

*Merry Christmas*

Nickolas Barton, age 4, acts saintly for Santa.

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DECEMBER 2004 — VOL. 2 NO. 12 — CIRCULATION 4,590

## Spreading the Christmas Spirit

News Canada

"Los maples! Los maples!" General José Gallardo's eyes light up when he thinks of the pressed maple leaves inside many of the letters of support received from Amnesty International Canada members. General Gallardo, imprisoned for criticizing human rights abuses by the Mexican military, is now free.

Here is a holiday season package that will take you right

around the world, complete with a party, gift-giving, and activities that help bring hope to other people.

It happens across Canada and around the world this December 10th, Human Rights Day - and you are invited.

That's when thousands of people - in families, schools, workplace lunchrooms, cafés, pubs, faith communities and

(Continued on page 5)



*Freed General José Gallardo*

## History Cont...1912 to 1918

By Dan Parker

Settlement in Whitecourt accelerated, after the Canadian Northern Railway purchased the town site land in 1912. At long last it seemed that Whitecourt would finally get its railway. However, despite government assurances the delays continued, first due to poor national economic conditions, and then because of WWI. Without even a good

road into the hamlet, the settlers came by sled, by wagon, on foot, on horseback and by scow down the river.

The account of the Kimzey family of their trip in 1912 is indicative of the relative isolation of Whitecourt in this period. A boxcar load of their household effects, along with a wagon, team of horses and a cow, were shipped by

(Continued on page 12)



*The Stephens family on homestead*

**Anniversary Contest**  
*See Inside for Details*

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### Sports Quiz

About how many periods was the longest Stanley Cup play-off game? (Answer page 15)

### Vocabulary Test

Which word has two synonyms which are antonyms of each other? (Clue page 5)

### Whitecourt History

Whitecourt's first Newspaper was published in 1905, 1914, 1919 or 1921? (Ans. on p. 10)

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**Dec. 27 - 30: 9 - 6 ♦ Dec 31: 9 - 4 ♦ Jan. 1 & 2: Closed**

*Merry Christmas & Happy Holidays*

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### How To Wash The Cat

1. Thoroughly clean the toilet.
2. Add the required amount of shampoo to the toilet water.
3. Obtain the cat and carry him to the bathroom.
4. In one smooth movement, put the cat in the toilet and close both lids (you may need to stand on the lid so that he cannot escape). CAUTION: Do not get any part of your body too close to the edge, as his paws will be reaching out for anything he can find.
5. Flush the toilet three or four times. This provides a "power wash and rinse" which is found to be quite effective.
6. Have someone open the door to the outside and ensure that there are no people between the toilet and the outside door.
7. Stand behind the toilet as far as you can, and quickly lift both lids.
8. The now-clean cat will rocket out of the toilet, and run outside where he will dry himself.- Sincerely, The DOG

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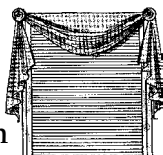
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### Best Disclaimer From the Web So Far

The below is by Rob Flickenger, who is explaining Andrew Clapp's Yagi "Cantenna", which involves using a Pringles Potato chip container and about \$7.00 worth of material to build an antenna with 12db to 15db gain. The purpose was to expand the reach of a standard computer wireless network. Despite the disclaimer, the Yagi "Cantenna" has been successfully tested by several people. Mr. Flickenger used the "Cantenna" to boost the wireless signal from his work to his home, which was a bit more than half a mile away.

Standard Disclaimer: Anything you do with your gear is YOUR RESPONSIBILITY. This is a stupid idea that will probably ruin your radio, set your house on fire, bring the FCC to your door, ruin your crops, and send famine and pestilence across the land. And as the operator, it is YOUR RESPONSIBILITY to not take the word of some raving lunatic on the web with funny colored hair, and find things out for yourself. Your mileage will vary. I'm probably lying. You have been warned.

If you would like detailed instructions on the "Cantenna", click the Gamers & Tech tab at Whitecourt-

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### E-centres can help bridge digital divide

GNA - Bangkok, 13 October - (United Nations Information Services) - There is an initiative underway to enable community e-centres to share best practices, build capacity and demonstrate pilot projects. This is a practical step to allow poorer communities to participate in information age technologies.

The goal is to promote the development of information and communication technology (ICT), transfer and application, particularly through regional cooperation and networking of governmental, non-governmental and private sector organizations, for the benefit of developing economies.

The First Session of the Subcommittee on Information, Communications and Space Technology of the United Nations Economic and Social Commission for Asia and the Pacific (UNESCAP) was held from 13-15 October 2004 at the United Nations Conference Centre in Bangkok.

## Cultural Shock

Donald MacDonald from the Isle of Skye went to study at an English university and was living in the hall of residence with all the other students there.

After he had been there a month, his mother came to visit him.

"And how do you find the English students, Donald?" she asked.

"Mother," he replied, "they're such terrible, noisy people. The one on that side keeps banging his head on the wall and won't stop. The one on the other side screams and screams all night."

"Oh Donald! How do you manage to put up with these awful noisy English neighbors?"

"Mother, I do nothing. I just ignore them. I just stay here quietly, playing my bagpipes."

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## A Fish Out of Water

A friend hosted a dinner party for people from work, and everyone was encouraged to bring their children.

All during the sit-down dinner one co-worker's three-year-old girl stared at the man sitting across from her. The girl could hardly eat her food from staring. The man checked his tie, felt his face for food, patted his hair in place, but nothing stopped her from staring at him. He tried his best to just ignore her but finally it was too much for him. He asked her, "Why are you staring at me?"

Everyone at the table had noticed her behavior and the table went quiet for her response.

The little girl said, "I just want to see how you drink like a fish!"

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## You're Only As Old as You Act

A priest was walking down his street one day when he noticed a very small boy trying to press the doorbell on a house. The boy was very short and the doorbell was too high for him to reach.

After watching the boy's efforts for some time, the priest moved closer to the boy. He crossed the street, walked up behind the little fellow, placed his hand kindly on the child's shoulder, leaned over and gave the doorbell a solid ring.

Crouching down to the child's level, the priest smiled benevolently and asked,

"And now what, my little man?"

To which the boy replied, "Now we run!"

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A man escaped jail by digging a hole from his jail cell to the outside world. He tunneled away for weeks, barely pausing for a break. To avoid capture, he carefully scattered the dirt from the hole where it wouldn't be noticed by the guards.

When finally his work was done, he emerged in the middle of a preschool playground. "I'm free, I'm free!" he shouted.

"So what," said a little girl. "I'm four."



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### Don't Send a Man to do a Woman's Job

The CIA had an opening for an assassin. After all of the background checks, interviews, and testing were done there were three finalists -- two men and one woman. For the final test, the CIA agents took one of the men to a large metal door and handed him a gun.

"We must know that you will follow your instructions, no matter what the circumstances. Inside this room you will find your wife sitting in a chair. You have to kill her."

The first man said, "You can't be serious. I could never shoot my wife."

The agent replies, "Then you're not the right man for this job."

The second man was given the same instructions. He took the gun and went into the room. All was quiet for about five minutes. Then the agent came out with tears in his eyes. "I tried, but I can't kill my wife."

The agent replies, "You don't have what it takes. Take your wife and go home."

Finally, it was the woman's turn. Only she was told to kill her husband. She took the gun and went into the room. Shots were heard, one shot after another. They heard screaming, crashing, banging on the walls. After a few minutes, all was quiet. The door opened slowly and there stood the woman.

She wiped the sweat from her brow and said, "You guys didn't tell me the gun was loaded with blanks. I had to beat him to death with the chair."

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(continued from page 1)

with online friends - will get together to each write a letter aimed at protecting another person's human rights.

They will be taking part in Amnesty International's biggest event of the year - "Write for Rights," a global write-a-thon for human rights.

Participants give "Write for Rights" very positive reviews. "It's so exciting to be doing this with people around the world." "My first appeal letters - very satisfying!" "What a terrific experience for people in our school."

Writing letters to protect people's human rights might sound like a stretch. But Amnesty International's records show that it really works.

Take the case of the human rights workers in Mexico who started receiving death threats. Amnesty International supporters immediately wrote to government authorities, asking that these threats be stopped. And what happened? The human rights leaders in Mexico said the letters "protected us like a safe, friendly home."

This holiday season, "Write for Rights" offers everyone an opportunity to give others the lasting gifts of safety, justice and hope.

Take 10 minutes this December 10th, International Human Rights Day, to write a single letter - then drink a toast in honour of human rights workers around the world. Expand the party by involving your family or 10 friends. Hold a candlelit family dinner - the candle flame is Amnesty's symbol of hope - and write letters over dessert. Organize a lunch-hour Write for Rights "challenge" in your workplace or school, or an evening "Pub Write," or a day-long event among email friends.

Amnesty International provides free activity kits for group and individual "Write for Rights" participants. You can also request posters and flyers to advertise your party or encourage others to create their own event

Visit [www.amnesty.ca/writeathon](http://www.amnesty.ca/writeathon) - our online Write for Rights activity centre. Register your personal or group event. Find activity tips and appeal cases. Order "Write for Rights" activity kits. Phone 1-800-AMNESTY (1-800-266-3789). Ask for the "Write for Rights" information pamphlet or the easy-to-use activity kit. - News Canada

**Word Clue:** The word starts with the letters cl. Ans. p. 7

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## Team At Work

A priest and a pastor from the local churches are standing by the side of the road, pounding a sign into the ground, that reads: "The End is Near! Turn Yourself Around Now...Before It's Too Late!"

As a car sped past them, the driver yelled, "Leave us alone, you religious nuts!"

From the curve, the two men heard screeching tires and a big splash. The pastor turns to the priest and asks, "Do you think the sign should just say, "Bridge Out?"

## Pick-Me-Upper

Pat walked into a local bar, had a glance around at the establishment. Looking a bit puzzled, he sidled up to a young lady. "So tell me" he says. "Do I come here often?"



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## Alberta Centennial Vacation Guide Out

A special Centennial edition of the official 2005 Alberta Vacation Guide will help travellers get a jump start on their holiday planning, while providing them with information on the province's 100-year history.

In addition to detailed travel information, including a number of scenic drives around the province, the guide features: historic cameos, archival photos, community profiles, itineraries, and detailed maps.

New to this year's guide is an expanded section of listings from around the province, which highlight hundreds of attractions, road trips and communities. In addition to activities like spa getaways and mountain bike adventures, travellers can learn about: teepee stays, award-winning backcountry lodges, a wildlife sanctuary known as Alberta's Serengeti, and special events like the World Masters Games in Edmonton (July 22-31, 2005).

Also new is the inclusion of hundreds of websites directing people to more detailed information that will assist in vacation planning.

The guide is available for free online, or by calling toll-free in North America, 1-800- ALBERTA (252-3782). The Web address is - <http://www1.travelalberta.com/cfforms/freestuff/>



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### The Last Words of the Mime

One day an out of work mime is visiting the zoo and attempts to earn some money as a street performer. Unfortunately, as soon as he starts to draw a crowd, a zookeeper grabs him and drags him into his office.

The zookeeper explains to the mime that the zoo's most popular attraction, a gorilla has died suddenly and the keeper fears that attendance at the zoo will fall off. He offers the mime a job to dress up as the gorilla until they can get another one. The mime accepts.

So the next morning the mime puts on the gorilla suit and enters the cage before crowd comes. He discovers that it's a great job. He can sleep all he wants, play and make fun of people and he draws bigger crowds than he ever did as a mime. However, eventually the crowds tire of him and he tires of just swinging on tires. He begins to notice that the people are paying more attention to the lion in the cage next to his.

Not wanting to lose the attention of his audience, he climbs to the top of his cage, crawls across a partition, and dangles from the top to the lion's cage. Of course, this makes the lion furious, but the crowd loves it. At the end of the day the zookeeper comes and gives the mime a raise for being such a good attraction.

Well, this goes on for some time, the mime keeps taunting the lion, the crowds grow larger, and his salary keeps going up. Then one terrible day when he is dangling over the furious lion he slips and falls. The mime is terrified. The lion gathers itself and prepares to pounce. The mime is so scared that he begins to run round and round the cage with the lion close behind.

Finally, the mime starts screaming and yelling, "Help, Help me!" but the lion is quick and pounces.

The mime soon finds himself flat on his back looking up at the angry lion and the lion says, "Shut up you idiot! Do

**Word Answer:** The verb "cleave" is the only English word with two synonyms which are antonyms of each other: adhere and separate.

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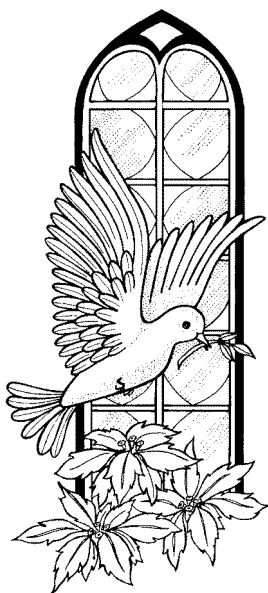


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## Moonscopes - For December

**ARIES (Mar. 21 - Apr. 20)**

Many Aries people will be thinking of marriage and buying rings. Don't spend too much, because you just might get it back. Your partner may be thinking of a wedding...get together before these plans get out of hand. Make up your minds which is more important...the wedding or the marriage! Use the gauges above your waist (your heart and your head) to judge your love before you go shopping.

**TAURUS (Apr. 21 - May 20)**

It may be near to the end of the month before travel plans with a romantic partner actually fall into place, but when they do...look out! You will be your usual caring, loving self, and that's great, but try to add a little romance this time. You will be amazed and will find that the rewards will be well worth the effort.

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

For you this month Gemini, it's all about your partner. There will be lots of love coming from others. For you single Gemini's there may be more than one other...so try to be selective! You may all feel like you are going backwards until around the 20th...then it's full steam ahead...Look out world!

**CANCER (June 22 - Aug. 23)**

Cooking, cleaning and baking for others! Does Cancer never stop? Oh yes, you bet they do! and when they do look out! It will be love, love, and more love. The last ten days of the month will bring the love that you so badly need. There will be lots of romance, lots of cuddling.

**LEO (July 24 - Aug. 23)**

Lots of entertaining, and some travel plans with a romantic partner. For many of you this will be a different partner than you had this time last year...either a different one or a "changed" one. Home and family will be in the front row until Christmas is looked after...then it will be just the two of you. You have met your match this time...and isn't it great!

**VIRGO (Aug. 24 - Sept. 23)**

There may be changes coming in the love department for some of you. Could be that a partner needs more space and/or freedom. That's OK, because whether you realize it or not, that's exactly what you need. It may be a shock at first, but it won't be long before you find that this change was for the best. You will feel more alive, and hey you haven't lost your touch, you are just as desirable as ever!

**LIBRA (Sept. 24 - Oct. 23)**

Quit trying to please everyone, and quit worrying about what other people may think or say! Who cares what they think! As long as you aren't hurting anyone else, go ahead and follow your dreams and desires. You can't make the whole world happy, but you can make your world happy...say YES to love.

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

Extra money coming, and extra money being spent... A big change in partner's attitude and values, and a new love for you. You will need to keep it a secret for a while, but you are good at that. Let loose for a change...tell that new exciting person how you feel, and get ready to move. A new life...with love in it...it's your choice...but don't wait too long.

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

Sagittarius for December 2004 You will be making some personal changes... some that you have been thinking about for a long time... and finally you are going to do it! You won't be sorry...you will feel better than you have in years...You may find yourself protecting a love that is very important to you. Don't hold back in the love department, or you may be the loser. It's all there for you...open your eyes, and go for it.

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

A big change in a partner's attitude about love. You had better be ready for this. Get ready to smile...and make sure that you don't forget to take your vitamins. Perhaps you could hurry this change along a bit by letting down that barrier and let a little romance shine in your life. You might even like it!

**AQUARIUS (Jan. 21 - Feb. 19)**

Your hopes and wishes and goals are way out in front this month. Your partner wants to entertain and have fun. Go ahead and get things rolling. It will be different and exciting, which is right up your alley! You will be surprised about a new development before the month is over. Someone is watching you, and has been trying to get your attention.

**PISCES (February 20 - March 20)**

Changes in the workplace and in your career won't be the only things that will be new in your life this month. A friend from the past will appear out of nowhere, or you may look at an old friend in an entirely new way. Don't let your usual Pisces shyness hold you back...love is there...all you have to do is take a deep breath...and go for the whole package!

If you have a question or interested in more information you can contact Lynda by email at [ldoyle@citymedia.ca](mailto:ldoyle@citymedia.ca) or visit her website at [www.moongate.ca](http://www.moongate.ca). Copyright © 2004 Moongate & Assoc's Moonscopes All Rights Reserved. - News Canada



## Holiday Greetings From Mayor Thain



The holidays are a time of celebration. It is a time to reflect on the importance of family and friends; to remember the things that are most important in life; and to join in the spirit of giving.

I would like to thank all of you who contributed to the Whitecourt Christmas Hamper, the Christmas Tree Light-Up and the many other fundraising programs throughout the community. It is because of your contributions that those less fortunate will be able to have a happy holiday.

Whitecourt is a place with exceptional potential and spirit and I am truly grateful to be a part of its development and growth. I look forward to working with you in the New Year!

On behalf of Whitecourt Town Council and the Town of Whitecourt, I wish you a safe and happy holiday. I hope all of your holiday wishes come true!



## Reliable Holiday Resources For Seniors

(NC)-Winter can be a wonderful time of year, but it can also be a challenge for many, especially seniors. Do you have questions or concerns similar to these?

- When I travel south this the winter, where can I get information on passports, insurance, entry requirements, health, safety and security issues, and on avoiding difficulties with Canadian customs when I return?
- Where can I find information on seniors' sports and activities?
- Where can I go to share my experience and/or knowledge with other people?

The answers, plus a broad spectrum of pertinent information for seniors is now available at your fingertips with Seniors Canada On-Line at [www.seniors.gc.ca](http://www.seniors.gc.ca). No longer do you have to surf from one Web site to another. Spearheaded by the Canadian Seniors Partnership, a group of representatives from all levels of government and seniors, caregivers & veterans or-

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Winning numbers to be published in the January issue of the Advisor and on [WhitecourtWeb.com](http://WhitecourtWeb.com)

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ganizations, this site is a fast and straightforward way for seniors and caregivers to access information instantly.

Topics on the site have been streamlined to direct you to information in the province/territory where you live and the home page helps you search specifically for your topic. You can simply choose the category of interest from the sidebar or select a keyword from the A to Z Index. Helpful features also include audio-visual navigation of the site and a Life Events tool offering three themes: Retirement, Life Care Transition, Death and Bereavement. There is also an "increase text size" option, a Message Board for seniors to exchange ideas and experiences, a Networking Registry, and a Contact Us option for opinions about the site.

You can also link to Seniors Canada On-Line through the Canada Site at [canada.gc.ca](http://canada.gc.ca). Topics for residents vary from health to jobs, to parenting, travel, special interests, public services and more, for residents, non-Canadians and busi-

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# \*Kids\* Stuff

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## Christmas



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### **Company's Coming**

A kind-hearted fellow was walking through Central Park in New York and was astonished to see an old man, fishing rod in hand, fishing over a beautiful bed of red roses.

"Tsk Tsk!" said the passerby to himself. "What a sad sight. That poor old man is fishing over a bed of flowers. I'll see if I can help."

So the kind fellow walked up to the old man and asked, "What are you doing, my friend?"

"Fishin', sir."

"Fishin', eh. Well how would you like to come have a drink with me?"

The old man stood put his rod away and followed the kind stranger to the corner bar. He ordered a large glass of vodka and a fine cigar.

His host, the kind fellow, felt good about helping the old man, and he asked, "Tell me, old friend, how many did you catch today?"

The old fellow took a long drag on the cigar, blew a careful smoke ring and replied, "You are the sixth today, sir!"

### **Holiday Hosting Made Simple**

(NC)-Take the stress out of holiday hosting by being prepared for drop-ins as well as planned get-togethers. Having the essentials on hand can go a long way to keeping guests happy and your stress levels down.

Shoana Jensen, professional bartender, offers the following easy steps that accommodate most drink requests from guests, while offering two or three speciality cocktails that tie in with the holiday theme.

- Take stock and make a shopping list of what you need.
- Stock a selection of red and white wine, beer and premium spirits, such as flavoured vodkas by Absolut. Flavoured vodkas go a long way in terms of versatility and drink mixing. Buying expensive liqueurs that cater to just one or two drinks will increase your bar bill and leave you with unfinished bottles.
- Have a good assortment of mixes and garnishes, such as fizzy water, pop, juices, fresh limes, cocktail olives, maraschino cherries and lots of ice.
- Don't forget the right accessories including martini shaker and strainer, measured shot glasses, corkscrew, a variety of tall and martini glasses, cocktail sticks and a paring knife for cutting garnishes.

Make a pitcher of pre-made drinks in advance, such as the following spritzer, that can be poured when guests arrive so that you're not running from behind the bar to the front door at every ring. Slightly reducing the amount of alcohol in the first round of drinks ensures that your party will get off to an easy pace. Responsible serving is the key to a safe and enjoyable time.

#### **ABSOLUT HOLIDAY SPRITZER**

- 1 part Absolut Mandrin
- 1 part Absolut Kurant 3 parts dry white wine
- Sprite
- Strawberry simple syrup to taste

Build vodka, wine and sprite over ice in a shaker glass. Add simple syrup and stir with a bar spoon. Strain contents into a wine glass and garnish with an orange spiral. For more great holiday drink ideas visit [absolut.com](http://absolut.com). - News Canada



## Never Enough Time

A motorist, after being bogged down in a muddy road, paid a passing farmer fifty dollars to pull him out with his tractor.

After he was back on dry ground, he said to the farmer "At those prices, I should think you would be pulling people out of the mud night and day."

"Can't," replied the farmer. "At night I haul water for the hole."

## Holidays Reading Can be for Kids Too

(NC)-The hustle and bustle of the holidays can be a busy time, but also a great opportunity to get your kids interested in reading. To help motivate kids to get reading, Montana's Cookhouse, a leading casual dining restaurant, is partnering with teachers across Canada to implement a reading incentive program called Camp Read Well. The program, which is offered to teachers with students from kindergarten through grade six, allows teachers to set individual reading goals for their students, and reward them for meeting those goals each month. In addition to the individual goals, the class works together to chart their reading progress on a map of the stars while learning about the solar system.

"Our delicious home-style cooking and comfortable atmosphere make us a favourite destination for young families and kids. We believe that the kids are our future and what better way to invest in them by teaching them to read," says Peter DeGroot, Vice President of Operations, Montana's Cookhouse. "The ability to read is a skill required in all aspects of life and getting kids excited about reading and motivated to learn at an early age is important."

Here are some great tips to help you get your kids reading this holiday season:

- Take a trip to the library, give your kids time to explore and pick out a holiday favourite that you can read together.
- Read with your kids as often as you can and encourage older children to practice their skills by reading with younger children.
- If you are giving gifts this holiday season, give a book or magazine based on your child's own special interests, or give them a book to accompany a gift. For example a model of a dinosaur and a book about dinosaurs.
- If the kids are off from school and you have time at home, create a book club for your kids and their friends. Let them choose the book and then host a party where they can read together and talk about the book.
- Have your kids create their own holiday-themed bookmark to use in their own books or books you are reading aloud together as a family.
- If you are baking over the holiday, ask your kids to be your special helpers and read the recipe directions aloud to you.

Please visit [www.campreadwell.ca](http://www.campreadwell.ca) to learn more about the program. - News Canada

Whitecourt History Answer - In 1914 the Whitecourt News Record commenced publication. News from the "outside" was only available on a regular basis twice weekly, through the mail. For three years, editor Charles MacAlpine faithfully produced a four page publication every Thursday. Advertisers Chisholm & Williams General Merchants offered 20 lbs of rolled oats for \$1.00 and Dry Salt Short Clear Bacon for 19 cents a lb, in sacks of about 100 lbs in the October 19, 1914 edition.



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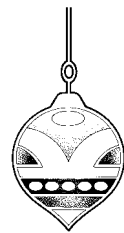
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## Tips for 'Winter wise' Fun Outdoors

By J. Caroline Carroll

(NC)-If you are like most teens and tweens in this country, you are among the first to demonstrate just how much fun our great Canadian winter wonderland can be. And you also rejoice in the fact that all-day skiing, snowboarding, tobogganing and skating are prime physical activities and therefore good for your health. They are - as long as you know what you are doing.

Take glare, for example. Did you know that the ultra-violet glare from fresh snow and sunshine could permanently damage your eyes if they are not sufficiently protected? Sunscreens and UV-rated sunglasses are as vital in wintertime as they are in summer.

It is also important to know the conditions that might lead to hypothermia, or exposure. Detected initially by shivering, hypothermia occurs when the body can no longer produce more heat than it is losing. Wind, wet and cold are key factors causing hypothermia but it is important to note that this dangerous condition can happen with above-average winter temperatures too. Water absorbs body heat, so be sure to remove and replace wet clothes as quickly as possible.

Canadian teens looking for reliable information to enhance both indoor and outdoor activities, will find [www.youth.gc.ca](http://www.youth.gc.ca) to be a lively and dependable resource. Dedicated health topics for youth are also found at [www.healthportal.gc.ca](http://www.healthportal.gc.ca). Here is a sampling of the tips regarding cold weather preparation:

- Check weather forecasts to anticipate clothing needs throughout the day.
- Choose activities with warm shelters near by.
- Remember that the "windchill factor" (wind plus freezing temperatures) means that it may be a lot colder than the thermometer says. Skin freezes much more quickly when the windchill factor is high.
- Dress in layers of clothing. If you get too warm, you can take off one layer at a time.
- Wear a hat. Most of our body heat is lost through our heads.
- To prevent frostbite, keep ears covered, wear mittens instead of gloves and wear warm, waterproof boots.
- To prevent hypothermia, protect your feet and hands. Wear loose waterproof boots. If the boots have felt liners, carry an extra pair to replace damp ones. Mittens warm the hands more effectively than gloves. Carry an extra pair of these too.
- Prevent dehydration and exhaustion, which can lead to hypothermia. Drink plenty of non-alcoholic fluids. Pace yourself when doing vigorous activity.
- Stay fit through good physical conditioning and good nutrition. People who are fit are less susceptible to hypothermia.

You can also link to the youth and health resources through the Canada Site at [canada.gc.ca](http://canada.gc.ca). This is the primary Internet portal for quick, easy and reliable information and services in Canada. Topics for residents vary from health to jobs, to parenting, travel, special interests, public services and more, for residents, non-Canadians and business. - News Canada

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(Continued from page 1)

rail to present day Wildwood. The family, George and Rosa Kimzey, with son Ray and daughter Myrtle, then trekked cross country to Greencourt. Continuing on to an area homesteader, Billy Meeres, Mr. Kimzey attempted to hack his way in to his House Mountain homestead. He gave up on this route after a few miles and turned back to follow Beaver Creek instead. There was overflow water on the ice of this waterway, in addition to the usual dams and fallen trees. Rosa ended up with soaking feet at one point, which necessitated using the family dog as a 'living heater' to keep her feet from freezing. The family continued down the ice on the Macleod River to another access point, and hacked a trail along a creek into the homestead.

Mr. Kimzey went back to get the rest of the household goods. He reloaded them onto the train at present day Wildwood to take them as far as Peers, which would hopefully lead to an easier route into his homestead, down the MacLeod. By the time this was done, the ice on the Macleod was unsafe, necessitating the building of a scow. He teamed up with fellow pioneers and reached Whitecourt without mishap. Unfortunately, overflow waters had risen over the trail cut by the creek into the homestead, meaning that another trail had to be cut. This became known as the Kimzey Trail to others who took up land on House Mountain. Kimzey senior shortly thereafter left the area, never to return. However, his son Ray and daughter Myrtle managed the homestead well and became long time members of the Whitecourt community. After serving in WWI, Ray opened a blacksmith shop.

Another family to arrive in 1912 was the Olsons, who like many Whitecourt pioneers hailed from south of the border. Axel Olson, and his wife Anna built one of two hotels in the area. This hotel has been incorporated into newer buildings through the ages, so that the original building still exists inside the present day main street downtown hotel.

The Harrop family also put up a hotel. Although two hotels might seem excessive for a small hamlet, a steady arrival of new settlers, along with the various traders, government agents and so on kept both places going. Jim Harrop used lumber that was rafted down the river from Edson. It was claimed that Harrop house was the first lumber house in Whitecourt, the rest being constructed of logs. Both Jim and Axel worked at other jobs, while their wives ran the respective hotels in town.

Ben and Katherine Stuckey, with their family of six girls and one boy arrived in 1913, from Hyannis, Nebraska. They homesteaded south of the Beaver Creek, and laboured long and hard to clear their heavily timbered homestead. It should be remembered that in the days before easy travel, many homesteads were filed on without being seen first. The Stuckey home was one of the places that became a social

(Continued on page 13)

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(Continued from page 12)

gathering spot for the locals.

William Torgenson had arrived in Whitecourt earlier, but brought his family to the area in 1913 from Fargo, North Dakota. He chose the rafting route, only to get hung up on a rock a few miles after setting off. The current was such that sure enough his scow overturned. It took three days to gather all the goods again from the water, and dry out the flour and other household goods. Torgenson became one of the hamlets early businessmen, buying a store from a Chisholm and Williams, which also housed the land agency and post office.

When the C. A. Stephens family arrived in 1913, the missus came direct from New York, where she had met and married C.A. Needless to say, 1913 Whitecourt provided quite a contrast to her erstwhile home. Once the culture shock wore off, she got down to appreciating the natural beauty of the area and the pioneer life.

Mr. Stephens became Justice of the Peace for Whitecourt in that same year. Mrs Stephens died in 1918, while her husband was still serving in WWI. It is possible she was one of only two people from the area who succumbed to the deadly flu pandemic of 1918. This disease outbreak eventually killed more people than WWI around the world.

Another family to come by river in 1913 were the Linehans. Husband Paul operated the Ferry starting in 1915, until 1935. Paul also homesteaded and repaired shoes, while his wife ran a laundry. She was also the first to greet many new arrivals to Whitecourt in her role as a midwife. Paul was one of those who had filed on his homestead without seeing it, and was lucky enough to trade it in for a more desirable one, which had not yet been filed on.

Homesteaders would look for land that was relatively flat, had some trees for building material, along with a grassy area and a nearby source of water. By eyeballing which type of trees were growing on the land, they could get an idea as to the type of soil in the area. The first job was to erect a temporary living structure, before clearing and breaking the land. Stoneboats, usually a low wooden platform on log rollers, were used to transport heavy stones to a dumping point. Sometimes blasting powder was used for the larger rocks. Harrowing was done with a pole with spikes in it constructed by a blacksmith. Seeding was done by hand. Grain was threshed with a flail, usually home made.

The lack of good transportation into Whitecourt meant machinery was in short supply. An attempt was made to bring a tractor in as early as 1909, but a mechanical breakdown slowed the attempt. The lack of gasoline in the area limited its use after the parts finally arrived from England to fix the machine. Ben Stuckey had a binder, which was moved from farm to farm to help with that chore. When Emil Cohen moved his sawmill and

(Continued on page 14)

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AAVE NORTHERN ASSOCIATES - 35 LOCATIONS

(Continued from page 13)

planer outfit to the Whitecourt area in 1913, it took eight teams of oxen, harnessed four abreast to move the seven ton boiler case 30 miles.

Permanent homes were built of split logs and were put up during 'house raisings' which were a community effort. Lighting was done with coal oil lamps or tallow candles. In winter, mattresses could be hauled out by the woodstove, which would require feeding every few hours.

The effect of World War I on many Whitecourt settlers was covered in November's Advisor, along with the Legion Honour Rolls of those who served. In any case, the railway was put on hold, with some steel even being tore up to be shipped overseas and used in troop movements. Sangudo was the furthest point on the line out of Edmonton. There was a brave attempt at a newspaper, the Whitecourt News Record, which published from 1914 to 1917, with only semi-weekly mail delivery for a regular newsfeed.

Highway building was also put on hold, although settlers still in the area could work on the roads and still receive tax credits for their labour. The big transportation event of the year was when the ferry Peter Gunn was launched on June 23, 1915, to provide summer transport across the MacLeod.

For social events, it seemed almost everyone performed in one way or another. For major dances, supper would be at midnight, with dancing until 4 or 5 a.m., when it was time to go home and do the chores. Walter White was one of the callers for the square dances and had great fun timing his calls so that people in town on unfriendly terms had to dance with each other. Whitecourt's first school teacher, Gertrude Reay, recalls keeping up with the locals when li-queurs were served in tumblers. She writes "in my innocence, I quite enjoyed them. Unfortunately the rest of the celebrations are extremely vague to me"

Cappy Gibbs and Billy Meeres were popular violin players, while Mrs. Ward played a small reed organ. Hazel Stuckey White would play piano, accompanied by Larry Shaw on the Trombone and H. D. Pritchard on the Clarinet. Mrs. Wellwood was a trained concert singer, while Miss Clara Leedy had been a concert pianist. The local talent was such that the Christmas Concert Program in the 1914 News Record listed 23 separate presentations.

When the trappers came to town around the new year, poker games would start that would sometimes last for days. Ball games, pool and picnics were other popular local recreational activities. For the 1915 24<sup>th</sup> of May Picnic, The Whitecourt News Record listed ball games, foot races, jumping, hay kicking, pole vaulting, wheel-barrows, hurdles, sacks, three legged races, old man's and fat man's, ladies hammering and a bachelor pie eating contest. These activities were but a prelude to the ensuing dance that night.

A debating society was another activity for the cold winter months. As school teacher Reay related, "we took ourselves quite seriously. Topics were discussed that would do justice to the most advanced groups today. During 1916-1918 the debating society issued resolutions cautioning that peace should not be made with Germany too soon. Despite the patriotic fervor, the peace at last came, and area soldiers began returning to their homes and families in Whitecourt and area at the end of 1918.

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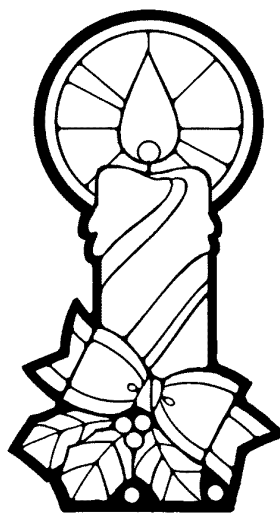
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### **Quick Cuisine: Coffee for dessert**

By J. Caroline Carroll

(NC)-The next time you are stuck not knowing what to serve for dessert, do remember that some dinner party coffees are so eye-catching they overshadow the arrival of dessert anyway. Here are two holiday specialties, from Tchibo, the No.1 coffee favorite in Europe, alongside one of their valuable coffee cuisine tips:

#### **Tip By Tchibo:**

A safe and moderate daily intake of caffeine is pegged at 400 to 450 milligrams. Here's a sample of the count in favourite food and beverages:

A cup of filtered coffee, or espresso: 50 mg

One can of energy drink: average 80 mg

One can of cola: average 40 mg

One cup of tea: 30-50 mg

One bar of dark chocolate: around 100 mg

#### **CAFE TCHIBO**

##### **Ingredients:**

4 tbsp Tchibo classic roasted coffee

1 tbsp cocoa powder

1/2 tsp ground cinnamon

4 shots (3 tbsp per shot) coffee liqueur

Whipped cream

##### **Easy-Make:**

For 4 servings: Put coffee, cocoa and cinnamon in a coffee filter and brew 4 cups. In heat resistant glasses, or mugs, pour one shot of coffee liqueur each and add the mocha-cinnamon coffee brew. Top with whipped cream and sprinkle with cinnamon.

#### **SANTA'S IRISH COFFEE**

##### **Ingredients:**

1 cup Tchibo classic roasted coffee

1 tbsp brown sugar

1 shot (3 tbsp) Irish whiskey

Heavy cream, slightly whipped

##### **Easy-Make:**

For individual servings: Pour fresh brewed coffee into a pre-warmed, heat resistant glass to 3/4 full. Add brown sugar and stir until dissolved. Add Irish whiskey. Top with cream and serve immediately while hot. - News Canada

### **Sports Quiz**

One of the most exciting things about Stanley Cup playoff hockey is sudden death overtime. The longest NHL playoff game happened on March 24, 1936 between the Detroit Red Wings and the Montreal Maroons. The game went on until 2:30 in the morning when Martin "Mud" Bruteneau scored the winning goal for the Maroons after 116 minutes and 30 seconds of extra time - that's nearly six periods of O.T. or 9 periods of hockey total. The final score was 1 - 0

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