Hiring!**

**CGSB RT 2 / CGSB UT 2 / CEDOs**  
For immediate F/T, long term employment  
**Also looking for Contractors for Winter Projects**

**Qualifications:**

- Excellent Technical Skills
- Safety Conscious
- Strong Work Ethic
- Team Player
- Positive Attitude
- Excellent written/oral English communication skills
- Additional CGSB certifications would be an asset.

**We Offer:**

- RT2 / UT2 wages range from \$55-\$60/hr based on certifications and experience + \$2/hr company RRSP's + 10% Vacation Pay
- CEDO base wage \$27/hr based on certifications and experience+ \$1.50/hr company RRSP's + 10% Vacation Pay
- A team environment with complete management support
- Comprehensive Medical/Dental/Vision
- State of the art, safe, & reliable up-to-date equipment
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**Attention Operations Manager  
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**Mechanical Maintenance Planning Coordinator**

An opening for a permanent full-time position exists in our Mechanical Maintenance department for a Planning Coordinator. You will be responsible for shutdown scheduling and coordination of the mill. You will manage the lubrication and vibration programs for the mill. As well, you will be the area owner of the CMMS program.

To qualify for this opening, the applicant must have a minimum of 10 years experience in a maintenance trade related to the coordinator position. The successful candidate will possess excellent organizing, communication, problem solving and people skills, Grade 12 diploma and a valid driver's license. The candidate must be willing to relocate to Whitecourt.

ANC maintains a unique team environment built by strong individually skilled employees. A competitive, fully company funded benefits and pension package is provided. You will also be included in the company wide bonus plan.

Qualified candidates are requested to forward their resumes complete with references by **December 19, 2014** to:

**Alberta Newsprint Company  
Postal Bag 9000  
Whitecourt, Alberta T7S 1P9  
Attn: Personnel Services Coordinator**

**Fax: 780-778-7070  
Email: [career\\_mech@albertanewsprint.com](mailto:career_mech@albertanewsprint.com)**

**Visit our website: [www.albertanewsprint.com](http://www.albertanewsprint.com)**

Alberta Newsprint thanks all applicants in advance; only candidates selected for an interview will be contacted.



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