

### Community VOICE

Keeping You and Your Community Informed



Serving: Onoway, Alberta Beach, Calahoo, Gunn, Glenevis, Darwell, Cherhill, Sangudo, Mayerthorpe, Rich Valley, Barrhead, Whitecourt, Stony Plain and Spruce Grove

**December 20, 2016** 

# Merry CHRISTMAS

AND HAPPY NEW YEAR

## Warmest Wishes to Our Readers

As we open the page to another holiday season, we're reminded of how lucky we are to be a part of this fine community. Thank you for your support and trust in us. We wish you all the best!

The Community Voice

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PUBLISHED WEEKLY (Zone 1 & 2) AND BIWEEKLY (Zone 3)

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### PARLIAMENT UPDATE – WEEK OF DECEMBER 5, 2016

Submitted by Jim Eglinski, MP – Yellowhead

This week in Parliament, we discussed the 2016 Budget, the Canada-European Union Comprehensive Economic and Trade Agreement (CETA), violent sexual material, and several holiday and Memorial Day proposals.

The following was debated in the House:

- Bill C-25 An Act to amend the Canada Business Corporations Act, the Canada Cooperatives Act, the Canada Not-for-profit Corporations Act, and the Competition Act (Second Reading)
- Bill C-29 A second Act to implement certain provisions of the budget tabled in Parliament on March 22, 2016 and other measures (Third Reading)
- Bill C-30 An Act to implement the Comprehensive Economic and Trade Agreement between Canada and the European Union and its Member States

and to provide for certain other measures (Second Reading)

- Bill C-235 An Act to amend the Criminal Code and the Corrections and Conditional Release Act (fetal alcohol disorder) (Second Reading)
- Bill C-306 An Act to establish a Crimean Tatar Deportation ("Sürgünlik") Memorial Day and to recognize the mass deportation of the Crimean Tatars in 1944 as an act of genocide (Second Reading)
- Bill C-311 An Act to amend the Holidays Act (Remembrance Day) (Second Reading)
- Bill S-4 An Act to implement a Convention and an Arrangement for the avoidance of double taxation and the prevention of fiscal evasion with respect to taxes on income and to amend an Act in respect of a similar Agreement (Second Reading)
- Motion 47 Instruction to the Standing Committee on Health (violent and sexual

online material) (Resuming Debate)

• Motion 73 – German Heritage Month (Resuming Debate)

In the Standing Committee on Environment and Sustainable Development (ENVI), we studied Bill C-18, An Act to amend the Rouge National Urban Park Act, the Parks Canada Agency Act and the Canada National Parks Act. This bill amends legislation to modify the boundaries of some National Parks, and to set out priorities in respect to the management of the Rouge National Urban Park. For more information on these meetings, visit: www.parl.gc.ca/Committees/en/ENVI

This week, I attended 15 meetings and three events. I will be back in Alberta over the weekend to attend events in the riding, returning to Ottawa on December 11th. My next update will be on the happenings of Parliament as it continues to sit for the last week before Christmas break.



#### With You In Mind at Christmastime

Wishing you much peace & joy.

Town of Mayerthorpe Council & Staff

Mayerthorpe, AB

786-2416





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#### Lac Ste. Anne Foundation Internal/External Posting

Is seeking an individual to fill a full time position located in Mayerthorpe.

#### Maintenance Level III - Central Locations

**Description:** The Lac Ste. Anne Foundation is actively searching for a qualified individual to perform a full range of maintenance responsibilities including preventable maintenance, corrective maintenance, grounds maintenance, inventory management, safety and security.

This position entails a high level of interaction with residents/tenants/staff as well as sub-contractors, frequent travel to multiple sites operated under the Lac Ste. Anne Foundation umbrella and requires physical endurance and availability to provide rotating on-call services.

#### **Essential Functions / Responsibilities:**

- · Weekly, monthly site inspection of facilities.
- · Perform interior and exterior repairs to facilities/suites as required
- · Perform urgent/emergency maintenance
- · Ensure sidewalks and grounds safety
- · Maintain outdoor furnishings and outbuildings
- · Develop and maintain inventory records
- · Order and coordinate delivery of parts and materials
- · Ensure a safe and secure environment while performing maintenance duties
- · Monitor work performed by contractors and relay follow up requests
- · Perform other duties as required.

#### Skills, Knowledge, Qualifications & Experience:

Proven success in the following job competencies:

- basic knowledge of preventative maintenance and operations of LSAF facilities
- understanding and follow relevant policies, procedures and legislation
- · knowledge of LSAF Programs, services and related maintenance requirements
- basic knowledge of maintenance and repairs of plumbing, heating systems, boiler inspection and sewage systems
- understanding of emergency procedures, First Aid/WHMIS Certification
- · must demonstrate analytical, problem solving and decision making skills
- · effective verbal, listening and communication skills
- · stress and time management skills
- Valid Driver's License is required

Lac Ste. Anne Foundation offers a very competitive salary and attractive benefit package. Closing date: Friday, January 13, 2017 at 4:00 p.m. or until a suitable applicant is hired.

#### Submit resume to:

Lac Ste. Anne Foundation

Attn: Dena Krysik, Chief Administrative Officer

PO Box 299 Mayerthorpe, AB T0E 1N0

Fax: 780-786-4810 Email: dkrysik@lsaf.ca

We thank all applicants but only those selected for an interview will be contacted.

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#### MAIL THIEF ARRESTED AFTER FOOT CHASE

Submitted by Whitecourt RCMP

Shortly after 3 a.m. on December 13th, 2016, Whitecourt RCMP observed a vehicle linked to some recent mail thefts. A traffic stop was initiated but the suspect vehicle fled. It was found abandoned nearby and a male was seen running from the area. Following a short foot chase, the suspect was arrested by police.

The vehicle had stolen mail, a



break-in tool and other drug paraphernalia. The male suspect was found with a quantity of methamphetamine and has been linked to mail thefts at two recent separate apartment complexes in Whitecourt.

Bradley James Gay (21) has been charged with criminal flight, theft of mail, possession of breakin instruments, possession of methamphetamine and several breaches of release conditions. He is remanded into custody and will appear on December 21st, 2016 in Stony Plain.

If you have information about this incident, please call White-court RCMP at 780-779-5900. If you want to remain anonymous you can contact Crime Stoppers by phone at 1-800-222-8477 (TIPS), by Internet at www.tipsubmit. com or by SMS (check your local Crime Stoppers www.crimestoppers.ab.ca for instructions).



#220-70 McLeod Ave - Westland Market Mall. Spruce Grove

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#### **GREETINGS FROM THE ONOWAY LEGION**

#### Submitted by Lorinda Mc-

Branch play downs for Area "A" 8-Ball Doubles were held on December 11th to determine the teams representing the Onoway Legion in Leduc on January 7th. Five teams qualified to attend the tournament with the top three consisting of Peter Menzel with Rob Ewart. Cory Gyman with Kim Korall and in third place Jode Jorgensen with Larry Villneff. Mark Armishaw with Scott Sadler and Ron Hipfner with Darren Sadler will be on standby in case the other Legions don't provide enough teams. Congratulations to all players and good luck in the tournament. The Onoway Pool League will be hosting a fun 8-ball tournament on Thursday, December 29th. Prizes will be presented for the best Hawaiian Shirt and/or craziest Christmas Sweater!! Please see the information posted at the Legion or direct inquiries to Larry Villneff @ 780-967-0607 or itv336@gmail.com. The Legion will be open to the public and spectators are welcome to drop in and enjoy the competition along with a tasty meal from the kitchen and refreshments from the bar.

The Onoway Legion would like to extend a warm welcome to the following new members accepted at the General Meeting on December 5th. Congratulations to Kim Koroll, Alvin Gurke, Johanne Gurke, Terri Sauve, Marnold Goodmanson, Don Osbak and Ron May. Thanks to Cheryl Sadler for her success at continually increasing membership in her role as Membership Chairperson.

Our dart club wind-up will be on December 20th and everyone is asked to attend a little earlier than normal to participate in and enjoy the potluck dinner provided by the players before the regular evening of darts. Pat Ginther joined us on December 13th for the first time this season and we always appreciate a player of his calibre.

The cold weather contributed to the attendance at the December 9th Swiss Steak Meal but the diners that braved the frigid conditions were treated to a tasty meal prepared and served by the skeleton volunteer crew consisting of Bob C., Jay K. and Sylvia P. with Randy W and Liane W.on dishes and kitchen clean-up. We thank Scouts Harvey K., Colton P., and Marshall P. for busily picking up the dirty dishes and cleaning the tables after the meal was finished. The Scouts and Girl Guides are both very important and appreciated participants as volunteers for the Legion. Marge Maughn was the lucky winner of the free meal voucher, Larry Bonk will enjoy the meat draw and Jeannie Hodgson gets to spend her portion of the 50/50 draw.

Merry Christmas and a very Happy and Prosperous New Year to everyone. Have a safe and wonderful holiday season and hope to see you next year.

UPCOMING EVENTS:

December 20 - Tuesday Night Drop-In Darts - 2016 Wind-up -Potluck Supper @ 7:00 pm with darts to follow

December 21 - Wednesday Night Drop-In Pool - 2016 Wind-up -Registration @ 7:00 pm. Play @ 7:30 pm

December 29 - Fun 8-Ball Pool Tournament – Registration 8:30 am to 9:15 am. Play @ 9:30 am

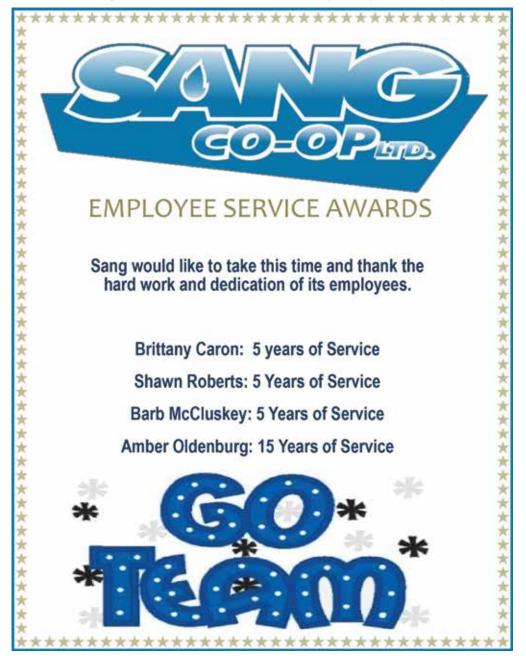
January 3 - General and Annual General Meeting commencing @ 7:00 pm. Executive Elections

January 4 - Wednesday Night

Drop-In Pool

January 6 - First Friday Night Meal of 2017

The Legion phone number is 780-967-5361. Please contact Ted Latimer @ 780-967-4980 for hall rentals, Bob Clark @ 780-967-3640 to reserve your plate for the Friday Night Supper, for meal inquiries/ suggestions or to volunteer in the kitchen, Cheryl Sadler @ 780-967-4146 for membership, Neil Gorman @ 780-960-4160 for sports and Lorinda McCool @ 780-967-3640 to place information in the Legion newsletter. See you at the Onoway Legion and have a great week!



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#### THEFT OF FURNACE

Submitted by St. Albert RCMP

2016-1603051

St. Albert, Alberta - Sometime between December 2, 2106 and December 5, 2016 an unknown individual entered a house that is currently under construction in the Jensen Lake subdivision and stole a grey Goodman house furnace valued at \$2500. There were no signs of forced entry and nothing else appeared to be missing from the home.

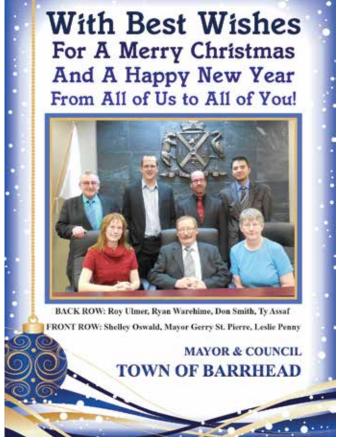
If you have information about

this incident, please call the St. Albert R.C.M.P. at 780-458-7700 or call your local police. If you want to remain anonymous you can contact Crime Stoppers by phone at 1-800-222-8477 (TIPS), by Internet at www.tipsubmit.com or by SMS (check your local Crime Stoppers www. crimestoppers.ab.ca for instructions).









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### LOSE WEIGHT WITH THE HEALTHIES





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- Regulates fat absorption
- Promotes brain health and focus
- ) Elevates mood
- ) Antioxidant

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#### PREVAIL TRIM

Formulated with natural appetite suppressants and ingredients to help detoxify your body, Prevail Trim is a great addition to any weight management program.

And as if helping to manage your weight in a healthy way were not exciting enough. just wait until you taste this delicious drink!

You will LOVE it!















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### **CHRISTMAS**

Submitted by Wanda Pederson, Onoway Junior Senior High School

Onoway Junior Senior High School will be alive with festive activity the last week of school before Christmas holidays. The Student Council has planned a week full of fun and seasonal activities that students and staff can participate in. As well, Mrs. Barr-Stierman's



Grade 9's sock drawer

Grade 9-1 & Grade 9-2 classes are continuing their "Socks for Souls" charity drive.

The Student Council has planned a whole week of activities. One of the on-going activities is helping the local Food Bank. Donations for the Food Bank will be accepted by Student Council members from Monday, Dec. 19 to Thursday, Dec. 22. The goal is to stuff to capacity one of the break out rooms across from the gym. As an incentive, students who donate to the Food Bank will be given a ticket for a prize draw that will be held on Friday, Dec. 23.

The tradition of door decorating continues! Block 1 classes will be encouraged to decorate their classroom door with all things Christmas starting on Monday, Dec. 19. Door Judging will take place on Wednesday, Dec. 21 at noon. There is sure to be many creative and festive entries as the winning class will get a pizza party on Friday, Dec. 23!

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## Christmas Activities at OJSH

#### **Continued From Page 8**

Wednesday, Dec. 21 is going to be a busy and very colourful day. It has been designated "Decorate your Ugly Christmas Hat" contest AND it will also be Red Green day - dress up in your favourite red and green Christmas clothes or come as Red Green from TV.

On Thursday, Dec. 22, there will be a no cost Turkey Shoot at noon. No turkeys will be harmed in this shoot! There will be four divisions: junior boys, junior girls, senior boys and senior girls. The 'shoot' will be a basketball shoot to the net – the best of 3 from the foul line, then the excitement of playoffs. The winner gets a bird, cranberries and gravy. Second place winner gets a Swanson's Hungry Man turkey meal.

Finally, on Friday, Dec. 23, it's Free Christmas Hat Day (if you wear your regular hats, you have to pay a \$1.00) and the ever popular, Ugly Christmas Sweater Contest. Also on Friday, the food bank contest winner grand prize will be selected and the Door Decorating winning class will get their pizza lunch.

For most of the month of December, Mrs. Barr-Stierman's Grade 9-1 and 9-2 classes have been collecting socks for people in need. All socks collected are being donated to the Hope Mission, a not-forprofit social care agency caring for impoverished and homeless men, women and children in Alberta. The two classes have been holding events such as the 'Sockathon' held on Tuesday, Dec. 13. Students - and staff - were encouraged to take part in all the 'socktivities' for the small donation of \$2.00. Participants were able to play games such as Sock Shot (shooting hoops), Sock Dunk (jumping off a trampoline), Sock Sort (find all the pairs!), and the Sock Pull. As well, there was a 'guess how many socks' contest and a sock toss – 25 cents a toss.

All of these Christmas activities have brought a festive feel to OJSH, were enjoyed by all, and benefited the community. Happy Christmas to all from the students and staff at OJSH!



Onoway JR/SR High School Room 131 gets ready for Christmas



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#### OJSH MUSTANGS VOLLEYBALL WRAP-UP

Submitted by Wanda Pederson, Onoway Juniior Senior High School

Mustang Power! All three of the Onoway Junior Senior High School Junior Volleyball teams represented themselves well at the GCAA championship tournament this year. The Jr. Girls 2 team had a tough matchup against their fellow Mustangs in game one but they bounced back well and went point for point with the St. Joseph Saints in their final match. Despite a nail-biting loss, the girls showed a lot of heart and improvement over the course of the season and they represented our school very well throughout the season. Thanks for all your hard work girls.

The Jr. Girls 1 team continued their winning ways through the quarter and semi-finals. They quickly dispatched the Mayerthorpe Tigers in two dominant sets. Heading into the finals they were matched up against #1 seed Hilltop. Unfortunately the Chargers proved to be too much but our girls battled hard, especially in the second set where the final score was 24-26. Congrats to the Jr. girls for finishing 2nd in the GCAA this year!

And last, but definitely not least, we get to the Jr. boys. These guys were our first junior boys team in two years. They have had a lot of learning to do this season and it hasn't been an easy road. Finishing league play - ranked 4th- they went into the tournament as a major underdog. None of this mattered to the boys though.

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#### OJSH Mustangs Volleyball Wrap-Up

#### **Continued From Page 10**

They went to battle every game, first dispatching St. Joe's in the quarterfinals, and then, amazingly, they beat the previously undefeated Hilltop Chargers in the semi-finals. This set our Mustangs up with a finals match vs the Tigers. Once again our boys refused to back down. The game went all the way to the third set and was a back and forth thriller from start to finish. A huge congratulations go out to our Jr boys, the 2016 Jr. GCAA CHAMPIONS!

This year our Mustangs teams won 2 championships and 1 runner up out of the 4 GCAA league categories. What a dominant year from our athletes!

Jr. Boys and Jr. Girls Zones then went to Zones which were held in Westlock this year. Both teams played hard and represented our school well.

The Sr. Boys finished their season with the best volleyball they have played all year. Zones were held in Mayerthorpe and the boys finished 4th after losing a 3 set back and forth battle that could have gone either way. Overall this was a development year for our relatively inexperienced boys but they made some good progress and have set themselves up for more success in the seasons to come.

They did it! The Sr. Girls Volleyball team are Zone Champions! This is our school's first volleyball championship in 16 years and the girls did it with style. Cruising through the round robin portion of the tournament, the girls were undefeated and almost doubled the score of their opponents. Headed into playoffs, the hometown team made quick work of #3 ranked Mayerthorpe in the semi-finals. In the finals our girls met their first true opponent in #1 ranked St. Joe's. St. Joe's jumped out to an early lead and were able to ride that to a victory in the first set. Our girls battled back though, winning the second set and sending the match into a tie breaking third and final set. Despite falling behind 10-5 part way through the set the Mustangs once again battled back in amazing fashion, winning the third set 15-11. By winning the zone championship the girls earned a birth to provincials where they competed with the other 11 best teams in the province. Way to go ladies!

The Sr. Girls played hard at provincials but we will have to wait a little longer before bringing home a medal. The quality of competition was exceptional and it was an honor for our team to be a part of the provincial elite. Congrats to the girls on a record breaking season; you made your coach, your community and our school very proud.

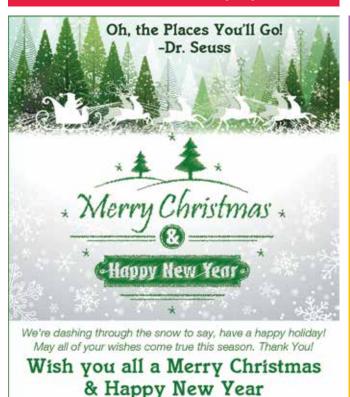






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Terry Slemko - School Trustee

Phone: (780) 967-5263

5015 50 Ave. Alberta Beach (780) 924-2242

#### Spruce Grove RCMP nox Stony Plain

RCMP BEATS

Occurrences for the week of 5 December to 11 December,

Submitted by Stony Plain/

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 419

Total Calls for Service for the Victim Service Unit: 22

Individuals Charged (all offences not including Impaired):

Person Crimes: 35 Property Crimes: 37

Impaired Driving Complaints reported: 6

Impaired Driving Charges Laid: 2

Roadside Suspensions: 2

Motor Vehicle Collisions Attended: 62

**Property Crimes:** 

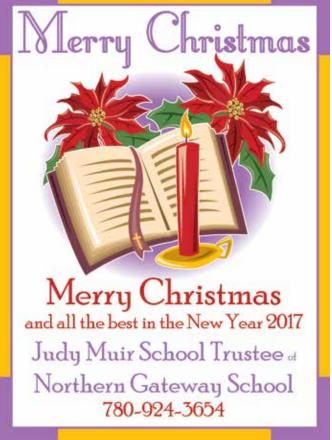
Spruce Grove

- 1. December 7 Area of Winchester Avenue - Theft from Vehicle, GPS and camera stolen
- 2. December 8 Area of Wa-

verley Crescent - Theft of Vehicle, 2005 grey Chevrolet Equi-

- 3. December 8 Area of 51 Street and 50 Avenue - Theft of Vehicle, 2007 red GMC Yukon
- 4. December 8 Area of 40 Street and 44 Avenue - Theft of Lawn Christmas decorations
- 5. December 10 Area of 31 Street and 43 Avenue - Theft of Vehicle, 206 blue Chrysler 200
- 6. December 6 Area of Township Road 535 and Highway 765 - Theft of Vehicle, 2013 black Ford F350
- 7. December 7 Area of Township Road 531A and Range Road 263 - Theft of Vehicle, 2010 white Dodge Ram
- 8. December 10 Area of Township Road 530 and Highway 770 - Theft of Vehicle, 2016 white Chevrolet Silverado

**Continued on Page 13** 



#### SUSPECT ARRESTED

Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

\*\*UPDATE\*\*

On December 12, 2016 Jeremy Lefebvre turning himself into Stony Plain/Spruce Grove/ Enoch RCMP.

#### **RCMP Beats**

#### **Continued from Page 12**

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Ensure your home is safe if you are away for the holidays. Have a friend/ neighbor collect newspapers and shovel your driveway/sidewalks. Also have lights inside the house on timers that correspond to your regular hours of occupation.

The Spruce Grove / Stony Plain Drug Section Information Tip Line is 780-968-7212. Anyone with drug information is asked to call and leave a message.

If you have information regarding any of these crimes, or any other crime, please call the RCMP At 780-962-2222 or 780-968-7267. You can also call Crime Stoppers at 1-800-222-8477 or text the keyword TIP205 (TIP250 for Edmonton Metro) & your Tip to CRIMES (274637)









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#### THE LAST CHRISTMAS TREE

By Howard D. Fencl

I saw a truck of Christmas

And each one had a tale,
The driver stood them in a row
And put them up for sale.
He strugg some twinkly lights

He strung some twinkly lights And hung a sign up with a nail; "FRESH CHRISTMAS TREES"

It said in red

"FRESH CHRISTMAS TREES FOR SALE."

He poured himself hot cocoa In a steaming thermos cup, And snowflakes started falling As a family car pulled up.

A mom, a dad, and one small boy

Who looked no more than three

Jumped out and started searching

For the perfect Christmas tree.

The boy marched up and down the rows,

His nose high in the air;

"It smells like Christmas,

"It smells like Christmas everywhere!"

"Let's get the biggest tree we can!

"A tree that's ten miles high!

"A tree to go right through our roof!

"A tree to touch the sky!"

"A tree SO big

"That Santa Claus

"Will stop and stare and say,

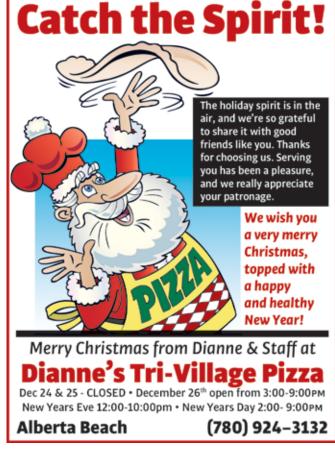
"'Now, THAT'S the finest Christmas tree

"'I've seen this Christmas Day!"

It seemed they looked at every tree

At least three million times; Dad shook them, pinched them, turned them 'round





#### THE LAST CHRISTMAS TREE

To find the perfect pine.

"I've found it, mom!

"The Christmas tree I like the best of all!

"It's got a little bare spot,

"But we'll turn that to the wall!"

"We'll put great-grandma's angel

"On top the highest bough!

"Oh, can we buy it?

"Please, mom, PLEASE?!

"Oh, can we buy it NOW?"

"How 'bout some nice hot co-coa?"

Asked the man who owned the lot.

He twisted off the thermos top, "Now, THIS will hit the spot!"
He poured the steaming chocolate

In three tiny paper cups.

They toasted,

"Here's to Christmas!"

And they drank the cocoa up.

"Is this your choice?"

The tree man asked,

"This pine's the best one here!"

The boy seemed sad---

"My daddy says

"The price is just too dear."

"Then, Merry Christmas!"

Said the man, who wrapped the tree in twine,

"It's yours for just one promise

"You must keep at Christmas time!"

"On Christmas Eve at bedtime

"As you fold your hands to pray,

"Promise in your heart

"To keep the joy of Christmas Day!"

"Now hurry home!

This freezy wind

"Is turning your cheeks pink!

"And ask your dad

"To trim that trunk and give that tree a drink!"

And so it went on

All that blustery eve

As the tree man gave

Tree upon tree upon tree

To every last person

Who came to the lot---

Who toasted with cocoa

In small paper cups,

Who promised the promise Of joy in their hearts---

And singing out carols,

Drove off in the dark.

And when it was over

One tree stood alone; But no one was left there

To give it a home.

The tree man put on his Red parka and hood

And dragged the last Christ-

mas tree

Out to the woods.

He left the pine right by a stream

In the cold,

So the wood's homeless crea-

Could make it their home. He smiled as he brushed off Some snow from his beard,

When out of the thicket A reindeer appeared.

He scratched that huge reindeer

On top his huge head---

"It looks like we've

"Started up Christmas again!"

"There are miles more to travel

"And much more to do!

"Let's go home, my friend,

"And get started anew!"

He looked to the sky

And heard jingle bells sound---

And then,

In a twinkling,

That tree man was gone!

### Filled With Our Gratitude



With best wishes at the holiday season, and heartfelt thanks for your loyal patronage all year long.



### Onoway Bigway Foods

Open 7 Days a Week For Your Shopping Convenience.

4908 Lac Ste. Anne Trail, Onoway

967-4291

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#### TWAS THE NIGHT BEFORE CHRISTMAS

By Clement Clarke Moore

Twas the night before Christmas, when all through the house

Not a creature was stirring, not even a mouse.

The stockings were hung by the chimney with care, In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,

While visions of sugar-plums danced in their heads.

And mamma in her 'kerchief, and I in my cap,

Had just settled our brains for a long winter's nap.

When out on the lawn there arose such a clatter,

I sprang from the bed to see what was the matter.

Away to the window I flew like a flash,

Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow

Gave the lustre of mid-day to objects below.

When, what to my wondering eyes should appear,

But a miniature sleigh, and eight tinny reindeer.

With a little old driver, so lively and quick.

I knew in a moment it must be St Nick.

More rapid than eagles his coursers they came,

And he whistled, and shouted,

and called them by name!
"Now Dasher! now, Dancer!
now, Prancer and Vixen!

On, Comet! On, Cupid! on, on Donner and Blitzen!

To the top of the porch! to the top of the wall!

Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,

When they meet with an obstacle, mount to the sky.

So up to the house-top the

#### **OUR LADY OF LOURDES CATHOLIC CHURCH**

Lac La Nonne 780-967-2907

#### CHRISTMAS SCHEDULE

Please join us. Everyone Welcome.

Christmas Eve Mass December 24, 4:00 p.m.

New Year's Eve Mass December 31, 4:00 p.m.



### WITH THANKS FOR YOUR TRUST

... and best wishes to all our customers for a holiday filled with harmony and joy

Merry Christmas
From Shelly & Lorraine
A.T.B. Financial Agency

for your goodwill, we remain in your debt, and look forward to serving you again next year.



Sangudo 785-2737

#### At This Season of Giving-



We'd like to give you our well wishes for a happy and healthy holiday season. We feel deeply honored to have your friendship and trust. Thanks!

Merry Christmas from

Management & Staff at

Community Health Pharmacy

Sangudo, AB

(780) 785-3784

### Twas The Night Before Christmas

coursers they flew,

With the sleigh full of Toys, and St Nicholas too.

And then, in a twinkling, I heard on the roof

The prancing and pawing of each little hoof.

As I drew in my head, and was turning around,

Down the chimney St Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,

And his clothes were all tarnished with ashes and soot.

A bundle of Toys he had flung on his back,

And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!

His cheeks were like roses, his nose like a cherry!

His droll little mouth was drawn up like a bow,

And the beard of his chin was as white as the snow.

The stump of a pipe he held tight in his teeth,

And the smoke it encircled his

head like a wreath.

He had a broad face and a little round belly.

That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,

And I laughed when I saw him, in spite of myself!

A wink of his eye and a twist of his head,

Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,

And filled all the stockings, then turned with a jerk.

And laying his finger aside of his nose,

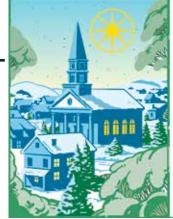
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,

And away they all flew like the down of a thistle.

But I heard him exclaim, 'ere he drove out of sight,

"Happy Christmas to all, and to all a good-night!"



We would like to invite all to attend a Christmas Eve Service

December 24, 2016 at 7:00pm Father Slavko Dumec officiating. Please join our congregation to celebrate the birth of Christ

St. George's Ukrainian Catholic Church Manly, Alberta

A beautiful candlelight service in the church and cemetery.

For more information please call (780) 991-300L







#### FROSTY THE SNOWMAN

#### **United Church Christmas Eve Services**



Frosty the snowman was a jolly happy soul,

With a corncob pipe and a but-

And two eyes made out of coal. Frosty the snowman is a fairy tale, they say,

He was made of snow but the children

know how he came to life one day.

There must have been some magic in that

Old silk hat they found.

For when they placed it on his head,

He began to dance around.

O, Frosty the snowman

Was alive as he could be,

And the children say he could

And play just the same as you

Thumpetty thump thump,

Thumpety thump thump,

Look at Frosty go.

Thumpetty thump thump,

Thumpety thump thump,

Over the hills of snow.

Frosty the snowman knew The sun was hot that day,

So he said, "Let's run and

we'll have some fun

now before I melt away." Down to the village,

With a broomstick in his hand, Running here and there all

Around the square saying,

Catch me if you can.

He led them down the streets of town

Right to the traffic cop.

And he only paused a moment

He heard him holler "Stop!"

For Frosty the snowman

Had to hurry on his way,

But he waved goodbye saying,

"Don't you cry,

I'll be back again some day."

Thumpetty thump thump,

Thumpety thump thump,

Look at Frosty go.

Thumpetty thump thump, Thumpety thump thump, Over the hills of snow.



### Smile, It's Christmas!

Thanks to all of our valued patients for making our year so merry and bright with your visits.

We really appreciate your trust in us, and we wish you the happiest of holidays!



780-962-6670 www.karodental.ca 202-8 MCLEOD AVE, SPRUCE GROVE, AB





December 20, 2016 Community Voice Page 19



Authorized Dealers Bulova, Citizen, Bering, Caravelle, Accutron 5-50% off Until Dec. 24<sup>TH</sup> except Bradford Exchange and Grandfather Clocks

We do Engraving!





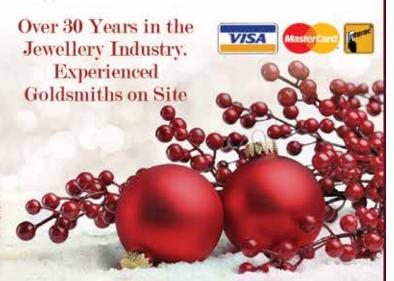


BRADFORD EXCHANGE

780-960-4200 #102 McLeod Ave (next to Something Else Restaurant), SPRUCE GROVE

**Holiday Hours** 

Mon - Fri 9:00am - 6:30pm Thursday Late Night Shopping Sat 10:00am - 5:00pm www.allpreciousjewellers.ca



#### THE FRIENDLY BEASTS



Jesus, our brother, kind and good,

Was humbly born in a stable rude;

And the friendly beasts around Him stood.

Jesus, our brother, kind and good.

"I," said the Donkey, shaggy and brown,

"I carried His mother up hill and down:

I carried His mother to Bethlehem town."

"I," said the Donkey, shaggy and brown.

"I," said the Cow, all white and red,

"I gave Him my manger for His bed;

I gave Him my hay to pillow His head."

"I," said the Cow, all white and red.

"I," said the Sheep, with the curly horn,

"I gave Him my wool for His blanket warm;

He wore my coat on Christmas morn."

"I," said the Sheep, with the curly horn.

"I," said the Dove, from the rafters high,

"I cooed Him to sleep that He should not cry;

We cooed Him to sleep, my mate and I."

"I," said the Dove, from the rafters high.

Thus every beast by some glad spell,

In the stable dark was glad to tell

Of the gift he gave Emmanuel,

The gift he gave Emmanuel





#### **Community Voice Page 21**

#### HERE WE COME A-WASSAILING

Here we come a-wassailing Among the leaves so green, Here we come a-wand'ring So fair to be seen.

Love and joy come to you, And to you your wassail, too, And God bless you, and send

A Happy New Year, And God send you a Happy New Year.

We are not daily beggers
That beg from door to door,
But we are neighbors' children
Whom you have seen before
Love and joy come to you,
And to you your wassail, too,
And God bless you, and send
you

A Happy New Year,

And God send you a Happy New Year.

Good master and good mistress.

As you sit beside the fire, Pray think of us poor children Who wander in the mire. Love and joy come to you, And to you your wassail, too, And God bless you, and send

A Happy New Year, And God send you a Happy New Year.

We have a little purse Made of ratching leather skin; We want some of your small change

To line it well within.

Love and joy come to you,

And to you your wassail, too,

And God bless you, and send
you

A Happy New Year, And God send you a Happy New Year.

Bring us out a table
And spread it with a cloth;
Bring us out a cheese,
And of your Christmas loaf.
Love and joy come to you,
And to you your wassail, too,
And God bless you, and send

A Happy New Year, And God send you a Happy New Year.

God bless the master of this

house,

Likewise the mistress too; And all the little children That round the table go. Love and joy come to you, And to you your wassail, too, And God bless you, and send you

A Happy New Year, And God send you a Happy New Year.

### ANGELS WE HAVE HEARD ON HIGH

Angels we have heard on high, Singing sweetly through the night,

And the mountains in reply Echoing their brave delight. Gloria in excelsis Deo. Gloria in excelsis Deo.

Shepherds, why this jubilee? Why these songs of happy cheer?

What great brightness did you see?

What glad tiding did you hear?

Refrain

Come to Bethlehem and see Him whose birth the angels sing;

Come, adore on bended knee Christ, the Lord, the new-born King. Refrain

See him in a manger laid Whom the angels praise above; Mary, Joseph, lend your aid, While we raise our hearts in

love. Refrain



#### Filled With Our Gratitude

We're hoping your holiday season is an equal mix of harmony and joy. For your goodwill and trust, please accept a generous measure of our sincere gratitude.

### **Merry Christmas**

from Management & staff at

#### ONOWAY HEALTH CARE PHARMACY

Onoway, AB • (780) 967-2241

#### **GUARDIAN BEACH PHARMACY**

Alberta Beach, AB • (780) 924-3647

#### COME ON, RING THOSE BELLS

Everybody likes to take a holiday Everybody likes to take a rest

Spending time together with the family

Sharing lots of love and happiness.

Come on, ring those bells, Light the Christmas tree,

Jesus is the king

Born for you and me.

Come on, ring those bells,

Every-body say,

Jesus, we remember This your birthday. Celebrations come because of something good.

Celebrations we love to recall
Mary had a baby boy in Bethle-

the greatest celebration of all. Come on, ring those bells,

Light the Christmas tree,

Jesus is the King

Born for you and me. Come on, ring those bells,

Every-body say,

Jesus, we remember This your birthday.

I HEARD THE BELLS

I heard the bells on Christmas
Day

Their old familiar carols play.

And wild and sweet the words

Of Peace on earth, good will

repeat

I thought how as the day had

The belfries of all Christendom Had roll'd along th' unbroken

Of Peace on earth, good will to men.

And in despair, I bow'd my head:

"There is no peace on earth," I said,

"For hate is strong and mocks the song,

Of Peace on earth, good will to men."

Then pealed the bells more loud and deep:

"God is not dead, nor doth He sleep;

The wrong shall fail, the right

With Peace on earth, good will to men."



We'd like to take this opportunity to wish you and yours a bright and beautiful holiday season.
Way it be filled with reasons to celebrate!

#### Oneil Carlier, MLA

Whitecourt - Ste. Anne Constituency

4811 Crockett Street

Box 3618 Mayerthorpe, AB TOE 1NO Ph: 780-786-1997 | Fax: 780-786-1995

Toll-Free 1-800-786-7136

Whitecourt.steanne@assembly.ab.ca

#### ANGELS, FROM THE REALMS OF GLORY

Angels, from the realms of glory,

Wing your flight o'er all the earth:

Ye, who sang creation's story, Now proclaim Messiah's birth: Come and worship,

Come and worship,

Worship Christ, the new-born King.

Shepherds in the field abiding, Watching o'er your flocks by night,

God with man is now residing; Yonder shines the infant Light: Refrain

Sages, leave your contemplations,

Brighter visions beam afar: Seek the great Desire of na-

Ye have seen his natal star: Refrain

Saints before the altar bending, Watching long in hope and fear.

Suddenly the Lord, descending,

In his temple shall appear: Refrain

#### MUST BE SANTA

Who's got a beard that's long and white?

Santa's got a beard that's long and white.

Who comes around on a special night?

Santa comes around on a special night.

Special night, beard that's white, Must be Santa must be Santa,

Must be Santa must be Santa, Must be Santa, Santa Claus.

Who wears boots and a suit of red?

Santa wears boots and a suit of red.

Who wears a long cap on his head?

Santa wears a long cap on his head.

Cap on head, suit that's red, Special night, beard that's white, Must be Santa must be Santa, Must be Santa, Santa Claus.

Who's got a big red cherry nose? Santa's got a big red cherry nose.

Who laughs this way: HO HO HO?

Santa laughs this way:

НО НО НО!

HO HO HO, cherry nose, Cap on head, suit that's red,

Special night, beard that's white, Must be Santa must be Santa,

Must be Santa, Santa Claus.

Who very soon will come our way?

Santa very soon will come our way.

Eight little reindeer pull his sleigh,

Santa's little reindeer pull his sleigh.

Reindeer sleigh, come our way, HO HO HO, cherry nose, Cap on head, suit that's red, Special night, beard that's white,

Must be Santa, must be Santa, Must be Santa, Santa Claus. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blit-

zen.

Reindeer sleigh, come our way, HO HO HO, cherry nose, Cap on head, suit that's red, Special night, beard that's white, Must be Santa, must be Santa, Must be Santa, Santa Claus!









# Smile! It's Almost Christmas

Here's wishing all our patients and their families a season that's merry and bright. We consider it a privilege to serve you and thank you for entrusting us with your dental care.

Merry Christmas & Happy New Year! Dr. Rodney Giebelhaus

#### Mayerthorpe Dental Clinic

780-786-2878 Mayerthorpe, Alberta

#### NUTTIN' FOR CHRISTMAS

I broke my bat on Johnny's head:

Somebody snitched on me. I hid a frog in sister's bed;

Somebody snitched on me.
I spilled some ink on Mommy's rug;

I made Tommy eat a bug; Bought some gum with a penny slug;

Somebody snitched on me. Oh, I'm gettin' nuttin' for Christmas

Mommy and Daddy are mad. I'm getting nuttin' for Christmas

'Cause I ain't been nuttin' but

bad.

I put a tack on teacher's chair Somebody snitched on me. I tied a knot in Susie's hair Somebody snitched on me.

I did a dance on Mommy's plants

Climbed a tree and tore my pants

Filled the sugar bowl with ants Somebody snitched on me. So, I'm gettin' nuttin' for Christmas

Mommy and Daddy are mad.
I'm gettin' nuttin' for Christmas

'Cause I ain't been nuttin' but

had

I won't be seeing Santa Claus; Somebody snitched on me.

He won't come visit me be-

Somebody snitched on me.

Next year I'll be going straight; Next year I'll be good, just wait

I'd start now, but it's too late; Somebody snitched on me.

So you better be good whatever you do

'Cause if you're bad, I'm warning you,

You'll get nuttin' for Christmas.

### ROCKING AROUND THE CHRISTMAS TREE

Rocking around the Christmas

At the Christmas party hop Mistletoe hung where you can see

Every couple tries to stop. Rocking around the Christmas tree. Let the Christmas spirit ring Later we'll have some pumpkin pie

And we'll do some caroling. you will get a sentimental Feeling when you hear Voices singing let's be jolly, Deck the halls with boughs of holly.

Rocking around the Christmas

Have a happy holiday
Everyone dancing merrily
In the new old-fashioned way.





#### THE TWELVE DAYS OF CHRISTMAS

On the first day of Christmas, my true love sent to me A partridge in a pear tree. On the second day of Christmas,

my true love sent to me
Two turtle doves,
And a partridge in a pear tree.
On the third day of Christmas,
my true love sent to me
Three French hens,
Two turtle doves,
And a partridge in a pear tree.
On the fourth day of Christmas.

my true love sent to me Four calling birds, Three French hens, Two turtle doves, And a partridge in a pear tree. On the fifth day of Christmas, my true love sent to me Five golden rings, Four calling birds, Three French hens. Two turtle doves. And a partridge in a pear tree. On the sixth day of Christmas, my true love sent to me Six geese a-laying, Five golden rings, Four calling birds, Three French hens, Two turtle doves, And a partridge in a pear tree. On the seventh day of Christmas, my true love sent to me

Six geese a-laying,
Five golden rings,
Four calling birds,
Three French hens,
Two turtle doves,
And a partridge in a pear tree.
On the eighth day of Christmas,
my true love sent to me
Eight maids a-milking,
Seven swans a-swimming,
Six geese a-laying,

Seven swans a-swimming,

Seven swans a-swimming,
Six geese a-laying,
Five golden rings,
Four calling birds,
Three French hens,
Two turtle doves,
And a partridge in a pear tree.
On the ninth day of Christmas,
my true love sent to me
Nine ladies dancing,
Eight maids a-milking,
Seven swans a-swimming,

Six geese a-laying, Five golden rings, Four calling birds, Three French hens, Two turtle doves, And a partridge in a pear tree. On the tenth day of Christmas, my true love sent to me Ten lords a-leaping, Nine ladies dancing, Eight maids a-milking, Seven swans a-swimming, Six geese a-laying, Five golden rings, Four calling birds. Three French hens.

Two turtle doves, And a partridge in a pear tree. On the eleventh day of Christnas.

my true love sent to me
Eleven pipers piping,
Ten lords a-leaping,
Nine ladies dancing,
Eight maids a-milking,
Seven swans a-swimming,
Six geese a-laying,
Five golden rings,
Four calling birds,
Three French hens,
Two turtle doves,
And a partridge in a pear tree.

On the twelfth day of Christmas,

my true love sent to me
Twelve drummers drumming,
Eleven pipers piping,
Ten lords a-leaping,
Nine ladies dancing,
Eight maids a-milking,
Seven swans a-swimming,
Six geese a-laying,
Five golden rings,
Four calling birds,
Three French hens,
Two turtle doves,
And a partridge in a pear tree!



#### JINGLE BELL ROCK

Jingle bell, jingle bell, jingle bell rock

Jingle bells swing and jingle bells ring

Snowing and blowing up bushels of fun

Now the jingle hop has begun. Jingle bell, jingle bell, jingle bell rock

Jingle bells chime in jingle bell time

Dancing and prancing in Jingle Bell Square

In the frosty air.

What a bright time, it's the right time

To rock the night away

Jingle bell time is a swell time To go gliding in a one-horse

sleigh

Giddy-up jingle horse, pick up your feet

Jingle around the clock

Mix and a-mingle in the jingling feet

That's the jingle bell, That's the jingle bell,

That's the jingle bell rock.



#### JINGLE BELLS

Dashing through the snow, in a one-horse open sleigh,

Over the fields we go, laughing all the way.

Bells on bob-tails ring, making spirits bright,

What fun it is to ride and sing a sleighing song tonight.

Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a onehorse open sleigh.

Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a onehorse open sleigh. A day or two ago, I thought I'd

take a ride

And soon Miss Fanny Bright, was seated by my side;

The horse was lean and lank, misfortune seemed his lot;

He got into a drifted bank and we got upsot

Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a one-horse open sleigh.

Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a onehorse open sleigh. A day or two ago, the story I must tell

I went out on the snow, and on my back I fell;

A gent was riding by, in a onehorse open sleigh

He laughed as there I sprawling lie but quickly drove away

Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a one-horse open sleigh.

Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a one-horse open sleigh.

Now the ground is white, go it while you're young

Take the girls tonight, and sing this sleighing song;

Just get a bob-tailed bay, two-forty as his speed

Hitch him to an open sleigh and crack! you'll take the lead

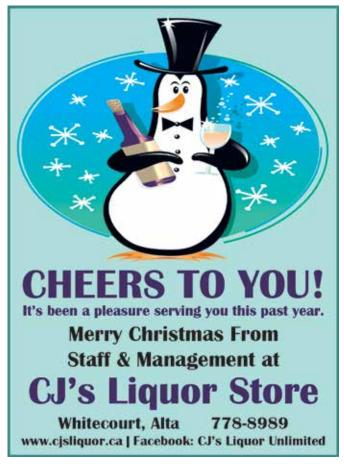
Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a one-horse open sleigh.

Jingle bells, jingle bells, jingle all the way!

O what fun it is to ride in a one-horse open sleigh.





### IT CAME UPON A MIDNIGHT CLEAR.

It came upon the midnight clear,

That glorious song of old, From angels bending near the earth.

To touch their harps of gold! "Peace on the earth, good will to men,

From heaven's all gracious King!

The world in solemn stillness lay,

To hear the angels sing.

Still through the cloven skies they come,

With peaceful wings unfurled, And still their heavenly music floats,

O'er all the weary world;

Above its sad and lowly plains,

They bend on hovering wing.

And ever o'er its Babel sounds.

The blessed angels sing.

Yet with the woes of sin and strife,

The world hath suffered long;

Beneath the angel-strain have rolled,

Two thousand years of wrong; And man, at war with man, hears not.

The love song which they bring:

O hush the noise, ye men of strife.

And hear the angels sing.

For lo! the days are hastening on,

By prophet bards foretold,

When, with the ever-circling years,

Shall come the Age of Gold;

When peace shall over all the earth,

Its ancient splendors fling,

And all the world give back the song,

Which now the angels sing.

#### I SAW MOMMY KISSING SANTA CLAUS

I saw Mommy kissing Santa Claus

Underneath the mistletoe last night.

She didn't see me creep

Down the stairs to have a peep; She thought that I was tucked up in my bedroom fast asleep.

Then, I saw Mommy tickle

Santa Claus

Underneath his beard so snowy white:

Oh, what a laugh it would have been

If Daddy had only seen

Mommy kissing Santa Claus last night.









As we check our list of good folks we want to thank this year, friends and customers like you are at the top of it! Thanks for all you've done to make our year merry, bright and successful. We wouldn't be where we are without your support, and we're very grateful.

Merry Christmas from Management & Staff at

**H&R BLOCK** 

Whitecourt, AB

(780) 778-2612

#### DECK THE HALLS

Deck the halls with boughs of holly,

Fa la la la la, la la la la. Tis the season to be jolly, Fa la la la la, la la la la. Refrain

Refrain
Don we now our gay apparel,
Fa la la, la la la, la la la.
Troll the ancient Yule tide carol,
Fa la la la la, la la la la.
See the blazing Yule before us,
Fa la la la la, la la la la.
Strike the harp and join the chorus.
Fa la la la la, la la la la.
(Refrain)

Follow me in merry measure, Fa la la la la, la la la la. While I tell of Yule tide treasure, Fa la la la la, la la la la. (Refrain)

Fast away the old year passes, Fa la la la la, la la la la. Hail the new, ye lads and lasses, Fa la la la la, la la la la. (Refrain)

Sing we joyous, all together, Fa la la la la, la la la la. Heedless of the wind and weather, Fa la la la la, la la la la.



It may be a winter wonderland outside, but our hearts are filled with warmth as we reminisce about the wonderful year we've had serving all of you.

Thank you for your patronage.

Merry Christmas from Brenda & Staff The Co-Operators

Mayerthorpe, AB 786-2750

### DO YOU HEAR WHAT I HEAR?

Said the night wind to the little lamb.

"Do you see what I see? Way up in the sky, little lamb, Do you see what I see?

A star, a star, dancing in the night

With a tail as big as a kite, With a tail as big as a kite." Said the little lamb to the shepherd boy,

"Do you hear what I hear? Ringing through the sky, shepherd boy,

Do you hear what I hear?

A song, a song high above the trees

With a voice as big as the the sea,



With a voice as big as the the sea."

Said the shepherd boy to the mighty king,

"Do you know what I know? In your palace warm, mighty king,

Do you know what I know?

A Child, a Child shivers in the cold—

Let us bring him silver and gold,

Let us bring him silver and gold."

Said the king to the people everywhere,

"Listen to what I say!

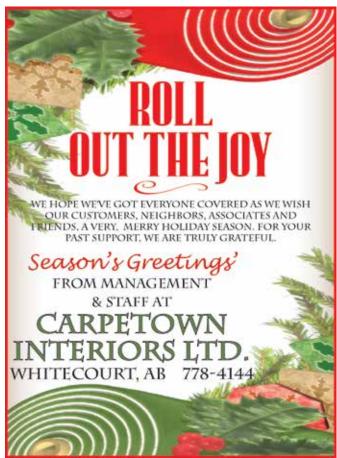
Pray for peace, people, everywhere.

Listen to what I say!

The Child, the Child sleeping in the night

He will bring us goodness and light,

He will bring us goodness and light."





#### HAPPY HOLIDAY

Happy Holiday Happy Holiday

While the merry bells keep ringing

May your every wish come true

Happy Holiday

Happy Holiday

May the calendar keep bringing

Happy Holidays to you It's the holiday season

And Santa Claus is coming back

The Christmas snow is white on the ground

When old Santa gets into town

He'll be coming down the chimney, down

Coming down the chimney, down

It's the holiday season

And Santa Claus has got a toy For every good girl and good little boy

He's a great big bundle of joy He'll be coming down the chimney, down

Coming down the chimney, down

He'll have a big fat pack

upon his back

And lots of goodies for you and me

So leave a peppermint stick for old St. Nick

Hanging on the Christmas tree

It's the holiday season

With the whoop-de-do and hickory dock

And don't forget to hang up your sock

"Cause just exactly at 12 o'clock

He'll be coming down the chimney

Coming down the chimney

Coming down the chimney, down!

Happy Holiday

Happy Holiday

While the merry bells keep bringing

Happy Holidays to you

Happy Holiday

Happy Holiday

May the calendar keep bringing

Happy Holidays to you

To you

Happy Holiday

#### STAR OF THE EAST

Star of the East, oh Bethlehem star.

Guiding us on to heaven afar Sorrow and grief and lull'd by the light

Thou hope of each mortal, in death's lonely night

Fearless and tranquil, we look up to Thee

Knowing thou be m'st through eternity

Help us to follow where Thou still dost guide

Pilgrims of earth so wise

Chorus

Star of the East, thou hope of the soul

While round us here the dark billows roll

Lead us from sin to glory afar Thou star of the East, thou

sweet Bethlehem's star

Star of the East, oh Bethlehem's star,

What tho' the storms of riat gather loud

Faithful and pure thy rays beam to save

And bright o'er the grave

Smile of a Saviour are mirror'd in Thee

Glimpses of Heav'n in thy light we see

Guide us still onward to that blessed shore

After earth toil is o'er

Star of the East, thou hope of the soul

Oh star that leads to God above Whose rays are peace and joy and love

Watch o'er us still till life hath ceased

Beam on, bright star, sweet Bethlehem star



In the little village of Bethle-

There lay a child one day And the sky was bright With a holy light

O'er the place where Jesus lay. Alleluia

O how the angels sang! Alleluia

How it rang!

And the sky was bright With a holy light

'Twas the birthday of a King. Humble birthplace

How much God gave to us that day!

From the manger bed what a path has led

What a perfect holy way.

Alleluia

O how the angels sang!

Alleluia

How it rang!

And the sky was bright

With a Holy light

'Twas the birthday of a King.

# Tuesdays! 215 First Ave. Spruce Grove

#### BIRTHDAY OF A KING HARK! THE HERALD **ANGELS SING**

Hark! the herald angels sing Glory to the new-born King!

Peace on earth and mercy

God and sinners reconciled! Joyful, all ye nations, rise, Join the triumph of the skies; With th' angelic host proclaim Christ is born in Bethlehem! Hark! the herald angels sing Glory to the new-born King! Christ, by highest heaven adored:

Christ, the everlasting Lord; Late in time behold him come, Offspring of the Virgin's womb.

Veiled in flesh the Godhead see:

Hail the incarnate Deity, Pleased as man with man to dwell.

Jesus, our Emmanuel! Refrain Mild he lays his glory by,

Born that man no more may die.

Born to raise the sons of earth. Born to give them second birth.

Risen with healing in his wings,

Light and life to all he brings, Hail, the Sun of Righteous-

Hail, the heaven-born Prince of Peace! Refrain

Come, Desire of nations come, Fix in us Thy humble home:

Rise, the Woman's conquering Seed,

Bruise in us the Serpent's head.

Adam's likeness now efface:

Stamp Thine image in its

Second Adam, from above, Reinstate us in thy love. Re-





frain

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#### WHITE CHRISTMAS

I'm dreaming of a white Christmas

Just like the ones I used to know

Where the treetops glisten, and children listen

To hear sleigh bells in the snow

I'm dreaming of a white Christmas

With every Christmas card I write

May your days be merry and

bright

And may all your Christmases be white

I'm dreaming of a white Christmas

With every Christmas card I write

May your days be merry and bright

And may all your Christmases be white

### WHEN A CHILD IS BORN

A ray of hope flickers in the sky

A tiny star lights up way up high

All across the land dawns a brand new morn

This comes to pass when a child is born

A silent wish sails the seven seas

The winds of change whisper in the trees

And the walls of doubt crumble tossed and torn

This comes to pass, when a child is born

A rosy hue settles all around You got the feel, you're on solid ground

For a spell or two no one seems forlorn

This comes to pass, when a child is born

Spoken: And all of this happens, because the world is waiting.

Waiting for one child; Black-white-yellow, no one knows...

but a child that will grow up and turn tears to laughter,

hate to love, war to peace and everyone to everyone's neighbor.

and misery and suffering will be words to be forgotten forever.

It's all a dream and illusion now,

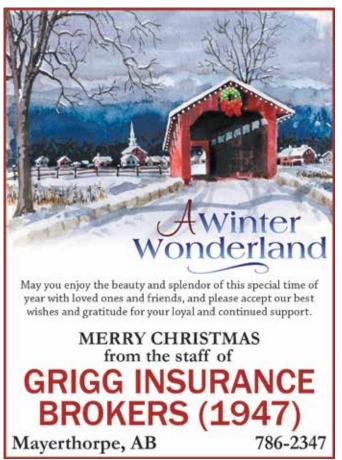
It must come true sometime soon somehow,

All across the land dawns a brand new morn,

This comes to pass when a child is born.







December 20, 2016 Community Voice Page 33

# Here Comes Christmas!

We're all revved up for the holidays, and we can't think of a finer place to celebrate than right here at home with good folks like you.



### Merry Christmas from Onoway Regional Fire Services

Onoway, AB

(780) 777-4688

#### SLEIGH RIDE

Just hear those sleigh bells jingling

Ring ting tingling too.

Come on, it's lovely weather For a sleigh ride together with

Outside the snow is falling And friends are calling "Yoo hoo."

Come on, it's lovely weather For a sleigh ride together with you.

Giddy up, giddy up, giddy up, Let's go, Let's look at the

Whitecourt

hanks To Ou

....for giving us your valued business and

friendship this year. Happy Holidays!

Merry Christmas & Happy New Year

From Management & Staff

Lakeview Inns & Suites

show.

We're riding in a wonderland of snow.

Giddy up, giddy up, giddy up, It's grand, Just holding your hand,

We're gliding along with a song

Of a wintry fairy land.

Our cheeks are nice and rosy And comfy cozy are we

We're snuggled up together

Like two birds of a feather would be

706-3349

Let's take that road before us And sing a chorus or two Come on, it's lovely weather For a sleigh ride together with you.

There's a birthday party
At the home of Farmer Gray
It'll be the perfect ending a

perfect day
We'll be singing the songs
We love to sing without a sin-

At the fireplace while we watch The chestnuts pop.

Pop! pop! pop!

There's a happy feeling

Nothing in the world can buy, When they pass around the

When they pass around the chocolate

And the pumpkin pie

It'll nearly be like a picture orint

By Currier and Ives

These wonderful things are the things

We remember all through our lives!

Just hear those sleigh bells jingling,

Ring ting tingling too

Come on, it's lovely weather For a sleigh ride together with you,

Outside the snow is falling
And friends are calling "Yoo
hoo"

Come on, it's lovely weather For a sleigh ride together with you.

Giddy up, giddy up, giddy up, Let's go, Let's look at the show,

We're riding in a wonderland of snow.

Giddy up, giddy up, giddy up, It's grand, Just holding your hand,

We're gliding along with a song

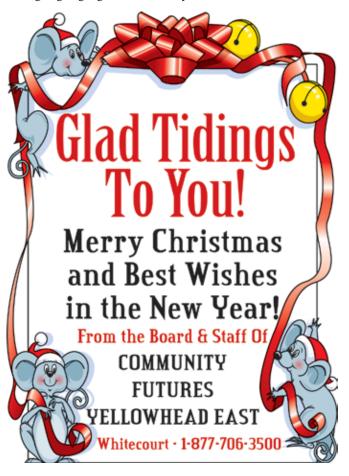
Of a wintry fairy land.
Our cheeks are nice and rosy
And comfy cozy are we

We're snuggled up together

Like two birds of a feather would be

Let's take that road before us And sing a chorus or two Come on, it's lovely weather For a sleigh ride together with

First Student Canada
Cardinal Coach
Lines Limited
Wishing all Students and Parents
A Very Merry Christmas



December 20, 2016 Community Voice Page 35



Hope it's merry... Hope it's bright... Hope it's festive... Hope it's light... Hope it's special... And joyous, too... That's our Christmas wish for you!

from Management & Staff of

### Canadian Tire

Whitecourt AB 780-778-6591

#### WINTER WONDERLAND

Sleigh bells ring, are you listening,

In the lane, snow is glistening A beautiful sight,

We're happy tonight.

Walking in a winter wonderland

Gone away is the bluebird,

Here to stay is a new bird

He sings a love song,

As we go along,

Walking in a winter wonderland

In the meadow we can build a snowman.

Then pretend that he is Parson Brown

He'll say: Are you married?

We'll say: No man,

But you can do the job

When you're in town.

Later on, we'll conspire, As we dream by the fire

To face unafraid,

The plans that we've made, Walking in a winter wonderland.

In the meadow we can build a snowman

And pretend that he's a circus clown

We'll have lots of fun with mister snowman,

Until the alligators knock him down.

When it snows, ain't it thrilling,

Though your nose gets a chilling

We'll frolic and play, the Eskimo way,

Walking in a winter wonderland.

Walking in a winter wonderland,

Walking in a winter wonder-land

#### I'LL BE HOME FOR CHRISTMAS

I'll be home for Christmas You can plan on me

Please have snow and mistletoe

And presents on the tree Christmas Eve will find me Where the love light gleams I'll be home for Christmas If only in my dreams I'll be home for Christmas You can plan on me Please have snow and mistle-

And presents on the tree Christmas Eve will find me Where the love light gleams I'll be home for Christmas If only in my dreams If only in my dreams

#### LET IT SNOW

Oh the weather outside is frightful,

But the fire is so delightful,

And since we've no place to go, Let It Snow! Let It Snow! Let It Snow!

It doesn't show signs of stopping,

And I've bought some corn for popping,

The lights are turned way down low

Let It Snow! Let It Snow! Let It

Snow!

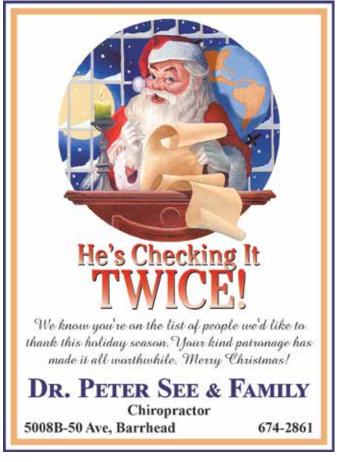
When we finally kiss goodnight, How I'll hate going out in the storm!

But if you'll really hold me tight, All the way home I'll be warm.

The fire is slowly dying,

And, my dear, we're still good-bying,

But as long as you love me so, Let It Snow! Let It Snow! Let It Snow!





# THE FIRST NOEL

The first Noel the angel did say

Was to certain poor shepherds in fields as they lay;

In fields as they lay, keeping their sheep,

On a cold winter's night that was so deep.

Noel, Noel, Noel, Noel, Born is the King of Israel.

They looked up and saw a star

Shining in the east beyond them far,

And to the earth it gave great light.

And so it continued both day and night. Refrain

And by the light of that same star

Three wise men came from country far;

To seek for a king was their intent.

And to follow the star wherever it went. Refrain

This star drew nigh to the northwest.

O'er Bethlehem it took it rest.

And there it did both stop and stay

Right over the place where Jesus lay. Refrain

Then entered in those wise men three

Full reverently upon their knee,

And offered there in his presence

Their gold, and myrrh, and frakincense. Refrain

Then let us all with one accord

Sing praises to our heavenly Lord;

That hath made heaven and earth of naught,

And with his blood mankind hath bought. Refrain

# LET THERE BE PEACE ON EARTH

Let There Be Peace on Earth and let it begin with me.

Let There Be Peace on Earth, the peace that was meant to be!

With God as our Father, brothers all are we.

Let me walk with my brother in perfect harmony.

Let peace begin with me. Let

this be the moment now.

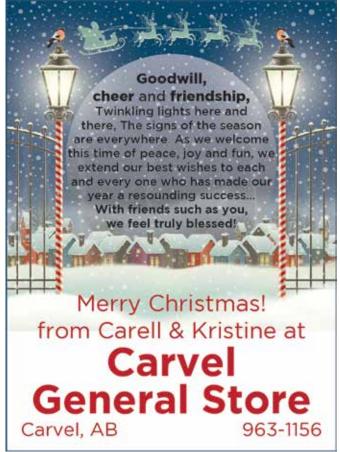
With ev'ry breath I take, let this be my solemn vow;

To take each moment and live each moment in peace eternally!

Let there be peace on earth and let it begin with me!







#### December 20, 2016

# JOY TO THE WORLD

Joy to the world! the Lord is come; Let earth receive her King; Let every heart prepare Him room, and heaven and nature sing, and heaven, and heaven and nature sing.

Joy to the earth! the Savior reigns; Let men their songs employ; while fields and floods, rocks, hills and plains Repeat the sounding joy, Repeat the sounding joy, Repeat, repeat the sounding joy. No more let sins and sorrows grow,

nor thorns infest the ground;
He comes to make His blessing flow

far as the curse is found, far as the curse is found, far as, far as the curse is found. He rules the world with truth and race.

and makes the nations prove the glories of His righteousness, and wonders of His love, and wonders of His love, and wonders, wonders of His love.

# OH CHRISTMAS TREE

O Christmas tree, O Christmas tree!

How are thy leaves so verdant! O Christmas tree, O Christmas tree.

How are thy leaves so verdant! Not only in the summertime, But even in winter is thy prime.

O Christmas tree, O Christmas tree,

How are thy leaves so verdant!

O Christmas tree, O Christmas tree,

Much pleasure doth thou bring me!

O Christmas tree, O Christmas tree,

Much pleasure doth thou bring

For every year the Christmas tree, Brings to us all both joy and glee. O Christmas tree, O Christmas tree.

Much pleasure doth thou bring

O Christmas tree, O Christmas tree.

Thy candles shine out brightly!

O Christmas tree, O Christmas tree.

Thy candles shine out brightly! Each bough doth hold its tiny light,

That makes each toy to sparkle bright.

O Christmas tree, O Christmas

Thy candles shine out brightly!

# STILL, STILL, STILL

Still, still, still, One can hear the falling snow. For all is hushed,

The world is sleeping, Holy Star its vigil keeping. Still, still,

One can hear the falling snow. Sleep, sleep, sleep,

'Tis the eve of our Saviour's birth. The night is peaceful all around

Close your eyes,

Let sleep surround you. Sleep, sleep, sleep,

'Tis the eve of our Saviour's birth. Dream, dream, dream,

Of the joyous day to come.

While guardian angels without number,

Watch you as you sweetly slumber.

Dream, dream, dream, Of the joyous day to come.

# SILENT NIGHT

Silent night, holy night, All is calm, all is bright Round yon virgin mother and hild.

Holy infant so tender and mild, Sleep in heavenly peace. Sleep in heavenly peace. Silent night, holy night, Shepherds quake at the sight, Glories stream from heaven afar, Heavely hosts sing alleluia; Christ the Saviour, is born! Christ the Saviour, is born! Silent night, holy night, Son of God, love's pure light Radiant beams from thy holy face, With the dawn of redeeming grace,

Jesus, Lord, at thy birth. Jesus, Lord, at thy birth.





Having customers like you fills us up....with cheer! We really appreciate your stopping here!

> Season's Greetings from the Staff at

Pit Stop Gas & Convenience Sangudo, Alberta 785-2432

# MERRY CHRISTMAS!

from Management & Staff of the Onoway Veterinary Clinic.

Wishing you and your families a safe and happy holiday season.
We look forward to seeing you in the upcoming year!



# THE HOLLY AND THE IVY

The holly and the ivy,
When they are both full grown,
Of all trees that are in the
wood.

The holly bears the crown: O, the rising of the sun,

And the running of the deer

The playing of the merry organ,

Sweet singing in the choir.

The holly bears a blossom,

As white as lily flow'r,

And Mary bore sweet Jesus Christ,

To be our dear Saviour: Refrain

The holly bears a berry,

As red as any blood,

And Mary bore sweet Jesus Christ,

To do poor sinners good: Refrain

The holly bears a prickle,

As sharp as any thorn,

And Mary bore sweet Jesus Christ,

On Christmas Day in the morn: Refrain

The holly bears a bark,

As bitter as the gall,

And Mary bore sweet Jesus Christ,

For to redeem us all: Refrain The holly and the ivy,

When they are both full grown, Of all trees that are in the

The holly bears the crown: Refrain





The simplest things in life are still the most wonderful and we'd simply like to say thanks!

Christmas Hours: This Office Will Be Closed

Monday, December 26, 2016 Saturday, December 31, 2016 Tuesday, December 27, 2016 & Monday, January 2, 2017

# TRIUS Insurance & Onoway Registries

Onoway

780-967-5270

### AFTER HOURS CLAIMS NUMBERS PER COMPANY

INTACT 1-866-464-2424

AVIVA /ELITE 1-866-692-8482

PORTAGE 1-800-661-3625

WAWANESA 1-800-625-7891

NORDIC 1-866-464-2424

# AWAY IN A MANGER

Away in a manger, no crib for a bed,

The little Lord Jesus laid down his sweet head.

The stars in the bright sky looked down where he lay,

The little Lord Jesus asleep on the hay.

The cattle are lowing, the baby awakes,

But little Lord Jesus no crying he makes.

I love thee, Lord Jesus! Look down from the sky,

And stay by my side until morning is nigh.

Be near me Lord Jesus, I ask thee to stay. Close by me forever,

And love my I pray. Bless all the dear children, In thy tender care.

And take them to heaven, To be with thee there.

# SANTA CLAUS IS COMING TO TOWN

Oh! You better watch out, You better not cry, You better not pout, I'm telling you why:

Santa Claus is coming to town! He's making a list, He's checking it twice,

He's gonna find out

who's naughty or nice.

Santa Claus is coming to town! He sees you when you're

sleeping,
He knows when you're awake.
He knows when you've been

bad or good,

So be good for goodness sake!

So...You better watch out.



You better not cry You better not pout, I'm telling you why. Santa Claus is coming to town. Little tin horns. Little toy drums. Rudy-toot-toot and rummy tum tums. Santa Claus is coming to town. Little toy dolls that cuddle and coo, Elephants, boats and Kiddie cars too. Santa Claus is coming to town. The kids in Girl and Boy Land will have a jubilee.

They're gonna build a toyland town

all around the Christmas tree. Oh....You better watch out,

You better not cry.

You better not pout,

I'm telling you why.

Santa Claus is comin'

Santa Claus is comin'

Santa Claus is comin' To town.

# Alberta Beach & District Agricultural Society

needs new members to keep events like Farmers Market going. If you are looking for ways to help your community call 780-967-4759.

# Hallelujah —



# He Is Born!

May you and your loved ones rejoice in the Miracle of Christmas, and may your home be blessed by His many good graces throughout the holiday season and beyond.

# **Merry Christmas**

From Dave and Angela at Dave's Painting and Flooring

Gunn, AB | 967-3510



# GOOD KING WENCESLAS

Good King Wenceslas looked

On the feast of Stephen, When the snow lay round about, Deep and crisp and even.

Brightly shown the moon that night,

Though the frost was cruel, When a poor man came in sight, Gathering winter fuel. Hither, page, and stand by me. If thou know it telling: Yonder peasant, who is he? Where and what his dwelling? Sire, he lives a good league Underneath the mountain, Right against the forest fence By Saint Agnes fountain. Bring me flesh, and bring me

Bring me pine logs hither.
Thou and I will see him dine
When we bear the thither.
Page and monarch, forth they
went.

Forth they went together
Through the rude wind's wild
lament

And the bitter weather. Sire, the night is darker now, And the wind blows stronger. Fails my heart, I know not how. I can go no longer.

Ark my footsteps my good page, Tread thou in them boldly:

Thou shalt find the winter's rage

Freeze thy blood less coldly.

Freeze thy blood less coldly.
In his master's step he trod,
Where the snow lay dented.
Heat was in the very sod
Which the saint had printed.
Therefore, Christian men, be
ure,

Wealth or rank possessing, Ye who now will bless the poor Shall yourselves find blessing.

# Hallelujah!

In the spirit of this holy season, we'd like to join our friends and neighbors throughout the community in giving thanks for all of the blessings our Lord has so graciously bestowed upon us. We have so much to be grateful for, including your kind support. Thank you for your trust in us.

We hope your Christmus season is blessed and happy in every possible way. May it find you surrounded by peace, love, friendship, fuith and goodwill. All the best!

from the Staff at

The Barn Owl
Stony Plain, AB (780) 591-2276

# ALL I WANT FOR CHRISTMAS IS MY TWO FRONT TEETH

Every body stops and stares at me These two teeth are gone as you can see I don't know just who to blame for this catastrophe! But my one wish on Christmas

is as plain as it can be! All I want for Christmas is my two front teeth,
my two front teeth,
see my two front teeth!
Gee, if I could only
have my two front teeth,
then I could wish you
"Merry Christmas."
It seems so long since I could say,
"Sister Susie sitting on a thistle!"

Gosh oh gee, how happy I'd be,

if I could only whistle (thhhh, thhhh)
All I want for Christmas is my two front teeth, my two front teeth,

see my two front teeth. Gee, if I could only have my two front teeth, then I could wish you "Merry Christmas!"



# Nail Down A Great Season!

While the holiday spirit is building, We'd like to jump in with our best wishes and gratitude. We truly appreciate your helping to make this year a merry one for us.



135 South Ave. SPRUCE GROVE 962-2575 1-800-343-2988



And warm wishes to our many best friends at this joyous time of year. Have a happy holiday!

### **Merry Christmas**

from the Staff at

**Parkland Veterinary Clinic** 

#58 96 Campsite Rd. Spruce Grove | West of ESM, facing Wal-Mart 962-6300 | After Hours: 962-2535

# CAROL OF THE BELLS

Hark! how the bells Sweet silver bells All seem to say, "Throw cares away." Christmas is here Bringing good cheer To young and old Meek and the bold Ding, dong, ding, dong That is their song With joyful ring All caroling One seems to hear Words of good cheer From ev'rywhere Filling the air Oh how they pound,

Raising the sound,
O'er hill and dale,
Telling their tale,
Gaily they ring
While people sing
Songs of good cheer
Christmas is here
Merry, merry, merry, merry
Christmas
Merry, merry, merry, merry
Christmas
On, on they send
On without end
Their joyful tone
To ev'ry home

# UP ON THE HOUSETOP

Up on the housetop reindeer pause

Out jumps good old Santa Clause

Down thru the chimney with lots of toys

All for the little ones

Christmas joys.

Chorus

Ho, ho, ho!

Who wouldn't go!

Ho, ho, ho!

Who wouldn't go!

Up on the housetop

Click, click, click

Down thru the chimney with

Good Saint Nick

First comes the stocking Of little Nell

Oh, dear Santa Fill it well

Give her a dolly

That laughs and cries

One that will open

And shut her eyes

Repeat Chorus

Next comes the stocking

Of little Will

Oh, just see what

A glorious fill

Here is a hammer

And lots of tacks

Also a ball

And a whip that cracks

Repeat Chorus

# HERE COMES SANTA CLAUS

Here comes Santa Claus! Here comes Santa Claus! Right down Santa Claus Lane! Vixen and Blitzen and all his reindeer

are pulling on the reins.
Bells are ringing, children

singing;

All is merry and bright.

(repeat from the beginning)

Ding, dong, ding, dong.

Hang your stockings and say your prayers,

'Cause Santa Claus comes tonight.

Here comes Santa Claus!

Here comes Santa Claus! Right down Santa Claus Lane! He's got a bag that is filled with toys

for the boys and girls again. Hear those sleigh bells jingle What a beautiful sight.

Jump in bed, cover up your

head,

'Cause Santa Claus comes tonight.





Wishing you tidings of comfort and joy, plus wall-to-wall happiness this holiday season.

Thank you for doing business with us.

Merry Christmas
The Flooring Store

Hours:

Monday to Friday 9:00am to 5:30pm Saturday 9:00am to 4:00pm Closed Sunday 226 McLeod Ave Spruce Grove (780) 960-9212



Just dropping in to wish our friends and neighbors here a string of good luck at the holidays and all year. May each day deliver an abundance of happiness, prosperity, friendship, love and fun!

Thanks for hanging out with us this year.
Your visits are always a pleasure!
from Management & Staff at



**H&R BLOCK**<sup>1</sup>

Spruce Grove

962-8884

#### Community Voice Page 43

# THREE KINGS OF

We three kings of Orient are Bearing gifts we traverse afar. Field and fountain, moor and mountain,

Following yonder star.

Chorus

O star of wonder, star of night, Star with royal beauty bright,

Westward leading, still proceeding,

Guide us to thy perfect Light. Born a king on Bethlehem's

Gold I bring to crown Him again,

King forever, ceasing never Over us all to reign. Chorus Frankincense to offer have I. Incense owns a Deity nigh.

Prayer and praising all men raising,

Worship Him, God on high. Chorus

Myrrh is mine: Its bitter perfume

Breaths a life of gathering gloom.

Sorrowing, sighing, bleeding dying,

Sealed in the stone-cold tomb. Chorus

Glorious now behold Him arise,

King and God and Sacrifice. Alleluia, alleluia!

Sounds through the earth and skies. Chorus

# OH HOLY

Oh holy night!

The stars are brightly shining It is the night of the dear Savior's birth!

Long lay the world in sin and error pining

Till he appear'd and the soul felt its worth.

A thrill of hope the weary world rejoices

For yonder breaks a new and glorious morn!

Fall on your knees

Oh hear the angel voices

Oh night divine

Oh night when Christ was born

Oh night divine

Oh night divine

Led by the light of Faith serenely beaming

With glowing hearts by His

cradle we stand

So led by light of a star sweetly gleaming

Here come the wise men from Orient land

The King of Kings lay thus in lowly manger

In all our trials born to be our friend.

Truly He taught us to love one another

His law is love and His gospel is peace

Chains shall He break for the slave is our brother

And in His name all oppression shall cease

Sweet hymns of joy in grateful chorus raise we,

Let all within us praise His holy name.

City sidewalks, busy sidewalks Dressed in holiday style. In the air

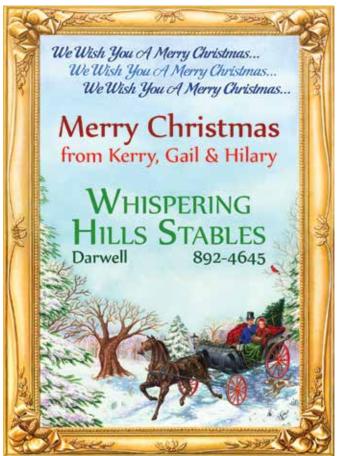
There's a feeling of Christmas.

Children laughing People passing

Meeting smile after smile And on ev'ry street corner you'll hear,

Silver bells, silver bells It's Christmas time in the city. Ring-a-ling, hear them sing. Soon it will be Christmas day. Strings of street lights Even stop lights Blink a bright red and green As the shoppers rush Home with their treasures. Hear the snow crunch. See the kids bunch.

This is Santa's big scene. And above all this bustle You'll hear, Silver bells, silver bells It's Christmas time in the city Ring-a-ling, hear them sing Soon it will be Christmas day.





# THE MOST WONDERFUL DAY OF THE YEAR

A packful of toys means a sackful of joys

For millions of girls and for millions of boys

When Christmas Day is here The most wonderful day of the year!

A jack in the box waits for children to shout,

"Wake up, don't you know that it's time to come out!"

When Christmas Day is here The most wonderful day of the year!

Toys galore

Scattered on the floor

There's no room for more

And it's all because of Santa Claus!

A scooter for Jimmy, a dolly for Sue

The kind that will even say "How do you do."

When Christmas Day is here The most wonderful day of the

# HAVE YOURSELF A MERRY LITTLE CHRISTMAS

Have yourself a merry little Christmas.

Let your heart be light From now on,

our troubles will be out of sight Have yourself a merry little Christmas,

Make the Yule-tide gay, From now on, our troubles will be miles away. Here we are as in olden days, Happy golden days of yore. Faithful friends who are dear

Gather near to us once more.
Through the years
We all will be together,
If the Fates allow

Hang a shining star upon the highest bough. And have yourself

A merry little Christmas now.

# MISTLETOE & HOLLY

Oh by gosh, by golly, it's time for mistletoe and holly,

Tasty pheasants, Christmas presents,

Countrysides covered with snow.

Oh by gosh, by jingle,

It's time for carols and Kris Kringle.

Overeating, merry greetings From relatives you don't know.

Then comes that big night, Giving the tree a trim. You'll hear voices by starlight Singing yuletide hollers... Oh by gosh, by golly, It's time for mistletoe and holly, Fancy ties and Grandma's pies And folks stealing a kiss or two, As they whisper Merry Christmas to you.

# RUDOLPH THE RED-NOSED REINDEER

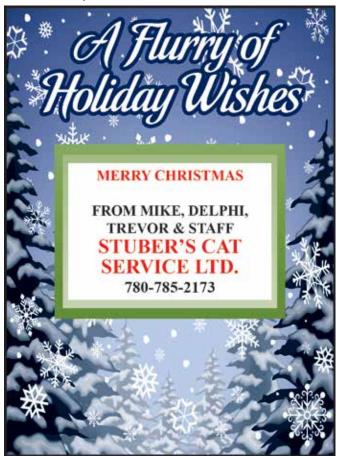
Rudolph, the red-nosed reindeer had a very shiny nose. And if you ever saw him, you would even say it glows. All of the other reindeer used to laugh and call him

They never let poor Rudolph join in any reindeer games. Then one foggy Christmas Eve Santa came to say:

"Rudolph with your nose so bright,

won't you guide my sleigh tonight?"

Then all the reindeer loved him as they shouted out with glee, Rudolph the red-nosed reindeer, you'll go down in history!





# OH COME, ALL YE FAITHFUL

O come, all ye faithful, Joyful and triumphant,

O come ye, O come ye to Bethlehem:

Come and behold him,

Born the King of angels;

O come, let us adore him,

O come, let us adore him,

O Come, let us adore him, Christ the Lord.

God of God,

Light of Light,

Lo! he abhors not the Virgin's womb:

Very God,

Begotten, not created; Refrain Sing, choirs of angels,

Sing in exultation,

Sing, all ye citizens of heaven above;

Glory to God

In the highest; Refrain

See how the shepherds,

Summoned to his cradle,

Leaving their flocks, draw nigh

to gaze;

We too will thither

Bend our joyful footsteps; Refrain

Child, for us sinners

Poor and in the manger,

We would embrace thee, with love and awe:

Who would not live thee, Loving us so dearly? Refrain

Yea, Lord, we greet thee,

Born this happy morning;

Jesus, to thee be glory given;

Word of the Father,

Now in flesh appearing; Refrain



# FROM HEAVEN ABOVE TO EARTH I COME

From heaven above to earth I come,

To bear good news to every home,

Glad tidings of great joy I bring,

Whereof I now will gladly sing.

To you this night is born a Child

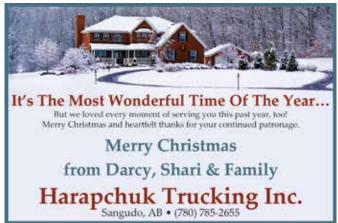
Of Mary, chosen mother mild;

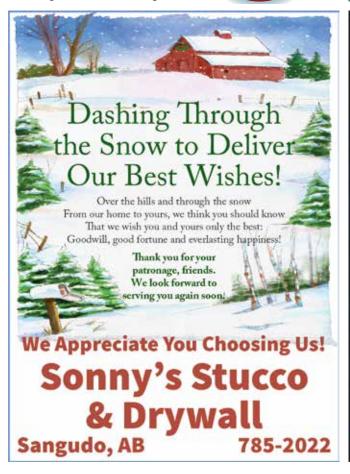
This little Child, of lowly birth, Shall be the joy of all the earth. Glory to God in highest heav-

Who unto us His Son hath given!

While angels sing with pious

A glad New Year to all the earth.







# WE WISH YOU A ERRY CHRISTMAS

We wish you a Merry Christmas;

We wish you a Merry Christmas:

We wish you a Merry Christmas and a Happy New Year.

Good tidings we bring to you and your kin;

Good tidings for Christmas and a Happy New Year.

Oh, bring us a figgy pudding; Oh, bring us a figgy pudding;

Oh, bring us a figgy pudding and a cup of good cheer: Refrain

We won't go until we get some; We won't go until we get some;

We won't go until we get some, so bring some out here: Refrain

We wish you a Merry Christmas:

We wish you a Merry Christmas;

We wish you a Merry Christmas and a Happy New Year.

# JOLLY OLD SAIN

Jolly old Saint Nicholas, Lean your ear this way! Don't you tell a single soul What I'm going to say;

Christmas Eve is coming soon; Now, you dear old man,

Whisper what you'll bring to

Tell me if you can.

When the clock is striking twelve,

When I'm fast asleep,

Down the chimney broad and black.

With your pack you'll creep; All the stockings you will find Hanging in a row;

Mine will be the shortest one, You'll be sure to know.

Johnny wants a pair of skates; Susy wants a dolly;

Nellie wants a story book;

She thinks dolls are folly;

As for me, my little brain Isn't very bright;

Choose for me, old Santa

What you think is right.

# DRUMMER BOY

Come they told me, pa rum pum pum pum

A new born King to see, pa rum pum pum pum

Our finest gifts we bring, pa rum pum pum pum

To lay before the King, pa rum pum pum pum,

rum pum pum, rum pum pum pum,

So to honor Him, pa rum pum pum pum,

When we come.

Little Baby, pa rum pum pum

I am a poor boy too, pa rum pum pum pum

I have no gift to bring, pa rum pum pum pum

rum pum pum pum,

rum pum pum, rum pum pum pum,

Shall I play for you, pa rum pum pum pum,

On my drum?

Mary nodded, pa rum pum pum pum

The ox and lamb kept time, pa rum pum pum pum

I played my drum for Him, pa rum pum pum pum

I played my best for Him, pa rum pum pum pum,

rum pum pum, rum pum pum pum,

Then He smiled at me, pa rum pum pum pum

Me and my drum.



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# OH LITTLE TOWN OF BETHLEHEM

O little town of Bethlehem, How still we see thee lie! Above thy deep and dreamless leep

The silent stars go by; Yet in thy dark streets shineth The everlasting Light;

The hopes and fears of all the years

Are met in thee to-night. For Christ is born of Mary, And gathered all above, While mortals sleep, the angels keep

Their watch of wondering love.

O morning stars, together Proclaim the holy birth! And praises sing to God the

And peace to men on earth. How silently, how silently, The wondrous gift is given! So God imparts to human

The blessings of his heaven.

No ear may hear his coming, But in this world of sin,

Where meek souls will receive him, still

The dear Christ enters in.
Where children pure and hap-

Pray to the blessed Child, Where misery cries out to thee, Son of the mother mild;

Where charity stands watching And faith holds wide the door, The dark night wakes, the glory breaks,

And Christmas comes once more.

O holy Child of Bethlehem!

Descend to us, we pray; Cast out our sin and enter in,

Be born in us to-day.

We hear the Christmas angels The great glad tidings tell;

O come to us, abide with us, Our Lord Emmanuel!

# OVER THE RIVER AND THROUGH THE WOODS

Over the river and through the woods

To Grandmother's house we go.

The horse knows the way to carry the sleigh

Through white and drifted snow.

Over the river and through the woods,

Oh, how the wind does blow. It stings the toes and bites the

As over the ground we go.

Over the river and through the woods

To have a full day of play. Oh, hear the bells ringing ting-a-ling-ling,

For it is Christmas Day.

Over the river and through the woods,

Trot fast my dapple gray; Spring o'er the ground just iike a hound.

For this is Christmas Day.

Over the river and through the woods

And straight through the barnyard gate. It seems that we go so dreadfully slow;

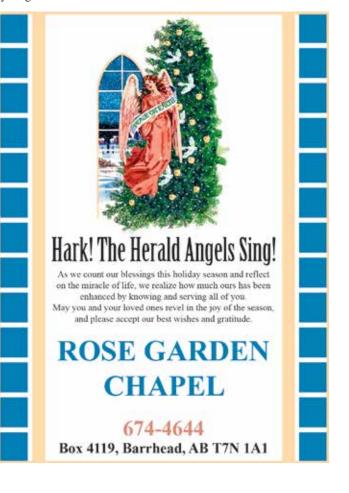
It is so hard to wait.

Over the river and through the woods.

Now Grandma's cap I spy. Hurrah for fun; the pudding's done:

Hurrah for the pumpkin pie.





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With graditude and best wishes for a jolly good season to all.

# Paddle River Concrete

Mayerthorpe 786-2666

# GRANDMA GOT RUN OVER BY A REINDEER

Grandma got run over by a reindeer

Walking home from our house Christmas eve.

You can say there's no such thing as Santa,

But as for me and Grandpa, we believe.

She'd been drinkin' too much egg nog,

And we'd begged her not to

But she'd left her medication, So she stumbled out the door into the snow.

When they found her Christmas mornin',

At the scene of the attack.

There were hoof prints on her forehead,

And incriminatin' Claus marks on her back.

Grandma got run over by a reindeer,

Walkin' home from our house

Christmas eve.

You can say there's no such thing as Santa,

But as for me and Grandpa, we believe.

Now were all so proud of Grandpa,

He's been takin' this so well. See him in there watchin' football,

Drinkin' beer and playin' cards with cousin Belle.

It's not Christmas without Grandma.

All the family's dressed in black.

And we just can't help but wonder:

Should we open up her gifts or send them back?

Grandma got run over by a reindeer,

Walkin' home from our house Christmas eve.

You can say there's no such

thing as Santa,

But as for me and Grandpa, we believe.

Now the goose is on the table And the pudding made of fig. And a blue and silver candle,

That would just have matched the hair in Grandma'swig.

I've warned all my friends and neighbours.

Better watch out for yourselves."

They should never give a license,

To a man who drives a sleigh and plays with elves.

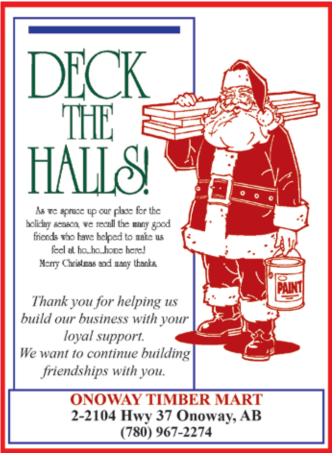
Grandma got run over by a reindeer,

Walkin' home from our house, Christmas eve.

You can say there's no such thing as Santa,

But as for me and Grandpa, we believe.





# THE CHRISTMAS SONG

Chestnuts roasting on an open fire,

Jack Frost nipping on your nose.

Yuletide carols being sung by a choir,

And folks dressed up like Eskimos.

Everybody knows a turkey and some mistletoe,

Help to make the season bright. Tiny tots with their eyes all

Will find it hard to sleep tonight. They know that Santa's on his way;

He's loaded lots of toys and goodies on his sleigh.

And every mother's child is going to spy,

To see if reindeer really know how to fly.

And so I'm offering this simple phrase,

To kids from one to ninety-two, Although its been said many times, many ways,

A very Merry Christmas to you!

# C-H-R-I-S-T-M-A-S

When I was but a youngster, Christmas meant one thing,

That I'd be getting lots of toys that day.

I learned a whole lot different, When my Mother sat me down, And taught me to spell Christmas this way:

"C" is for the Christ child, born upon this day,

"H" for herald angels in the night,

"R" means our Redeemer,

"I" means Israel.

"S" is for the star that shone so bright,

"T" is for three wise men, they who traveled far,

"M" is for the manger where he lay,

"A"'s for all He stands for,

"S" means shepherds came,

And that's why there's a Christmas day,

And that's why there's a Christmas day.

# REINDEER POOP

I woke up with such scare when I heard Santa call,

"Now dash away, dash away, dash away all!"

I ran to the lawn and in the snowy white drifts,

those nasty reindeer had left "little gifts".

I got an old shovel and started to scoop,

neat little piles of "Reindeer Poop!"

But to throw them away, seemed such a waste,

so I saved them, thinking-you might like a taste!

As I finished my task, which took quite awhile.

Old Santa, passed by and he sheepishly smiled.

And I heard him exclaim as he was in the sky...

"Well they're not potty trained, but at least they can fly!"

# I SAW THREE SHIPS

I saw three ships come sailing by

on Christmas Day, on Christmas Day.

I saw three ships come sailing by

on Christmas Day in the morning.

And what was in those ships all three

on Christmas Day, on Christmas Day?

And what was in those ships

all three

on Christmas Day in the morning?

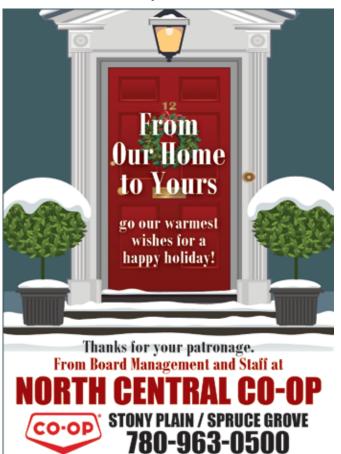
The Virgin Mary and Christ were there

on Christmas Day, on Christmas Day.

The virgin Mary and Christ were there

on Christmas Day in the morning.





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# HOLIDAY PORK ROAST

Prep: 30 min. Bake: 1 hour 40 min. + standing

Yield: 16 Servings

#### Ingredients

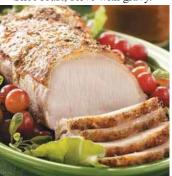
- 1 boneless whole pork loin roast (5 pounds)
- 1 tablespoon minced fresh gingerroot
- 2 garlic cloves, minced
- 1 teaspoon rubbed sage
- 1/4 teaspoon salt
- 1/3 cup apple jelly
- 1/2 teaspoon hot pepper sauce
- 2 medium carrots, sliced
- 2 medium onions, sliced
- 1-1/2 cups water, divided
- 1 teaspoon browning sauce, optional

#### **Directions**

- Place pork roast on a rack in a shallow roasting pan. Combine the ginger, garlic, sage and salt; rub over meat. Bake, uncovered, at 350° for 1 hour.
- Combine jelly and pepper sauce; brush over roast. Ar-

range carrots and onions around roast. Pour 1/2 cup water into pan. Bake 40-50 minutes longer or until a thermometer reads 145°. Remove roast to a serving platter; let stand for 10 minutes before slicing.

• Skim fat from pan drippings. Transfer drippings and vegetables to a food processor; cover and process until smooth. Pour into a small saucepan. Add browning sauce if desired and remaining water; heat through. Slice roast; serve with gravy.



# CHRISTMAS HAM AND POTATO CAKES



Makes 1 dozen

#### Ingredients:

2 1/2 cups potatoes, shredded 1/4 cup flour

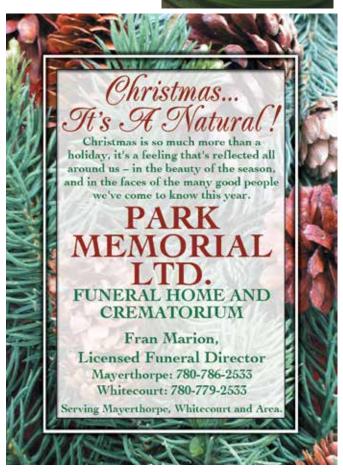
1/4 cup ham, shredded

1/4 cup grated Parmesan cheese

1/4 teaspoon garlic powder 1 large egg

#### Procedure:

- 1) Mix together potatoes, flour, ham, cheese, garlic powder, and egg.
- 2) Form into small rounds and fry on a nonstick pan in a little olive oil until golden brown on both sides. Sprinkle chopped basil on top before serving, serving of sour cream or applesauce on the side





# STRAWBERRY CHEESECAKE COOKIES

Prep Time: 15 minutes Cook Time: 12 minutes Total Time: 1 hour Yield: 18 cookies

#### Ingredients

- 3/4 cup butter, at room temperature
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 1/4 cup all-purpose flour
- 1 package (3.4 oz) instant cheesecake pudding mix
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup chopped strawberries
- 10 whole graham crackers, processed into fine crumbs

#### Instructions

- 1. Preheat the oven to 350F. Line a cookie sheet with parchment paper.
- 2. In a bowl, cream together the butter and both sugar

until light and fluffy. Add the eggs, one at a time, scraping down the sides of the bowl in between additions. Beat in the vanilla.

- 3. In another bowl, combine the flour, pudding mix, baking soda and salt. Add into the butter mixture and mix just until combined. Fold in the strawberries.
- 4. Place the graham crackers in a shallow bowl or dish. Roll the cookie dough into 2 tablespoon sized balls and roll in the graham cracker crumbs. Place on the baking sheet, about 3 inches apart. Flatten slightly. Bake until set around the edges, about 12 minutes.

Notes: for best results, store the cookies in the refrigerator.

## GIANT GINGER COOKIES

Yield: twenty-five 4-inch cookies

Bake: 350°F 12 mins to 14 mins per batch

#### Ingredients

- 4 1/2 cups all-purpose flour
- 4 teaspoons ground ginger
- 2 teaspoons baking soda
- 1 1/2 teaspoons ground cin-
- 1 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 1/2 cups shortening
- 2 cups granulated sugar
- 2 eggs
- 1/2 cup molasses
- 3/4 cup coarse sugar or granulated sugar

#### Directions

- 1. In a medium mixing bowl stir together flour, ginger, baking soda, cinnamon, cloves, and salt; set aside.
- 2. In a large mixing bowl beat shortening with an electric mixer on low speed for 30 seconds

to soften. Gradually add the 2 cups granulated sugar. Beat until combined, scraping sides of bowl occasionally. Beat in eggs and molasses. Beat in as much of the flour mixture as you can with the mixer. Using a wooden spoon, stir in any remaining flour mixture.

- 3. Shape dough into 2-inch balls using 1/4 cup dough. Roll balls in the 3/4 cup coarse or granulated sugar. Place about 2-1/2 inches apart on an ungreased cookie sheet.
- 4. Bake in a 350 degree F oven for 12 to 14 minutes or until cookies are light brown and puffed. (Do not overbake or cookies will not be chewy.) Cool on cookie sheet for 2 minutes. Transfer cookies to a wire rack to cool. Store in a tightly covered container at room temperature for up to 3 days or in the freezer for up to 3 months. Makes twenty-five (25) 4-inch cookies.





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# WHITE-CHOCOLATE CHERRY SHORTBREAD

Makes: 60 servings Yield: 60 cookies Prep: 40 mins

Bake: 325°F 10 minsper batch

Stand: 30 mins

#### Ingredients

- 1/2 cup maraschino cherries, drained and finely chopped
- 2 1/2 cups all-purpose flour
- 1/2 cup sugar
- 1 cup cold butter
- 12 ounces white chocolate baking squares with cocoa butter, finely chopped

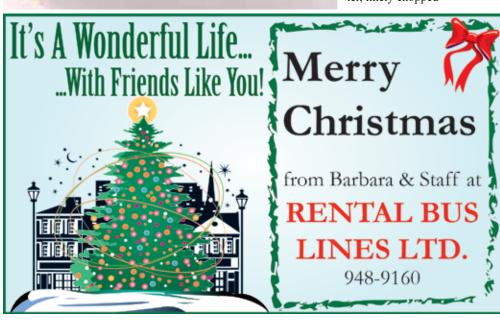
- 1/2 teaspoon almond extract
- 2 drops red food coloring (optional)
- 2 teaspoons shortening
- White nonpareils and/or red edible glitter (optional)

#### Directions:

- 1. Preheat oven to 325 degrees F. Spread cherries on paper towels to drain well.
- 2. In a large bowl, combine flour and sugar. Using a pastry blender, cut in the butter until mixture resembles fine crumbs. Stir in drained cherries and 4 ounces (2/3 cup) of the chopped chocolate. Stir in almond extract and, if desired, food coloring. Knead mixture until it forms a smooth ball.
- 3. Shape dough into 3/4-inch balls. Place balls 2 inches apart on an ungreased cookie sheet. Using the bottom of a drinking glass dipped in sugar, flatten balls to 1-1/2-inch rounds.
- 4. Bake in preheated oven for 10 to 12 minutes or until centers are set. Cool for 1 minute on cookie sheet. Transfer cookies to a wire rack and let cool.
- 5. In a small saucepan, combine remaining 8 ounces white chocolate and the shortening. Cook and stir over low heat until melted. Dip half of each cookie into chocolate, allowing excess to drip off. If desired, roll dipped edge in nonpareils and/or edible glitter. Place cookies on waxed paper until chocolate is set.

#### Makes about 60.

Storage: Layer cookies between waxed paper in an airtight container; cover. Store at room temperature for up to 3 days or freeze for up to 3 months.





### PUMPKIN SPICE COOKIES

1 cup (2 sticks) unsalted butter, softened

3/4 cup sugar

3/4 cup packed light-brown sugar

1 large egg plus 1 egg yolk, at room temperature

1/2 cup mashed or canned pumpkin

1 1/2 teaspoons vanilla extract

2 cups all-purpose flour

1 cup whole wheat pastry flour

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1 teaspoon ground ginger 1/2 teaspoon nutmeg

1/2 teaspoon ground cloves

Using an electric mixer, cream the butter, gradually adding the sugars. Beat in the egg and yolk, pumpkin, and vanilla. Sift the flours, baking powder, baking

soda, salt, and spices into a separate bowl. Stir the dry ingredients into the creamed mixture, a third at a time, until evenly mixed. Cover the dough and refrigerate for 1 hour.

Preheat the oven to 350 degrees Fahrenheit. Lightly butter two

large baking sheets or line them with parchment paper. With lightly floured hands, roll the dough into 1 1/2 -inch-diameter balls and place them on the baking sheets, leaving about 2 inches in between. Bake one sheet at a time on the center oven rack for 16 to 17 minutes. When done, the tops will be dome-shape and yield slightly to light finger pressure. Cool the cookies on the baking sheet for 2 minutes, then transfer them to a rack to cool completely. Makes about 30 cookies.

Pumpkin Spice Cookie Filling

1 package (8 ounces) cream cheese

2/3 cup sugar

1/2 teaspoon vanilla extract

1/4 teaspoon lemon extract

Using an electric mixer, cream the cream cheese, gradually beating in the sugar. Add the vanilla and lemon extracts. Beat until smooth. Refrigerate until needed. When the cookies have cooled completely, spread the flat side with some of the filling and press the flat side of a second cookie onto the filling to make a sandwich

### TEXAS GARLIC MASHED POTATOES

Prep: 30 min. Bake: 30 min. Yield: 6 Servings

#### Ingredients

- 1 whole garlic bulb
- 1 teaspoon plus 1 tablespoon olive oil, divided
- 1 medium white onion, chopped
- 4 medium potatoes, peeled and quartered
- 1/4 cup butter, softened

- 1/4 cup sour cream
- 1/4 cup grated Parmesan cheese
- 1/4 cup 2% milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### Directions

• Remove papery outer skin from garlic (do not peel or separate cloves). Cut top off of garlic bulb. Brush with 1 teaspoon oil. Wrap bulb in heavy-duty foil. Bake at 425° for 30-35 minutes or until softened.

- Meanwhile, in a large skillet over low heat, cook onion in remaining oil for 15-20 minutes or until golden brown, stirring occasionally. Transfer to a food processor. Cover and process until blended; set aside.
- Place potatoes in a large

saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Drain. Place potatoes in a large bowl. Squeeze softened garlic into bowl; add the butter, sour cream, cheese, milk, salt, pepper and onion. Beat until mashed. Yield: 6 servings.





## CRANBERRY & ORANGE CHELSEA BUN TREE

Prep: 1 hr Cook: 22 mins plus at least 1 hr 30 mins proving

Makes 12 buns

#### **Ingredients**

- 275ml full-fat milk
- 50g butter, chopped into cubes
- 450g strong white bread flour
- 7g sachet fast-action dried yeast
- 50g golden caster sugar, plus 3 tbsp
- 1 tsp ground cinnamon
- flavourless oil, for greasing
- 200g marzipan, chilled



- 1 orange, zested and juiced
- 100g fresh cranberries
- 100g dried cranberries, plus 1 tbsp
- 40g pistachios, chopped
- edible gold spray (optional)
- 3 tbsp apricot jam, sieved
- 150g icing sugar

#### Directions:

1. Warm the milk in a saucepan until steaming but not boiling. Remove from the heat and add the butter, swirling to help it melt, then set aside to cool a little. Meanwhile, mix the flour, yeast, 50g sugar, the cinnamon and 1 tsp salt in a large bowl, or the bowl of a tabletop mixer. When the milk is warm, add it to the dry ingredients and combine to make a sticky dough. Tip onto your work surface and knead for 10 mins by hand, or for 5 mins in the mixer until the dough is smooth and stretchy. Return to a clean oiled bowl, cover with oiled cling film and leave somewhere warm to rise for 1-2 hrs until doubled in size.

2. Line your largest baking

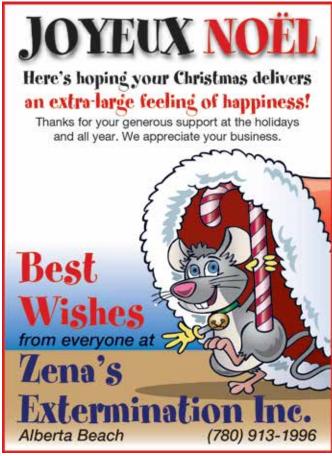
sheet with baking parchment. Tip the dough onto a lightly floured work surface and roll to a rectangle about 30 x 40cm. Grate the marzipan over the surface and scatter over the orange zest, fresh cranberries, 75g dried cranberries, 25g pistachios and 3 tbsp caster sugar. From one of the longer sides, tightly roll up the dough into a sausage, pinching the dough together at the other end to seal the open edge.

3. Use a large, sharp knife to divide the sausage of dough first in half, then into quarters, then cut each quarter into three pieces, so you're left with 12 equal pieces of dough. Turn them all cut -side up and arrange on the baking sheet in a tree shape, using one piece for a trunk and leaving space between each bun for them to expand. Make sure the pinched edge on the outside of each bun is facing towards the centre of the tree, otherwise it may come unstuck and unravel as it cooks. You should have one bun left over - bake this alongside (treat for the cook!) . Cover

the sheet in one or two pieces of oiled cling film and leave to prove for 30 -40 mins, or until doubled in size and just touching

4. Heat oven to 180C/160C fan/ gas 4. Bake in the middle of the oven for 20-22 mins until golden brown. While the buns cook, heat the apricot jam with 2 tsp water until runny, then set aside to cool a little. Mix the icing sugar with enough orange juice to make a thick icing and transfer it to a small disposable piping bag or plastic sandwich bag. You can spray the pistachios with gold spray at this point, if you like.

5. When the buns are cooked, leave to cool for 15 mins, then brush all over with the apricot glaze. Snip the corner off the piping bag and drizzle icing over the top of the buns in random lines. Scatter over the remaining pistachios and dried cranberries and leave the icing to set for 10 mins before serving. Will keep in an airtight container for up to three days.





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# CHESTNUT, BACON & CRANBERRY STUFFING

Prep: 30 mins - 40 mins Cook: 40 mins Plus 1 hour to soak the cranberries Makes 24 stuffing balls

#### Ingredients

- 100g dried cranberries
- 50ml ruby port
- 1 small onion, chopped
- 2 rashers unsmoked back bacon, cut into strips

- 50g butter
- 2 garlic cloves, chopped
- 450g sausage meat
- 140g fresh white or brown breadcrumbs
- 2 tbsp chopped fresh parsley
- $\frac{1}{2}$  tsp chopped fresh thyme leaves
- 140g peeled, cooked chestnuts, roughly chopped
- 1 medium egg, lightly beaten

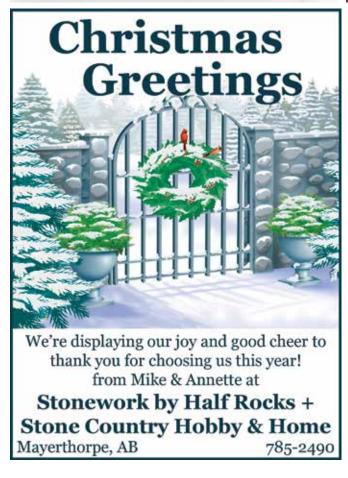
#### Directions:

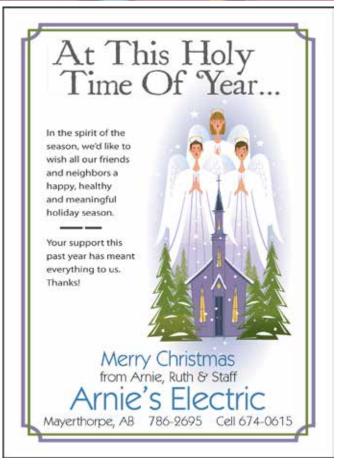
- 1. Soak the cranberries in the port for an hour. Fry the onion and bacon gently in the butter, until the onion is tender and the bacon is cooked. Add the garlic and fry for another minute or so.
- 2. Cool slightly, then mix with all the remaining ingredients, including the cranberries and port, adding enough egg to bind I find it easiest to use my hands. Fry a knob of stuffing in a little butter, taste and adjust the seasoning if necessary.

3. To Cook: This stuffing can be baked in a dish, or rolled into balls that will be crisp on the outside and moist inside. To bake, press the stuffing into a greased ovenproof dish in a layer that is around 4cm thick. Bake at 190C/gas 5/fan 170C for about 40 minutes, until browned and, in the case of sausagemeat stuffing, cooked right through. Alternatively, roll into balls that are about 4cm in diameter. Roast the stuffing balls in hot fat (they can be tucked around the turkey or done in a roasting tin of their own) for 30-40 minutes, until crisp and nicely browned on the outside.









# PEANUT BUTTER BLOSSOMS

Makes: 54 servings Yield: 54 cookies

Prep: 25 mins Bake: 350°F 10 minsper batch

#### **Ingredients**

- 1/2 cup shortening
- 1/2 cup peanut butter
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1 egg
- 2 tablespoons milk
- 1 teaspoon vanilla
- 1 3/4 cups all-purpose flour
- 1/4 cup granulated sugar
- · Chocolate kisses or stars

#### Directions

1. Preheat oven to 350 degrees F. In a large mixing bowl beat shortening and peanut butter with an electric mixer on medium to high speed for 30 seconds. Add the 1/2 cup granulated sugar, brown sugar, baking powder, and baking soda. Beat until combined, scraping sides of bowl occasionally. Beat in egg, milk, and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour.

2. Shape dough into 1-inch balls. Roll balls in the 1/4 cup granulated sugar. Place 2 inches apart on an ungreased cookie sheet. Bake for 10 to 12 minutes or until edges are firm and bottoms are lightly browned. Immediately press a chocolate kiss into each cookies center. Transfer to a wire rack and let cool. Makes 54 cookies.

Storage: Place in layers separated by waxed paper in an airtight container; cover. Store at room temperature for up to 3 days or freeze for up to 3 months.

Nutrition Facts: Servings Per Recipe 54, Calories 94, Protein (gm) 2, Carbohydrate (gm) 11, Fat, total (gm) 5, Cholester-ol (mg) 5, Saturated fat (gm) 2, Monosaturated fat (gm) 2, Polyunsaturated fat (gm) 1, Sugar, total (gm) 7, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 1, Pyridoxine (Vit. B6) (mg) 0, Folate (μg) 4, Sodium (mg) 28, Potassium (mg) 48, Calcium (DV %) 20, Iron (DV %) 0, Other Carb () 1, Fat () 1, Percent Daily Values are based on a 2,000 calorie diet



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"Thank you for working on my horses at the CBHI 2016. They all benefited and were feeling great. The treatment I had myself was so amazing and beneficial. I was experiencing vertigo and feeling nauseous within a half an hour I was feeling so much better and my weekend was great. I did not feel tried and felt very energized. I did have a headache for a short time, a little ache in my shoulder area but that all was very short lived and did not interfere with my day. I really liked my treatment and as a massage therapist would highly recommend this treatment. Thank you Shirley."—Tanya Likes

"I have had BRUTAL sciatica and neck pain for years....chiropractic manages it for brief periods of time....I had one hour long treatment by Shirley Mazeppa and can honestly say I had no pain for weeks after!!!! Improved my mood and allowed me to have day to day tasks not be painful let alone ride!!!! SOOOOOOOOOOOOOOOOlooking forward to my next treatment!!!!" -Jody Poulin

"I am in disbelief, Shirley Mazeppa brought her PEMF machine to Thorsby where I was competing in a horse event. I have arthritis in both my knees and I was really feeing the hurting today. Shirley hooked me up for 40 minutes on Saturday afternoon, it's now Monday evening and I am still PAIN FREE, my knees feel great. I "Il be making a trip to Shirley's next time I start feeling that pain, I won't try to handle it again. Thanks so much Shirley" -Debra Rowney



"I feel Pulsed Electromagnetic Therapy may be one of the Greatest Discoveries in the History of Medicine."

 Dr. David Williams, Alternatives for the Health Conscious Individual (March 2004)

### FROSTED HOLIDAY SUGAR COOKIES

#### Ingredients

- 3-3/4 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup butter or margarine, softened (not melted)
- 1-1/2 cups granulated sugar
- 2 eggs
- 2 tsp vanilla extract
- · vanilla frosting
- food coloring (optional)
- colored candies (optional)
- fruit rolls (optional)
- jelly beans (optional)
- green and red decorating gel (optional)
- sprinkles (optional)
- powdered sugar (optional)

#### **Additional Materials:**

Cookie cutters

#### **Cooking Instructions**

- 1. Sift flour, baking powder, and salt together in a medium sized bowl. Set aside.
- 2. Beat butter or margarine, sugar, eggs, and vanilla in a large bowl with electric mixer until fluffy. Gradually add flour

mixture and stir with wooden spoon until thoroughly mixed. Cover dough with plastic wrap and chill in the refrigerator for two hours.

- 3. Preheat oven to 400 degrees F. On a lightly floured surface, roll out dough to 1/4 inch thick. Cut out circles with a cookie cutter or other round object, such as a glass or round plastic container. Place circles 2 inches apart on ungreased cookie sheet.
- 4. Bake for 6-8 minutes, checking after 6 minutes. Cookies will be done when edges are lightly browned. Do not allow cookies to get too brown. Remove from oven and allow cookies to cool on cookie sheets for 5 minutes. Remove from cookies sheets to aluminum foil on a flat surface and allow to cool completely.
- 5. Using a butter knife, spread frosting on top of each cookie. (If you want to color the frosting, use food coloring and mix it beforehand.)
- 6. Let children decorate the cookies with sprinkles, pow-

dered sugar, and candies.

- 7. To make holly berry cookies, place two red candies or jelly beans toward the top of the cookie and draw on leaves with green decorating gel.
- 8. For sugar stars, trees, and other shapes, gently place a miniature cookie cutter on top of the cookie after it's frosted. Carefully sprinkle a small amount of sugar into the cookie cutter with your fingers, being careful not to let the sugar fall outside. Gently remove cookie cutter.
- 9. You can completely cover a cookie with decorative sugar by holding the frosted cookie upside down and dipping the frosted end into the sugar to coat.
- 10. Use red decorating gel to write "Ho, Ho, Ho!" on your cookies.
- 11. A snowman can be made from candies and fruit rolls (e.g., Fruit Roll-Ups). Cut a strip from a fruit roll, about 1/2 thick, and twist it into a rope. Place the fruit roll up around the top of the cookie as ear muffs and add jelly

beans for the muffs themselves. Decorate face with colored candies

12. Use cherry raisins to form the petals of a poinsettia. Place a colored candy in the center.

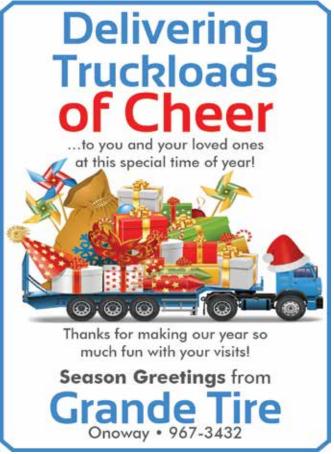
#### Make it Faster

Use packaged cookie dough instead of making sugar cookies from scratch.

#### **Helpful Hints**

- Prepare your table before putting the cookies out. Place all the sugars, candies and other decorating items in a row buffet style.
- Be sure you have all the ingredients and decorations you will need before heading to the store. The fewer trips the better!
- You can use just about any type of flat cookie for this project. Peanut butter, chocolate chip, shortbread, whatever your favorites are. We recommend soft cookies over hard since the frosting is soft.





## BEEF TENDERLOIN WITH POTATOES

Prep: 40 min. + marinating Bake: 1 hour + standing Yield: 10-12 Servings

#### Ingredients

- 2-1/4 cups water
- 1-1/2 cups ketchup
- 3 envelopes (.7 ounce each) Italian salad dressing mix
- 1 tablespoon prepared mustard
- 3/4 teaspoon Worcestershire sauce
- 1 beef tenderloin roast (3 to 4 pounds)
- 10 medium potatoes, peeled and quartered
- 1/2 cup butter, melted
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### Directions

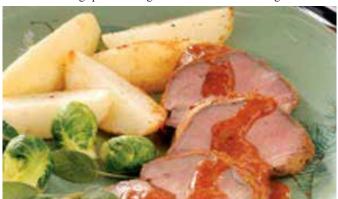
• In a small bowl, combine the first five ingredients. Pour half of the marinade into a large resealable plastic bag. Pierce tenderloin in several places; add to the bag and turn to coat. Seal and refrigerate for 8 hours or overnight. Cover and refrigerate remaining marinade for basting.

- Place potatoes in a large saucepan and cover with water. Bring to a boil; cook for 15-20 minutes or until crisp-tender. Drain; toss with butter, salt and pepper.
- Drain and discard marinade. Place tenderloin on a rack in a shallow roasting pan. Arrange

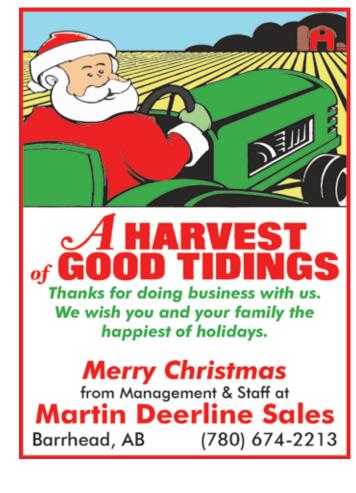
potatoes around meat.

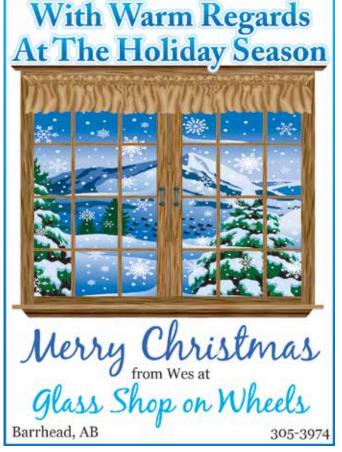
• Bake, uncovered, at 375° for 60-75 minutes or until beef reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), basting occasionally with reserved marinade. Let stand for 10 minutes before slicing; serve with pan juices and potatoes.

Yield: 10-12 servings.









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# CRANBERRY CHILI MEATBALLS

Prep/Total Time: 30 min. Yield: 76 Servings

#### Ingredients

- 1 can (14 ounces) jellied cranberry sauce
- 1 bottle (12 ounces) chili sauce
- 3/4 cup packed brown sugar
- 1/2 teaspoon chili pow-

- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 package (32 ounces) frozen fully cooked homestyle meatballs, thawed

#### **Directions**

• In a large saucepan over medium heat, combine the first six ingredients; stir until sugar is dissolved. Add meatballs; cook for 20-25 minutes or until heat-

ed through, stirring occasionally. Yield: about 6 dozen.

Nutritional Facts 1 meatball equals 51 calories, 2 g fat (1 g saturated fat), 12 mg cholesterol, 80 mg sodium, 6 g carbohydrate, trace fiber, 2 g protein. Diabetic Exchanges: 1/2 starch, 1/2 lean meat.

### AFTER-CHRISTMAS TURKEY POTPIE

Prep: 30 min. Bake: 55 min. Yield: 6 Servings

#### Ingredients

- 1 cup sliced carrots
- 1 cup finely chopped onion
- 1/2 cup chopped celery
- 1/2 teaspoon dried thyme
- 1/8 teaspoon pepper
- 3 tablespoons butter
- 2 cups cubed cooked turkey
- 1 tablespoon all-purpose flour
- 1 can (10-3/4 ounces) condensed golden mushroom soup, undiluted
- 1 cup frozen cut green beans,

cooked and drained

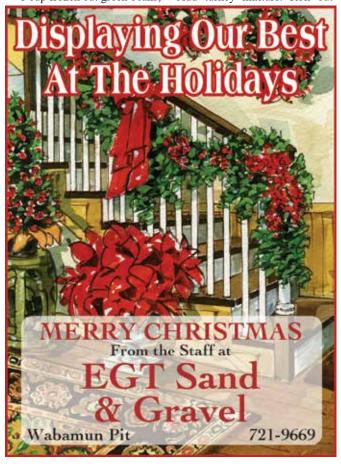
- Pastry for double-crust pie (9 inches)
- 1 tablespoon milk

#### Directions

• In a skillet, saute carrots, onion, celery, thyme and pepper in butter until vegetables are crisp-tender. In a large resealable plastic bag, combine turkey and flour; shake to coat. Add turkey, soup and green beans to the vegetable mixture; mix well. Line a 9-in. pie plate with bottom crust. Add turkey mixture. Roll out

remaining pastry to fit top of pie; seal and flute edges. Cut slits in pastry. Brush with milk. Cover edges loosely with foil. Bake at 350° for 55-65 minutes or until golden brown. Serve warm. Yield: 6 servings.







### APPLE RYE DRESSING

Prep: 30 min. Bake: 50 min. Yield: 12 Servings

#### Ingredients

- 1 pound bulk pork sausage
- 4 celery ribs, finely chopped
- 2 large onions, finely chopped
- 1 loaf (1 pound) rye bread, cubed
- 1/2 cup butter, melted
- 2 teaspoons seasoned salt
- 3 cups chopped tart apples
- 1 cup chopped walnuts
- 1 cup raisins
- 1 cup unsweetened apple juice
- 1/2 cup water

#### **Directions**

- In a large skillet, cook the sausage, celery and onions over medium heat until meat is no longer pink; drain and set aside.
- In a large bowl, toss the bread cubes with butter and seasoned salt. Transfer to a 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 300° for 10-15 minutes or until lightly toasted.
- In a large bowl, combine the sausage mixture, apples, wal-

nuts, raisins, apple juice and water. Add toasted bread cubes; stir to combine.

• Transfer to a greased 13-in. x 9-in. baking dish. Cover and bake at 350° for 50-60 minutes or until browned. Yield: 12 servings.

Nutritional Facts 3/4 cup equals 378 calories, 22 g fat (8 g saturated fat), 34 mg cholesterol, 726 mg sodium, 39 g carbohydrate, 5 g fiber, 9 g protein.



# BAKED CAULIFLOWER



Prep: 15 min. Bake: 30 min. Yield: 4-6 Servings

#### Ingredients

- 1 medium onion, chopped
- 4 tablespoons butter, divided
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1 package (16 ounces) frozen cauliflower, thawed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1/4 cup dry bread crumbs
- 1/4 cup shredded cheddar cheese

#### **Directions**

• In a large skillet, saute onion in 2 tablespoons butter and oil until onion is tender. Add garlic; cook 1 minute longer. Stir in the cauliflower, salt, pepper and nutmeg; saute for 2 minutes.

- Transfer to a greased 1-qt. baking dish. Melt remaining butter; toss with bread crumbs. Sprinkle over cauliflower mixture.
- Cover and bake at 350° for 15 minutes. Uncover; bake for 10 minutes or until heated through. Sprinkle with cheese; bake 3-5 minutes longer or until cheese is melted. Yield: 4-6 servings.

Nutritional Facts 1 serving (3/4 cup) equals 170 calories, 14 g fat (6 g saturated fat), 25 mg cholesterol, 360 mg sodium, 10 g carbohydrate, 2 g fiber, 4 g protein.





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# DISCOVER A TWIST ON A TRADITIONAL CHEESECAKE

(NC) Try something new, with this creamy and delicious no-bake cheesecake recipe. This tropically-inspired spin on a traditional cheesecake features a richly flavoured toasted coconut crust, topped with a creamy avocado and zesty lime cream cheese blend.

"It's a gorgeous shade of lime green that contrasts beautifully with the garnish of red raspberries," says Tom Filippou, executive chef for President's Choice cooking school. "This velvety dessert has the perfect amount of texture and will leave guests stunned once they learn the key ingredient."

#### Avocado Lime and Coconut No-Bake Cheesecake

Makes: 12 servings

#### Ingredients:

- 3/4 cup (175 mL) shredded sweetened coconut
- 3/4 cup (175 mL) graham

cracker crumbs

- 1/4 cup (50 mL) unsalted country churned butter, melted
- 3/4 cup (175 mL) granulated sugar
- 2 tsp (10 mL) finely grated lime zest
- 2 pkg (each 250 g) cream cheese, cubed and at room temperature
- 1 pkg (400 g) PC frozen avocado chunks, thawed
- 1/3 cup (75 mL) fresh lime juice
- 1/2 cup (125 mL) fresh raspberries

#### Directions:

- 1. Line bottom and sides of 9-inch (2.5 L) spring-form pan with parchment paper.
- 2. Toast coconut in dry frying pan over low heat 5 to 7 minutes, stirring frequently until golden and fragrant. Set aside to cool.
- 3. Stir together coconut, graham crumbs, and butter. Press

onto bottom of prepared pan. Chill 15 minutes.

- 4. Meanwhile, place sugar and lime zest in food processor; pulse on and off until well-mixed. Add cream cheese; process until smooth. Add avocado and lime juice; process until completely smooth.
- 5. Pour cream cheese mixture over crust and smooth top. Cover; chill 6 hours or until set.
- 6. Unclasp side of pan and remove ring. Carefully peel parchment away from side of cake. Place cheesecake on cake plate and mound berries on top. Garnish with lime slices and fresh mint, if desired.

Nutritional information per serving: Calories 360, fat 24 g, sodium 220 mg, carbohydrates 31 g, fibre 3 g, protein 6 g.

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## ROSEMARY-GARLIC ROAST TURKEY

If Italians had invented roast turkey, it would turn out something like this. Wonderfully fragrant with garlic and rosemary, this savory roast turkey makes an impressive holiday feast that's sure to wow your guests.

#### Ingredients

- 8 cloves garlic, crushed
- 1/4 cup (50 mL) chopped fresh rosemary (or 2 tbsp./30 mL dried)
- 1/4 cup (50 mL) olive oil
- 1 tbsp. (15 mL) coarse salt
- 1 tsp. (5 mL) black pepper
- 12 to 15 lb. (5.5 to 7 kg) whole turkey, fully defrosted if frozen

#### **Cooking Instructions**

- 1. Preheat oven to 325 degrees F (160 degrees C).
- 2. In a small bowl or food processor, mash together garlic, rosemary, olive oil, salt and pepper so that it forms a thick paste.
- 3. By hand, gently pull the skin away from the turkey breast at

the front of the breast (near the neck opening) to form a sort of pocket. Rub some of the rosemary garlic paste onto the breast meat under the skin, reaching in as far as you can without tearing the skin. Rub the remaining rosemary garlic paste all over the skin of the turkey and in the cavity. Add the stuffing, if you're using it, and place the turkey, breast side up, on a rack in a shallow roasting pan. Tuck the wings underneath the bird and tie the legs together with kitchen string.

4. Place the turkey into the preheated oven. Do not cover the pan. Roast, basting every 15 to 20 minutes with the pan juices, until a meat thermometer inserted into the inner thigh reaches 170 degrees F (77 degrees C) and the juices run clear when the thigh is pricked with a skewer. This will take anywhere from 3 to 4-1/4 hours (depending on the size of the turkey and whether it is stuffed or not). The only defi-

nite way to know if the turkey is cooked is by using a meat thermometer. Remove roasting pan from the oven and let the turkey rest at room temperature for about 15 minutes before carving.

5. Serve turkey with pan juices or use the juices to make gravy (recipe follows).

#### Rosemary-Garlic Gravy:

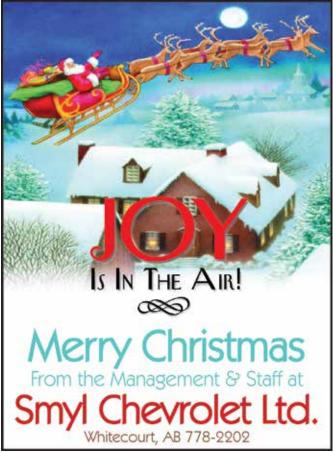
- 1/4 cup (50 mL) fat from the roasting pan
- 1/4 cup (50 mL) flour
- 2 cups (500 mL) defatted

turkey pan juices, turkey broth, water, or a combination

#### Directions:

In a saucepan, combine the fat from the roasting pan and flour. Cook, stirring to eliminate any lumps, for just a minute or two. Whisk in turkey juices, broth or whatever liquid you're using and cook, stirring constantly, until the gravy thickens. Let simmer over low heat, whisking occasionally, for 6 to 8 minutes. Serve hot.







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# IMPRESS GUESTS WITH THIS INNOVATIVE BAKED CHEESE APPETIZER

(NC) This recipe includes all the best holiday ingredients that make for the perfect appetizer. Including cheese in holiday entertaining is a must, but why not shake up the traditional with something a little different?

"Topped with poached fruit in rich syrup, this enticing twist on baked cheese replaces the usual brie with creamy soft washed rind cheese. Serve it to your guests meltingly warm from the oven with your favourite crackers, flatbread, or sliced baguette for spreading," recommends Tom Filippou, executive chef for President's Choice cooking school.

Baked Cheese with Apple-Pear Confit

Serves: 6

#### Ingredients:

• 1 round (170 g) PC La Belle Rivière washed-rind soft surface ripened cheese

- 1 Granny Smith apple
- 1 Bosc pear
- 1 cup (250 mL) dry white wine
- 1/2 cup (125 mL) PC Black Label simple syrup cocktail mixer
- 1 2x1 inch (5x2.5 cm) piece lemon zest
- 2 tsp (10 mL) fresh lemon juice
- 1 tbsp (15 mL) toasted hazelnuts, roughly chopped

#### Directions:

- 1. Preheat oven to 350°F (180°C). Cut top rind off cheese; discard rind. Place cheese in glass pie plate. Set aside and let come to room temperature, about 30 minutes.
- 2. Meanwhile, peel, core, and dice apple and pear; place in small saucepan. Add wine, cocktail mixer, lemon zest, and juice. Bring to boil over medium-high

heat. Reduce heat to medium-low and simmer, stirring occasionally, until fruit is very tender or about 18 to 20 minutes.

- 3. Remove fruit from poaching liquid using slotted spoon; set aside. Return pan to stove top over medium heat; cook, stirring occasionally, 10 to 12 minutes or until liquid is reduced to about 1/4 cup and is a light golden caramel colour. Remove from heat and let cool for 15 minutes. Combine fruit and poaching liquid; set aside.
- 4. Bake cheese 4 to 6 minutes or until softened and warmed through. Spoon 1/4 cup apple-pear confit mixture on top; sprinkle with hazelnuts. Serve in pie plate with crackers and flatbread.

Per serving: Calories 110, fat 9 g, sodium, 220 mg, carbohydrates 4g, fibre 1 g, protein, 6 g.

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# Rejoice!

With exceeding great joy, we wish you and your family much peace, love and harmony this Christmas season.

Westar Drilling Ltd.





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## BACON SPINACH STRATA

Prep: 30 min. + chilling Bake: 45 min. + standing

Yield: 12 Servings

#### **Ingredients**

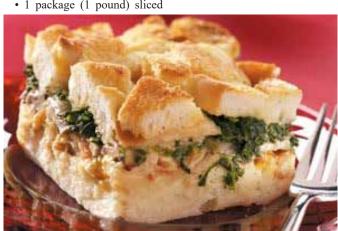
- 1 package (8 ounces) sliced mushrooms
- 1 bunch green onions, sliced
- 2 teaspoons canola oil
- 1 loaf (1 pound) day old bread, cut into 3/4-inch cubes
- 1 cup (4 ounces) shredded Swiss cheese
- 1 package (1 pound) sliced

bacon, cooked and crumbled

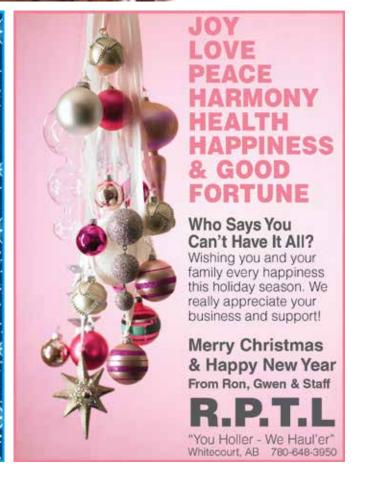
- 2 cups (8 ounces) shredded cheddar cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
  - 9 eggs
- 3 cups milk
- 1/2 teaspoon each onion powder, garlic powder and ground mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

- In a large skillet, saute mushrooms and onions in oil until tender. Place half of the bread cubes and 1/2 cup Swiss cheese in a greased 13-in. x 9-in. baking dish. Layer with bacon, cheddar cheese, mushroom mixture, spinach and remaining Swiss cheese and bread cubes.
- In a large bowl, combine the eggs, milk and seasonings. Pour over casserole. Cover and refrigerate overnight.
- Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 375° for 45-55 minutes or until a knife inserted near the center comes out clean (cover loosely with foil if top browns too quickly). Let stand for 10 minutes before cutting. Yield: 12 servings.

Nutritional Facts 1 piece equals 382 calories, 22 g fat (10 g saturated fat), 204 mg cholesterol, 817 mg sodium, 25 g carbohydrate, 2 g fiber, 21 g protein.



# appy Holidays To You With gratitude, we extend our best wishes for a happy and healthy holiday season to each and every one of you. Your business is always appreciated. Thank you for visiting us this past year. We look forward to seeing you in 2017. "Season's Greetings" from Gary, Shirley, Russ & Staff PADDLE PLASTICS LTD Mayerthorpe, AB



# SALTED CHOCOLATE-CARAMEL ROUNDS

Yield: About 36 cookies Prep: 30 mins Bake: 375°F 8 minsper batch

#### **Ingredients**

- 2 3/4 cups all-purpose flour
- 3/4 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup butter, softened
- 1 cup granulated sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 36 milk chocolate-covered round caramels
- 12 vanilla caramels, unwrapped
- 1 tablespoon whipping cream, half-and-half, or light cream
- · Coarse salt

#### Directions

- 1. In a medium bowl stir together flour, cocoa powder, baking soda, and salt; set aside.
- 2. In a large bowl beat butter with an electric mixer on medi-

um to high speed for 30 seconds. Add granulated and brown sugar. Beat until combined, scraping sides of bowl occasionally. Beat in eggs and vanilla until combined. Beat in as much of the flour mixture as you can with the mixer. Stir in any remaining flour mixture. If necessary, cover and chill for 1 hour or until dough is easy to handle.

- 3. Preheat oven to 375 degrees F. Shape dough into 1 1/2-inch balls. Press a chocolate-covered caramel into each ball and shape dough around caramel to enclose. Place cookies 2 inches apart on an ungreased cookie sheet.
- 4. Bake in the preheated oven for 8 to 10 minutes or until edges are firm. Transfer cookies to a wire rack; cool completely.
- 5. To decorate, in a small saucepan combine vanilla caramels and whipping cream. Heat over medium-low heat until caramels melt and mixture is smooth. Drizzle melted caramel

mixture over cookies and then sprinkle cookies with coarse salt. Let stand until set.

Storage: Layer undecorated cookies between sheets of waxed paper in an airtight container; cover. Store at room temperature for up to 3 days or freeze for up to 3 months. To serve, thaw cookies, if frozen. Frost and top cookies as directed in Step 5.

194, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 1, Pyridoxine (Vit. B6) (mg) 0, Folate (μg) 20, Cobalamin (Vit. B12) (μg) 0, Sodium (mg) 140, Potassium (mg) 61, Calcium (DV %) 30, Iron (DV %) 1, Percent Daily Values are based on a 2,000 calorie diet

Nutrition Facts: Calories 177, Protein (gm) 2, Carbohydrate (gm) 26, Fat, total (gm) 8, Cholesterol (mg) 27, Saturated fat (gm) 5, Monosaturated fat (gm) 2, Dietary Fiber, total (gm) 1, Sugar, total (gm) 17, Vitamin A (IU)







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# With best wishes from our entire team. Thanks for pulling for us this year. Merry Christmas from 674-2551

## COCONUT CANDY BARS

Makes: 36 servings Prep: 30 mins Bake: 350°F 22 mins

Ingredients

- 2 cups graham cracker crumbs
- 1 1/2 cups whole almonds, toasted\*
- 1/3 cup packed brown sugar
- 2/3 cup butter, melted
- 1 14 ounce package flaked coconut
- 1 14 ounce can (1 1/4 cups) sweetened condensed milk
- 18 ounces dark chocolate

pieces, melted\*\*

#### Directions

1. Preheat oven to 350F. Place graham cracker crumbs, 1/2 cup of the almonds, and the brown sugar in a food processor. Cover and process until almonds are finely chopped. Add butter; cover and pulse with four or five onoff turns or until mixture is well combined. Press crumb mixture onto bottom of an ungreased 13x9x2-inch baking pan. Bake in preheated oven for 12 min-

2. Combine coconut and sweetened condensed milk in a medium bowl. Spread mixture evenly over crust. Sprinkle remaining 1 cup almonds evenly over coconut layer. Bake for 10 minutes.

3. Spread melted chocolate evenly over top of baked mixture. Cool completely in pan on a wire rack. (If desired, chill in the refrigerator until the chocolate is set.) Cut into bars. Makes 36 bars.

Note\*: To toast nuts, spread them in a single layer in a shallow baking pan. Bake in a preheated 350F oven for 5 to 10 minutes or until nuts are slightly golden brown, stirring once or twice.

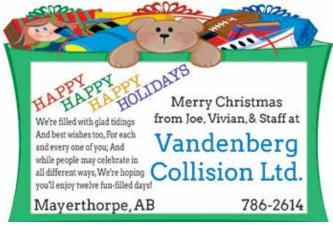
Note \*\*: To melt dark chocolate pieces, place chocolate pieces in a medium microwave-safe bowl. Microwave on 50 percent power (medium) about 3 minutes or until chocolate is melted and smooth, stirring once or twice.

Storage: Place bars in a single layer in an airtight container; cover. Refrigerate for up to 1 week or freeze for up to 3 months. Let stand for 30 minutes before









# WHITE CHOCOLATE PEPPERMINT FUDGE

TOTAL TIME: Prep: 10 min. Cook: 10 min. + chilling MAKES: 81 servings

#### **Ingredients**

- 1-1/2 teaspoons plus 1/4 cup butter, softened, divided
- 2 cups sugar
- 1/2 cup sour cream
- 12 squares (1 ounce each) white baking chocolate, chopped
- 1 jar (7 ounces) marshmallow cream
- 1/2 cup crushed peppermint candy
- 1/2 teaspoon peppermint extract

#### Directions

- 1. Line a 9-in. square pan with foil. Grease the foil with 1-1/2 teaspoons butter; set aside.
- 2. In a large heavy saucepan, combine the sugar, sour cream and remaining butter. Cook and stir over medium heat until sugar is dissolved. Bring to a rapid

boil; cook and stir until a candy thermometer reads 234° (soft-ball stage), about 5 minutes.

- 3. Remove from the heat; stir in white chocolate and marshmallow creme until melted. Fold in peppermint candy and extract. Pour into prepared pan. Chill until firm.
- 4. Using foil, lift fudge out

of pan. Gently peel off foil; cut fudge into 1-in. squares. Store in the refrigerator. Yield: 2 pounds.

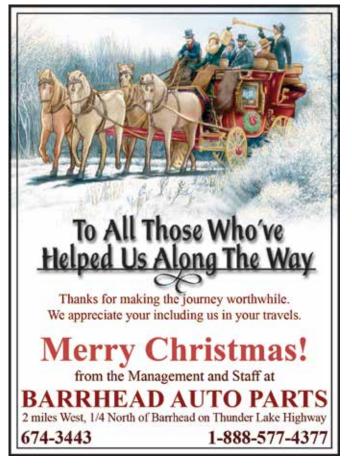
Editor's Note: We recommend that you test your candy thermometer before each use by bringing water to a boil; the thermometer should read 212°. Adjust your recipe temperature up or down based on your test.











### NO-BAKE LEMON DROPS

Makes: 36 servings Yield: about 36 cookies Prep: 30 mins Chill: 2 hrs

#### Ingredients

- 2 cups finely crushed shortbread cookies (about 7 ounces)
- 1 cup powdered sugar
- 1/2 cup almonds, toasted and finely chopped
- 1/2 cup finely crushed lemon drop candies\*
- 2 tablespoons light-colored

corn syrup

- 2 tablespoons milk
- 2 tablespoons butter, melted
- 1/3 cup powdered sugar
- 1 tablespoon finely crushed lemon drop candies

#### **Directions**

1. In a large bowl, stir together the crushed cookies, the 1 cup powdered sugar, the almonds, and the 1/2 cup crushed candies. In a small bowl, stir together

corn syrup, milk, and melted butter. Stir the corn syrup mixture into the cookie mixture until well combined.

- 2. Shape cookie mixture into 1-inch balls. In a small bowl, combine the 1/3 cup powdered sugar and the 1 tablespoon crushed candies. Roll balls in powdered sugar mixture. Place on a large baking sheet or tray.
- 3. Cover and chill for at least 2 hours before serving. Roll balls again in powdered sugar mixture just before serving. Makes about

36 cookies.

Tip \*: Place lemon drops in a heavy resealable plastic bag. Use a meat mallet or a rolling pin to coarsely crush the lemon drops. Transfer coarsely crushed lemon drops to a food processor. Cover and process until finely crushed.

Storage: Place cookies in a single layer in an airtight container; cover. Store in the refrigerator for up to 3 days or freeze up to 3 months.





### AT THE HOLIDAYS

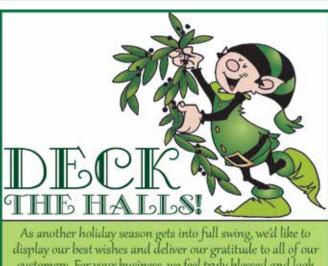
Your goodwill and generous support make it all worthwile for us - thanks!



From Jeff & Chad

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customers. For your business, we feel truly blessed and look forward to serving you again, soon.

Wishing you and your family a Very Merry Christmas and all the best in 2017!



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# PROBÍTA

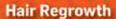
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# **GINGERBREAD PANCAKES**



Prep/Total Time: 20 min. Yield: 3 Servings

#### Ingredients

- 1 cup all-purpose flour
- · 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinna-
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1 egg
- 3/4 cup 2% milk
- 2 tablespoons molasses
- 1 tablespoon canola oil
- 6 tablespoons maple pancake
- 3/4 cup apple pie filling, warmed
- 3 tablespoons dried cranber-

#### ries

#### Directions

- In a large bowl, combine the first six ingredients. Combine the egg, milk, molasses and oil; stir into dry ingredients just until moistened.
- Pour batter by 1/4 cupfuls onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown.
- To serve, place two pancakes on each plate; drizzle with 2 tablespoons syrup. Top with 1/4 cup apple pie filling; sprinkle with cranberries. Yield: 3 servings.

## **HOLIDAY GLAZED HAM**

Prep: 20 min. Bake: 2 hours Yield: 16 Servings

#### Ingredients

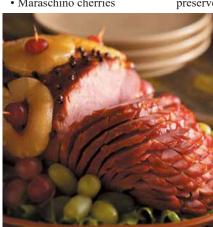
- 1 boneless fully cooked ham (about 6 pounds)
- 1 tablespoon whole cloves
- 1 can (20 ounces) sliced pineapple
- 1 cup apricot preserves
- 1 teaspoon ground mustard
- 1/2 teaspoon ground allspice
- Maraschino cherries

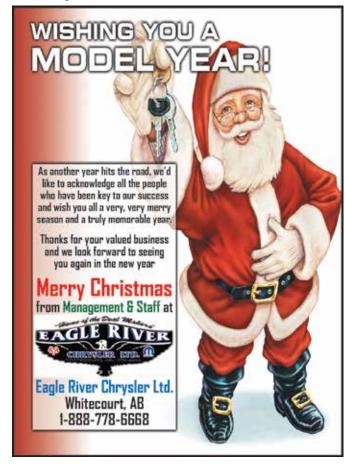


- · Place ham on a rack in a shallow roasting pan. Score the surface of the ham, making diamond shapes 1/2 in. deep; insert a clove in each diamond. Bake, uncovered, at 325° for 1-1/2 hours.
- Drain pineapple, reserving juice. In a small saucepan, combine the pineapple juice, preserves, mustard and allspice.

Bring to a boil; cook and stir for 10 minutes or until slightly thick-

- · Spoon half of the glaze over ham. Secure pineapple slices and cherries on top and sides of ham with toothpicks.
- Bake 30-45 minutes longer or until a thermometer reads 140°, basting twice with remaining glaze.







#### Ingredients

- 250 gram Philidelphia Brick Cream Cheese, room temperature
- 1 tsp pure peppermint extract
- 3 dash food colouring of choice
- 5 cup powdered sugar

Cook Time: 0 min. Prep Time: 20 min. Yields - 10 serv.

# CREAM CHEESE MINTS

#### Directions

- 1. Line two baking sheets with wax paper, tape down the ends and set them aside. Fit a large pastry bag with a medium star tip.
- 2. In a large bowl with an electric mixer, beat the cream cheese and peppermint extract until it's smooth. Add the powdered sugar and and mix it until you achieve the consistency

of thick cream cheese frosting. The peaks should remain quite stiff and not melt down when the mixer is stopped. Add more powdered sugar if necessary.

3. You can tint your cream cheese mints any colour using food colouring. I opted for an icy blue using a few drops of liquid blue food colouring. A little bit goes a long was so make sure not to add too much and make

your mixture too thin.

- 4. Fill the pastry bag with the minty mixture and pipe little kisses onto the prepared baking sheets. You should get about 250 of them.
- 5. Let them sit for about an hour to set then store them in the fridge for freezer. They'll last about a month in the fridge and up to four in the freezer. Enjoy!

### HOLIDAY BRUNCH CASSEROLE

Prep: 15 min. + chilling Bake: 30 min. + standing Yield: 12 Servings

#### Ingredients

- 4 cups frozen shredded hash brown potatoes
- 1 pound bulk pork sausage, cooked and drained
- 1/2 pound bacon strips, cooked and crumbled
- 1 medium green pepper, chopped
- 2 cups (8 ounces) shredded

cheddar cheese, divided

- 1 green onion, chopped
- 1 cup reduced-fat biscuit/baking mix
- 1/2 teaspoon salt
- 4 eggs
- 3 cups 2% milk

#### Directions

• In a large bowl, combine the hash browns, sausage, bacon, green pepper, 1 cup cheese and onion. Transfer to a greased 13-in. x 9-in. baking dish.

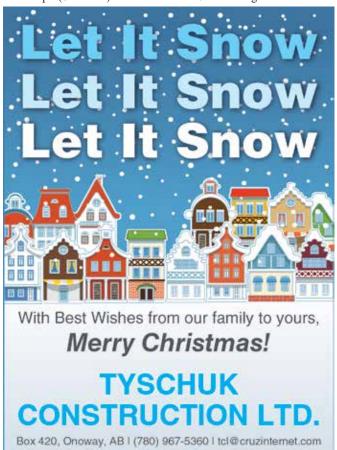
• In another bowl, whisk the biscuit mix, salt, eggs and milk; pour over the top. Sprinkle with remaining cheese. Cover and refrigerate overnight.

• Remove from the refrigerator 30 minutes before baking. Bake,

uncovered, at 375° for 30-35 minutes or a knife inserted near



the center comes out clean. Let stand for 10 minutes before cut-





# CHOCOLATY CARAMEL THUMBPRINTS

Makes: 36 servings Yield: 36 cookies

Prep: 30 mins Chill: 2 hrs Bake: 350°F 10 minsper batch

#### Ingredients

- 1 egg
- 1/2 cup butter, softened
- 2/3 cup sugar
- 2 tablespoons milk
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1/3 cup unsweetened cocoa
- 1/4 teaspoon salt
- 16 vanilla caramels, un-

wrapped

- 3 tablespoons whipping cream
- 1 1/4 cups finely chopped pecans
- 1/2 cup (3 ounces) semisweet chocolate pieces
- 1 teaspoon shortening

#### **Directions**

1. Separate egg; place yolk and white in separate bowls. Cover and chill egg white until needed. In a large mixing bowl beat butter with an electric mixer for 30 seconds. Add sugar and beat

well. Beat in egg yolk, milk, and vanilla.

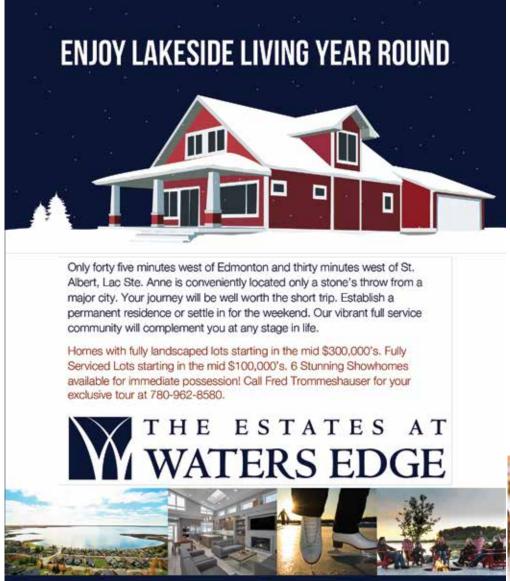
- 2. In another bowl stir together the flour, cocoa powder, and salt. Add flour mixture to butter mixture and beat until well combined. Wrap the cookie dough in plastic wrap and chill for 2 hours or until easy to handle.
- 3. Preheat oven to 350 degrees F. Lightly grease a cookie sheet. In a small saucepan heat and stir caramels and whipping cream over low heat until mixture is smooth. Set aside.
- 4. Slightly beat reserved egg

white. Shape the dough into 1-inch balls. Roll the balls in egg white, then in pecans to coat. Place balls 1 inch apart on prepared cookie sheet. Using your thumb, make an indentation in the center of each cookie.

- 5. Bake for 10 minutes or until edges are firm. If cookie centers puff during baking, repress with your thumb. Spoon melted caramel mixture into indentations of cookies. Transfer cookies to wire racks; cool. (If necessary, reheat caramel mixture to keep it spoonable.)
- 6. In another saucepan heat and stir chocolate pieces and shortening over low heat until chocolate is melted and mixture is smooth. Let cool slightly. Drizzle chocolate mixture over tops of cookies.\* Let stand until chocolate is set. Makes 36 cookies.

Tip: If desired, transfer the warm chocolate mixture to a resealable plastic bag. Cut a small hole in one corner of the bag. Drizzle cookies with chocolate mixture.

Nutrition Facts: Servings Per Recipe 36, Calories 114, Protein (gm) 1, Carbohydrate (gm) 12, Fat, total (gm) 7, Cholesterol (mg) 15, Saturated fat (gm) 3, Monosaturated fat (gm) 4, Polyunsaturated fat (gm) 1, Dietary Fiber, total (gm) 1, Sugar, total (gm) 8, Vitamin A (IU) 97, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 0, Pyridoxine (Vit. B6) (mg) 0, Folate (μg) 8, Cobalamin (Vit. B12) (µg) 0, Sodium (mg) 49, Potassium (mg) 42, Calcium (DV %) 20, Iron (DV %) 1, Other Carb () 1, Fat () 2, Percent Daily Values are based on a 2,000 calorie diet



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# PLAZA TEA SANDWICHES

#### Ingredients

12 slices thinly sliced wholewheat bread

12 slices thinly sliced white bread

6 tablespoons unsalted butter or margarine (at room temperature)

6 slices ripe tomato

1/4 teaspoon salt (or to taste)

1/4 teaspoon black pepper (or to taste)

1 bunch watercress, leaves only (2 cups)

3 hard-cooked eggs (peeled and chopped)

4 tablespoons mayonnaise

2 medium-size cucumbers

#### **Optional garnishes:**

radish slices sprigs of fresh dill

#### **Introduction:**

At your next party or afternoon get-together with friends, serve these traditional tea sandwiches from New York's Plaza Hotel. Makes 6 servings.

Preparation time: 30 minutes.

#### Step 1:

On a clean, dry bread board, lay out all of the bread slices. Using a spatula, spread one side of each slice with the butter.

Step 2: Preparing the tomato sandwiches

Arrange 2 slices of tomato on the buttered side of each of 3 slices of whole-wheat bread. Sprinkle with a pinch each of the salt and pepper, or to taste. Cover with a second slice of whole-wheat bread, buttered side down. Cover with a damp towel.

Step 3: Preparing the watercress sandwiches

In a small bowl, toss together the watercress leaves, one-third of the chopped eggs, 1 tablespoon of the mayonnaise, plus a pinch each of the salt and pepper. Let stand for 5 minutes or just until the leaves start to wilt. Spread one-third of this mixture on the buttered side of each of three slices of white bread. Top with a second slice of white bread, buttered side down. Cover with a damp towel.

Step 4: Preparing the egg sandwiches

In a small bowl, mix the remaining 2/3 of the eggs with the remaining 3 tablespoons of mayonnaise and a pinch each of the salt and pepper until well blended. Spread 1/3 of this mixture on the buttered side of each of 3 slices of whole-wheat bread. Top with a second slice of whole-wheat bread, buttered side down. Cover with a damp towel.

Step 5: Preparing the cucumber sandwiches

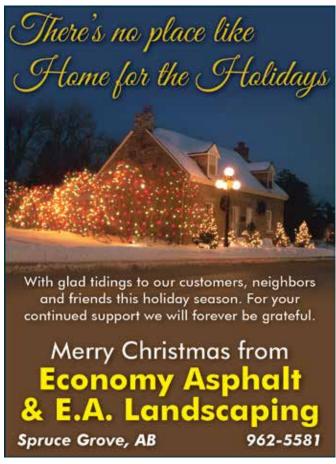
Cut the cucumbers lengthwise into nine thin slices, about 1/8 inch thick. Arrange three slices of cucumber on the buttered side of each of three slices of white

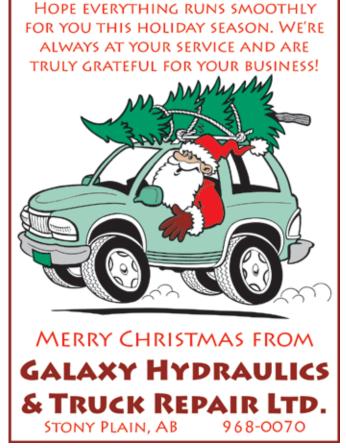
bread. Sprinkle lightly with the remaining salt and pepper. Top with a second slice of white bread, buttered side down.

Step 6:

To serve, make three stacks consisting of one of each sandwich: tomato, watercress, egg, and cucumber. Using a serrated knife, carefully trim off the crusts evenly. Cut each stack in half diagonally, making 2 servings each of 4 different triangular sandwiches. Place a serving on each plate and garnish with radish slices and a sprig of dill if you wish.

Nutritional Information 1 serving: Calories 359 Saturated Fat 6g Total Fat 18g Protein 11g Carbohydrate 40g Fiber 2g Sodium 608mg Cholesterol 112mg





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# CHOCOLATE-PEPPERMINT MERINGUE KISSES

Makes: 192 servings

Prep: 1 hr

Bake: 300°F 7 mins Stand: 1 hr 30 mins

#### Ingredients

- 4 egg whites
- 1/4 teaspoon salt
- 1/4 teaspoon cider vinegar
- 1/4 teaspoon peppermint extract
- 1 1/3 cups sugar
- 1 cup milk chocolate pieces
- 1 teaspoon shortening
- 1 1/4 cups crushed striped round peppermint candies\* (about 50 candies)

#### Directions

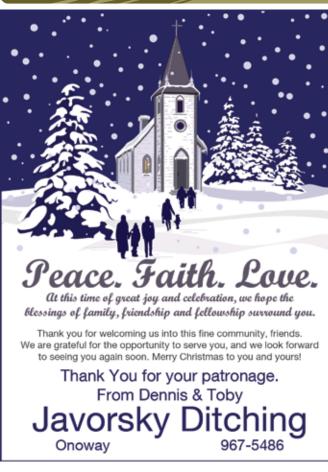
- 1. Place egg whites in a large bowl. Let stand at room temperature for 30 minutes. Preheat oven to 300 degrees F. Line two very large baking sheets with parchment paper or foil; set aside.
- 2. For meringue:: Add salt, vinegar, and peppermint extract to egg whites. Beat with an electric mixer on medium speed until soft peaks form (tips curl). Gradually add sugar, 1 tablespoon at a time, beating on high speed until stiff peaks form (tips stand straight) and sugar is nearly dissolved.
- 3. Transfer meringue to a decorating bag fitted with a 1/2-inch star tip. Pipe 1-inch kisses 1 inch apart onto the prepared baking sheets. Bake all of the meringue kisses at the same time on separate oven racks for 7 minutes. Turn off oven; let meringues dry in oven with door closed for 1 hour. Lift meringues off paper or foil. Transfer to wire racks; cool completely.
- 4. In a small saucepan, combine chocolate pieces and shortening. Cook and stir over low heat just until melted. Remove from heat. Spread crushed candy in a shallow dish. Dip bottoms



of meringues in chocolate, then dip in crushed candies. Place on waxed paper and let stand until chocolate is set. Makes about 192 meringue kisses.

Tip: To crush the peppermint candies, place the unwrapped candies in a resealable plastic bag; seal bag. Using a meat mallet, pound lightly to crush the candies.







### ELEGANT EGGNOG DESSERT

Prep: 30 min. + chilling Yield: 12 Servings

#### Ingredients

- 1 can (13-1/2 ounces) Pirouette cookies
- 1/2 cup graham cracker crumbs
- 1/4 cup butter, melted
- 2 packages (8 ounces each) cream cheese, softened
- 2 cups cold eggnog
- 1-1/3 cups cold whole milk
- 2 packages (3.4 ounces each) instant vanilla pudding mix
- 1/2 teaspoon rum extract
- 1/8 teaspoon ground nutmeg
- 1 cup heavy whipping cream

#### **Directions**

- Cut each cookie into two 2-1/2-in. sections; set aside. Crush remaining 1-inch pieces. In a small bowl, combine the cookie crumbs, cracker crumbs and butter; press onto the bottom of a greased 9-in. springform pan.
- In a large bowl, beat the cream cheese until smooth. Beat in the eggnog, milk, dry pudding mixes,

extract and nutmeg until smooth. Whip cream until stiff peaks form. Fold whipped cream into pudding mixture. Spoon over crust. Cover and refrigerate for 6 hours or overnight.

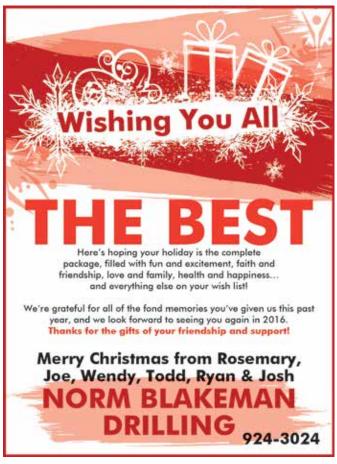
• Just before serving, remove sides of pan. Arrange reserved

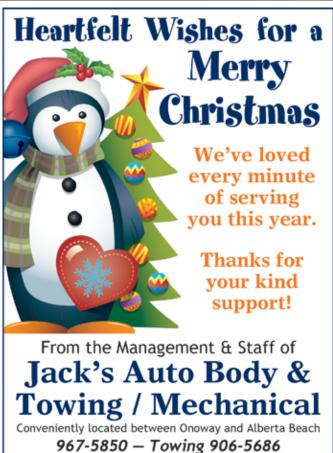
cookies around dessert and press gently into sides. Refrigerate leftovers. Yield: 12 servings.

Editor's Note: This recipe was tested with commercially prepared eggnog. Reduced-fat eggnog is not recommended.









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# WARM UP TO A SEASONAL SALAD

(NC) With the dropping temperatures, we often crave the comfort of a hearty dish at the end of the day. But don't forgo the freshness of a seasonal salad just because winter is here. Warm salads with seasonal fruits and vegetables are especially wonderful in the winter months, adding a dose of sunshine and nutrients.

Professional chef Matt Basile has developed a delicious and aromatic salad featuring roasted apples and fennel. He recommends substituting raw produce with roasted fruits and veggies to create warm and seasonal dishes. This dish can be made in a matter of minutes all the while keeping important nutrients inside. While best prepared in the Panasonic Steam Convection Oven, this recipe can be created with a standard oven as well.

# Roasted Apple and Fennel

Prep time: 10 minutes Cook time: 25 minutes Ingredients:

- 1 fennel, cut into 8 large pieces (remove stalks but keep the tips)
- 2 Macintosh or honey crisp apples, cut into 8 pieces each
- 1 red onion, cut into 8 pieces

- · 4 small yellow tomatoes, cut in
- 4 small red tomatoes, cut in half
- 4 tbsp (60 mL) canola oil
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) black pepper
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) brown sugar
- 1 tsp (5 mL) cinnamon
- 5 sprigs fresh thyme

#### Directions:

- 1. Place fennel, onion, tomato, and apple pieces in a large bowl. Add canola oil and all the dry spices. Toss in the bowl.
- 2. Place on convection oven grill pan. Preheat the unit to 200°C (400°F) on the convection setting and cook for 15 minutes. When the 15 minutes are up, set oven to Grill 1 and roast for another 10 minutes. Serve.

Find more great recipes for creating healthy dishes online at panasonic. com/ca/steam and join the conversation online by following #GetHealthy-

www.newscanada.com



Serves 8 to 10 Prep Time 20 minutes Cooking Time 30 minutes

# Ingredients: For the crepe batter

3/4 cup all-purpose flour

1/4 cup whole-wheat flour

1/2 teaspoon salt

1/4 cup sugar

3/4 cup milk

3/4 cup water

1/4 cup melted butter

5 small eggs

2 tablespoons rum

2 tablespoons oil

#### For the crepe filling

2 packages vanilla pudding mix, prepared according to package directions (for a thicker pudding, use less water)

1 cup whipped cream

#### For the topping

2 cups (about 300 grams) fresh or frozen mixed berries

1 1/4 cups sugar confectioners' sugar for dust-

# HOLIDAY CREPE CAKE

ing

#### Procedure:

1. Make the crepes: In a large bowl, combine dry ingredients together. In another bowl, mix together wet ingredients except for the oil. Pour wet ingredients into dry ingredients and whisk until well blended. Strain to remove lumps. Set aside in the chiller for at least 30 minutes or up to 2 days.

2. Heat a 9-inch nonstick pan and add about 1/2 teaspoon oil. Pour 1/3 cup of the batter into the center and swirl to spread evenly. Cook for 30 seconds or until light brown spots appear. Flip and cook for another 10 seconds. Transfer to a tray to cool. Repeat with remaining batter to make a total of 24 crepes. Set aside.

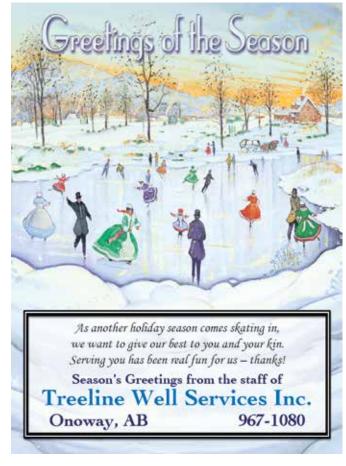
- 3. Make crepe filling: In a bowl, place prepared pudding mix. Gently fold in whipped cream.
  - 4. Make berry topping: Place

berries and sugar in a saucepan. Boil until syrupy. Let cool and set aside.

5. To assemble, spread a dollop of filling on a piece of crepe. Repeat with remaining crepes (except for the top layer) and stack to form a cake. Right before serving, spread berry topping on the center of the cake and dust with confectioners' sugar.

Make-ahead tip Cook the crepes and berry topping in advance. Stack crepes with sheets of parchment paper between each layer, then place the entire stack in a resealable plastic bag. Refrigerate for two days or freeze for up to one month. Keep berry topping in the refrigerator for up to five days.







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# CHOCOLATE CHIP-COOKIE DOUGH TRUFFLES

Yield: about 20 truffles Prep: 30 mins

Freeze: 30 mins Stand: 30 mins

#### Ingredients

- 1/3 cup butter, softened
- 1/3 cup packed brown sugar
- 1 tablespoon vanilla
- 1cup all-purpose flour
- 1 cup miniature semisweet chocolate pieces
- 4 ounces dark chocolate or semisweet chocolate, chopped
- 4 ounces chocolate-flavor candy coating, chopped
- 1 tablespoon shortening

#### Directions

- 1. Line a 15x10x1-inch baking pan with waxed paper; set aside. In a medium bowl beat butter, brown sugar, and vanilla with an electric mixer on medium speed until combined. Beat in flour just until combined. Stir in chocolate pieces. Shape dough into 1-inch balls. Place on prepared baking pan. Cover; freeze about 30 minutes or until firm.
- 2. Meanwhile, in a small saucepan heat chopped chocolate, candy coating, and shortening over low heat, stirring until until melted and smooth. Remove from heat.
- 3. Line a baking sheet with waxed paper. Using a fork, dip

balls into chocolate mixture, allowing excess chocolate mixture to drip back into saucepan. Place dipped balls on the baking sheet. Let stand or chill about 30 minutes or until set. Lightly drizzle with the remaining melted chocolate mixture.

Storage: Place truffles in a single layer in an airtight container; cover. Store in the refrigerator for up to 1 week.

Nutrition Facts: Calories 198, Protein (gm) 2, Carbohydrate (gm) 23, Fat, total (gm) 11, Cholesterol (mg) 9, Saturated fat (gm) 7, Monosaturated fat (gm) 2, Dietary Fiber, total (gm) 1, Sugar, total (gm) 13, Vitamin A (IU) 97, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 0, Folate (μg) 12, Sodium (mg) 24, Potassium (mg) 46, Calcium (DV %) 10, Iron (DV %) 1, Percent Daily Values are based on a 2,000 calorie diet







# CHOCOLATE-MINT THINS

Yield: about 60 cookies Prep: 30 mins Chill: 1 hr Bake: 350°F 8 minsper batch

#### Ingredients

- 1 cup butter, softened
- 2/3 cup sugar
- 1 egg
- 2 teaspoons vanilla
- 2 1/2 cups all-purpose flour
- 2 tablespoons unsweetened cocoa powder or 1 ounce semisweet chocolate, melted and cooled
- 1 teaspoon mint extract
- Green food coloring
- 2 ounces dark chocolate, coarsely chopped (optional)

#### Directions

- 1. In a large bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar. Beat until combined, scraping bowl occasionally. Beat in egg and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour. Divide dough in half.
- 2. Add cocoa powder to one dough portion; stir until combined. Add mint extract and a few drops of green food coloring to the remaining dough portion; stir until combined. Divide each portion in half (two chocolate dough portions and two mint dough portions).
- 3. Shape each dough portion into a 9-inch rope. Loosely twist one chocolate dough rope and one mint dough rope together. Gently roll together to shape into a 9-inch roll; repeat (you will have two 9-inch rolls). Wrap each roll in plastic wrap or waxed paper. Chill about 1 hour or until dough is firm enough to slice.
- 4. Preheat oven to 350 degrees F. Cut rolls into 1/4-inch slices. Place slices 2 inches apart on ungreased cookie sheets.
- 5. Bake for 8 to 10 minutes or until edges are firm. Transfer to a wire rack; cool completely. If desired, in a small heavy saucepan heat and stir dark chocolate over low heat until melted and smooth. Drizzle melted choco-

late over cookies. Let stand until chocolate is set.

Storage: Layer cookies between sheets of waxed paper in an airtight container; cover. Store in the refrigerator for up to 3 days or freeze for up to 3 months.

Nutrition Facts: Calories 60, Protein (gm) 1, Carbohydrate (gm) 6, Fat, total (gm) 3, Cholesterol (mg) 12, Saturated fat (gm) 2, Monosaturated fat (gm) 1, Sugar, total (gm) 2, Vitamin A (IU) 97, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 0, Folate (µg)
12, Sodium
(mg) 23,
Potassium
(mg) 10,
Iron (DV
%) 0, Percent Daily
Values are
based on a
2,000 calorie diet





# BALSAMIC-GLAZED BRUSSELS SPROUTS

Prep/Total Time: 30 min. Yield: 8 Servings

#### Ingredients

- 2 pounds fresh brussels sprouts
- 1/2 pound bacon strips, cut into 1/2-inch pieces
- 1 medium onion, sliced
- 1/4 cup white balsamic vinegar
- 2 tablespoons stone-ground



- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/2 cup soft bread crumbs *Directions*
- Cut an "X" in the core of each brussels sprout. Place in a large saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until crisp-tender.
- Meanwhile, in a large ovenproof skillet, cook bacon over
  - medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 2 tablespoons drippings.
  - Saute onion in drippings until tender. Stir in the vinegar, mustard, garlic powder, salt, brussels sprouts and bacon; cook 2-3 minutes longer.
  - Sprinkle with bread crumbs; broil 4-6 in. from the heat for 2-3 minutes or until golden brown.

# HERBED RUBBED TURKEY

Prep: 10 min. Bake: 4 hours Yield: 12-14 Servings

#### Ingredients

- 2 tablespoons rubbed sage
- 1 tablespoon salt
- 2 teaspoons garlic powder
- 2 teaspoons celery seed
- 2 teaspoons dried parsley flakes
- 2 teaspoons curry powder
- 2 to 3 teaspoons pepper
- 1 teaspoon paprika
- 1/2 teaspoon ground mustard
- 1/4 teaspoon ground allspice
- 3 Spice Islands® Bay Leaves
- 1 turkey (14 to 16 pounds)

#### **Directions**

• In a small bowl, combine the first 10 ingredients. Rub half the seasoning mixture in the cavity of the turkey; add the bay leaves. Rub remaining mixture over the turkey skin.

• Tie the drumsticks together and place turkey in a roasting pan. Roast using your favorite cooking method until a meat thermometer reads 180°. Cover turkey and let stand for 15 minutes before slicing. Yield: 12-14 servings.







# ASPARAGUS AND SUN-DRIED TOMATOES



Prep/Total Time: 25 min. Yield: 12 Servings

#### Ingredients

- 3 pounds fresh asparagus, trimmed
- 1/3 cup butter, cubed
- 1/3 cup chicken broth
- 3 tablespoons olive oil
- 4 teaspoons grated lemon peel
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
- 1/3 cup oil-packed sundried tomatoes, patted dry and chopped
- 1/4 cup minced fresh basil *Directions*
- · Place asparagus in a steamer

basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 6-8 minutes or until crisp-tender.

- Meanwhile, in a small saucepan, melt butter. Stir in the broth, oil, lemon peel and salt.
- Transfer asparagus to a serving platter; drizzle with butter mixture. Sprinkle with pepper; top with tomatoes and basil. Yield: 12 servings.

Nutritional Facts 3/4 cup equals 95 calories, 9 g fat (4 g saturated fat), 14 mg cholesterol, 127 mg sodium, 3 g carbohydrate, 1 g fiber, 2 g protein.

# VEGGIE HAM CRESCENT WREATH



Prep: 20 min. Bake: 15 min. + cooling

Yield: 16 Servings

#### Ingredients

- 2 tubes (8 ounces each) refrigerated crescent rolls
- 1/2 cup spreadable pineapple cream cheese
- 1/3 cup diced fully cooked ham
- 1/4 cup finely chopped sweet yellow pepper
- 1/4 cup finely chopped green pepper
- 1/2 cup chopped fresh broccoli florets
- 6 grape tomatoes, quartered
- 1 tablespoon chopped red onion

Directions

tubes (do not unroll). Cut each roll into eight slices. Arrange in an 11-in. circle on an ungreased 14-in. pizza pan.

· Remove crescent dough from

- Bake at 375° for 15-20 minutes or until golden brown.
- Cool for 5 minutes before carefully removing to a serving platter; cool completely.
- Spread cream cheese over wreath; top with ham, peppers, broccoli, tomatoes and onion. Store in the refrigerator. Yield: 16 appetizers.

Nutritional Facts 1 appetizer equals 142 calories, 8 g fat (3 g saturated fat), 9 mg cholesterol, 290 mg sodium, 13 g carbohydrate, trace fiber, 3 g protein.







# PERFECT SNOWBALLS

Prep Time: 15 minutes Cook Time: 5 minutes Total Time: 2 hours Yield: 48

#### Ingredients

- 3 cups sugar
- 3/4 cup melted butter
- 1 1/4 cups milk
- 3 cups large rolled oats
- 1 cup unsweetened fine coconut
- 12 tbsp cocoa
- 1 1/2 cups extra coconut

extra coconut to roll the balls

#### Instructions

- 1. In a large saucepan, combine the sugar, butter and milk.
- 2. Boil together gently over medium heat for 5 minutes or until mixture reaches about 230 degrees F on a candy thermometer.
- 3. Mix together the oats, 1 cup coconut and cocoa.
- 4. Add the boiled mixture to the dry ingredients until well combined and chill well. until mixture is able to be shaped into 1 1/2 inch balls.
- 5. Roll the balls in additional coconut.
- 6. Makes about 4 dozen. These should be stored in the fridge. These freeze very well

#### Notes

The 2 hour total time for preparation is an estimate and includes chilling time before the snowballs are rolled in the coconut.





### NANAIMO BARS

#### **Chocolate Coconut Layer**

- 1/2 cup butter, softened
- 1/4 cup white sugar
- 5 tablespoons unsweetened cocoa powder
- 1 egg, beaten
- 1 3/4 cups graham cracker crumbs
- 1 cup flaked coconut
- 1/2 cup finely chopped almonds

#### **Custard Buttercream Layer**

- 1/2 cup butter, softened
- 3 tablespoons heavy cream
- 2 tablespoons custard powder
- 2 cups confectioners' sugar

#### **Chocolate Layer**

- 4 (1 ounce) squares semisweet baking chocolate
- 2 tablespoons butter

#### Directions

1. Coconut Layer: Beat the egg in a small bowl and put aside. In the top of a double boiler, combine 1/2 cup butter, white sugar and cocoa powder. Stir occasionally until melted and smooth. Temper the egg by slowly adding a 1/4 cup of the warm chocolate mixture to the

egg, whisking constantly. Add the egg back into the remaining chocolate mixture, whisking constantly until combined. Stir mixture until thick, 2 to 3 minutes. Remove from heat and mix in the graham cracker crumbs, coconut and almonds. Press into the bottom of an ungreased 8×8 inch pan.

- 2. Custard Layer: Cream together 1/2 cup butter, heavy cream and custard powder until light and fluffy. Mix in the confectioners' sugar until smooth. Spread over the bottom layer in the pan. Chill to set.
- 3. Chocolate Layer: While the second layer is chilling, melt the semisweet chocolate and 2 table-spoons butter together in a double boiler. Let cool until no longer hot to the touch. Spread over the chilled bars. Let the chocolate set in refrigerator before cutting into squares. (I let it set about 2 hours before cutting it, when the chocolate was no longer oozing, but was not quite hard yet.)

Makes approx. 20 bars. Recipe doubles well in a  $9\times13$  in pan. Store in an airtight container in the refrigerator.

# CHRISTMAS CRUNCH

#### Ingredients

- 1/2 cup popping popcorn kernels, or 2 bags tender white popcorn
- 1 (12 oz) bag Vanilla Candy Melts (such as Wilton Candy Melts)
- 1 1/3 cups broken pretzel pieces
- 1 (12 oz) bag green and red Milk Chocolate or Mint M&Ms
- Red, green and white Sprinkles (I used Jingle Mix Nonpareils)

#### Directions

- Pop popcorn in a popcorn popper into a large bowl (or alternately in the microwave if using microwave bags of popcorn) according to manufactures directions. Remove any unpopped popcorn kernels. Toss in broken pretzel pieces and M&Ms.
- Melt Vanilla Candy Melts in a microwave safe bowl on 50% power in 30 second intervals,

stirring after each interval until melted and smooth. Drizzle half of melted chips over popcorn mixture, then stir, tossing gently a few times with a rubber spatula. Then drizzle remaining half of melted chips over popcorn, and gently stir mixture until evenly coated (don't over stir though or your sprinkles wont stick if the white chips begin to set and harden). Pour mixture into a single layer onto wax paper. Sprinkle entire mixture evenly with sprinkles (as many as you'd like) before vanilla chips set. Allow to cool and harden, then gently break into pieces and store in an airtight container.

- Note: I was able to fill 8 9 1/2"x 4" party treat bags about 2/3 full with this recipe, just to let you know so you have an idea for gift giving.
- \*These can be found in the cake decorating section of some supermarkets, at craft stores or at specialty kitchen kneads stores.









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# TRILEVEL BROWNIES

Yield: 32 brownies Prep: 15 mins Bake: 35 mins

#### Ingredients

- 1/2 cup all-purpose flour
- 1 cup quick-cooking rolled pats
- 1/2 cup packed brown sugar
- 1/4 teaspoon baking soda
- 1/2 cup butter, melted
- 1 egg
- 3/4 cup granulated sugar
- 2/3 cup all-purpose flour
- 1/4 cup milk
- 1/4 cup butter, melted
- 1 ounce unsweetened choco-

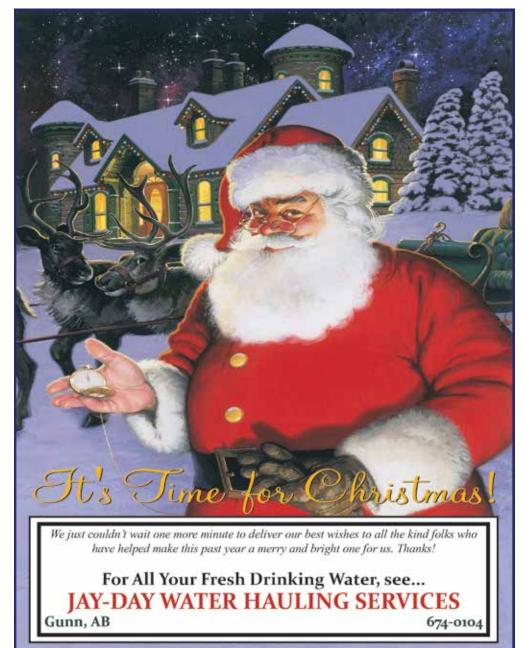
late, melted and cooled

- 1 teaspoon vanilla
- 1/4 teaspoon baking powder
- 1/2 cup chopped walnuts
- 1 ounce unsweetened chocolate
- 2 tablespoons butter
- 1 1/2 cups sifted powdered sugar
  - 1/2 teaspoon vanilla
  - Walnut halves (optional)

#### Directions

- 1. For bottom layer, stir together oats, the 1/2 cup flour, the brown sugar, and baking soda. Stir in the 1/2 cup melted butter. Pat mixture into the bottom of an ungreased 11x7x1-1/2-inch baking pan. Bake in a 350 degree F. oven for 10 minutes.
- 2. Meanwhile, for middle layer, stir together egg, granulated sugar, the 2/3 cup flour, the milk, the 1/4 cup melted butter, 1 ounce melted chocolate, the 1 teaspoon vanilla, and the baking powder until smooth. Fold in chopped walnuts. Spread batter over baked layer in pan. Bake about 25 minutes more or until a wooden toothpick inserted in center comes out clean. Set on a wire rack while preparing top layer.
- 3. For top layer, in a medium saucepan heat and stir 1 ounce chocolate and the 2 tablespoons butter until melted. Stir in the powdered sugar and the 1/2 teaspoon vanilla. Stir in enough hot water (1 to 2 tablespoons) to make a mixture that is almost pourable. Spread over brownies. If desired, garnish with walnut halves. Cool completely on wire rack. Cut into bars. Makes 32 brownies.

Nutrition Facts: Calories 141, Protein (gm) 2, Carbohydrate (gm) 18, Fat, total (gm) 7, Cholesterol (mg) 19, Saturated fat (gm) 4, Dietary Fiber, total (gm) 1, Sodium (mg) 76, Percent Daily Values are based on a 2,000 calorie diet



# COCOA-COFFEE CRINKLES

Yield: about 42 cookies Prep: 35 mins

Chill: 1 hr

Bake: 350°F 8 mins per batch

#### Ingredients

- 1/2 cup butter, softened
- 1 cup packed brown sugar
- 2/3 cup unsweetened cocoa powder
- 1 tablespoon instant coffee crystals
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 2 egg whites
- 1 1/2 cups all-purpose flour
- 1/3 cup granulated sugar
- 2 tablespoons unsweetened cocoa powder

#### Directions

- 1. In a large bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, the 2/3 cup cocoa powder, the coffee crystals, baking soda, and cinnamon. Beat until combined, scraping sides of bowl occasionally. Beat in egg whites. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in any remaining flour. Divide dough in half. Cover and chill about 1 hour or until dough is easy to handle.
- 2. Preheat oven to 350 degrees F. In a small bowl combine granulated sugar and the 2 tablespoons cocoa powder; set aside. Shape dough into 1-inch balls. Shape each ball into a 1 1/2-inch log; roll logs in sugar, reserving remaining mixture. Place logs 2 inches apart onto cookie sheets.
- 3. Bake for 8 to 10 minutes or until edges are firm. Transfer cookies to wire racks; cool. Sprinkle cookies with the remaining sugar mixture.

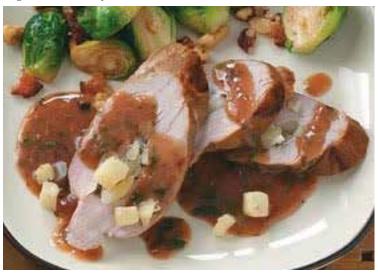
Storage: Layer cookies between sheets of waxed paper in an airtight container; cover. Store at room temperature for up to 3 days or freeze for up to 3 months.

Nutrition Facts: Calories 67, Protein (gm) 1, Carbohydrate (gm) 11, Fat, total (gm) 2, Cholesterol (mg) 6, Saturated fat (gm) 2, Monosaturated fat (gm) 1, Dietary Fiber, total (gm) 1, Sugar, total (gm) 7, Vitamin A (IU) 49, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 0, Folate (µg) 8, Sodium (mg) 54, Potassium (mg) 61, Calcium (DV %) 10, Iron (DV %) 1, Percent Daily Values are based on a 2.000 calorie diet





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# APPLE-STUFFED PORK TENDERLOINS

Prep: 25 min. Bake: 25 min. + standing Yield: 8 Servings

#### Ingredients

- 1 medium apple, peeled and chopped
- 1 small onion, chopped
- 1 tablespoon olive oil
- 1 garlic clove, minced

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 pork tenderloins (1 pound each)

#### **SAUCE:**

- 1 cup unsweetened apple juice
- 1 cup pomegranate juice
- 1 tablespoon Dijon mustard
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 tablespoon minced fresh parsley

#### **Directions**

- In a small skillet, saute apple and onion in oil until tender. Add the garlic, salt and pepper; cook 1 minute longer. Remove from the heat.
- Make a lengthwise slit down the center of each tenderloin to within 1/2 in. of bottom. Open tenderloins so they lie flat; cover with plastic wrap. Flatten to 3/4-in. thickness.
- Remove plastic; spread apple mixture over meat. Close tenderloins; tie with kitchen string and secure ends with toothpicks. Place in an ungreased 13-in. x 9-in. baking dish. Bake, uncovered, at 425° for 15 minutes.
- Meanwhile, in a small saucepan, combine the juices and mustard. Bring to a boil; cook for 5 minutes, stirring occasionally. Combine cornstarch and water until smooth; gradually stir into juice mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in parsley.
- Pour 3/4 cup sauce over tenderloins. Bake 10-15 minutes longer or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. Serve with remaining sauce.

Yield: 8 servings.



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# ALMOND CHICKEN & STRAWBERRY-BALSAMIC SAUCE

Prep: 20 min. Cook: 20 min. Yield: 4 Servings

#### Ingredients

- 1/2 cup panko (Japanese) bread crumbs
- 1/3 cup unblanched almonds, coarsely ground
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless skinless chicken breast halves (4 ounces each)
- Butter-flavored cooking spray
- 3 teaspoons canola oil, divided
- 1/4 cup chopped shallots
- 1/3 cup reduced-sodium chicken broth
- 1/3 cup strawberry preserves
- 3 tablespoons balsamic vinegar
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed
- 1 package (9 ounces) fresh baby spinach

#### Directions

- In a large resealable plastic bag, combine the bread crumbs, almonds, salt and pepper. Add chicken, one piece at a time, and shake to coat.
- In a large nonstick skillet coated with butter-flavored spray, cook chicken in 2 teaspoons oil over medium heat for 4-5 minutes on each side or until juices run clear. Remove and keep warm.
- In the same pan, cook shallots in remaining oil until tender. Stir in the broth, preserves, vinegar and rosemary. Bring to a boil. Re-

duce heat; simmer for 5-6 minutes or until thickened.

• Meanwhile, in a large saucepan, bring 1/2 in. of water to a boil. Add spinach; cover and boil for 3-5 minutes or until wilted. Drain; serve with chicken and sauce. Yield: 4 servings.





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# PEPPERMINT CREAM BITES

Yield: 30 rounds

Prep: 20 mins Bake: 350°F 8 mins Freeze: 45 mins Cool: 15 mins

#### Ingredients

- 1 1/2 cups crushed chocolate sandwich cookies with white filling (15 cookies)
- 3 tablespoons butter, melted
- 2 cups powdered sugar
- 2 tablespoons butter, softened
- 2 tablespoons milk
- 1 teaspoon peppermint ex-

tract

- 6 ounces bittersweet chocolate, chopped
- 2 teaspoons shortening

#### **Directions**

- 1. Preheat oven to 350 degrees F. Line an 8x8x2-inch baking pan with foil, extending foil over edges of pan; set aside.
- 2. In a medium bowl combine crushed cookies and melted butter. Press mixture into the bottom of prepared pan. Bake for 8 minutes. Cool slightly in pan on a wire rack.
- 3. Meanwhile, in a food processor combine powdered sugar and softened butter. Cover and process until butter is evenly distributed. With processor running, add milk and peppermint extract through feed tube until a paste forms. Spread peppermint mixture evenly over prepared crust. Freeze for 45 minutes.
- 4. In a medium microwave-safe bowl combine chopped chocolate and shortening. Microwave on 100 percent power (high) about 1 minute or until chocolate is melted, stirring once. Let chocolate cool for 15 minutes. Pour chocolate over peppermint layer, spreading evenly. Using the edges of the foil, lift uncut bars out of pan. Use a 1-1/2-inch round cookie cutter to cut into rounds\* or use a sharp knife to cut into squares. Store in the freezer until serving time.

Tip \*: To help push the cookie cutter through the mixture, press the top of the cookie cutter with the bottom of a measuring cup.

Storage: Place peppermint bites in a single layer in an airtight container; cover. Store in the refrigerator for up to 2 weeks or freeze for up to 3 months.

Nutrition Facts: Calories 107, Protein (gm) 1, Carbohydrate (gm) 15, Fat, total (gm) 6, Cholesterol (mg) 5, Saturated fat (gm) 3, Monosaturated fat (gm) 1, Dietary Fiber, total (gm) 1, Sugar, total (gm) 12, Vitamin A (IU) 49, Sodium (mg) 44, Potassium (mg) 32, Calcium (DV %) 10, Iron (DV %) 1, Percent Daily Values are based on a 2,000 calorie diet



# GIVE THE GIFT OF HOMEMADE FUDGE

Chocolate is one of the most universally beloved confections and is especially popular come Christmas.

Fudge is a chocolate dessert admired by many. Easy to prepare and even easier to devour, fudge can be made earlier in the day and served after your Christmas Day dinner. Enjoy this recipe for "Easy Chocolate Fudge" courtesy of Nestlé's "Very Best Baking." According to Nestlé, this glossy combination of chocolate morsels and sweetened condensed milk is even better when it's embellished with va-



nilla and chopped nuts.

# **Easy Chocolate Fudge** *Ingredients*

- 2 cups (12-oz. package) Nestlé® Toll House® Semi-Sweet Chocolate Morsels
- 1 can (14 oz.) Nestlé® Carnation® Sweetened Condensed
- 1 cup chopped walnuts
- 1 teaspoon vanilla extract *Directions*

Line an 8- or 9-inch square baking pan with foil.

Combine the morsels and sweetened condensed milk in a medium, heavy-duty saucepan. Warm over the lowest possible heat, stirring until smooth. Remove from heat; stir in the nuts and vanilla extract.

Spread evenly into the prepared baking pan. Refrigerate for 2 hours or until firm. Lift from the pan; remove the foil. Cut into 48 pieces.

# HEALTHY HOLIDAY DESSERT OPTION

A certain measure of overindulgence is anticipated during the holiday season. Rich foods and desserts are served, and parties are plentiful. However, those who plan to stick to their healthy eating plans can still enjoy tastes of the season without compromising their fitness or dietary goals.

Many recipes can be made healthier with some simple substitutions, and that even includes decadent desserts. Take, for example, "Wickedly Decadent Deep Chocolate Truffles" from "Low Fat for Life," (DK) by Sue Krietzman. This low-fat version of a high-fat classic will taste delicious without being too sinful.

#### Wickedly Decadent Deep Chocolate Truffles

Makes 24

#### Ingredients

- 6 ounces semisweet chocolate
- 6 ounces very low-fat fromage frais
- 2 tablespoons confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/2 ounces semisweet chocolate, grated

#### Directions

1. Break the chocolate into a bowl over a pan of simmering water. Let it melt, stirring occasionally.

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- 2. In a separate bowl, whisk together the fromage frais and sugar. Whisk in the vanilla.
- 3. When the chocolate is melted and smooth, remove from the heat and allow to cool slightly. Slowly whisk the chocolate into the fromage frais mixture, using a rubber spatula to incorporate every bit of chocolate. Cover with plastic wrap and chill for an hour.
- 4. Line a baking sheet with waxed paper. Scatter the grated chocolate on a plate. Scoop out the chilled chocolate mixture in teaspoonfuls, roll into balls, then roll the balls in the grated chocolate and put on the prepared baking sheet. Cover with plastic wrap and refrigerate until firm.
- 5. Put the truffles in small paper cases. Store in an airtight container in the refrigerator until ready to use.





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(NC) During the holidays, it is easy to veer from a heart healthy diet and lifestyle. This can be made even more challenging when it comes to desserts. After all, who can say no to delicious baked goods from friends and family?

When it comes to baking your own treats at home, incorporating a soft,

# TRY BETTER-FOR-YOU BAKING THIS HOLIDAY SEASON

non-hydrogenated margarine can help make cookies soft and chewy. Becel Buttery Taste margarine is made with a blend of oils, including canola and sunflower oils, and contains 80 per cent less saturated fat than butter. It also has no artificial colours, flavours, or preservatives.

This holiday season, try this simple and delicious cookie recipe as your first step towards better-for-you baking: Anything Goes Cookie Dough Cranberry Chocolate Oatmeal Granola Cookie

Prep time: 10 minutes Cook time: 25 minutes Makes: 84 cookies

#### Ingredients:

- 2 1/4 cups (550 mL) all-purpose flour
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) Becel Buttery Taste margarine
- 1 cup (250 mL) firmly packed light brown sugar
- 1/4 cup (60 mL) granulated sugar
- 2 large eggs
- 1 tsp. (5 mL) vanilla extract
- 1 cup (250 mL) rolled oats
- 1 cup (250 mL) dried cranberries
  - 1/2 cup (125 mL) flax seeds
- 1/2 cup (125 mL) raw sunflower seeds
- 1 tbsp (15 mL) ground cinnamon
- 1/2 cup (125 mL) mini semi-

sweet chocolate chips

#### Directions:

- 1. Preheat oven to 375°F (190°C). Combine flour, baking soda, and salt in medium bowl; set aside.
- 2. Beat margarine with sugars in large bowl. Mix eggs and vanilla until blended.
- 3. Gradually add in flour mixture; beat just until blended. Add oats, cranberries, flax seeds, sunflower seeds, cinnamon, and mini chips.
- 4. Drop mixture by the tablespoon on ungreased baking sheets, 2 inches (5 cm) apart. Slightly press each cookie down before baking. Bake 5 to 7 minutes or until edges are golden.
- 5. Cool 2 minutes on wire rack; remove cookies from sheets and cool completely.

Nutrition information and more recipe ideas can be found at Becel.ca.

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# A LESS TRADITIONAL YET TASTY TAKE ON A HOLIDAY DINNER

Holiday dinners vary from household to household. Some might prefer a traditional meal of turkey with all of the trimmings, while others might want to try their hands at something new. For those among the latter group, the following recipe for "Winter-Stuffed Pork Tenderloin," from Laurey Masterton's "The Fresh Honey Cookbook" (Storey Publishing), is sure to make a splash at your holiday dinner table this season.

#### Winter Fruit-Stuffed Pork Tenderloin

Serves 8

#### Ingredients

- 1/2 cup dried apricots
- 1/2 cup dried cherries
- 1/2 cup dried figs
- 2 pork tenderloins (about 3 pounds total)
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 cup crumbled blue cheese
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons butter
- 1/4 cup honey, preferably sourwood honey

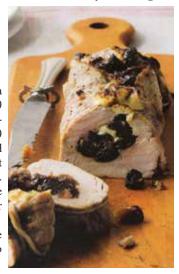
#### Directions

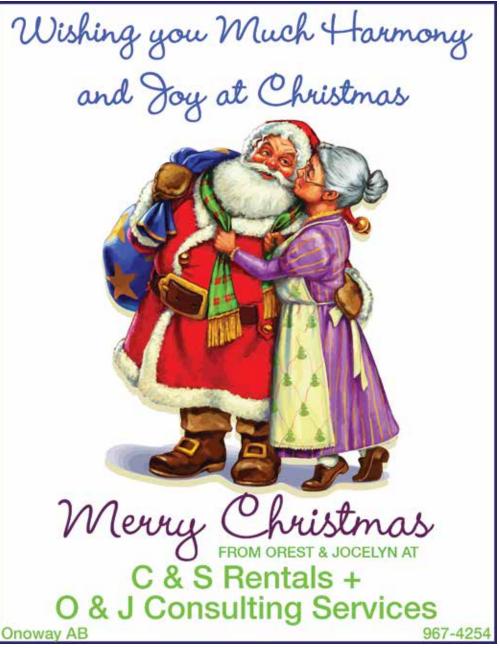
- 1. Mince the apricots, cherries and figs by hand or in a food processor.
- 2. Slice the tenderloins lengthwise, almost all the way through. Open them up and lay them flat. Place each tenderloin on a large piece of plastic wrap. Cover with another piece of plastic wrap and pound each piece of meat with a meat tenderizer until it is about 1/2-inch thick. Remove the top piece of plastic.
- 3. Season the surface of the pork with the salt and pepper. Divide the fruit mixture in half and spread evenly on the cut surface of each tenderloin. Top each with half of the cheese. Roll up each tenderloin, using the bottom piece of plastic to help you, tucking in the fruit and cheese as you go. Tie kitchen string every 2 inches around the tenderloins, continuing to push in any fruit or cheese that may fall out.
- 4. Preheat the oven to 450 F.
- 5. Heat the oil in a large skil-

let over medium-high heat. Sear the tied tenderloins, turning as each side is browned. Be careful when searing the open side, as some fruit and cheese might fall out. You are just trying to seal in the meat juices, not trying to cook the pork all the way through.

6. Combine the butter and honey in a microwaveable bowl and microwave on high for about 20 seconds, or until the butter is melted. Drizzle the butter over the tenderloins.

- 7. Place the tenderloins on a baking sheet. Bake for 15 to 20 minutes, or until the meat reaches an internal temperature of 150 F. Remove the baking sheet and allow the tenderloins to sit for at least 10 minutes before slicing. This will keep the juices in the meat rather than all over your kitchen counter.
- 8. Snip off and discard the strings. Slice the pork into 1-inch-thick pieces and serve.





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# EGGNOG KRINGLA

Yield: 40 kringla Prep: 45 mins Chill: 1 hr Bake: 425°F 5 minsper batch

#### Ingredients

- 1/2 cup butter, softened
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon freshly grated nutmeg or 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/4 teaspoon ground cardamom (optional)
- 1 egg
- 1/2 teaspoon vanilla

- 1/2 teaspoon rum extract
- 3 cups all-purpose flour
- 3/4 cup dairy eggnog
- 1 recipe Eggnog Icing
- · Freshly grated nutmeg or ground nutmeg

#### Directions

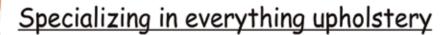
1. In a large bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Beat in the sugar, scraping sides of bowl occasionally. Beat in baking powder, baking soda, the 1 teaspoon fresh nutmeg, salt, and, if desired, cardamom until combined. Beat in egg, vanilla, and rum extract until combined. Alternately add flour and eggnog, beating after each addition until combined. Divide dough in half. Wrap and chill for 1 to 2 hours or until dough is easy to handle.

2. Preheat oven to 425 degrees F. On a well-floured surface, roll half of the dough at a time into a 10x5-inch rectangle. Using a sharp knife, cut each rectangle crosswise into twenty 5x1/2inch strips. Roll each strip into a 10-inch rope. On an ungreased cookie sheet, shape rope into a loop, crossing rope over itself about 1 1/2 inches from ends. Twist rope at crossing point. Lift ends over loop and the ungreased cookie sheet.

3. Bake in the preheated oven about 5 minutes or until tops are very light brown. Transfer to a wire rack; cool completely. Drizzle cookies with Eggnog Icing. If desired, sprinkle with additional nutmeg.

Storage: Layer cookies between sheets of waxed paper in an airtight container; cover. Store in the refrigerator for up to 3 days or freeze up to 3 months.

Nutrition Facts: Calories 104, Protein (gm) 1, Carbohydrate (gm) 18, Fat, total (gm) 3, Cholesterol (mg) 15, Saturated fat (gm) 2, Monosaturated fat (gm) 1, Sugar, total (gm) 10, Vitamin A (IU) 97, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 1, Folate (µg) 16, Cobalamin (Vit. B12) (μg) 0, Sodium (mg) 77, Potassium (mg) 23, Calcium (DV %) 20, Iron (DV %) 1, Percent Daily Values are based on a 2,000 calorie diet





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# CINNAMON-LOG SLICES

#### Ingredients

- 3 sticks unsalted butter, softened
- 1 cup granulated sugar
- 3/4 cup packed light-brown sugar
- 2 large eggs plus 1 large egg white
- 1 teaspoon coarse salt
- 2 teaspoons ground cinnamon
- 2/3 cup whole milk
- 2 teaspoons pure vanilla extract
- 5 cups all-purpose flour, plus more for work surface
- 3 tablespoons unsweetened cocoa powder
- 1/3 cup turbinado sugar

#### **Directions**

Step 1

Beat together butter and granulated and brown sugars with an electric mixer on medium-low speed until creamy, about 3 minutes. Beat in whole eggs 1 at a time, then salt and 1 teaspoon cinnamon, until combined. Beat in milk and vanilla. Add flour a little at a time, beating until incorporated. Divide dough into 4 balls. Roll 1 ball into a 12-inch log; wrap in parchment and refrigerate, along with remaining 3 balls of dough, until firm, about 1 hour.

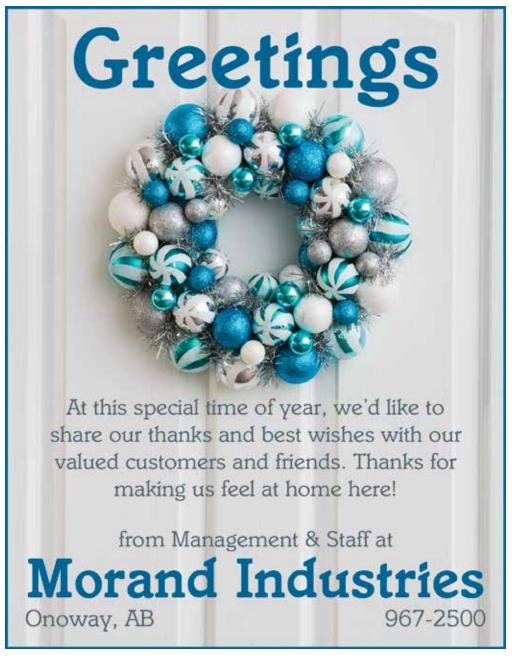
Step 2

Combine cocoa powder and remaining 1 teaspoon cinnamon and sprinkle over work surface. Roll out 1 ball of dough into a 6-by-12-inch rectangle in cocoa mixture. Flip rectangle over onto lightly floured work surface so that 1 long side is facing you; brush off excess cocoa mixture. Place log of dough, also with a long side facing you, in center of rectangle and wrap rectangle around log to enclose completely. Firmly squeeze and massage wrapped log of dough to adhere rectangle to log. Repeat process with second ball of dough, rolling it out into an 8-by-13-inch rectangle, then with final ball, rolling it out into a 10-by-14inch rectangle. Refrigerate log until firm, about 1 hour, 15 minutes. Log can be stored in refrigerator up to 1 day.

Step 3

Preheat oven to 350 degrees. Lightly beat egg white. Brush outside of log with egg white and roll in turbinado sugar, patting to adhere. Refrigerate until sugar is set, about 10 minutes. Slice log into 1/4-inch-thick rounds and transfer to parchment-lined baking sheets. Bake until slices are golden around edges (rings may separate slightly), 18 to 20 minutes. Let cool completely. Slices can be made 3 days ahead and stored at room temperature.





# HOST THE HOLIDAYS WITH HOMEMADE FRUITCAKE

Holiday hosting is a big responsibility. Hosts must make their guests feel welcome and comfortable, which often involves finding space for out-oftowners to lay their heads and cleaning the home to ensure no one is put off by the dust and dirt that can accumulate over time.

Hosting also involves feeding guests, and many hosts aim to provide the usual holiday treasure trove of baked goods for their friends and family. Baking can satisfy holiday sweet tooths, and the smell of baked goods can create that welcoming feeling hosts aim for. Some foods are synonymous with certain times of year, and fruitcake is one food that's enjoyed almost exclusively during the holiday season. Fruitcake is sometimes an object of ridicule, but homemade fruitcake, such as the following recipe from Jeanne Sauvage's

"Gluten-Free Baking For the Holidays" (Chronicle Books), is sure to please those guests devoted to this holiday staple.

#### Fruitcake

Serves 10 to 15

#### Ingredients

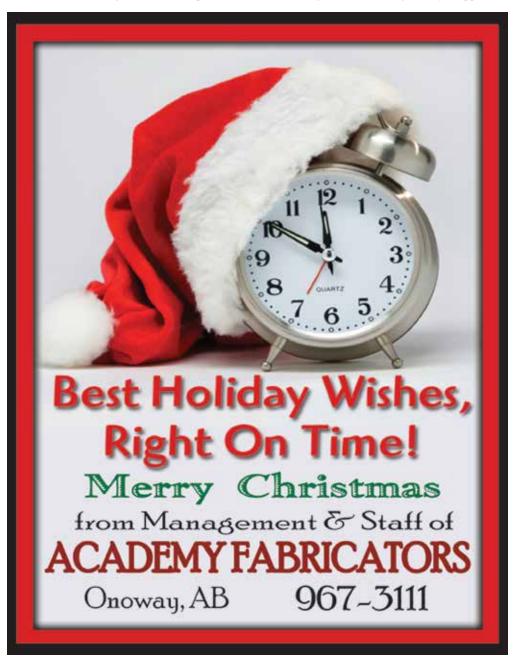
- Macerated Fruit
- 21/2 pounds raisins, pitted prunes, pitted dates, and
- dried figs, finely chopped

- 1/2 cup candied orange and/ or lemon peel, finely chopped
- 1/3 cup candied or dried cherries, finely chopped
- 2/3 cup candied or preserved ginger, finely chopped
- Grated zest and juice of 1 large lemon
- Grated zest and juice of 1 large orange
- 1 tablespoon orange or tangerine marmalade
- 1 tablespoon apricot jam
- 1 cup applesauce
- 2 tablespoons brandy, sweet sherry or apple juice
- 1 cup unsalted butter, at room temperature, plus more for greasing
- 3 cups Jeanne's Gluten-Free All-Purpose Flour (see below)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon ground allspice
- 1 tablespoon baking powder
- 1 cup packed dark brown sugar
- 1 teaspoon pure vanilla extract
- 4 extra-large eggs, at room temperature
- 2 tablespoons brandy, rum, whiskey, sweet sherry, or apple juice, or as needed

#### Directions

The day before you bake the cake, prepare the macerated fruit. Place the raisins, prunes, dates, and figs in a large bowl. Add the citrus peel, cherries, ginger, lemon zest and juice, and orange zest and juice. Add the marmalade, jam, applesauce, and brandy and stir to combine. Cover the bowl and let stand overnight at room temperature so that the fruits soak up the liquid and the flavors meld. The mixture can macerate in the refrigerator for up to 1 week.

Preheat the oven to 325 F. If the fruit has been in the refrigerator, bring it to room temperature. Grease the bottom and sides of a 91/2- or 10-inch springform pan



# Host The Holidays With Homemade Fruitcake

with butter. Line the bottom with three layers of parchment paper and the sides with one layer of parchment. The batter will be very sticky.

In a medium bowl, mix together the flour, cinnamon, ginger, nutmeg, allspice, and baking powder.

In the bowl of a stand mixer fitted with the paddle attachment, beat the butter on medium-high speed until light and fluffy, about 3 minutes. Add the brown sugar and beat for 1 minute. Reduce the speed to low, add the vanilla, and beat until combined. Add the eggs, one at a time, beating after each addition. Then beat for 1 minute longer. Add the flour mixture and beat until just combined. Add the macerated fruit and, with a large wooden spoon, combine with the batter. This requires a bit of strength. Scrape the batter into the prepared pan.

Bake for 2 hours, then reduce the oven temperature to 300 F and bake until a toothpick inserted into the middle of the cake comes out clean, about 2 hours. If the cake browns too quickly, you might want to tent it with aluminum foil for the last 2 hours so it doesn't burn.

Remove the cake from the oven and, while it is still hot, pierce it all over with a skewer. Pour the brandy over the top. Place the pan on a wire rack and let the cake cool completely.

Remove the sides from the pan and peel the parchment paper from the sides and bottom of the cake. Wrap the cake in waxed paper and place it in an airtight container or wrap it in a few layers of plastic wrap. Leave the cake at room temperature for 3 to 5 days to allow the flavors to meld. If you used alcohol, you may store the cake in the refrigerator for up to 2 weeks.

Once the cake is sliced, store in an airtight container at room temperature for up to 1 week.

Jeanne's Gluten - Free All-Purpose Flour

Makes 41/2 cups

#### **Ingredients**

- 11/4 cups brown rice flour
- 11/4 cups white rice flour
- 1 cup sweet rice flour
- 1 cup tapioca flour
- Scant 2 teaspoons xanthan gum

**Directions** 

In a large bowl, whisk together the brown and white rice flours, sweet rice flour, tapioca flour, and xanthan gum thoroughly. Transfer the mix to an airtight container. Store in a cool, dark place for up to 6 weeks or in the refrigerator for up to 4 months.





Going Once, Going Twice...

# Our Best Wishes for a Happy Holiday!

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Merry Christmas! from All of Us at

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Sturgeon County, AB

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# OUGHNUTS TO DELIGHT HOLIDAY GUESTS

Holiday hosts often know which foods to prepare for holiday dinners with their families. But what about breakfast? Hosts who want to treat their overnight guests to some decadent delights can try their hand at the following recipe for "Cider-Apple Doughnuts" courtesy of Linda Collister's "Quick Breads" (Ryland, Peters & Small).

#### **Cider-Apple Doughnuts**

Makes 12

#### **Ingredients**

- 2 medium-tart eating apples
- 1 teaspoon ground cinnamon
- 31/3 cups unbleached all-purpose flour
- 1/4 teaspoon sea salt
- 1 tablespoon baking powder
- 1 cup sugar
- 3 tablespoons unsalted butter, chilled and cut into cubes
- 1 cup smooth mashed potatoes (1 large cooked potato or 2 small), at room temperature
- 2 extra-large eggs, beaten
- 1/2 to 3/4 cup milk (not fatfree)

#### To finish:

- · Saltflower or canola oil for deep-frying
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon

#### **Directions**

Peel, core and chop the apples into small pieces, about the size of your little fingernail. Sprinkle with the cinnamon and toss until thoroughly mixed. Set aside until needed.

Sift the flour, salt, baking powder, and sugar into a large bowl. Add the butter and rub it in with the tips of your fingers until the mixture looks like fine crumbs. Work in the mashed potatoes, then stir in the apple mixture with a round-bladed knife. Add the eggs and enough milk to make a soft but not sticky sconelike dough.

Turn out the dough onto a lightly floured work surface and pat it out to about 3/4-inch thick. Cut into rounds with the doughnut cutter, or use the large pastry cutter and then stamp out the center rounds with the smaller cutter. Gather up the trimmings and pat them out to make more doughnuts.

Heat the oil in a deep-fat fryer or large deep saucepan to 350 F or until a cube of bread turns golden in 40 seconds. Fry the doughnuts in batches for 5 to 6 minutes, turning them frequently, until a good golden brown. Remove with a slotted spoon and drain on paper towels. Toss in the sugar mixed with the cinnamon and let cool before eating. Best eaten the same day. These doughnuts are not suitable for freezing.





# A TASTY TREAT FOR HOLIDAY GUESTS

Hosting family and friends is one of the joys of the holiday season. For many families, holiday gatherings are the one time of year when all family members get together to enjoy time as a family.

Holiday hosts not only have a lot on their plates, but they also want to ensure their guests end up with lots on their plates. Food plays a central role at holiday parties and dinners, and hosts who want to try their hand at creating a decadent treat their guests have likely never tasted before, can consider the following recipe for "Aint Luverta's Dr. Pepper Cake," courtesy of Patty Pinner's "Sweets: Soul Food Desserts & Memories" (Ten Speed Press).

# Aint Luverta's Dr. Pepper Cake

Makes one 9- by 13-inch cake

#### Ingredients

#### Cake

- 2 cups all-purpose flour, sifted
- 1 teaspoon baking soda
- 2 cups granulated sugar
- 1 cup (2 sticks) unsalted butter
- 11/2 cups miniature marshmallows
- 3 tablespoons unsweetened cocoa powder
- 1 cup Dr. Pepper
- 2 eggs
- 11/2 cups buttermilk
- 1 teaspoon vanilla extract

#### **Dr. Pepper Frosting**

- 1/2 cup (1 stick) unsalted butter, softened
- 6 tablespoons Dr. Pepper
- 3 tablespoons unsweetened cocoa powder
- 1 1-pound box confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

#### Directions

Preheat the oven to 350 F. Grease, but do not flour, a 9- by 13-inch pan. Set it aside.

To make the cake, in a large bowl, sift together the flour and baking soda. Gradually stir in the sugar. Set aside.

In a saucepan, heat the butter, marshmallows, cocoa, and Dr. Pepper. Stir constantly until the butter and the marshmallows are melted. Do not allow the mixture to boil. Pour the marshmallow mixture over the flour mixture. Beat well. Set side. In another bowl, beat the eggs until they are light and fluffy. Stir in the buttermilk and vanilla extract. Mix well. Beat the egg mixture into the flour mixture until well blended and the batter is smooth. Pour the batter into

the prepared pan. Bake for 50 to 55 minutes, or until the center of cake springs back when lightly touched. Let the cake cool on a rack for 10 minutes.

To make the frosting, in a saucepan, combine the butter, Dr. Pepper and cocoa powder. Bring the mixture to a boil over low heat, stirring constantly. Remove the pan from the heat. Gradually stir in the confectioners' sugar until the mixture is smooth, then fold in the vanilla extract and pecans. Spread over the warm cake.





from the Staff at Timberlind Auctions 780-542-7323

# PARTY FARE SURE TO DELIGHT HOLIDAY GUESTS

What would the holidays be without entertaining? Playing host or hostess and inviting crowds of people to visit is part of what makes the season so special and memorable.

Entertaining can take on many forms from elaborate sit-down dinners featuring multiple courses to cocktail parties with passed hors d'oeuvres. Small-bite foods are perfect for holiday parties because they're portable and allow guests to take their food with them and mingle. Several appetizers enjoyed together can even be a meal.

Appetizers need a solid base onto

which the culinary creation can be built. "Cornbread Blinis" offer just that. These small cornmeal "pancakes" are beautiful, sturdy hosts for the likes of thinly sliced prosciutto or smoked salmon. Enjoy these recipes, courtesy of Denise Gee's "Southern Appetizers: 60 Delectables for Gracious Get-Togethers" (Chronicle Books), and top the pancakes with "Divine Crab Spread

#### **Cornbread Blinis**

Makes 24

#### Ingredients

• 1/2 cup good quality, stone-

ground yellow cornmeal

- 1/2 cup all-purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 egg, lightly beaten
- 4 tablespoons butter; 2 tablespoons melted
- 2 to 3 tablespoons finely chopped fresh chives or Italian flatleaf parsley, optional

#### **Directions**

In a medium bowl, whisk to com-

bine the cornmeal, flour, sugar, baking powder, and salt. Whisk in the milk, beaten egg, melted butter, and chives (if using). Stir until just combined.

Heat 1 tablespoon butter in a hot skillet or griddle. When bubbling, add the batter in tablespoonfuls about 1 inch apart. cook the blinis until bubbles form on top, about 2 minutes. Flip and cook another minute or so, until lightly browned and golden. Remove them to a cooling rack and, if desired, keep warm in an oven heated to its lowest temperature. Use paper towels to wipe away crust giblets or darkened grease from the pan. Repeat the proces with more butter and batter.

Store in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 1 month.

#### **Divine Crab Spread**

Makes about 3 cups

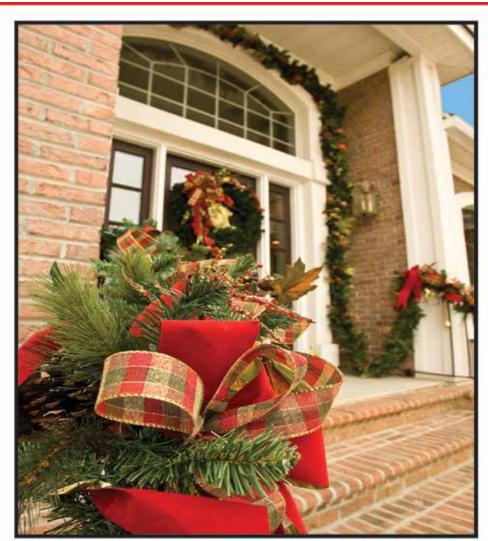
#### Ingredients

- 8 ounces whipped cream cheese
- 1/4 cup heavy cream or halfand-half
- 1/4 cup freshly squeezed lemon juice, 1/2 to 1 teaspoon lemon zest, plus thinly sliced lemon wedges for garnish.
- 2 tablespoons chopped fresh chives or finely sliced green onions, plus whole chives for garnish
- 1 to 2 tablespoons mayonnaise
- 1 teaspoon Worcestershire sauce
- 1/4 to 1/2 teaspoon salt
- 1/8 teaspoon hot sauce
- 1 pound jumbo lump crab meat, picked over for shells

#### Directions

In a medium bowl, combine the cream cheese, cream, lemon juice, lemon zest, chives, mayonnaise, Worcestershire, salt, and hot sauce and stir until smooth.

Gently add the crab meat, using a rubber spatula to fold it into the cream cheese mixture until just combined. Refrigerate the dip for at least 2 hours, or up to 1 day. To preserve the freshest flavor, keep the dip in a well-sealed container surrounded by ice in a larger container. Serve it very cold, garnished with lemon wedges and whole chives.



**MERRY CHRISTMAS** FROM MARK AT

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# NO HOLIDAY CELEBRATION IS COMPLETE UNTIL EGGNOG HAS BEEN SERVED

The holiday season is rife with tradition, from Christmas trees to lighting displays to visits with Santa Claus at the local mall. Families reunite come the holiday season to exchange gifts, enjoy meals together and do a little catching up along the way.

But the holiday season also is synonymous with parties. Whether it's to enjoy an office holiday party, a gathering with family and friends or a more intimate gathering at home, such celebrations are a big part of the holiday season and a main reason why this is such a festive and beloved time of year.

As this is a season of celebrating, it's good to remember that no holiday party is truly complete until eggnog has been served. Enjoyed almost exclusively during the holiday season, eggnog is as much a staple of holiday celebrations as stockings hung by the chimney with care. This year, impress your holiday guests with the following recipe for "Excellent Eggnog"

from A.J. Rathbun's "Good Spirits" (Harvard Common Press).

#### **Excellent Eggnog**

Serves 8

#### Ingredients

- 8 large eggs, preferably organic
- 21/4 cups superfine sugar
- · 8 ounces brandy
- 8 ounces rum
- 4 ounces bourbon
- 1 quart milk
- Freshly grated nutmeg for garnish

#### **Directions**

- 1. Separate the egg yolks from the egg whites, setting the whites aside for a moment.
- 2. In a large mixing bowl, beat the yolks with a hand mixer until completely combined. Add the sugar and beat until it reaches a creamy consistency.
- 3. Add the brandy, rum and bourbon, and then the milk, beating well.
- 4. In a medium-size mixing bowl, beat the egg whites with a hand

mixer until soft peaks form (be sure before beating the whites that you have cleaned and thoroughly dried the beaters).

- 5. Fold the egg whites into the yolk-sugar-alcohol mixture. Refrigerate the mix until well chilled (at least 3 hours).
- 6. Stir to recombine as needed. Serve the eggnog in mugs, topping each serving with some nutmeg.

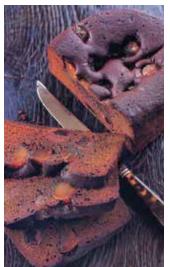








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# GIVE THE GIFT OF INDULGENCE THIS HOLIDAY SEASON

The holiday season is rife with tradition. Families have their own unique traditions, whether it's gathering at Grandma's to enjoy a holiday meal or singing carols together around the neighborhood with friends who live nearby.

One tradition that seems to have made it into many families' holiday celebrations is indulging in delicious baked goods. Desserts are a big part of the holiday season, when many people relax restrictions on their diets to enjoy some of their favorite cookies and cakes. While such delicacies are often served at dinnertime, homemade baked goods also make great gifts come the holiday season. Whether a friend or family member is a fully devoted foodie or simply a person who loves a decadent dessert, gifting homecooked baked goods is a great way to show your loved ones just how much you appreciate them. This holiday season, give the gift of decadence by cooking up the following recipe for "Sticky Chocolate Gingerbread" courtesy of Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

**Sticky Chocolate Gingerbread** Makes an 8-inch cake

Ingredients

- 21/3 cups dark molasses
- · 6 ounces dark chocolate (60 to 70 percent cocoa solids), grated
  - 13/4 cups all-purpose flour
- 2 teaspoons ground ginger
- 5 ounces whole pieces preserved stem ginger, drained and roughly chopped
- 1 stick (8 tablespoons) unsalted butter, softened
- 1/2 cup plus 2 tablespoons dark brown sugar, sifted (to remove lumps)
  - 2 medium eggs, beaten
  - 1/2 teaspoon baking soda
  - 2 tablespoons milk, warmed
  - A pinch of salt
- · Extra-large crystallized ginger pieces, to scatter (optional)
- · A deep 8-inch square cake pan or 8 x 6 x 3-inch oval cake pan

#### Directions

Preheat the oven to 325 F. Grease & line the base and sides of the cake pan with nonstick parchment paper.

Put the molasses in a pan and heat gently until hot, but do not allow it to boil. Remove the pan from the heat and add the chocolate. Stir until

Sift the flour, ground ginger and salt together in a bowl. Add the stem ginger and toss it around in the flour until every piece is coated.

Using an electric mixer, cream the butter and sugar in a large bowl. Beat in the eggs, then the molasses and chocolate mixture and finally the flour mixture. Dissolve the baking soda in the milk and gradually beat this into the batter.

Pour into the prepared cake pan, scatter with the crystallized ginger, if using, and bake for 45 minutes. Reduce the oven temperature to 300 F and bake for another 30 minutes. (If using the oval pan, cook for about 45 minutes at the higher temperature, then about 1 hour at the lower temperature, as it will be deeper.) A metal skewer inserted into the center should come out clean. Let cool for 5 minutes in the pan, then turn out onto a wire rack and let cool completely. When cold, store in an airtight container for at least a couple of days to mature and become sticky. Don't worry if it sinks a bit in the middle - this is normal.

# With Best Wishes

May you enjoy a peaceful and satisfying holiday surrounded by glad tidings and the ones you love. Your trust in us fills us with pride and your friendship fills us with joy.

#### Thanks!



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# CREATE A DELICIOUS DESSERT FOR HOLIDAY CELEBRATIONS

Lavish meals are a large part of holiday celebrations, with many people indulging in dinners and desserts throughout the holiday season. This is a time when many families display their best recipes, and these may include certain desserts that can be labor-intensive to make or something more fitting for a special occasion.

Cheesecake is an example of a dessert that, due to the time it takes to create and the richness of the dessert itself, is not something many people eat on a regular basis. However, with a time-saving recipe, cheesecake can become a dessert prepared in little time for holiday festivities. Try "Cinnamon Caramel Cheesecake Squares" from "Pampered Chef Season's Best, Fast, Fun & Fabulous" by Pampered Chef® Test Kitchens.

# **Cinnamon Caramel Cheese-cake Squares**

Makes 24 squares

#### Ingredients

- 2 8-ounce packages seamless crescent dough
- 2 8-ounce packages cream cheese
  - 1 egg
  - 2 teaspoons vanilla extract
  - 3/4 cup sugar, divided
  - Flour for dusting
  - 1 tablespoon cinnamon
  - 1/2 cup caramel topping

#### **Directions**

- 1. Preheat oven to 350 F. Unroll one package of crescent dough into a shallow baking pan. Roll out the dough to edges.
- 2. Heat the cream cheese in a microwave-safe bowl, uncovered, on high for 30 to 40 seconds, or until softened. Whisk until almost smooth.
- 3. Add the egg, vanilla and 1/2 cup of the sugar to the bowl. Whisk until smooth. Spread over the crescent dough.
- 4. Lightly sprinkle the flat side of a cutting board with flour. Unroll the second package of crescent dough and roll it into a 13- by 12-inch rectangle.
- 5. Fold the dough in half from the short end; gently lift and place in the pan. Unfold and gently stretch the dough over the cream cheese layer; press the edges to seal. Cut off corners of dough hanging over and discard.
- 6. Bake 22 to 24 minutes, until golden brown.
- 7. Combine the remaining 1/4 cup sugar and cinnamon in a small bowl. Place the caramel topping in a 1-cup measuring cup.
- 8. Remove the pan from the oven. Immediately pour the caramel topping over the cheese-cake and spread to the edges of the crust. Sprinkle with the cinnamon-sugar mixture; let stand for 10 minutes.
- 9. Using a utility knife, cut into 4 x 6 rows to make 24 squares.



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Hathersage Community Centre, Noreen at 786-2946

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Mayerthorpe Diamond Centre, Charlotte at 786-4659

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Onoway Community Hall, 967-4749.

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Worship Service 11:00a.m.



Catholic Parish of Lac Ste. Anne

> Sunday 10:00



St. John's Anglican Church

Onoway

Sunday Service 10:00sm

> Everyone Welcome



Mayerthorpe Baptist Church

Worship Service Sunday 10:30s.m.

Children's Church 10:30 a.m.

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Alberta Beach

Sunday Service 11:00am Sunday School



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#### St. Joseph's Catholic Church

Sunday Mass 11:30<sub>s.m.</sub>

Wabamun, AB



#### Sangudo St Mary the Virgin Anglician Church

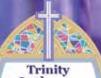
Sunday Services: 2nd & 4th Sunday Holy Communion 11:00s.m



#### Sangudo United Church

Sunday Services 1st and 3rd Sun. of each month

Worship Service 11:00a.m.



#### Lutheran Church (LC-C) The Church of the Lutheran Hour" - Rochfort Bridge

Pastor Dan Hansard Church (780) 778-2055

Sunday Worship 9:00a.m.

Seulor's Service & Cottage Bible Study - Phone for locations



#### Mayerthorpe Pentecostal Assembly P.A.O.C. Rev. Arnold Lothoiz

Arnold Lothoiz Sunday 10:30a m Morning Service Tuesday 7:30p.m Ministry Training (780) 786-2424



Sunday Services 1st & 3st Sunday at 2:30p.m.

Rev. Horst Gutsche (780) 674-3944 Mystery Lake



Sunday Service 10:00am

Youth Group Friday 7:00pm

(780) 967-2266



#### Mayerthorpe United Church

Mayerthorpe: Rev. Alwin Maben

Sunday Worship 9:30a.m. to be held at the Peter Trynchy Community Center at Pleasant View Lodge Until Further Notice

PH: (780) 786-2134



#### Alberta Beach Alliance Church

Sunday Worship Service & Kid's Church 11:00a.m.

Sunday School 10:00a.m.

(780) 924-3282



#### Cherhill Community Church

Sunday School 10:00am - 11:00am

Worship Service Sunday 11:00a.m.



#### Roman Catholic Church

St. Agnes' Parish, Mayerthorpe Sunday 9:00a.in St. Elizabeth Parish, Evansburg Saturday 7:00p.m.

(780) 786-2032



#### Calahoo Alliance Church

Family Worship Service Sunday 10:00am

For Info Call Jerry (780) 974-7734



#### Rock Victory Church Worship Celebration

Sunday Worship w/ Children's Ministry 10:00a.m.

Wednesday Prayer & Bible Study 6:00p.m.

7

3

10

# COMMUNITY 11 12 13 14 15 16 **VENTS** 2016 18 19 20 21 22 23 25 26 27 28 29 30 31

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9229. Please note that all submitted announcements will be edited to fit the 2 line limit. Deadline 12 noon Friday prior to publication (Thursdays on long weekends).

ENDS DEC 31 - PARKLAND POTTERS GUILD/CROOKED POT GALLERY: WINTER WONDERLAND EVENT 4012-51 Avenue in Stony Plain, Alberta and is open Tuesday-Saturday 10 a.m. to 5 p.m.

#### **FARMERS MARKETS**

ALBERTA BEACH: Open Every Sunday, May - Oct, 12-3pm, Contact Joeanne 780-690-6392

BARRHEAD: Open Saturdays, May - Dec. 10am -1pm. Sherry 780-674-6802

ONOWAY FARMERS' MARKET presented by the Onoway & District Ag Society, Fridays 4pm-8pm at the Community Hall. Starts May 1st. Janice (780) 667-6327, onowayfarmersmarket@gmail.com, New vendors welcome!

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30, tables (780)240-5821

STONY PLAIN: Sat, 9am-1pm, Downtown, Stony Plain. Nancy 780-962-3993.

WESTLOCK: 11-3pm, Bargain Shop Mall, Dave 780-

WHITECOURT: Legion, Tuesdays from 11am - 2pm, May - Oct. 779-7002. Little Market - Big Heart

#### BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7pm. Games: #7, Jack Pot, Mini Jack Pot. Loonie #1 & #2.

CHERHILL BINGO: Tuesdays at Cherhill Community Association. Doors Open at 6:30pm, Games at 7pm CHERHILL LEGION: First Sunday of Month. Doors Open 12:00 Noon

MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30pm, bingo 7:30pm
RICH VALLEY COMMUNITY HALL BINGO: 7:30pm.

Loonie Pots. Next bingos November 2, 16 & 30, December 14 & 28.

STONY PLAIN SENIOR'S DROP-IN CENTRE, public bingo every Tues, 7pm. All ages welcome. Phone (780) 963-6685

#### **JAMBOREES**

CALMAR: Wilton Park Community Hall, Every 4th Sat of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.

CHIP LAKE: Ravine Comm Hall, 1st Sat 325-2119 or

SANGUDO: Sangudo Community Hall, 1st Sat of month 7pm, Oct.-May. Everyone welcome. 785-4105. SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5pm, Sept - June. Info Florence 780-962-3104 Margaret 780-962-3051

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of the month @ 7pm, Cost \$2. Everybody Welcome. Contact 587-989-

THE ABBOTTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of each month @ 7pm. PH: 780-918-8545, Admission is Donations Only.

#### **MEAT DRAWS**

Alberta Beach Museum: Every Sat 4pm, Alberta Beach Hotel

Alberta Beach: 4pm, Every Sun. Jungles Bar & Grill Barrhead Royal Canadian Legion: every Fri 6pm. Also have Oueen Of Hearts draw & 50/50. Nevada on sale at the bar. Snacks provided.

Darwell: Put on by Alberta Beach & District Lions Club, 4:00pm, bi-weekly, Darwell Lounge &

Onoway Royal Canadian Legion: every Fri Ph. 780-

Stony Plain Royal Canadian Legion Br# 256: Every

Saturday @ 3pm. Meat Draw & 50/50.

Whitecourt Legion: Every Sat, 4pm. Located downtown behind the CIBC.

#### **SOCIAL EVENTS**

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors. 12 Noon at Stony Plain United Church Basement, \$8/plate. 3rd Wed of Each Month, Sept - June. For reservations: Audrey 780-963-1782.

ALBERTA BEACH & DISTRICT ACTIVE 50+ Club activities: Monday, Wed, Fri 10:15 am Aerobics/ Fitness (Walking Segment starts October 5th, all Fall & Winter); Tuesday 7:30 p.m. Crib ( year round); Wednesday 1:00 p.m. Bridge (year round).

BADMINTON: Wed, 7-10pm, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.

BARRHEAD PHOTO CLUB:1st & 3rd Wed - email barrheadphotoclub@gmail.com for location or call 780-674-3314 or 780-674-4663

COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2<sup>nd</sup> Tuesday of every month, from 10-3pm. Drop in \$5/member, \$6/non-members. Bring your own projects to work on, coffee will be supplied, cutting mats, rulers & irons supplied. Contact Cindy 780-963-7170.

JR. SCRAPBOOKING Wed 4–6pm. Kids ages 10+ are invited to come & complete a project. Pre-register by Tues evg. Mayerthorpe Public Library www. mayerthorpelibrary.ab.ca (780)786-2404

LAC STE ANNE COMMUNITY CHOIR, Accepting new members for all voice ranges. Men & women 18 yrs & over. Weekly practice Wednesdays at Alberta Beach Heritage Center from 7-9pm. For info call Eunice @ 780-618-7865

ONOWAY GOLDEN CLUB: Cards Tuesdays, 1:00Pm. Excercise Fridays, 10:00AM. 1st Tuesday: Pot Luck Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436.

ONOWAY HAVE FUN & GET FIT! Excercise Class with Video La Blast, Dancing with the Stars Choreographer Louis van Amstel. Fridays 10:30am at the Drop in Centre, 5023-49 Ave, Walk ins Welcome. More info, 780-967-2056.

ONOWAY MUSEUM: Gym & classroom 780-967-1015 or 780 - 967- 5263

ONOWAY ROYAL CANADIAN LEGION open Tues 7:30pm & Fri 3pm - Friday's Family Friendly Dinner starts at 5:30pm (open to the public)

PANCAKE/BREAKFAST SOCIAL: Parkland Village Community Centre - 3<sup>rd</sup> Sunday (except June, July, August) 9-11:30am

RIVER TALKERS TOAST MASTERS CLUB, every thursday from 7-9pm. 32 Whitecourt ave. Hilltop Community Church. Info Lorainne 286-5040.

SANGUDO ART GROUP: Every Wednesday from 9:00am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops. Potluck. For more information call 780-785-2112

SPIRITUAL LIVING STONY PLAIN INSPERATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St. Stony Plain). 2<sup>nd</sup> Friday of the month at 7pm. Popcorn provided, donations appreciated. Contact

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St. Stony Plain). Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month. Meditation at 10am, inspirational sharing at 10:30am, Children's activities. Contact 780-940-3032

SQUARE DANCE LESSONS: Thursdays 7-9pm. Starts

Sept 29th to Dec 15th, 2016. Broxton Park School, Spruce Grove. 10 Weeks - \$80/adult. 780-999-9482 or i.squardance2016@gmail.com

WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd

VOLUNTEER TUTOR ADULT LITERACY PROGRAM (VTALP): Need assistance with reading/writing, English language (ESL) or Basic Computer skills? We offer free one-on-one tutoring! Info: Carla Burkell. 780-554-2940, email: literacy@lsac.ca

#### **MEETINGS**

1ST ONOWAY SCOUTS: Registration, 6:30-8pm, Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339. 3053 ROYAL CANADIAN ARMY CADETS, Onoway Historical Centre, Wed, 6:45pm-9:30 for youths 12+.

755 PARKLAND AIR CADETS Thurs 6:30-9:30nm Muir Lake School, ages 12-18. Info call 405-6585 or www.aircadet.com/755.

526 Barrhead Air Cadets, Wednesdays 6:30 9:30pm, High School Ages 12-18 are welcome. 780-305-7233

AA - Mayerthorpe, Kingsmen Hall, Thurs, 8pm. (780) 786-2604 or (780) 786-1927

AA -Sangudo Golden Club, Tues 8pm call 786-4402/785-9214/785-3599

AL-ANON: Tues 7pm, Onoway Anglican Church (4809-50 St.) 780-967-3356 or 1-800-4AL-ANON. AL-ANON Wed Spruce Grove United Church, 1A

Fieldstone Dr, 8pm. 962-5205 **ALBERTA 55 PLUS:** Villenvue Hall at 10a.m. New Members Welcome. Meetings on 2<sup>nd</sup> Tues of the

month. Info from Donna 780-962-5933 ALBERTA BEACH & DIST LIONS CLUB meets every 4<sup>th</sup> Tues 7pm, Alberta Beach Agliplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs. of month, 7pm, Agliplex

ALBERTA BEACH MUSEUM meets the 2<sup>nd</sup> Wed, 7pm at Heritage House 924-3167. ALCOHOLICS ANONYMOUS IF Drinking is a Problem.

call 780-236-1043

BARRHEAD ROYAL CANADIAN LEGION, general meeting every 2<sup>nd</sup> Thurs, 7pm at the Legion Hall. CHERHILL COMMUNITY ASSOC. Monthly Meeting

1st Monday, 8pm at the Hall. 785-2825 \*Except July,

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12pm, Alberta Beach Agliplex. Sept-June. Info call Melissa 780-297-1892.

Citizens Helping In Life's Defence (C.H.I.L.D) Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.

CITIZENS ON PATROL: The Pembina Community Watch Patrol Meets 2nd Thurs of each month at 7:30 pm, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000 DARWELL & DISTRICT AG SOCIETY MEETINGS. 8pm, 1st Mon, Darwell

DDRA MEETING, 7pm, 2<sup>nd</sup> Mon (except Jul/Aug/Dec), Darwell 892-3099.

GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30pm Onoway Heritage Centre. Info Laura, 780-967-1004.

GLENEVIS COMMUNITY meets 1st Wed. Info 785-4144 or 721-6188

**GREENCOURT COMMUNITY ASSOCIATION** meet 2<sup>nd</sup> Tuesday, monthly at 7:30pm at the hall. Info W. Jager

KINETTE CLUB OF MAYERTHORPE, 7:30pm at Kinsmen Hall, 1st Tues of each month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-

LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30 at Onoway Museum (780) 967-0443

LAKE ISLE HALL BOARD: 3rd Tues, 7:30pm, Lake Isle

MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5pm in Hospital Basement Education Room

MS SOCIETY PARKLAND COMMUNITY SUPPORT **GROUP** Are you diagnosed with MS and have questions? This group is for you! Last Tues of month, Sept-June, 7-9pm, Westview Health Centre (4405 South Park Dr.) Contact Cassy 780-471-3034

NA MEETING Tues, 7pm Poplar Valley Church (780)514-6011

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:30pm, Chateau Lac Ste Anne

ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7pm, Onoway Museum, 967-5263 or 967-2452.

ONOWAY QUILTERS, 2<sup>nd</sup> & 4<sup>th</sup> Thurs, 10am-4pm, Lac Ste Anne Chateau Activity Room.

ONOWAY ROYAL CANADIAN LEGION General

Meetings, 1st Mon, 7pm (Sept-June).

ONOWAY MASONIC LODGE #138, 4th Wed, 7:30 Onoway Legion

**ONOWAY OSPREY JUNIOR FOREST WARDENS** Ages 6-18 Develop environmental awareness & outdoor skills. Every Mon 6:30-8pm Onoway Heritage Centre & monthly outings. Martin 780-963-1646
PROBLEMS WITH DRUG OR ALCOHOL ADDICTION

in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www. drugrehabresource.net.

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the

Agriplex on the 2<sup>nd</sup> Wed of the month. 7:00pm.

RIVER TALKERS TOASTMASTERS CLUB Build your confidence, your speaking & listening skills in a friendly and supportive environment. Drop in as a guest. Thursdays 7-9pm at the Hilltop Community Church, 30 Whitecourt Ave (downstairs). Or contact Carla Burkell, VP Membership, (780)268–3653.

SANGUDO PAINTING GROUP: Every 1st and 3rd

Wed from 9:30am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops, For more information call 780-785-2112.

SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30pm. St. Matthew's Church, Spruce Grove. Judy 960-5258

**WEIGHT WATCHERS** Alberta Beach Agriplex - Mondays, weigh in 6:30pm. Meeting at 7pm.

#### TOPS Meetings (Take Off Pounds Sensibly)

ALBERTA BEACH: Tues Alberta Beach Lutheran Church, Hwy 633. Weigh-in 6-6:45. Meeting 7. 967-5009

ENTWISTLE: Thurs 6:45pm, upstairs in Lions Hall.

**EVANSBURG:** Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155

SANGUDO: Tues, United Church, 6:00pm. Sharon 785-2095 or Marlene 786-4646.

#### **MEALS ON WHEELS**

ALBERTA BEACH & AREA: call (780) 910-0034.

DARWELL & AREA: For info on volunteering or eligibility, call Lorraine, 892-2967. ONOWAY & DIST: Frozen & hot meals available. Call

967-2338 or 967-5244.

#### YOUR COMMUNITY

SEA CADETS: 299 Mackenzie, Stony Plain Comm Center, Wed 6:30 for youths 12-18, 963-0843 SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9-3pm, Info 960-4600.

UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, 10am-4pm.

WATER SAMPLE DROP OFF: Tues Onoway Aspen Health Services. Drop off 1-2:30 pm.

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





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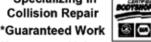
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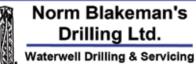
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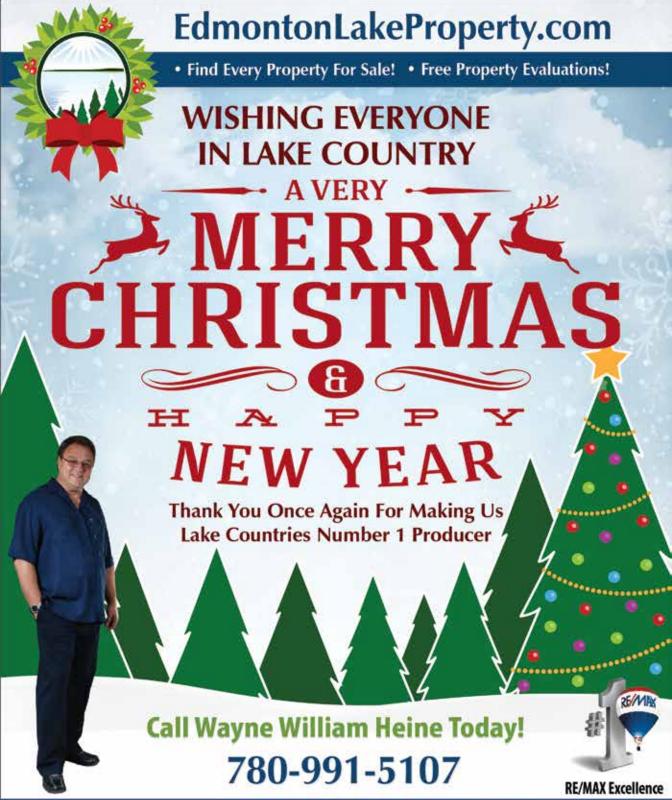
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