

YOUR LOCAL NEWSPAPER

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December 17, 2019



Extra, extra big thanks to all of our readers and advertisers this holiday season! We really appreciate your continued support. May 2020 bring plenty of good news for you and yours.

WHAT MATTERS TO YOU: CHRISTMAS WISHES

Submitted by Shane Getson, MLA for Lac Ste. Anne-Parkland

At this special time of year, it is an honor to be able to reach out to you with this letter and provide some updates. We live in a beautiful area of our province, and I am proud and humbled to be representing you in the Alberta Legislature. I hope you are all enjoying preparing for the holidays

that will soon be upon us. While doing so, please drive safely; for yourself and others.

As the MLA for Lac Ste. Anne-Parkland, I not only am having to keep my eye on the ball for our area, but also helping out with several other "Special Projects" that will have an impact on fellow Albertans in all parts of the province. I'm hopeful that I can share those with you in the coming months.

It is with a great sense of ur-

gency that my new colleagues and I have stepped into this new arena, to help out where we can, and are pulling together to make the necessary changes that will correct the course that our province was set upon. While we have already accomplished 39% of our planned agenda, within 12% of our allotted mandate, it still does not seem like enough. There is more to do, and we will continue fighting for Albertans.

We had a couple of incidents in our riding that have been challenging. There was a fire, and an evacuation at Camila School, no injuries. Another was a school bus that hit the ditch and flipped on its side due to the freezing rain, there were no major injuries. My heart was in my throat, when I heard of the accidents, but relieved to hear that our first responders were there in a flash. Hearing of the tragic accident at Rochfort Bridge, where an elderly couple who were raising their grandkids recently passed due to a house fire darned near broke my heart. I want to thank the community for coming together and supporting each other during these hard times. I am proud to not only represent you, but to be able to say that I come from such strong and caring community. I encourage us all to continue looking after each other.

As a husband and father, I do the best I can to ensure that my family is safe, and secure. As the MLA, that now has extended to the folks in our constituency. I had many talks with Minister McIver over the past months regarding the speed limits in the town of Gainford. Recently in Ouestion Period it was revealed that we as a community succeeded. Alberta Transportation has agreed that the speed limit signs should be moved so that traffic is slower coming into town. This might seem like a small victory, but it will mean a great deal for resident safety.

After meeting with community leaders, I went to work in advocating for roadwork in Acheson. We came out with another win. The announcement that we will be twinning highway 60 between highways 16 and 16A, with an overpass over the CN railway that crosses the highway. This is a good news story for jobs in our area and for the Acheson Industrial area. Investment there has been wait-



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What Matters to you – Christmas Wishes

ing for a good transportation solution to the approximately 50 trains a day that stifle traffic in that area. I am confident that this area will see more jobs coming in due to this change. Thank you again to Minister McIver for recognizing the need of this major business hub!

I would also be remiss if I didn't mention the start of construction on the Trans Mountain Pipeline Expansion. I am sure that you will all join me in saying, "FINAL-LY!" While we have repeatedly said that victory on this project can only be achieved with oil flowing, we can celebrate this as a step forward. The path to recovery is in front of us, but it isn't a quick fix. There is work to be done, and as a government, we are up to the challenge. I am encouraged by Cenovus' decision to invest more in Alberta and create 1000 more jobs!

On a personal level, I plan on taking a week off over Christmas to catch up with my family, work on some of the honey-do-list, work in the shop, and recharge. I will take a step back, and appreciate what is most important to me. I encourage everyone, if you can, to un-plug for a few days. No phone, no computer, no TV. We literally are bombarded by media, social media, radio, advertisements, and all of the other things out there that want our attention. Let us hold our loved ones close during this holiday season and enjoy each other's company.

As I am writing this note, I'm spending another night in a hotel, away from home, and away from my lovely wife and amazing children. It reminds me of the days when I was working at Enbridge within the Major Projects group. I am only in Calgary this time, and not in Philadelphia/Minneapolis. I won't be doing my shopping this year in the airport malls, although my second oldest daughter was wearing a shirt today that I did pick up in a few years back

when I was making my way back home. I want to start by thanking my family for letting me work for the people of our constituency. I am grateful to have their support.

I wish you all a very merry Christmas, and a happy new year; please keep safe. Thank you once again for giving me the job back in the spring, and allowing me to have the honor to represent you in the Legislative Assembly.

Sincerely Yours, Shane Getson, MLA

Lac Ste. Anne-Parkland

JOINE OF THE WEEK

A Bulgarian tourist visiting America was interested in all types of American games. When he returned home, his friends asked him to describe the things he saw. "One interesting game I witnessed", he said, " was one called 'Oh shit', where one fellow calls out things like G4, 19, etc. After a while someone in the audience calls out 'Bingo!' and the croud yells 'Oh shit!!"

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DARWELL DISTRICT RECREATION ASSOCIATION

ANNUAL GENERAL MEETING

Monday, January 13, 2020 Darwell Centennial Hall

The Darwell District Recreation Association (DDRA) operates the Darwell Centennial Hall for the benefit of the Community.

Come help the DDRA plan for the future.

All area residents are welcome.

JOIN TODAY

CHRISTMAS GREETING

Submitted by Mark Smith, MLA for Drayton Valley - Devon

Christmas is upon us! And with it, the hustle and bustle that comes with any major holiday, parents running to the store to grab last minute gifts or dinner ingredients, while children finish up classes before the holiday break.

As the time for celebration draws near, I encourage you to take a moment to yourself and reflect on the many things, great and small that we can be grateful for. From our freedom as Canadians to the hot food on our tables, we are blessed to live in such a prosperous part of the world. Unfortunately, not all Albertans consider Christmas the happiest

time of the year, for many people, the holidays can be a stark reminder of families divided, or lost loved ones. As you gather with your people this holiday season, I embolden you to think of those within our community and out, who could use some extra form of encouragement going into the New Year. So let us remember the true meaning of Christmas as we celebrate the birth of our Savoir Jesus Christ and share God's love with our friends and neighbours. We are truly better when we work and come together as a team.

May this year's Christmas be the best Christmas ever and warmest wishes to you and your family. Have a great and wonderful Christmas and New Year!

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TIPPLE PARK MUSEUM'S DECEMBER EVENTS RECAP!

Submitted by Tipple Park Museum

Owl Presentation at Tipple Park Museum

Last Friday was a hoot here at Tipple Park Museum! Our friend Sara from Beaverhill Bird Observatory gave the community a presentation on owls. BBO brought in an educational owl named Rickie (see below.) Rickie is a Northern Saw-whet Owl, hatched in May 2017. Discovered in a nest box with 6 older siblings, she was the smallest and least likely to survive. BBO got permission and permits to rescue her from the nest box when she was just 4 days old, and ever since then, she was raised to be an owl educator. Thank you to BBO and their team for teaching the Evansburg community about owls!

Pioneer Christmas

Our Pioneer Christmas event was a huge turnout! Children dropped by the Museum from 4-6 pm to make a variety of crafts that Pioneers used to make, including popcorn garland, candles, gingerbread cookies, embroidery, Christmas ornaments, stockings, and snow candy. Thank you so much to everyone that volunteered to make this such a great event. It was a pure enjoyment watching children and parents take part in all festivities. Stay tuned for our second annual Pioneer Christmas that will take place at Tipple Park Museum next year.

Luminaria Night at Tipple Park Museum

Our second annual Luminaria Night at Tipple Park Museum was a huge success! With over 120 visitors throughout the night, there was not a second when the Museum was empty. Over 100 candles on the pathways where lit in paper bags

along with hot chocolate, Christmas lights, music and kids crafts in the building made for a festive night.

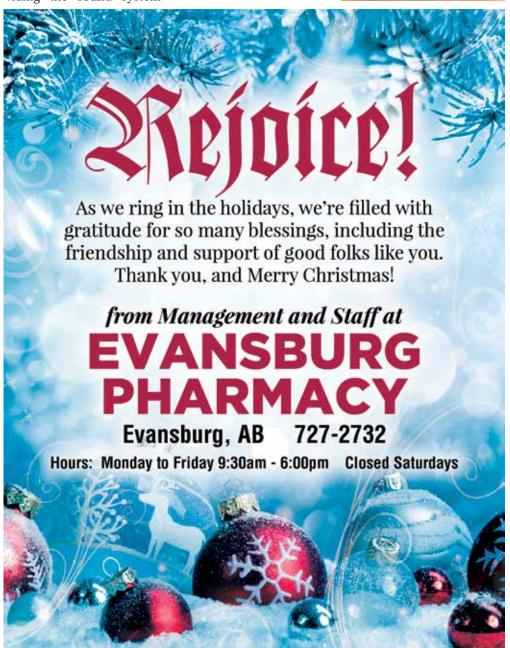
A HUGE thank you to everyone who was kind enough to Volunteer! It was nice to see our local schools come together for the Community to portray a friendly atmosphere.

Thank you to Estate Mechanical Services for providing the sound system

outside along with the promotion of their family-owned plumbing company during the event.

With your help, we also filled a table of Food for our local Foodbank. Once again, I would like to thank our community and volunteers for their support and hard work. On behalf of Tipple Park Museum Merry Christmas.





HAPPY HOLIDAYS! FROM THE DARWELL PUBLIC LIBRARY

Submitted by Darwell Public Library

We would like to take a moment to thank our

patrons, volunteers and community/government organizations for their continued support over that past year. May this merry

season bring abundance to your life, peace to your mind and joy to your heart. The library will be closed for the holidays from December 24, 2019 to January 3, 2020, we will resume regular library operations on Monday, January 6, 2020.

Although the year is winding down and we are starting to prepare our programming schedule for the Winter/Spring session we do have a few things happening should you stop by the library. The Colouring Club, Family Games and LEGO run daily, during regular library hours, for patrons of all ages. Are you looking to do some crafts? We have created a seasonal makerspace center, with this in mind: we have very simple 5-minute options as well as some more complicated ones that could make a wonderful gift for the holiday. These passive programs are self-directed activities; we supply the materials you supply the inspiration and fun. We encourage you to ask about our passive programming and provide ideas for what

you would like to see in the library. We look forward to hearing from you.

The next Book Club meeting will be held on Monday, January 6, 2020 at 7:00p.m. to review "The Winter Sea" by Susanna Kearsley. Do you love to read? Do you like to discuss what you have read with others? We are always interested in a new perspective to add to our conversation. If you are interested in participating, you can register and make arrangement for loan of the current title by calling the library @ 780-892-3746.

Preschool Story Time/ Tents & Tunnels for children 0 to 5 years of age will resume in February 2020 and run until the end of May. We are making some changing to this program and will require you to pre-register if you wish to attend. All children must be accompanied by an adult as this is a program designed for parents/caregivers and children together. This is an early literacy program so come join us for stories, activities, crafts and a snack.

The health benefits of Tai Chi, a gentle form of exercise can help maintain strength, flexibility balance, and could be the perfect activity for the rest of your life. Tai chi is often described as "meditation in motion,". There is growing evidence that this mindbody practice, which originated in China, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles





Happy Holidays! From the Darwell Public Library

are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched.

Registration is now open for Tai Chi Practice starting Friday, February 14, 2020 at the Library from 10 to 11 AM. All you need is loose comfortable clothes and flat shoes. The cost is \$ 10.00 per person, per session. You must pre-register by contacting the library.

We are working on putting together programs in the new year such as craft session for children & adults, horticultural series, escape room, and family movie nights. Dates and times have not been set yet so look for our articles in the new year or check the website or our Facebook page.

Are you interested in the

library and looking for a way to contribute? Have you thought about joining the Darwell Public Library Society or the Darwell Library Friends Society? The Darwell Library Friend will be holding their Annual General Meeting Thursday, January 23, 2020 starting at 7PM followed by the regular meeting. Everyone is welcome to attend, and light refreshments will be available.

The Darwell Public Library Society will be holding their next regular meeting on Monday, January 27, 2020 starting at 7 pm. All meetings are open to the public and everyone is welcome to attend. The Library is open 11:00 am to 4:00 pm on Monday, Tuesday and Thursday and from 5:00 pm to 8:00 pm Wednesday and

Friday, closed Saturdays, Sundays and Holidays. You can also find out what is happening at the library by checking our Website www.darwellpubliclibrary.ab.ca or follow us on Facebook at www.facebook.com/DarwellPublicLibrary









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MP SOROKA CALLS FOR UNITY

Submitted by Gerald Soroka, MP - Yellowhead

OTTAWA: On December 9, 2019 in the House, Gerald Soroka, Member of Parliament for Yellowhead, asked the Enviornment Minis-

ter to unite the country by amending Bill C-69 to allow for the construction of more LNG facilities.

He said:

"Mr. Speaker, Premiers are united behind promoting our natural resources in a responsible manner. The export of more liquefied natural gas by Canadian producers will lower global emissions and create good, high-paying jobs.

With 71,200 jobs lost last month, this could not come

at a more important time. Will the environment minister commit to amending Bill C-69 to allow for the construction of more LNG facilities?"

MP SOROKA MAKES FIRST STATEMENT IN THE HOUSE



Submitted by Gerald Soroka, MP - Yellowhead

OTTAWA: Gerald Soroka, Member of Parliament for Yellowhead, made his first statement in the House of Commons on December 9, 2019.

MP Soroka recommended "...we eliminate the use of foreign oil. The majority of countries we are importing from have low environmental standards and a record of violating human

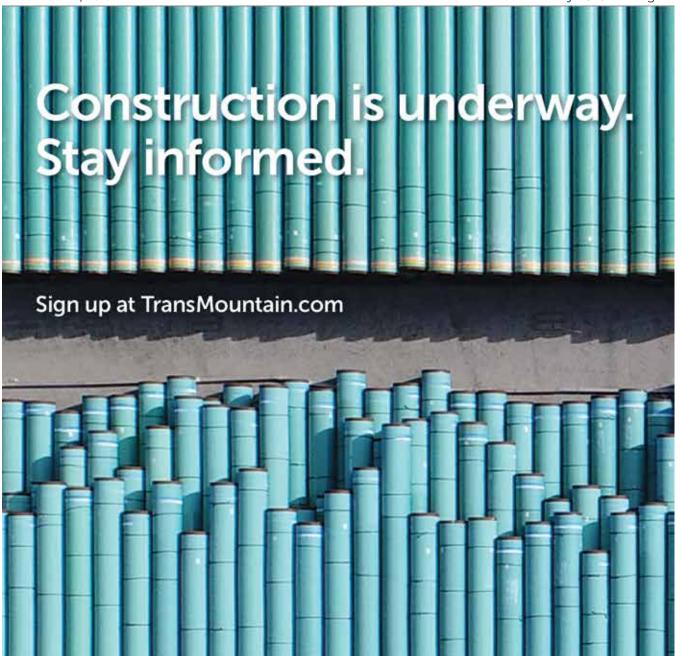
rights.

He went on to state that "Instead, we should be relying solely on Canadian oil to fulfill our energy needs. We need to produce more direct consumer products from all our industries, particularly Agricultural and Forestry."

Only when we come together and support each other at home can we build a strong economy that can compete globally, concluded MP Soroka.



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As construction of the Trans Mountain Expansion Project progresses, we want you to be informed about potential activity in your neighbourhood so you can plan accordingly. On our website, you can view an interactive map of construction areas, sign up for notifications, track what's happening along the route and much more.

As always, safety is our number one priority, every metre of the way.



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THE LAST CHRISTMAS TREE

I saw a truck of Christmas trees And each one had a tale,

The driver stood them in a row And put them up for sale. 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, mom! "It smells like Christmas everywhere!"

"Let's get the biggest tree we

"A tree that's ten miles high!
"A tree to go right through

"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 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 cocoa?"

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 Christmas tree Out to the woods. He left the pine right by a stream. In the cold, So the wood's homeless creatures 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---

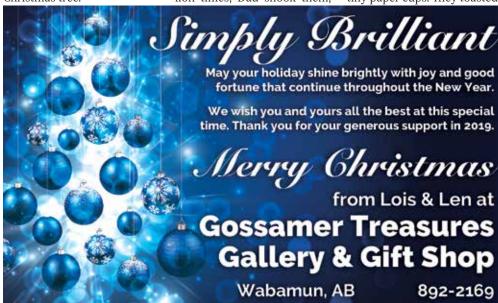
"It looks like we've Started up Christmas again!"

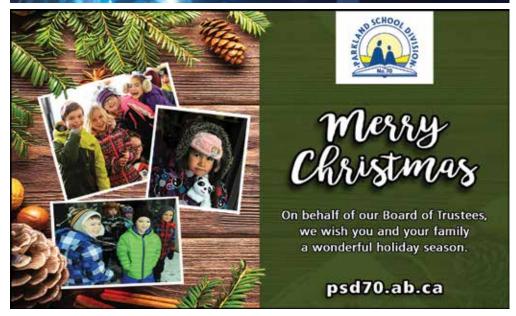
"There are miles more to travel, And much more to do!

"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!





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TWAS THE NIGHT BEFORE CHRISTMAS

'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 down 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 tiny 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, 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 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 hand, and was turning around, Down the chimney St. Nich-

olas 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

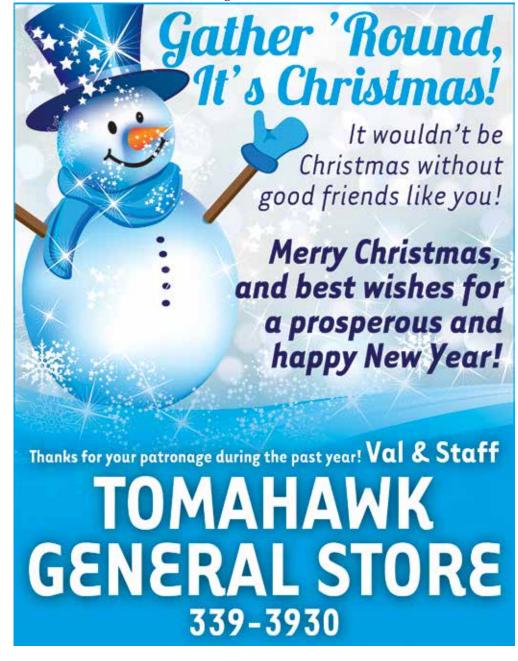
white as the snow;

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!



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

797-3838

ants

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

Mommy and Daddy are

I'm gettin' nuttin' for Christmas

'Cause I ain't been nuttin' but bad.

I won't be seeing Santa Claus;

Somebody snitched on me. He won't come visit me

because 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 Christ-

ou'il get nuttin' for t



Seba Beach, Alfa



SILVER BELLS

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

Ring-a-ling, hear them sing. Soon it will be Christmas

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

Silver bells, silver bells It's Christmas time in the

Ring-a-ling, hear them sing Soon it will be Christmas

NA MIDNIGHT CLEAR

You'll hear,

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-cir-

cling 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.

Filled With ur Gratitude



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

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December 17, 2019

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
Bethleham
the greatest celebration of

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.

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

O Christmas tree, O Christ-

mas tree, Much pleasure doth thou bring me! 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 me! 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 tree, Thy candles shine out brightly!

Bringing Fresh Home 4 the Holidays Seasons Greetings! Stock up on Cheer!

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- Eat Drink Be Merry!
- More Great Items on 16 pages handbook
- · Pick up perfect Gift Card w/ wide selection
- · Good Cheer in your cart w/ Grocery at the store

With Best Wishes for a Happy Holiday Season from All of us at ...



I SAW MOMMY KISSING SANTA CLAUS

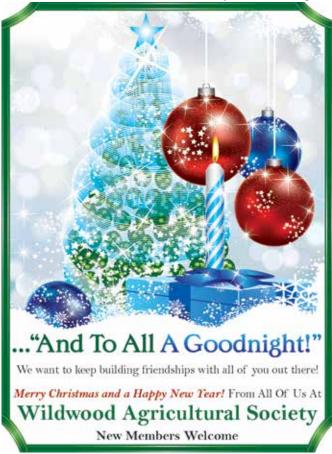
I saw Mommy kissing Santa Claus Underneath the mistletoe last night. She didn't see me creep Down the stairs to have a peep; She thought that I was tucked up in my bedroom fast asleep. Then, I saw Mommy tickle Santa Claus Underneath his beard so snowy white; Oh, what a laugh it would have been If Daddy had only seen Mommy kissing Santa Claus last night.

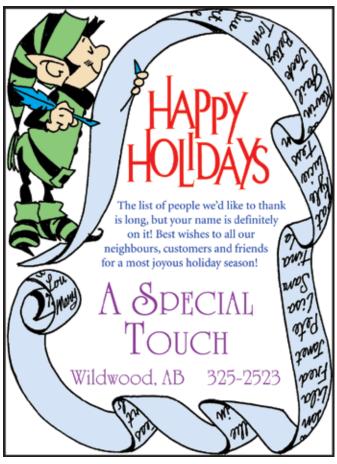
Happy Holiday

HAPPY HOLIDAY

Happy Holiday While the merry bells keep 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 He'll be coming down the chimney, down Coming down the chimney, It's the holiday season And Santa Claus has got a 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,

He'll have a big fat pack upon his back And lots of goodies for you So leave a peppermint stick for old St. Nick Hanging on the Christmas 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







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

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

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 mea-

ure,

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,

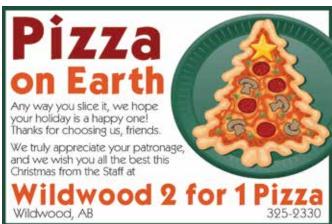
Fa la la la la, la la la la. Hail the new, ye lads and lasses,

Fa la la la la, la la la la. (Refrain)

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

Fa la la la la, la la la la.

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 names.

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!





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WE WISH YOU A MERRY 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 pud-

ding and a cup of good cheer: Refrain

We won't go until we get

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

LITTLE 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 pum, rum pum pum pum, So to honor Him, pa rum pum pum pum, When we come. Little Baby, pa rum pum pum pum I am a poor boy too, pa rum pum pum pum I have no gift to bring, pa

rum pum pum pum That's fit to give the King, pa rum pum pum pum, rum pum 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 pum, rum

Then He smiled at me, pa rum pum pum pum

Me and my drum.

New Year.



We hope your Christmas is filled with peace, joy, friendship and love.
Thanks for your kind and generous support.

Merry Christmas

from the staff at

BEHIND THE SCENES

Wabamun, AB 892-4546

TO DUR VALUED CUSTOMERS AT THE HOLIDAY SEASON

pum pum pum,



WITH OUR BEST WISHES TO YOU AND YOURS FOR A TRULY PRICELESS HOLIDAY SEASON.

FOR YOUR TRUST WE ARE DEEPLY INDEBTED, AND FOR YOUR FRIENDSHIP WE ARE SINCERELY GRATEFUL.

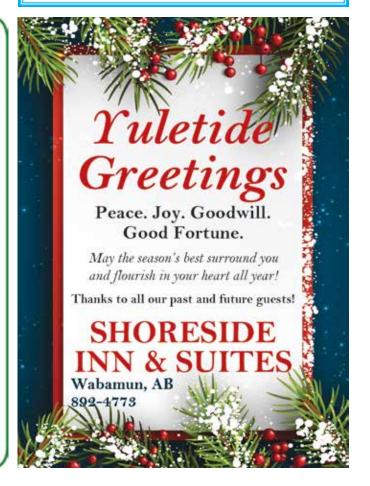
MERRY CHRISTMAS!

MARIANNE, AMANDA & FAMILIES

WABAMUN ATB FINANCIAL AGENCY

WABAMUN

892-7927



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. 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 jangle, What a beautiful sight. Jump in bed, cover up your head, 'Cause Santa Claus comes tonight.

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 to us

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.



Hope this Christmas delivers joy, harmony, friendship, love, prosperity and everything else on your wish list. Your deserve it all!

Thanks to all of the goodhearted folks who have made our year so jolly. We wouldn't be here without your support, and we appreciate your loyalty.

Merry Christmas from the Staff & Managment at

Wabamun Hotel 892-2224



Wabamun

one can near the falling snow.
For all is hushed,
The world is sleeping,

Holy Star its vigil keeping. Still, 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 you, 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.

THE HOLLY AND THE

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

To do poor sinners good:

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: Re-

The holly and the ivy, When they are both full grown,

Of all trees that are in the

The holly bears the crown: Refrain

NGLE 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 vour 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.







brim with happiness and good fortune!

Merry Christmas from Management & Staff at VANSBURG INN

Evansburg, AB

727-3621

OH HOLY NIGHT

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.

OVER THE RIVER AND THROUGH THE WOODS



Parkland County Council & Executive Administration

Back row from left to right:

Rob McGowan GM, Operations Services • Councillor John McNab Division 5 • Mayor Rod Shaigec
Councillor Phyllis Kobasiuk Division 3 • Councillor Darrell Hollands Division 4 • Mike Heck Chief Administrative Officer
Dave Cross GM, Agriculture, Community & Protective Services • Councillor Tracey Melnyk Division 6
Laura Swain GM, Corporate & Shared Services

Front row from left to right:

Councillor AnnLisa Jensen Division 1 • Councillor Jackie McCuaig Division 2



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 nose 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 like a hound, For this is Christmas Dav. 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.

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 good-

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

Let It Snow! Let It Snow! Let It Snow!

CLAUS IS COMING TO TOWN SANTA (

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



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.

Christmas





Yellowhead County would like to wish you and yours all the best this joyful season. Thank you for helping to build a better community for present and future generations.

Happy holidays from the council and staff of Yellowhead County.

OD KING WENCESLAS

Good King Wenceslas looked out

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

If thou know it telling:

Yonder peasant, who is he? Where and what his dwelling?

Sire, he lives a good league hence,

Underneath the mountain, Right against the forest

By Saint Agnes fountain. Bring me flesh, and bring me wine.

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 stron-

Fails my heart, I know not how.

I can go no longer. Ark my footsteps my good

Tread thou in them boldly:

Thou shalt find the winter's rage

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 print-

Therefore, Christian men, be sure,

Wealth or rank possessing, Ye who now will bless the

Shall yourselves find bless-

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? Re-

Yea, Lord, we greet thee, Born this happy morning; Jesus, to thee be glory given;

Word of the Father, Now in flesh appearing; Refrain

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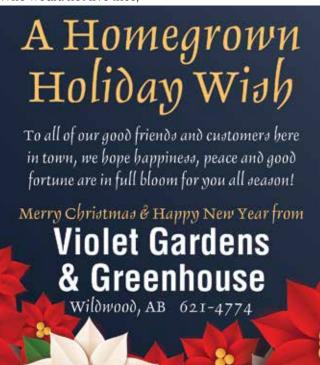
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Helping you is what we do. doreen.noppers@royallepage.ca NORALTA REAL ESTATE



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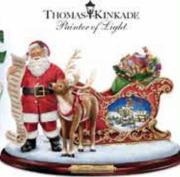
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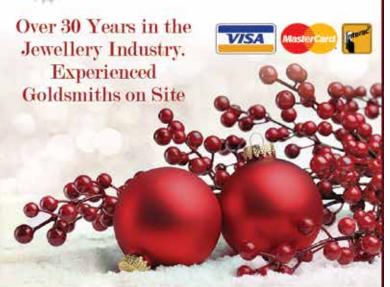




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Thursday Late Night Shopping
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WHEN A CHILD IS BORN

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.

WE THREE KINGS OF ORIENT ARE

We three kings of Orient are Bearing gifts we traverse

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 plain.

Gold I bring to crown Him again,

King forever, ceasing never Over us all to reign. Chorus Frankincens

Frankincense to offer have I. Incense owns a Deity nigh. Prayer and praising all men raising, Worship Him, God on high. Chorus

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

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 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 If only in my dreams





RK! THE HERALD ANGELS

Hark! the herald angels sing

Glory to the new-born King!

Peace on earth and mercy mild,

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

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

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

Jesus, our Emmanuel!

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 brīngs, Hail, the Sun of Righteous-

ness! 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 place;

Second Adam, from above, Reinstate us in thy love. Refrain

LENT NIG

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

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.



GREETINGS. FRIENDS!

You make it all worthwhile for usl Merry Christmas and many thanks.

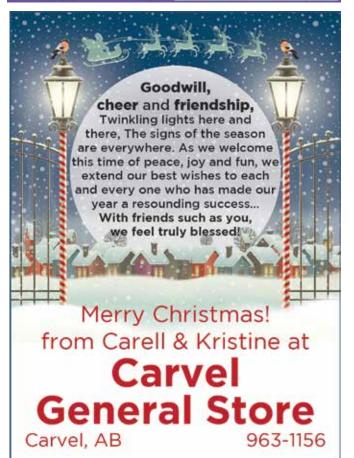
> from Executive & Membership of

RCL Wildwood Br. 149

Wildwood, AB

325-2015





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 Christmas season is blessed and happy in every possible way. May it find you surrounded by peace, love, friendship, faith and goodwill. All the best?

from the Staff at

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

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.

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."

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.

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December 17, 2019 Community**VOICE** Page 27



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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 sleep

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 King,

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

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 & happy

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

Our Lord Emmanuel!

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.

Chorus
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.
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 (Chorus)

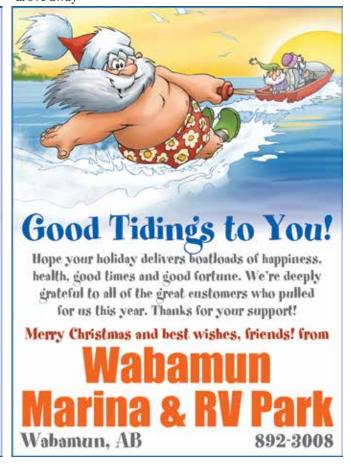
A day or two ago, the story

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 one-horse open sleigh He laughed as there I sprawling lie but quickly drove away (Chorus)

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
(Chorus)





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

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

On the seventh day of Christ-

my true love sent to me 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 eighth day of Christmas,

my true love sent to me
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 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

On the eleventh day of

Christmas,
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!

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!

Wabamun I.D.A Pharmacy

Wabamun, AB

892-2278



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 wonderland,
Walking in a winter wonderland

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

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





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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, 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: HO HO 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, 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 Blitzen.

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!

ROCKING AROUND THE CHRISTMAS TREE

Rocking around the Christmas tree

At the Christmas party hop Mistletoe hung where you can see

Every couple tries to stop.

Rocking around the Christmas tree,

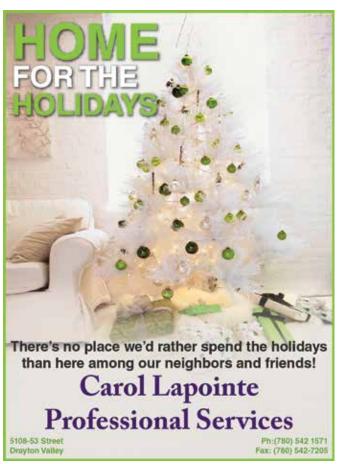
Let the Christmas spirit

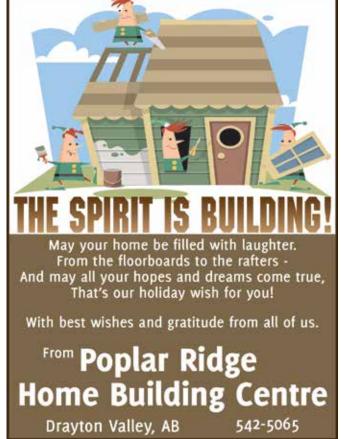
Later we'll have some pumpkin pie

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 tree,

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





HE 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

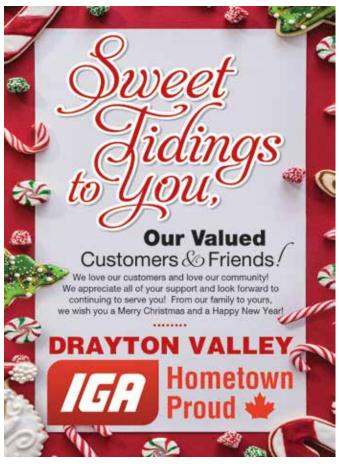
Their gold, and myrrh, and frakincense. Refrain Then let us all with one accord

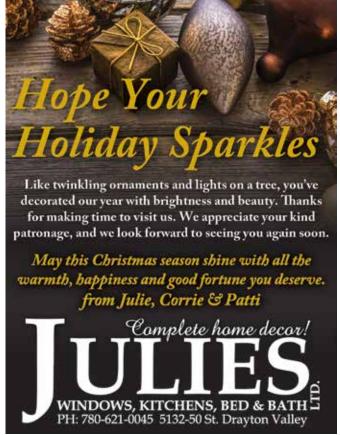
Sing praises to our heavenly Lord;

That hath made heaven and earth of naught, And with his blood mankind hath bought. Refrain

A Christmas Wish for Our Cherished Friends Blankets of snow coating the ground, peace, joy and laughter all around. May it find you surrounded by family and friends, a picture-perfect holiday from beginning to end. Merry Christmas To All & To All a Great Year! From Corwin & Staff ALUE DRUG MART 5014 - 56 Ave Drayton Valley

780.542.5366







DO YOU HEA WHAT I HEAF

Said the night wind to the little lamb,

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

Do you see what I see? A star, a star, dancing in the

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."

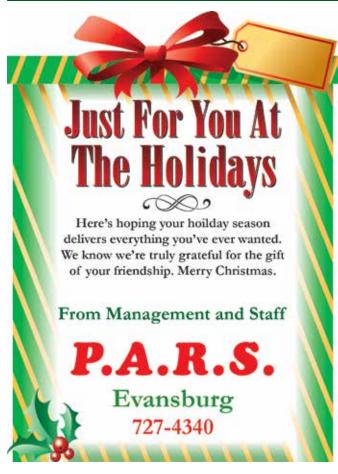
Said the king to the people everywhere,

"Listen to what I say! Pray for peace, people,

everywhere, Listen to what I say! The Child, the Child sleep-

ing in the night He will bring us goodness and light,

He will bring us goodness and light."





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.

RANDMA GOT RUN VER BY A REIND

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

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

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

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.





FROSTY THE SNOWMAN

Frosty the snowman was a jolly happy soul,
With a corncob pipe and a button nose, 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 laugh And play just
the same as you and me.
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 when 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.

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 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 sor-

rows grow, nor thorns infest the ground;

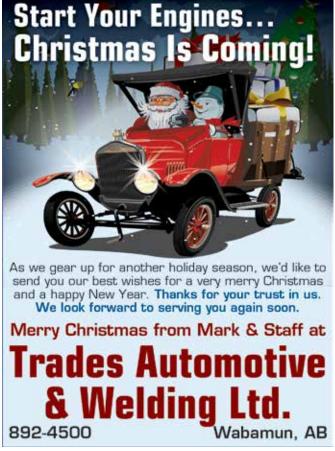
He comes to make His blessing flow

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 grace,

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.





SLEIGH RIDE

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 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 single stop,

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 chocolate

And the pumpkin pie It'll nearly be like a picture print

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,

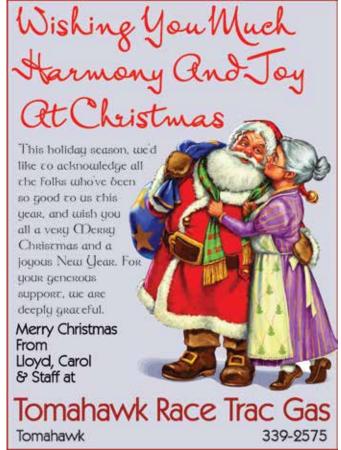
We're gliding along with a song

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 you.







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 newborn 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 nations;

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

I HEARD THE BELLS ON CHRISTMAS DAY

I heard the bells on Christmas Day

Their old familiar carols play.

And wild and sweet the words repeat

Of Peace on earth, good will to men.

I thought how as the day had come

The belfries of all Christendom

Had roll'd along th' unbroken song

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 prevail,

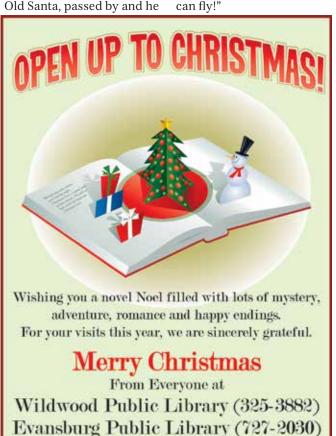
With Peace on earth, good will to men."

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. sheepishly smiled. And I heard him exclaim as he was in the sky... "Well they're not potty trained, but at least they





& Niton Public Library (795-2474)

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 Eve 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 (thhh, 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!"

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 you

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, & 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 you

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 you

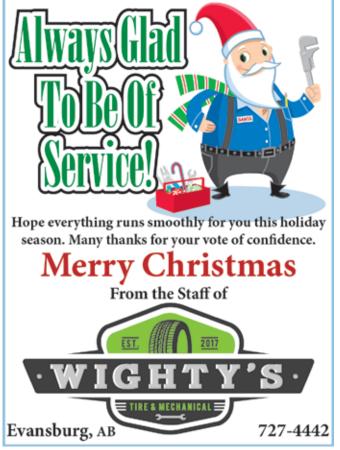
A Happy New Year, And God send you a Happy New Year.

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.





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 dif-

ferent.

When my Mother sat me

And taught me to spell Christmas this way: "C" is for the Christ child,

born upon this day, "H" for herald angels in the

"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.

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

What glad tiding did you

Come to Bethlehem and see Him whose birth the angels

Come, adore on bended

Christ, the Lord, the new-

born King. Refrain See him in a manger laid Whom the angels praise

Mary, Joseph, lend your aid, While we raise our hearts in love. Refrain

Star of the East, oh Bethlehem star,

Guiding us on to heaven

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

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

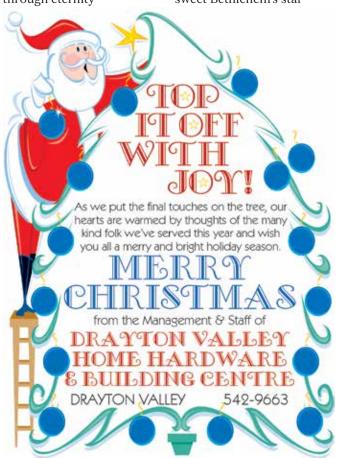
that blessed shore After earth toil is o'er Star of the East, thou hope of the soul

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





TWO-WAY HOLIDAY CANAPES

Puff Pastry Canapes

Prep time: 15 minutes Cook time: 30 minutes Serves: 8 (4 canapes each)

Ingredients:

- · 1 450 g package butter puff pastry, thawed
- ·1 egg, lightly beaten
- · 1 cup (250 mL) ricotta cheese
- · 1/2 pear, thinly sliced
- · 1/4 cup (125 mL) toasted walnuts, chopped
- · 3 tbsp. (45 mL) honey
- ·1 cup (250 mL) arugula
- · 8 slices prosciutto, cut in half lengthwise
- 1/4 cup (60 mL) sundried tomatoes, chopped Directions:
- 1. Heat oven to 400F (200C). Line two rimmed baking sheets with parchment.
- 2. Unroll one sheet of puff pastry. Cut pastry evenly into 4 strips. Cut each strip evenly into 4

parts to make 16 squares. Place on prepared pan, score 2 or 3 times with a fork and brush with egg wash. Bake until golden and puffed; about 14 minutes. Repeat with remaining sheet. Cool 5 minutes.

3. Spread each square with 1 1/2 tsp (7 mL) ricotta cheese. Top 16 squares with pear slices, walnuts and a drizzle of honey. Top remaining 16 squares with arugula, prosciutto and sundried tomatoes.

Find more great recipes online at walmart.ca/recipes.

www.newscanada.com



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 vanilla 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 Milk

- ·1 cup chopped walnuts
- · 1 teaspoon vanilla extract Directions

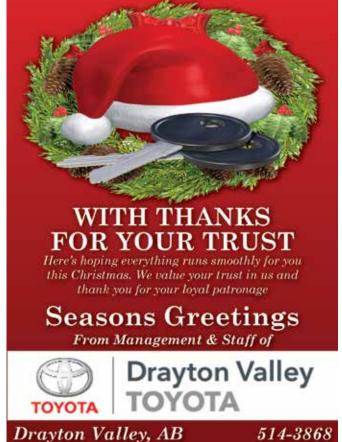
Line an 8- or 9-inch square baking pan with foil.

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.







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3 PLANT-BASED HOLIDAY SMOOTHIES

(NC) Whether you're looking to indulge in a festive holiday treat or need a quick solution to fill up before a late-night dinner party, holiday smoothies are a great option that can be whipped up in no time. Check out the recipes and benefits of each

below.

From our Family to your Family,

we wish you all the joys and happiness this season!

Parkland Funeral Services

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Plant-based "eggnog" smoothie.

Enjoy the same taste as conventional eggnog without the added sugars. This version is made fresh with spices, fruit and vegetables to provide you with an extra

boost. Simply blend together and sip away.

Ingredients:

- 2 cups water
- ½ cup raw cashews
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 4 medjool dates, pitted
- ½ cup spinach
- Fruit of choice and any other spices preferred, sprinkled on top

Plant-based gingerbread smoothie.

Adding dried ginger powder or root can give your digestion the kick it needs to reduce inflammation from all the holiday fair.

Ingredients:

- 1 cup of almond milk
- ½ tsp freshly grated ginger or the dry equivalent
- ½ tsp cardamom
- 1/2 tsp turmeric powder
- 1 banana
- -1 tbsp coconut oil

- 3 tbsp hemp hearts

Plant-based pumpkin pie smoothie. Pumpkins aren't just for the fall. Indulge in this delicious treat full of antioxidants to support your immune system at large.

Ingredients:

- -1 cup organic pumpkin puree (from can or a pie pumpkin)
 - 1 cup almond milk
 - ½ tsp cinnamon
 - ½ tsp nutmeg
 - 1 banana
 - 1 tsp local honey
 - Squeeze of ½ lemon

Visit your local Canadian Health Food Association member store to find a variety of ingredients to give your smoothies an extra kick of nutrition. Find your nearest location at chfa.ca.

www.newscanada.com

A HOLIDAY MULE TO WARM UP YOUR GUESTS

(NC) This extra-festive twist on a Moscow mule is sure to spice up your holiday party. Flavoured with the zing of ginger beer, notes of caramel and vanilla from bourbon, and balanced by the sweetness of apple cider, it strikes a perfect balance.

"To make your drink look as good as it tastes, try garnishing with accents such as crystallized ginger," suggests Michelle Pennock executive chef for the President's Choice Test Kitchen. "This small step brings the drink to the next level."

Maple Bourbon Cider Mule Prep time: 5 minutesServes: 1 Ingredients:

- 1/3 cup (75 mL) honeycrisp sweet apple cider
- 2 tbsp (25 mL) bourbon (1
- 4 tsp (20 mL) pure maple syrup
- -1 tsp (5 mL) fresh lime juice - 1/4 cup (50 mL) ginger beer
- 1 slice crystallized ginger (optional)

Directions:

- 1. Fill cocktail shaker half-way with ice. Add apple cider, bourbon, maple syrup and lime juice. Cover and shake vigorously 15 to 20 seconds.
- 2. Strain into PC Stemless Red Wine Glass filled with ice. Top with ginger beer. Thread crystallized ginger onto wooden cocktail skewer (if using); place in glass.

Chef's tip: Leave out the bourbon for a non-alcoholic version.

Nutritional information per serving: Calories 220, fat 0 g, sodium 10 mg, carbohydrates 39 g, fibre 0 g, sugars 36 g, protein 0 g.



A SEASONAL GNOCCHI RECIPE TO SPRUCE UP YOUR HOLIDAY

(NC) This gnocchi recipe makes for the perfect side dish, as it uses many on-hand ingredients. You can substitute or add in a variety of greens like baby kale or baby spinach for extra colour.

"Serve these tender potato and squash dumplings as part of your holiday spread instead of mashed potatoes," suggests Michelle Pennock, executive chef for President's Choice test kitchen. "Arugula adds a slight bitterness to the dish that complements the sweetness of the squash, but you can use baby spinach for a milder flavour."

Butternut Squash Gnocchi with Creamy Lemon Butter Sauce

Prep time: 10 minutes Cook time: 10 minutes Serves: 4 Ingredients:

- 3 tbsp (45 mL) butter, divided
- $\frac{1}{4}$ cup (50 mL) unsalted walnuts, chopped
- 1 pkg (350 g) PC gnocchi

with butternut squash potato dumplings

- 2 cups (500 mL) baby arugula
- 3 tbsp (45 mL) milk
- 1 tbsp (15 mL) grated lemon zest
- Pinch (0.5 mL) hot pepper flakes (optional)

Directions:

1. Melt 1 tbsp butter in a large non-stick skillet over medium heat. Add walnuts and hot pepper flakes (if using). Cook, stirring often, until butter is fragrant and slightly golden; 1 to 2 minutes. Transfer with slotted spoon to small bowl. Set aside.

2. Add remaining 2 tbsp but-



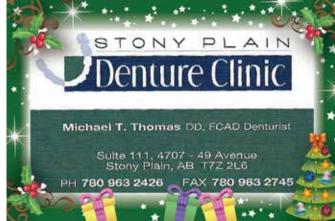
ter and ¾ cup water to same skillet; bring to a simmer over medium heat. Add gnocchi. Simmer, stirring occasionally, until heated through; 2 to 3 minutes.

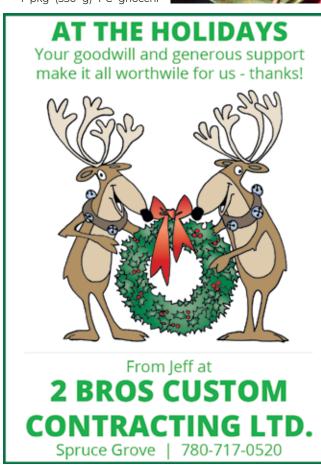
3. Add arugula and milk. Cook, stirring often, until arugula is wilted and sauce is thickened; about 30 seconds. Stir in lemon zest and half of walnut mixture. Transfer to serving dish. Top

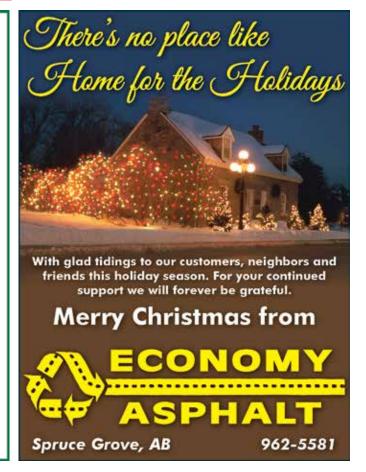
with remaining walnut mix-

Chef's tip: This dish also makes a quick and easy weeknight meal for two – simply serve with a side salad or steamed vegetables and crusty bread.

Nutritional information per serving: calories 260, fat 14 g (6 g of which is saturated), sodium 420 mg, carbohydrates 30 g, fibre 1 g, sugars 6 g, protein 6 g.







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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

GIVE THE GIFT OF INDULGENCE THIS HOLIDAY SEASON

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 Cingerbread" courtesy of Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

Sticky Chocolate Gingerbread

Makes an 8-inch cake Ingredients

- · 2 1/3 cups dark molasses
- 6 ounces dark chocolate (60 to 70 percent cocoa solids), grated
- · 1 3/4 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 soda2 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 and 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 melted.

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 I 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.

Merry Christmas!



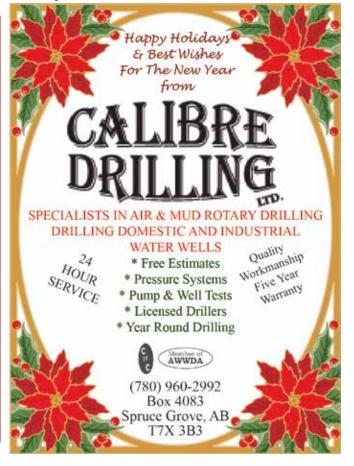
With joy and glad tidings to those we hold "deer" Have a wonderful Christmas and a Happy New Year! We truly appreciate your loyal support.

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A DESSERT TO PLEASE SOUL FOOD DEVOTEES

Soul food is beloved by many people across the globe. While certain main dishes garner the bulk of that love, soul food desserts, such as "Miss Ruthie's Old-Fashioned Peach Cobbler" from Patty Pinner's "Sweets: Soul Food Desserts & Memories" (Ten Speed Press) can complete a meal and keep friends and family coming back for more.

Miss Ruthie's Old-Fashioned Peach Cobbler

Makes one 8-inch cobbler Ingredients

- ·1 unbaked double pie crust
- 8 cups peeled and sliced fresh peaches
- \cdot 2 cups granulated sugar
- · 1/4 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- \cdot 1/2 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 1/2 cup (1 stick) unsalted butter, melted
- · 1 teaspoon vanilla extract Directions
- 1. Preheat the oven to 475 F.
- 2. Lightly butter an 8-inch square glass dish. Set it aside.
- 3. Prepare the pasty for a double-crust pie. Set it aside.
- 4. Combine the peaches, sugar, flour, cinnamon, nutmeg, and allspice in a 4-quart Dutch oven. Allow the mixture to sit until the dry ingredients are dissolved and a syrup forms, about 15 minutes. Bring the peach mixture to a boil over medium heat. Decrease the heat to low and cook until the peaches are tender, about 10 minutes. Remove the mixture from the heat and add the butter.
- 5. Roll out half of the pie pastrv. then cut it into an 8-inch square. Spoon half of the peach mixture into the prepared dish. Cover the mixture with the pastry square. Bake 12 to 14 minutes, or until lightly browned. Take the dish out of the oven and spoon the remaining peach mixture over the baked pastry. Roll out the remaining pastry, then cut it into strips about an inch wide. Arrange the strips in a loose lattice pattern over the peach mixture. Bake an ad-

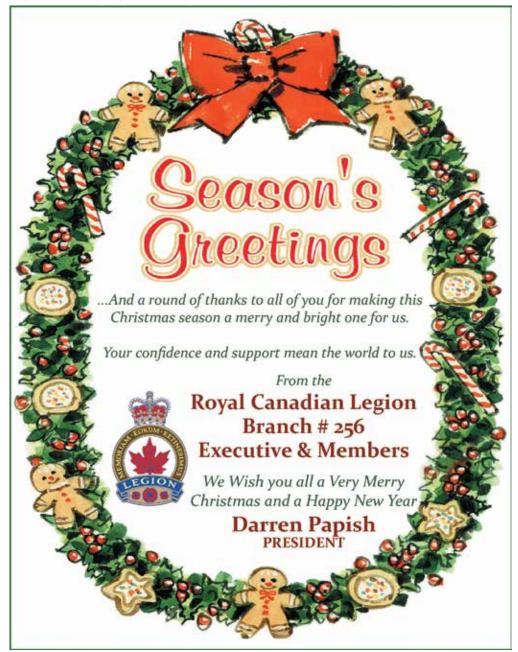
ditional 15 to 20 minutes, or until browned. Remove from the oven. Serve warm.

Double Pie Crust Ingredients

- · 2 cups all-purpose flour, sifted
- · 1/2 teaspoon salt
- · 1 cup vegetable shortening, chilled
- ·1 egg, beaten
- · 6 tablespoons cold milk

In a bowl, combine the flour and salt. Cut the shortening into the dry ingredients with a fork or by pinching the shortening into the flour mixture with your fingers. The result should be coarse crumbs and small clumps the size of peas. Add the egg and mix well. Add the milk 1 tablespoon at a time. Don't be afraid to add more milk if necessary to achieve a dough that's wet enough to form into a ball. Being careful not to overwork the dough, form the dough into a ball with your hands. Wrap the ball

in plastic, then chill in the refrigerator for 30 minutes. Transfer the dough from the refrigerator to a lightly floured surface. Flatten the ball slightly and dust the top of it with flour before rolling it out with a rolling pin. Divide the dough into two portions before rolling. Begin rolling at the center of the dough and work outward. Roll the dough out into a circle about 4 inches wider than the pie pan it will be placed in.



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A MERRY MOCKTAIL FOR THE HOLIDAYS

(NC) Sangria is often relegated to summertime patios, but this make-ahead pitcher drink is equally perfect for winter entertaining. Sweet-tart pomegranate juice and warm winter spices add festive flavour, and de-alcoholized red wine makes this a great non-alcoholic option.

"Spruce up this mocktail with sprigs of basil or fresh mint for an extra pop of colour and freshness," sug-

gests Michelle Pennock, executive chef for the President's Choice Test Kitchen. "These small touches add bright tasting notes that get your guests' senses tingling and set the stage for your event."

Non-Alcoholic Spiced Sangria

Prep time: 15 minutes Cool time: 2 hours Serves: 8 Ingredients:

-1 cup (250 mL) granulated

sugar

- 1/2 tsp (2 mL) cinnamon

- 1/4 tsp (1 mL) each ground allspice and ground cloves

- Pinch (0.5 mL) ground nutmeg

- 1 navel orange (peel on), thinly sliced into rounds

- Half lemon (peel on), thinly sliced into rounds

- 1 bottle (750 mL) PC Red De-Alcoholized Wine with Natural Flavour, chilled

- 2 cups (500 mL) 100% pomegranate juice

- 1 cup (250 mL) pulp-free orange juice

- 1/4 cup (50 mL) frozen pomegranate arils

Directions:

1. Bring sugar, cinnamon, allspice, cloves, nutmeg and 1 cup water to a boil in



small saucepan over medium-high heat. Cook, stirring often, until sugar is dissolved; about 2 minutes. Remove from heat; let cool 30 minutes. Refrigerate syrup until chilled; about 30 minutes.

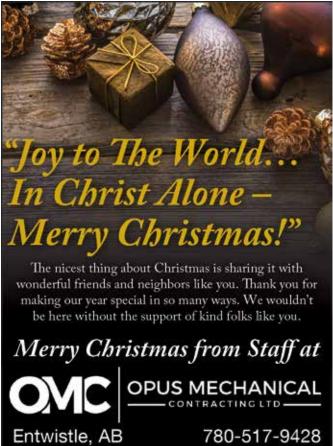
2. Stir together orange, lemon, 1 cup wine, pomegranate juice, orange juice and ¼ cup syrup in 3-L (12 cup) pitcher. Cover and refrigerate one hour or up to 12 hours.

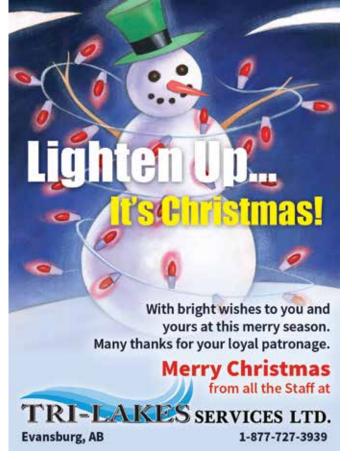
3. Stir in frozen pomegranate arils and remaining wine. Divide among wine glasses filled with ice.

Chef's tip: You'll make more of the spiced syrup than you need for one batch of this sangria. Refrigerate the remaining syrup in an airtight container or jar for up to one month and use in your favourite cocktails and mocktails, or as a dressing for fruit salad.

Nutritional information per serving: Calories 100, fat 0 g, sodium 10 mg, carbohydrate 24 g, fibre 1 g, sugars 20 g, protein 1 g.







NANAIMO BARS

Chocolate Coconut Layer

- \cdot 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 semi-
- sweet 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 tablespoons 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 9×13 in pan. Store in an airtight container in the refrigerator.

CHRISTMAS CRUNCH

Inaredients

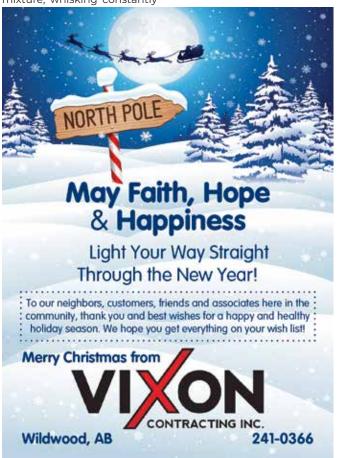
- 1/2 cup popping popcorn kernels, or 2 bags tender white popcorn
- · 1 (12 oz) bag Vanilla Candy Melts (such as Wilton Candy Melts)
- · 1 1/3 cups broken pretzel pieces
- · 1 (12 oz) bag green and red Milk Chocolate or Mint M&Ms
- · Red, green and white Sprinkles (I used Jingle Mix Nonpareils)

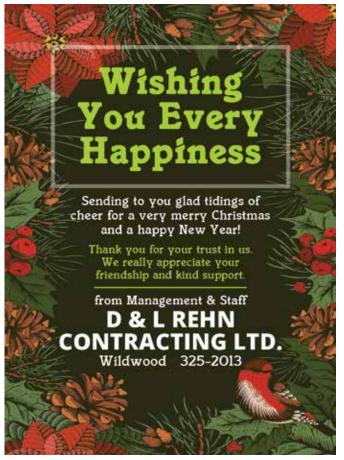
Directions

- 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 melt-

ed 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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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 powder
- · 1/4 teaspoon salt
- · 16 vanilla caramels, un-

wrapped

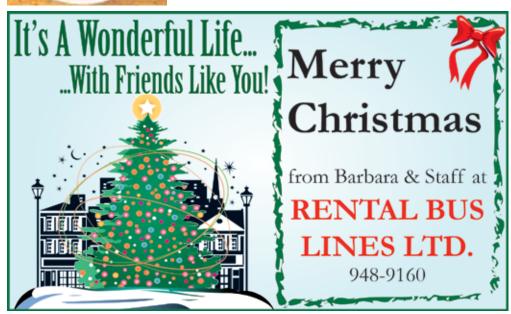
- 3 tablespoons whipping cream
- 1 1/4 cups finely chopped pecans
- · 1/2 cup (3 ounces) semisweet chocolate pieces
- · 1 teaspoon shortening **Directions**

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.





STRAWBERRY CHEESECAKE COOKIES

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

- \cdot 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
- · 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 togeth-

er 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 addi- ounces) tions. 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 melted dough into 2 tablespoon sized balls and roll in the graham cracker crumbs. crushed lemon drop can-Place on the baking sheet, dies 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.

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
- · 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,
- · 1/3 cup powdered sugar
- 1 tablespoon finely

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.





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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

ALMOND CHICKEN & STRAWBERRY-BALSAMIC SAUCE

- · 1/4 teaspoon pepper
- · 4 boneless skinless chicken breast halves (4 ounces each)
- Butter-flavored cooking sprav
- · 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. Reduce 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.

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 stoneground mustard
- · 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.





SANTA-WORTHY COOKIES

(NC) Whether you're participating in a cookie exchange with friends or making a treat for St. Nick, add these adorable reindeer cookies to your holiday baking this year.

As sweet to look at as they are to eat, the salty pretzel antlers complement the season's favourite flavours of ginger, cinnamon cloves and sweet molasses. These homemade treats won't break the bank either. Costing \$0.25 each, buying all ingredients at Walmart can help stretch your holiday dollars further.

Ginger-Molasses Reindeer Cookies

Prep time: 15 minutes Cook time: 1 hour Makes: 35 cookies Ingredients:

- · 1-3/4 cups (425 mL) flour
- ·1 tsp (5 mL) baking soda
- ·1 tsp (5 mL) ground ginger
- · 1/2 tsp (2 mL) cinnamon
- \cdot 1/2 tsp (2 mL) salt
- · 1/4 tsp (1 mL) cloves
- 1/2 cup (125 mL) unsalted butter, softened
- · 3/4 cup (175 mL) granulated sugar

· lego

- · 1/4 cup (60 mL) fancy molas-
- · 70 mini pretzel twists
- · 1 package (200 g) prepared red cookie icing
- · 70 candy eyeballs Directions:
- 1. Heat oven to 325F (160C). Line two baking sheets with parchment paper.
- 2. In a medium bowl, whisk together flour, baking soda, ginger, cinnamon, salt and cloves.
- 3. In a large bowl using a hand mixer or in the bowl of a stand mixer, cream together butter



and sugar until light and fluffy; about 2 minutes. Add egg and molasses, mixing until fully combined. In 2 equal parts, add flour mixture, mixing until just combined.

4. Roll dough into 1 tbsp. (15 mL) balls and place on prepared baking sheets 1 1/2 inches apart, pressing down lightly with palm. Place two pretzels next to one another 1/4 inch (0.5 cm) inside the edge of each cookie to resemble antlers:

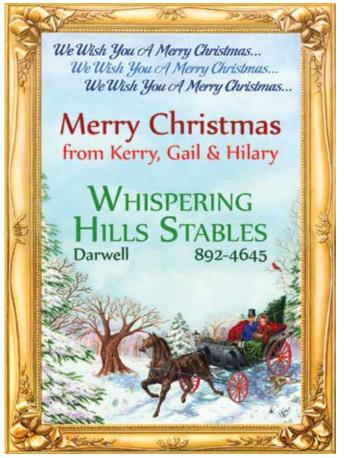
press pretzels lightly to adhere to cookie dough.

5. Bake in batches until just set; about 12 minutes. Let cool 4 minutes on sheets before cooling completely on racks. Once cooled, use cookie icing to adhere candy eyeballs to cookies and draw noses. Allow to set completely.

Find more great recipes online at walmart.ca/recipes.







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(NC) This coconut-studded milk chocolate cookie with two layers of buttery dough – one with an added hit of cocoa – makes these slice-and-bake cookies an instant holiday hit. Incorporating milk chocolate with toasted coconut makes them irresistible.

"This recipe makes a large batch, but don't feel like you have to make them all at once – simply thaw frozen dough and then slice and bake," says Michelle Pennock, executive chef for the President's Choice Test

A COCONUT COOKIE THAT'S PERFECT FOR THE HOLIDAYS

Kitchen.

Two-Toned Chocolate Coconut Cookies

Prep time: 45 minutes Cook time: 50 minutes Makes: 5 dozen cookies Ingredients:

- · 1 cup (250 mL) unsalted country churned butter, softened
- · 1 cup (250 mL) granulated sugar
- ·1 large egg
- \cdot 2 $\frac{1}{2}$ cups (625 mL) all-purpose unbleached flour
- \cdot 1/2 tsp (2 mL) baking soda
- · Half bar (300 g bar) PC Milk Chocolate Coconut, finely chopped (about 1 1/4 cups)
- · 2 tbsp (25 mL) cocoa powder

Directions:

1. Line bottom of 8-inch (2 L) square glass baking dish with parchment paper, leaving 1-inch (2.5 cm) overhang on two opposite sides. Set aside.

2. Beat butter with sugar in large bowl using electric hand mixer until fluffy. Beat in egg, scraping down side of bowl. Set aside.

3. Whisk flour with baking soda in separate large bowl. Stir half of flour mixture into butter mixture just until combined. Stir in remaining flour mixture and chocolate just until combined. Remove half of dough to separate large bowl; stir in cocoa powder.

4. Press cocoa dough evenly into bottom of prepared baking dish; press white dough evenly over top. Refrigerate 15 minutes.

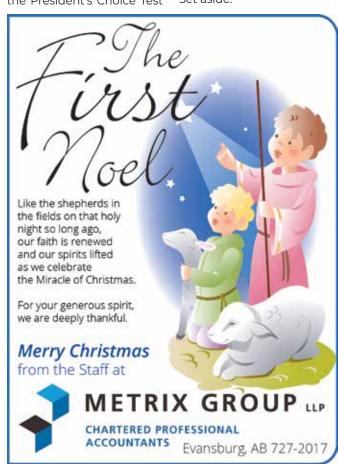
5. Lifting with parchment, remove dough from baking dish and transfer to work surface. Cut dough in half; invert one piece over the other piece so that both white strips are in centre of stack (you should have two thin strips of chocolate

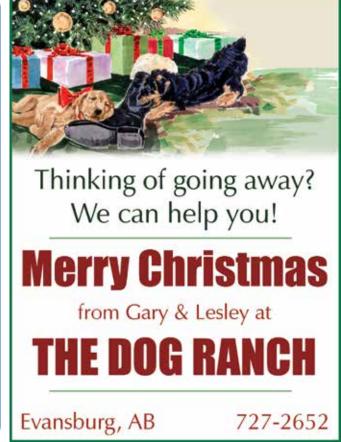
dough with one wide white strip in between). Press gently to adhere. Wrap in plastic wrap; refrigerate two hours or up to 24 hours.

6. Preheat oven to 325°F (160°C). Cut dough in half lengthwise to make two 2-inch (5 cm) wide logs. Cut each log crosswise into scant 1/4-inch (5 mm) thick slices. Arrange, 1/2 inch (1 cm) apart, on non-stick cookie sheets or parchment paper-lined baking sheets.

7. Bake, one sheet at a time, until pale golden and tops are no longer shiny; 12 to 14 minutes. Let cool completely on sheets.

Chef's tip: If the dough crumbles when you slice it, let it stand at room temperature for 5 to 10 minutes to soften, then try slicing again.





THE PERFECT GRILLED CROSTINI APPETIZER

(NC) When you've got your grill ready to go but need a quick appetizer to feed your guests, throw on this tasty garlic herb shrimp to make them some delicious crostini.

"These grilled crostini are ideal for backyard summer hangouts. You can prep the tomatoes and grill the baguette ahead of time, then toss the shrimp on the grill once everyone is ready to start snacking," shares Filippou, executive chef for President's Choice cooking school. "The number of shrimp in each package varies, so try to cut the baguette into the same number of slices as there are pieces of shrimp."

Garlic Herb Shrimp and Pesto Crostini

Prep time: 20 minutes Cook time: 10 minutes Ready in: 30 minutes Serves: 12 to 15 Ingredients:

- 1 cup (250 mL) cherry tomatoes, chopped
- 2 tbsp (25 mL) olive oil divided, plus additional for oiling grill
- 1 tbsp (15 mL) chopped fresh basil
- Pinch (0.5 mL) salt
- Half baguette, sliced diagonally into ¼-in-ch/5-mm thick rounds (12 to 15 slices)
- 1 pkg (340 g) frozen PC garlic and herb grilling raw butterflied shrimp
- 2 tbsp (25 mL) pesto Directions:
- 1. Stir together tomatoes, 1 tbsp oil, basil and salt in small bowl. Set aside.
- 2. Preheat grill to medium heat. Brush both sides of baguette slices with remaining 1 tbsp oil, dividing evenly. Arrange in single layer on grill. Cook, turning once, until grillmarked, about 4 minutes. Transfer to large plate. Set aside.
- 3. Brush grill with oil. Ar-

range frozen shrimp, shell side down, in single layer on grill. Close lid and cook over medium heat, turning halfway through cooking time, until opaque throughout and shells are pink; about 5 to 7 Transfer to separate large plate; remove and discard shells.

4. Spread pesto over top of baguette, dividing evenly. Top with shrimp and tomato mixture, dividing evenly.

Chef's Tip: No barbecue? Arrange baguette slices in a single layer on a baking sheet and drizzle with oil; bake in 400°F (200°C) oven, flipping baguette once, until crispy and light golden; about 6 minutes. Set aside. Arrange shrimp, shell side down, in a single layer on a parchment paper-lined baking sheet; bake in 450°F (230°C) oven until opaque throughout and shells are pink; about 10 to 12 minutes.

Nutritional information per serving (1 crostini): Calories



80; fat 4 g (1 g of which is saturated); sodium 160 mg; carbohydrates 9 g; fibre 0 g; sugars 0 g; protein 3 g.





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SUGAR, SPICE AND EVERYTHING NICE WITH GINGERBREAD COOKIE BARS

(NC) You can't beat traditional treats during the holiday season, and there's nothing quite as classic as gingerbread. From elaborately decorated gingerbread houses to crisp gingersnaps, there are many ways to enjoy the slightly spiced and cozy flavour.

These scrumptious bars combine two traditional hol-

iday treats – gingerbread and cookie bars – to create a mouthwatering bite perfect for the holidays. Swap your butter 1:1 with Becel Sticks, which require no softening so you can go from prep to enjoyment in 30 minutes.

Gingerbread Cookie Bars

Prep time: 10 minutes Cook time: 20 minutes Makes: 30 cookie bars Ingredients:

- 2 ¼ cups (550 mL) all-purpose flour
- -1 tsp (5 mL) baking soda
- $\frac{1}{2}$ tsp (2 mL) salt
- -1 cup (250 mL) (2 sticks) Becel unsalted margarine sticks
- 1 cup (250 mL) firmly packed light brown sugar
- ¼cup (60 mL) granulated sugar
- 2 eggs
- 1 tsp (5 mL) vanilla extract
- 1 tsp (5 mL) ground cinna-
- -1 tsp (5 mL) ground ginger
- 3 tbsp (45 mL) white chocolate chips
- ½ cup (125 mL) dried cranberries
- ½ cup (125 mL) toasted



chopped pistachios Directions:

- 1. Preheat oven to 375°F (190°C). Line 13 x 9-inch (33 x 23 cm) baking pan with foil or parchment paper, leaving 2-inch (5 cm) overhang. Spray with cooking spray and set aside. Combine flour, baking soda and salt in medium bowl; set aside.
- 2. Beat margarine sticks with sugars in large bowl. Beat in eggs and vanilla until blended. Gradually add in flour mixture; beat just until blended. Stir in cinnamon and ginger. Spread into prepared baking pan. Combine white chocolate chips, cranberries and pistachios in small bowl. Evenly sprinkle over dough; press gently.
- 3. Bake 20 minutes or until toothpick inserted in centre comes out clean. Cool in pan on wire rack for 10 minutes. Using foil overhang, lift out of pan and cool completely. Cut into 30 pieces.







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 extract
- · 6 ounces bittersweet chocolate, chopped
- · 2 teaspoons shortening

Directions

1. Preheat oven to 350 de-

grees 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 mea-

suring 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

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
- ·11/4 cups milk

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- · 3 cups large rolled oats
- · 1 cup unsweetened fine

· 12 tbsp cocoa

 \cdot 11/2 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

Tomahawk, AB

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

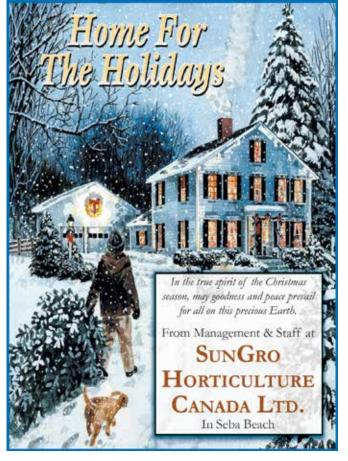
6. Makes about 4 dozen.

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.





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TASTE SOMETHING DIFFERENT DURING THE HOLIDAYS

(NC) From ham to homemade pie, from turkey to tasty desserts, holiday recipes are some of the best treats on the food calendar.

But they can also get repetitive and wasteful.

Mix it up this year with popular Canadian chef Chuck Hughes. He has

some colourful twists on holiday classics, with recipes that use the leftovers and help you cut down food waste. Try one for yourself:

Glazed Ham

Prep time: 20 minutes Cook time: 3 hours Serves: 4

Ingredients:

- 1 bone-in half ham (about 6-10 lbs)
- 3/4 cups orange marmalade
- 1/4 cup maple syrup
- ¼ cup whole grain Dijon mustard
- 1/4 cup bourbon
- 2 tbsp lemon juice, fresh if possible
- ½ tsp ground ginger
- Salt and black pepper to

Directions

- 1. Move oven rack to lower-third portion of the oven and preheat your LG ProBake oven to 325° Line bottom of a roasting pan with aluminum foil for easy cleanup and set aside.
- 2. Add orange marmalade, maple syrup, mustard, bourbon, lemon juice, ground ginger and salt and pepper to a small saucepan. Whisk to combine well and

bring to a boil. Set aside.

- 3. Remove ham from package and pat dry if too wet. Place on roasting rack, flat side down, so the fatty side is facing up.
- 4. Gently score ham in a criss-cross pattern and brush all over with ½ cup of the prepared glaze. Scoring the ham will help the glaze to really sink in and create an amazing flavour.
- 5. Cover ham loosely with aluminum foil to prevent drying out or burning.
- 6. Bake for about 2 to 2 ½ hours, until instant thermometer inserted into the middle of the ham registers 125 to 130°
- 7. Remove roasting pan from the oven and peel back or remove foil from the top and sides of the ham. Increase oven temperature to 425°
- 8. Brush 6 tbsp of glaze over the ham and bake for 20 minutes, brushing ham with additional 6 tbsp of glaze every 6 to 7 minutes. You'll be brushing the ham with glaze approximately three times during this step.
- 9. Be sure to watch that the glaze doesn't burn, but instead turns a rich, deep golden colour.
- 10. Remove roasting pan from oven and place ham on a large cutting board. Tent loosely with foil and let rest for 20 minutes before
- 11. To make mustard sauce for serving, mix ½ cup whole grain Dijon mustard with 1/4 cup glaze.
- To find delicious recipes using leftover ham, and to learn how the right kitchen appliances can help cut down on waste for the holidays, head to LG.ca/continuouskitchen to learn more.

www.newscanada.com



Here Comes

Santa Claus

Another Christmas is rolling in, and we hope it delivers

Thanks for being an important part of our year.

Your friendship and support have made 2019

Merry Christmas to You and Yours!

this holiday season and in the coming year.



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 Cheesecake Squares

Makes 24 squares Ingredients

- · 2 8-ounce packages seamless crescent dough
- · 2 8-ounce packages cream cheese
- ·1egg
- · 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 cheesecake 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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CRANBERRY & ORANGE CHELSEA BUN TREE

Prep: 1 hr Cook: 22 mins plus at least 1 hr 30 mins proving Makes 12 buns Ingredients

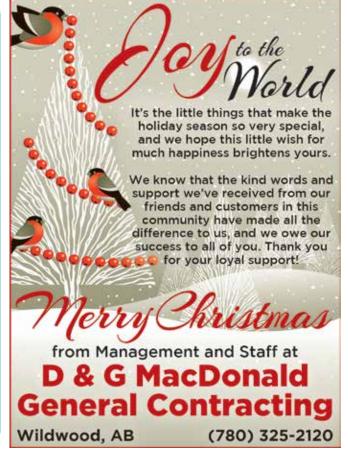
- · 275ml full-fat milk
- 50g butter, chopped into cubes
- · 450g strong white bread flour
- 7g sachet fast-action dried yeast
- 50g golden caster sugar, plus 3 tbsp
- ·1 tsp ground cinnamon
- flavourless oil, for greasing
- 200g marzipan, chilled1 orange, zested and
- juiced
- · 100g fresh cranberries
- · 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, swirl-

ing 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 vour 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







Cranberry & Orange Chelsea Bun Tree

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.

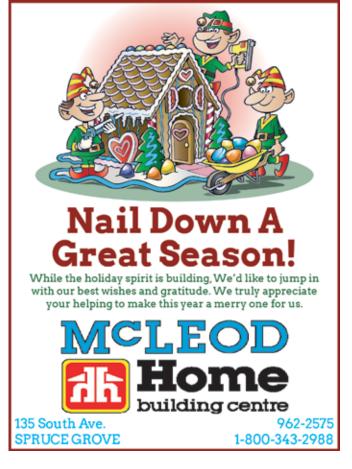
Mix the icing sugar with enough orange juice to make a thick icing and transfer it to a small disposable piping bag or plastic sandwich bag. You can spray the pistachios with gold spray at this point, if you like.

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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- Crush Cravings
- · Increase Energy
- Metabolize fat to Energy
- · Help Regulate Blood Sugar
- · Improve Mood & Focus
- Boosts Circulation & Oxygen delivery



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 Salad

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

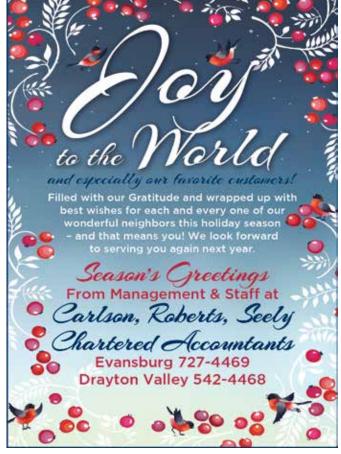
- · 5 sprigs fresh thyme Directions:
- 1. Place fennel, onion, tomato, and apple pieces in a large bowl. Add canola oil and all the dry spices. Toss in the bowl.
- 2. Place on convection oven grill pan. Preheat the unit to 200°C (400°F) on the convection setting and cook for 15 minutes. When the 15 minutes 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-Fast







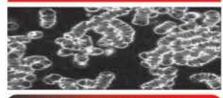
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A NUTRITIONAL BREAKTHROUGH THAT SUPPORTS YOURIGHT DOWN TO THE LAST CELL!

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low energy

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dehydration

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GET THE KIDS IN THE KITCHEN WITH HOT CHOCOLATE-INSPIRED COOKIE CUPS

(NC) The holidays are a busy time for families, between shopping for the perfect gift, hosting out-of-town guests, attending get-togethers and baking. Not only is baking a quintessential part of the festive season, but it is also a delicious way to spend a wintery day indoors with friends and family. Be ready to bake whenever the weather is cold or the kids need a fun activity by using Becel Sticks, a convenient 1:1 swap for butter that are ready to use straight from the fridge.

Perfect for little bakers, try this recipe for hot chocolate cookie cups. Inspired by a steaming hot cup of cocoa, these mini chocolate chip cookies are topped with marshmallows and finished with a pretzel "handle."

Hot Chocolate Cookie Cups Prep time: 15 minutes Cook time: 10 minutes Makes: 60 cookies Ingredients:

 $-2\frac{1}{4}$ cups (550 mL) all-purpose flour

- -1 tsp (5 mL) baking soda
- ½ tsp (2 mL) salt
- 1 cup (250 mL) (2 sticks) Becel unsalted margarine sticks
- 1 cup (250 mL) firmly packed light brown sugar
- ½ cup (60 mL) granulated sugar
- 2 large eggs
- 1 tsp (5 mL) vanilla extract
- ³/₄ cup (170 mL) chocolate chips, divided
- 3 tbsp (45 mL) cocoa
- 1 tsp (5 mL) ground cinnamon
- 1 $\frac{1}{2}$ cups (375 mL) mini marshmallows (3 per cup)
- 30 mini pretzels Directions:
- 1. Preheat oven to 375°F



(190° C). Combine flour, baking soda and salt in medium bowl: set aside.

2. Beat margarine sticks with sugars in large bowl. Beat in eggs and vanilla until blended. Gradually add in flour mixture; beat just until blended. Stir in ½ cup (125 mL) chocolate chips, cocoa powder and cinnamon. Drop by tablespoonfuls into greased mini muffin pans.

3. Bake 10 minutes or until edges are firm. Quickly make a dent in the center of each and insert three marshmallows. Top each with one chocolate chip. Cool 10 minutes on wire rack; remove cups from pan. Break off curved part of pretzels to make a "handle" and press into side of cup to adhere; cool completely.







Prep: 30 mins - 40 mins, Cook: 40 mins Plus 1 hour

CHESTNUT, BACON & CRANBERRY STUFFING

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
- \cdot ½ 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 stuff-

ing 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.







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

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

- \cdot 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.



HEALTHY HOLIDAY MOCKTAILS

(NC) Festive office events, family dinners and cocktail parties do not have to wreak havoc on your health during the holidays. Replace cocktails with a healthy alternative — mocktails.

By ditching the alcohol for nutrient-rich fruit, herbs and fermented ingredients, you can create nutritious holiday drinks that will not only look stunning, but also nourish your body to boot. Here are two mocktail drinks to consider whipping up this season:

Fruit-Flavoured Kombucha

This fermented drink supports digestive health and increases good bacteria in the digestive tract.

Ingredients:

- 2 cups kombucha
- ¼ cup frozen mixed berries
- Mint leaves

Directions:

1. Mix everything together and enjoy the refreshing taste!

Ginger Iced Green Tea

Benefit from this antioxidant-rich alkaline drink that also supports digestion.

Ingredients:

- 2 cups green tea
- ½ tsp grated ginger
- ½ lemon, to taste
- Cinnamon, ground or stick Directions:

- 1. Steep tea and put in fridge with ice to chill.
- 2. Once at preferred temperature, grate ginger into drink and add lemon and cinnamon to top off this festive treat.

Visit your local CHFA member store to find all the ingredients you need. Find your nearest location at chfa.ca.

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START YOUR MORNINGS RIGHT

(NC) Made with orange juice, this simple, makeahead breakfast is packed with protein to kick-start your day. Prep everything the night before so in the morning all you have to do is pop it in the oven for a warm, delicious breakfast your whole family will enjoy.

Berry Breakfast Strata

Ingredients:

- 2 tbsp. butter
- 3 tbsp. honey
- 4 large eggs

- ½ cup whole milk ricotta
- 3 tbsp. sugar
- -1 cup whole milk
- ¼ cup Florida Orange Juice
- 4 slices of bread, torn into 1-inch pieces (about 4 cups)
- 275 g frozen mixed berries, thawed and drained

Directions:

- 1. Combine butter and honey and melt in microwave.
- 2. In a large bowl, using a whisk, beat the egg, ricotta and sugar.

3. Add milk, Orange Juice, butter and honey mixture. Stir to combine. Gently fold in bread and berries.

4. Place mixture into an 8×8-inch baking dish. Cover with plastic wrap and place in the refrigerator for at least 2 hours and up to 12 hours.

5. Preheat oven to 350°

- 6. Bake the strata until golden on top and baked through; about 40 minutes.
- 7. Let stand for 5 minutes before serving. Spoon into

dishes to serve.

Find more great recipes at floridacitrus.ca.







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
- 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

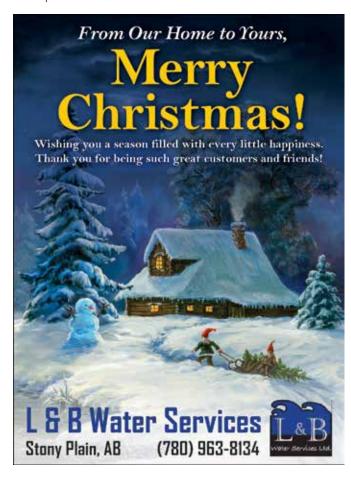
and simmer, stirring occasionally, until fruit is very tender or about 18 to 20 minutes.

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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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

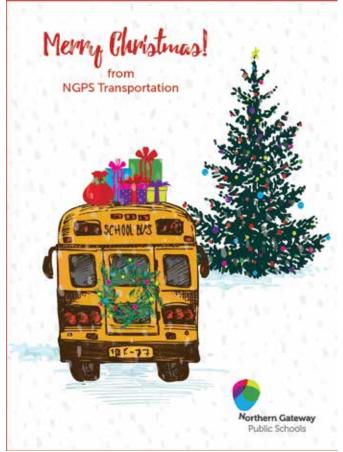
Cooking Instructions

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, powdered 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 poin-settia. Place a colored candy in the center.





PARTY FARE 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.

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 Get-Togethers" Gracious (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 flat-leaf parsley, optional Directions

In a medium bowl, whisk to combine 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 I 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 half-and-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 mayon-

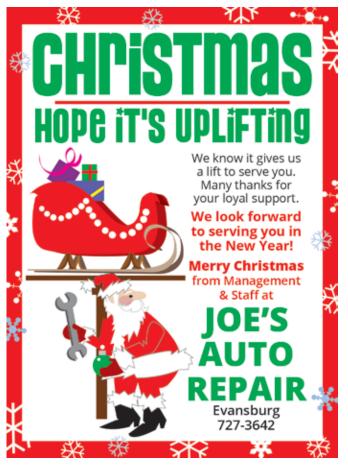
naise

- 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.





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COMPLETE THE HOLIDAY SEASON WITH GINGERBREAD

Whether leaving cookies out for Santa or simply spreading some holiday cheer among family and friends, the following recipe for "Soft Glazed Gingerbread" from Elizabeth M. Prueitt and Chad Robertson's "Tartine" is sure to please this holiday season.

Soft Glazed Gingerbread Yields 12 to 20 cookies **Dough**

33/4 cups all-purpose flour 1 tablespoon cocoa powder

4 teaspoons ground ginger

1½ teaspoons ground cloves

2 teaspoons ground cinnamon

½ teaspoon baking soda 1 teaspoon salt

1½ teaspoon black pepper, freshly ground

1 cup unsalted butter, at room temperature

³/₄ cup plus 2 tablespoons granulated sugar

1 large egg

½ cup blackstrap or other dark molasses

2 tablespoons light corn syrup

Glaze

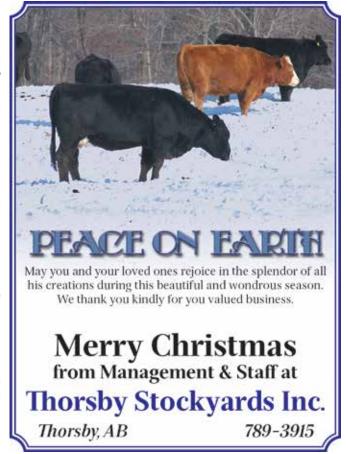
1 cup confectioners' sugar 2 tablespoons water

To make the dough, stir together the flour, cocoa powder, ginger, cloves, cinnamon, baking soda, salt, and pepper in a mixing bowl. Set aside. Using a stand mixer fitted with the paddle attachment, beat the butter on medium-high speed until creamy.

Slowly add the granulated sugar and mix on medium speed until the mixture is completely smooth and soft. Stop the mixer and scrape down the sides of the bowl with a rubber spatula as needed. Add the egg and mix well. Add the molasses and corn syrup and beat until incorporated. Stop the mixer again and scrape







Complete the Holiday Season with Gingerbread

down the sides of the bowl. Add the flour mixture and beat on low speed until a dough forms that pulls away from the sides of the bowl and all the ingredients are well incorporated. Remove the dough from the bowl, flatten it on a large piece of plastic wrap into a rectangle about 1 inch thick, cover the dough with plastic wrap, and refrigerate overnight.

Preheat the oven to 350 F. Line a baking sheet with parchment paper or a nonstick liner.

Unwrap the dough and place on a floured work surface. If using a plaque with a design, roll out the dough 1/3-inch thick, lightly dust the top with flour, press your cookie molds over the dough, and then cut the shapes with a small knife and place on the prepared baking sheet, spacing them about 1 inch apart. Alternatively, using the mold as a guide, cut around it with a small knife, flip the mold over so the design is facing you, and place the dough over it, pressing it into the design. Unmold the shapes onto the prepared baking sheet, leaving about 1 inch between them.

If using a patterned rolling pin, lightly dust the lined baking sheet with flour and transfer the dough to the pan. Lightly dust the top of the dough with flour and roll it into a rectangle about 1/3-inch thick with a plain pin. Then, using the patterned pin, roll over the dough with enough pressure to ensure a clear impression of the design. Trim the sides with a small knife. It is not necessary to cut into smaller sizes before

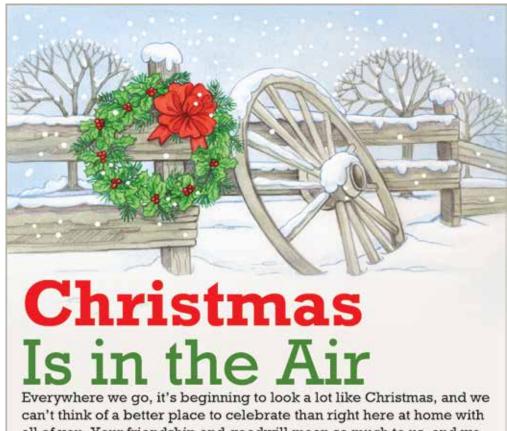
baking.

Bake the cookies until lightly golden along the sides but still soft to the touch in the centers, 7 to 15 minutes. The timing will depend on the size of the individual cookies, or if you have made a single large patterned piece that will be cut after baking.

While the cookies are baking, prepare the glaze. In a small bowl, whisk together the confectioners' sugar and water until smooth.

When the cookies are ready, remove from the oven and let cool on the pan on a wire rack for about 10 minutes. Then, while the cookies are still warm, using even strokes, brush a light coat of glaze on top of each cookie, evenly covering it. Let the cookies cool completely. When the glaze dries, it should leave a shiny,

opaque finish. If you have used a patterned pin to make a single large plaque, cut into the desired sizes with a small, very sharp knife. The cookies will keep in an airtight container in a cool place for about 2 weeks. They do not freeze well, however, as glaze becomes watery when they are thawed.



Everywhere we go, it's beginning to look a lot like Christmas, and we can't think of a better place to celebrate than right here at home with all of you. Your friendship and goodwill mean so much to us, and we feel deeply blessed to be a part of this community. We wish all of you a merry, bright and blessed Christmas. With Thanks & Best Wishes

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The holiday season is rife with tradition, from Christmas trees to lighting displays to visits with Santa Claus at the local

NO HOLIDAY CELEBRATION IS COMPLETE UNTIL EGGNOG HAS BEEN SERVED

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
- \cdot 2 1/4 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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DOUGHNUTS 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, beat-
- \cdot 1/2 to 3/4 cup milk (not fat-free)

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 douahnuts.

Heat the oil in a deepfat 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.



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There's a good reason fitness club memberships tend to spike come January. After a holiday season spent party hopping and letting their diets fall by the wayside, many

A MATCH MADE IN HOLIDAY HEAVEN

people look to the gym as the means to helping shed those inevitable holiday pounds.

Perhaps no food is more popular around the holidays than cookies. Cookies are as much a part of the holiday season as Christmas trees, long lines at the mall and kids searching the house for presents. For those with guests to entertain this holiday season, the following recipe for "Kitchen-Sink Chocolate Chip Cookies" from Elinor Klivans'

"The Essential Chocolate Chip Cookbook" (Chronicle Books) is sure to please.

Kitchen-Sink Chocolate **Chip Cookies**

Makes About 36 Cookies 1 cup plus 2 tablespoons unbleached all-purpose flour 3/4 teaspoon baking soda 1/2 teaspoon salt

1/2 cup (1 stick) unsalted butter, at room temperature 1/2 cup packed light brown

1 large egg

11/2 teaspoons vanilla extract 3 cups semisweet chocolate

1 cup pecan halves

1 cup walnut halves or large

1 cup blanched whole almonds, toasted and chopped roughly in half

Position a rack in the middle of the oven. Preheat the oven to 350 F. Line two or three baking sheets with parchment paper.

Sift the flour, baking soda, and salt into a medium bowl and set aside.

In a large bowl, using an electric mixer on medium speed, beat the butter, brown sugar and granulated sugar until smoothly blended, about 1 minute. Stop the mixer and scrape the sides of the bowl as needed during mixing. Add the egg and vanilla and mix until blended, about 1 minute. The mixture may look slightly curdled. On low speed, add the flour mixture, mixing just until it is incorporated. Mix in the chocolate chips, pecans, walnuts, and almonds until evenly distributed.

Use a tablespoon to drop well-rounded tablespoonful-Is of dough (about 2 tablespoons each) onto the prepared baking sheets, spacing the cookies 2 inches apart.

Bake the cookies one sheet at a time until the edges are lightly browned and the centers are slightly colored, about 14 minutes. Cool the cookies on the baking sheets for 10 minutes, then use a wide metal spatula to transfer the cookies to a wire rack to cool completely.

The cookies can be stored in a tightly covered container at room temperature for up to four days.

Choices: You can add 1 cup of raisins, dried cranberries, or chopped dried apricots to the dough with the chips and nuts. White, bittersweet, or milk chocolate chips, or a combination, can be substituted for the semisweet



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THE SHOWSTOPPER DESSERT OF THE HOLIDAY SEASON

(NC) Every year, there is always one hero recipe that leaves your guests craving for more. This holiday, whip up this rich and delicious brioche pudding that features a soft and buttery sweet loaf made in France that is hand-braided before baking for European-style flavour and flair.

"Toasting the brioche in the oven is a key step to the recipe. It helps to dry out the bread, which makes it even better at soaking up the custard for a moist, cake-like texture," shares Tom Filippou, executive chef for President's Choice Cooking School. "To make this more indulgent, serve it with vanilla bean ice cream or freshly whipped cream and garnish with a sprinkling of dark chocolate shavings."

Chocolate Orange Brioche Bread Pudding

Prep time: 15 minutes Cook time: 1 hour, 15 minutes Cool time: 20 minutes Serves: 12

Ingredients:

- \cdot 1 loaf PC brioche loaf, cut into 1-inch cubes
- · 8 large eggs
- · 1 1/4 cups homogenized milk
- ·1 cup 35% whipping cream
- · 1/2 cup granulated sugar
- · 1/4 cup packed brown sugar
- ·1 tbsp grated orange zest
- · 1/4 cup fresh orange juice
- · 1 tbsp orange-flavoured li-
- ·1 tsp pure vanilla extract
- · 1/2 tsp cinnamon
- · 1/2 tsp salt
- · 1 pkg PC dark chocolate with candied orange peel, finely chopped
- \cdot 2 tbsp PC pure orange marmalade
- · 1 1/2 tsp water Directions
- 1. Preheat oven to 350°F (180°C). Spread brioche in single layer on parchment paper-lined large baking sheet. Bake, stirring once, until golden; about 10 minutes.
- 2. Meanwhile, whisk together eggs, milk, cream, granulated sugar, brown sugar, orange zest, orange juice, liqueur, vanilla, cinnamon and

salt in large bowl until well combined.

- 3. Spread a third of the brioche in bottom of a 9-cup (2.25 litre) casserole dish and sprinkle with a third of the chocolate. Repeat layers twice with remaining brioche and chocolate. Pour egg mixture over top, gently pressing down on brioche mixture to moisten.
- 4. Cover with foil; bake 35 minutes. Uncover, bake until puffed, golden brown and set

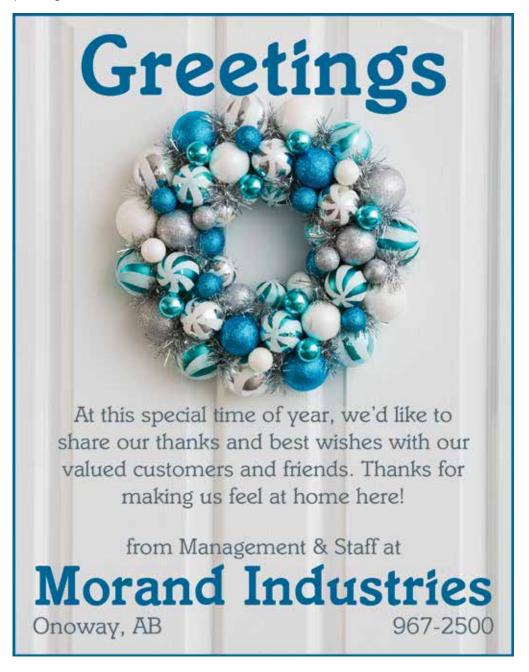
in centre, about 30 to 35 minutes, covering with foil if top begins to overbrown.

5. Stir together marmalade and water in small bowl; brush on bread pudding. Let cool 20 minutes.

Nutritional information per serving: Calories 270, fat 15 g (8 g of which is saturated), sodium 190 mg, carbohydrates 27 g, fibre 1 g, sugars 21 g, protein 7 g.

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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-of-towners 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 exclu-

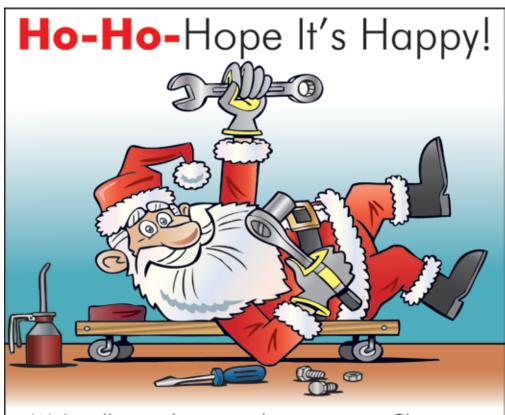
sively during the holiday season. Fruitcake is sometimes an object of ridicule, but homemade fruitcake, such as the following recipe from Jeanne Sauvage's "Gluten-Free Baking For the Holidays" (Chronicle Books), is sure to please those guests devoted to this holiday staple.

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 all-
- ·1 tablespoon baking powder
- ·1 cup packed dark brown sugar
- ·1 teaspoon pure vanilla extract
- \cdot 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, apple-



We're all revved up to wish you a merry Christmas powered by faith, family, friendship and joy.

Big thanks to all of our valued customers for your trust in us. Merry Christmas, everyone!

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Host The Holidays With Homemade Fruitcake

sauce, 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 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
- · 1 1/4 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.



MERRY CHRISTMAS FROM MARK AT

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TAKE TEA TO NEW HEIGHTS

Tea is a versatile beverage that can be served at any time of day and has long been touted for its medicinal properties. On a cold day, a hot cup of tea can be just what people need to warm up, while few things are more refreshing than a glass of iced tea on a hot afternoon.

While tea lovers are familiar with its versatility, even the most ardent tea enthusiast might not think it can be used to make ice cream.

But that's precisely the case in the following recipe for "Chai Ice Cream" from Robert Wemischner and Diana Rosen's "Cooking with Tea" (Periplus). Not overly sweet, this ice cream works great when stuffed into a sweet-ripe peach or plum.

Chai Ice Cream

Serves 6

Ingredients

- · 2 cups heavy cream
- ·1 cup whole milk
- · 4 slices fresh ginger root
- · 1 tablespoon whole all-

spice berries

- · 1 tablespoon whole cloves
- 12 whole green cardamom pods
- · 3 whole cinnamon sticks, each about 3 inches long
- 1/2 cup granulated white sugar
 - · 1/4 cup honey
- · 3 tablespoons Chinese black tea, such as Keemun
- · 4 egg yolks
- ·1 large bowl of rice
- · Pinch of salt
- ·1 teaspoon real vanilla extract

Directions

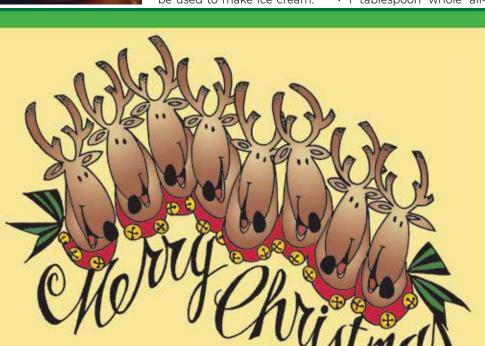
In a large, heavy saucepan, bring the cream and milk to a boil with the spices, sugar and honey. Add the tea and reduce mixture to a simmer. Remove from heat and infuse the tea for about 5 minutes. Sieve out solids and return liquid to saucepan.

In a small bowl, whisk the egg yolks and temper them by combining with a cup of the cream mixture. Add the whisked egg yolks to the saucepan and whisk together over medium heat until slightly thickened. The mixture should coat the back of a spoon Using an instant-read thermometer, monitor the temperature of the mixture so it does not exceed 190 F. Do not overcook or the mixture will curdle.

Pour through a finemeshed sieve into a bowl placed over a larger bowl of ice. Stir the mixture until cool and then place in refrigerator or freezer to chill further, about 15 minutes. Add salt and vanilla to blend.

Freeze using an old-fashioned ice cream maker filled with ice and salt, or freeze in a crank-type ice cream machine using a canister that has been frozen as per the manufacturer's directions.

This recipe is exquisite alone, but even more delicious over poached Bosc pears (see photo).



from the Staff at Timberlind Auctions 780-542-7323

CREAM CHEESE MINTS

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.

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) shred-

ded 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

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

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· 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 cutting.





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Looking for a tender and juicy roast recipe to serve? Look no further than this milk-braised pork shoulder recipe. It includes dry vermouth which is also referred

THE PERFECT TENDER **ROAST OF THE SEASON**

to as "white" or "French" vermouth. If you can't find it, opt for a dry white wine, such as Sauvignon Blanc or Pinot Gri-

Milk-Braised Pork Shoulder

Prep time: 20 minutes | Cook time: 1 hour, 10 minutes | Serves: 8

Ingredients:

- · 15 pearl onions, root ends trimmed
- ·1 (2.2 lb/1 kg) boneless pork shoulder roast, trimmed and tied at 1-inch intervals

- ·1 tsp ground black pepper
- · 2 tbsp pure first-pressed canola oil
- · 2 cloves garlic, peeled
- · 2 bay leaves
- · 2 sprigs fresh thyme
- ·1 small onion, thinly sliced
- · 1/2 cup dry vermouth
- · 2 cups homogenized milk
- · 1 tbsp PC Dijon prepared
- ·1 tbsp fresh lemon juice
- · 1 tbsp finely chopped fresh

1. Preheat oven to 325°F (160°C). Bring small saucepan of water to a boil. Add pearl onions; return to a boil. Cook 30 to 60 seconds. Transfer with slotted spoon to bowl of ice water to chill. Drain and peel off skins. Set pearl onions aside.

2. Sprinkle pork with salt and pepper. Heat oil in Dutch oven over medium heat. Add pork and cook turning often until browned all over; about 10 minutes. Transfer to large plate. Set aside.

3. Heat same Dutch oven over medium heat. Add pearl onions and cook, stirring occasionally until golden; about 5 minutes. Transfer with slotted spoon to small bowl. Set aside.

4. Smash garlic with flat side of chef's knife. Heat same Dutch oven over medium heat. Add garlic, bay leaves. thyme and sliced onion; cook, stirring occasionally, until onion is softened, 2 to 3 minutes. Add vermouth and cook, stirring and scraping up browned bits from bottom, until liquid is reduced by half; about 3 minutes.

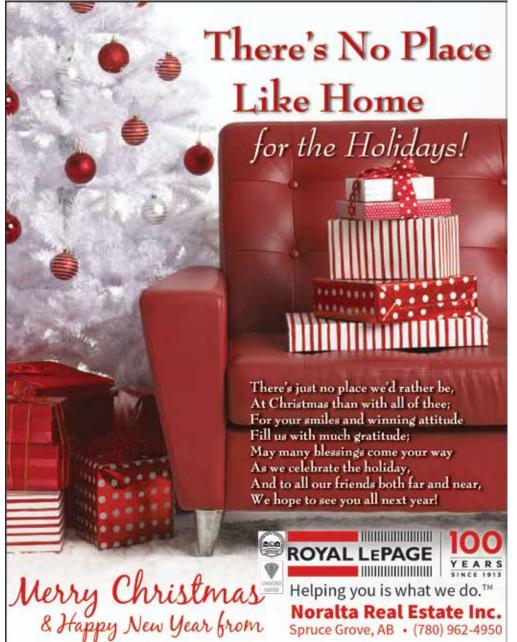
5. Return pork to Dutch oven. Add milk; bring to a gentle simmer. Cover and transfer to oven. Bake, flipping pork once, until instant-read thermometer inserted in centre of pork reads 160°F (71°C); about 40 to 45 minutes.

6. Discard bay leaves and thyme sprigs. Transfer pork to cutting board; cover loosely with foil. Let rest 15 min-

utes.

7. Meanwhile, transfer milk mixture to blender and add mustard. Remove plastic stopper from blender lid: cover lid with kitchen towel. Purée until smooth. Return to Dutch oven and stir in pearl onions. Bring to a gentle simmer over medium heat. Cook, stirring occasionally, until thick enough to coat back of spoon; about 10 minutes. Stir in lemon juice.

8. Thinly slice pork and arrange on large serving platter. Spoon milk mixture over top. Sprinkle with parsley.



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DELIGHT GUESTS WITH DESSERT

Baked goods are staples at many family gatherings. Whether hosting family for the holidays, reunions or weekly Sunday night dinners, hosts can make dessert that much better by serving this "Blackberry-Ripple Lime Cheesecake" courtesy of Lori Longbotham's "Luscious Creamy Desserts" (Chronicle Books).

Blackberry-Ripple Lime Cheesecake Serves 10 Crust

- · 11/2 cups pecans
- · 2 tablespoons sugar
- \cdot 1/4 cup (1/2 stick) unsalted butter, melted

Filling

- · 2 6-ounce packages ripe blackberries
- · 2 tablespoons packed light brown sugar
- ·1 teaspoon cornstarch
- \cdot 11/2 pounds cream cheese, at room temperature
- 1 14-ounce can sweetened condensed milk
- · 2 teaspoons finely grated lime zest
- · 1/4 cup fresh lime juice
- · 1 teaspoon pure vanilla extract
- · 3 large eggs, at room temperature

Directions

- 1. Position a rack in the middle of the oven and preheat the oven to 350 F. Generously butter the bottom and sides of a 9-inch springform pan.
- 2. To make the crust: Pulse the pecans, flour and sugar in a food processor until the nuts are finely ground. Add the butter and pulse just until combined. Press the crust evenly over the bottom and I inch up the sides of the pan. Bake for 10 to 12 minutes, until light brown. Transfer to a wire rack and cool completely. Reduce the oven temperature to 300 F.
- 3. To make the filling: Mash the blackberries and sugar together in a medium saucepan with a pastry blender or a fork. Cook over medium heat, stirring occasionally, until the berries begin to release their juices. Stir in the cornstarch, bring to a boil over medium-high stirring constantly, heat. and boil for 1 minute. Pour the purée through a coarse strainer set over a small bowl, pressing hard on the solids to

extract as much liquid as possible. Refrigerate, tightly covered, until thoroughly chilled.

- 4. With an electric mixer on medium-high speed, beat the cream cheese in a large bowl for about 2 minutes, until light and fluffy. Gradually beat in the condensed milk, zest, lime juice, and vanilla, scraping down the side of the bowl as necessary. Reduce the speed to medium and add the eggs one at a time, beating well after each addition. Pour the batter into the pan.
- 5. Transfer the blackberry

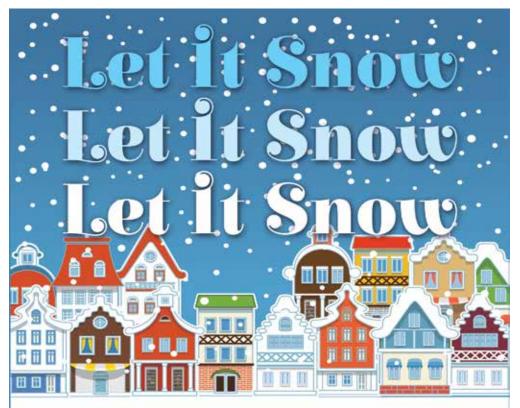
purée to a small glass measure. Drizzle it in a spiral pattern over the batter, then swirl a table knife through the batter to marbleize it. Bake for 55 to 60 minutes, until the cheesecake is puffed on the sides and still slightly jiggly in the center. Let cool on a wire rack.

6. Refrigerate the cheesecake, tightly covered, for at least 8 hours, until thoroughly chilled and set, or for up to 2 days.

7. To serve, run a sharp knife around the edge of the pan to loosen the cake and remove



the side of the pan. Cut the cheesecake into thin wedges with a sharp knife dipped into hot water and wiped dry after each cut



No matter where you live or spend the holidays, we hope our best wishes will find you. We're proud to serve this community and are grateful for your trust and goodwill. With warm regards from all of us for a very merry holiday season.

Happy Holidays To All From

CENTURY 21.

Leading

Ph: (780) 962-9696

Spruce Grove, AB

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Classified Ads - Call 962-9228

Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion.

BOLD/CAPITAL text available for an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called

in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@comvoice.com, dropped off at Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAC 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice.com/classified.

Hall Rentals

Bright Bank Hall, 780-968-6813

Camp Encounter, Vincent Mireau - Camp Director. director@campencounter. com. C: 780-504-2012 W: 780-967-2548

Cherhill Community Assoc. Hall, Kevin 780-785-8153

Darwell Hall. 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

Duffield Hall, 892-2425

Entwistle Community League Hall Rentals, Call Cheryl at 780-515-1755

Entwistle Senior's Drop In Centre, Barb 727-2108 or Glennis 727-4367 Mon-Fri

Evansburg Senior's Heritage House, Dennis 727-4186

Evansburg Legion, upper hall 250 people, lower hall 80-100 people, 727-3879

Fallis Community Hall, 892-3150

Gunn Hall (G.A.R.S.) 780-951-9452

Keephills Hall, 731-3761

Lake Isle Community Hall, PH: 780-892-3121 or Email: lakeislehall@mail.com

Lake Romeo PeaVine Hall, 785-2700

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 963-9165 or 916-0146

Mayerthorpe Diamond Centre, 786-4044

Moon Lake Community Hall, Diane 780-514-4694

Park Court Hall, call or text Karyn 780-712-3918

Parkland Village Community Centre, 780-298-9155 @ PVCCentre

Ravine Community Hall, 325-2391

Rich Valley Community Hall, 967-3696 or 967-5710



PURE HEMP CBD PRODUCTS AGING IS INEVITABLE - LOOKING AND FEELING OLD ISN'T!

WHAT IS CBD?

A Health and Beauty Breakthrough!

Cannabidiol, CBD, is one of over 80 active cannabinoid chemicals in the hemp plant. CBD, unlike, THC, does not produce euphoria or intoxication. CBD targets specific receptors in the cells of your brain & body. There are many physical and mental benefits to using CBD products for both treatment and prevention of numerous aliments.





Therapeutic Uses For Pure Hemp CBD

Supports healthy blood sugar levels, promotes healthy energy levels, relieves anxiety, aids in digestion, supports optimal immune function and the regeneration of healthy cells, and promotes a sense of screnity and overall well-being.



Promotes more youthful skin, provides hydration, enhances radiance, lessens age lines as well as the appearance of dark spots.

KEY BENEFITS

PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.

PROMOTES HEALTH: Helps to promote relaxation and overall health.

WELL-BEING: Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

CBD PET PRODUCTS

PET CHEW TREATS



KEY BENEFITS

SYNERGISTIC BENEFITS:
Can be used in conjunction
with regular medications
with no side effects.
NO SIDE EFFECTS: Does
not damage the liver,
kidney or GI Tract like OTC
medication.
DIETARY SUPPLEMENT:
Can be administered daily
as part of your pet's diet.



ORAL SPRAYS & DROPS KEY BENEFITS

MANAGES PAIN: Helps to treat inflammation, arthritis and joint pain. TREATS DIGESTIONAL ISSUES: Helps with loss of appetite, nauses, IBS and gastrointestinal swelling. GENERAL HEALTH: Helps to manage mood, anxiety and general joint pain. For healthy, happy pets. CONVENIENT: Can be sprayed into

pet's mouth or on food

For more information, Call (780) 907-8642

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Classified Ads - Call 962-9228

Rosenthal Community Hall, 963-7984

Smithfield Community Hall, Wanita 780-718-8824.

Tomahawk & District Sports Agra, Bookings: Kathy 780-339-3773.

Wabamun Jubilee Hall, 892-2699

Wildwood Community Hall, 325-2180 or 780-514-6105

Wildwood Rec Complex 325-2077 or 514-8944

Wildwood Senior's Hall, 325-3787 or 325-2391

Services

WANTED: Standing Timber – Are you looking to cut your wood lot before pine beetles or forest fires destroy it? Top dollar paid. Call Paul 780-706-1470 (12) 22-10

Computers

COMPUTER REPAIRS NOT over \$50. Get a good, clean, refurbished, Upgraded Laptop or Desktop for ONLY \$100. Discount for Single Parents or Seniors. Donate Used Computers/will clear data. Call: 780-892-2407 (12) 05-11

Firewood

SEASONED FIREWOOD: Birch, Tamarack, Spruce/ Pine & Poplar. 4x4x8 cord, Split and delivered or pick up at wood yard, 1/2 cord or full cords available. Call 780-967-5835 or 780-983-1495 (28) 27-08

FIREWOOD FOR SALE -Birch, Tamarack & Spruce Pine mix. Poplar. 4x4x8 cords and 1/2 cords. Quality seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (1) 12-10 OG BW

Buy & Sell

I BUY GUN COLLECTIONS and World War 2 Collectables, Please call Jay for a quote 780-686-1350 (30) 19-11

For Rent

Homer's Hut Cabin Rentals

- Daily, weekly, monthly rates, Alberta Beach area, Call Connie 780-913-8024 (15) 17-09

Completely renovated Motel in Onoway, AB. offering daily, weekly or monthly rentals. All utilities included, 55 inch tv with Satellite. Double bedrooms, furnished bachelors with full kitchen and furnished 1 bedrooms with full kitchen available. Please call Peggy

for viewing at 780-967-4420 or 1-403-742-6467. www. onowayinnandsuites.com (4) 10-12 OG

Small 3 Bedroom House with shop on acreage in Magnolia. Call 780-773-7491 for more info. (4) 03-12

- 1 Bedroom Apartment in Evansburg, \$630/month includes washer, dryer, heat, water, fridge, stove. No Smokers. Call 780-963-1830 (6) 10-12
- 2 Bedroom 1600 sqft Home on Seba Beach acreage over looking the lake. Home was built in 2007, high efficient has wood fireplace, propane heated, cisternae with septic field. Come with 12x18 ft work shop and two car ports. Renting for immediate possession at \$1000 per month and with December free. Phone Tim at 780-909-6544. (4) 10-12

SUDOKU ÆWEEK

Fun By The Numbers

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

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

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



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

MUNITY EVENTS 201

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) 962-9228. Please note that all submitted event listings must be limited to 200 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

FARMERS MARKETS

DRAYTON VALLEY: Evergreen Farmers' Market, Wednesdays at the Mackenzie Center of the Ómniplex from 10:30AM-1:30PM. *Ends Dec. 19 **EVANSBURG:** Sat, 10AM-2PM, Tipple Park Museum. Call 727-2240 for tables.

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30PM, tables (780)240-5821

STONY PLAIN: Sat, 9AM-1PM, Downtown, Stony Plain. Phone Nancy 780-962-3993.

BINGO

ENTWISTLE COMM. LEAGUE BINGO: Every Wednesday, Doors Open 6PM. STONY PLAIN SENIOR'S DROP-IN CENTRE: public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-

WILDWOOD: Mon night, 6:30pm, bingo starts 7:30PM, Early Birds & Lucky 7.

WILDWOOD LADIES AID: every 3rd Friday of month, 6:30pм, bingo starts 7:30pm.

MEAT DRAWS

Darwell: Put on by Alberta Beach & District Lions Club, 4:00PM, bi-weekly, Darwell Lounge & Restaurant

Evansburg: Evansburg Legion, Friday 8-10PM & Saturday 3-5PM

Wildwood: Wildwood Legion, Saturday

JAMBOREES

CARVEL: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001 CHIP LAKE: Ravine Comm Hall, 1st Sat

DUFFIELD: 4th Sat, Duffield Community Hall. Supper 6PM. "Sept - May.

PRAYTON VALLEY: Last Sunday of month. Upstairs @ the "55 Rec. Center"
Doors at 12PM, Starts at 1PM. 780-542-7569

ENTWISTLE: 3rd Saturday of month, Doors at 5:30PM at Entwistle

Doors at 5:30pm at Entwistle Community Hall. Contact Verna at 780-716-2304. *October - May RAVINE COMMUNITY ASSOCIATION: 1st Sat of each month. Info 780-325-2391

IST Sat of each month. Info /8U-325-2391 *Sept - May. SEBA BEACH: 2nd Friday 7PM, Seba Senior's Centre, Toni 797-4233 SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 ***Sept - June.**

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.

TOMAHAWK: Tomahawk Agriplex, 3rd Friday of month. 7рм. Supper at 6рм. РН: 780-339-3755.

WILDWOOD: Wildwood Community Hall, 3rd Wed Each Month, 7pm. 325-3749 *Oct - June.

TOPS (Take Off Pounds Sensibly)

ENTWISTLE: Wed 5:15PM weigh-in, 5:30-6:30PM meeting, food bank building, South entrance. 780-932-2695. STONY PLAIN: Thurs evening, Stony Plain United Church. Susan (780) 968-

SPRUCE GROVE: Wed 8:45am at Anglican Church, 131 Church Rd. Anglican Church, Christiane 960-1109

WILDWOOD: Thurs at Wildwood Hall, 4:30рм. Connie (780) 325-2420

YOUR COMMUNITY

ALBERTA PARENTING FOR THE FUTURE ASSOC: Call 963-0549 or visit www.apfa.ca to register. All programs

are confidential & free.

FREE HOME MEAL DELIVERY

PROGRAM, for Wabamun Seniors &
Wabamun Lions. Arrange for meal preparation through a local restaurant. Call Darlene, 892-2551.

PEMBINA SKATING CLUB (Evansburg Arena), offers Learn-to-Skate, CanSkate & STARSkate. All ages. Call Lisa 727-2729. *RUNS Sept-March

PROBLEMS WITH DRUG OR ALCOHOL **ADDICTION** in a loved one? Contact Drug Rehab Resource for a free Drug Rehab Resource for a tree confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

LIBRARY EVENTS

AFTERNOON BOOK CLUB at Keephills Library. 2nd Tues of every month, 1:30–3:00pm. Visit www.pclibraries.ca for info. FAMILY GAMES NIGHT: 3nd Wed of every month, 6:8pm. Located at Entwistle Library, Duffield Library and Tomahawk Library. In partnership with Parkland School Division. Visit www. pclibraries.ca for more info. **HATCHET CITY READERS** at Tomahawk

Library. 3rd Tues of every month, 10-11AM. For what we're reading next, visit our website, www.pclibraries.ca.

INVENTORS CLUB: 2nd Thurs of every

month, 3:30–5:00PM at Entwistle Library. 4th Thurs of every month, 3:30– 5:00pm at Tomahawk Library. Ages 8-13. To register: Call the library at 780-339-

SEBA BEACH PUBLIC LIBRARY BOOK CLUB meets the 4th Thursday of the month, at the library, at 10:30AM. Call us at 780-797-3940 or email us at sebabeachlibrary@yrl.ab.ca

EVANSBURG PUBLIC LIBRARY BOOK CLUB: 4th Thurs, 7:00pm Grand Trunk High 727-2030.

SOCIAL EVENTS

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors. 12PM at Stony Plain United Church Basement, \$8/ plate. 3rd Wed of Month. Call Barb 780-952-0882. ***Sept-June**

impact, Mo., Low impact 1, Wildwood AEROBICS: Wed,11ам-12рм, Centre,\$1/session.

BREAKFAST SOCIAL: 9:30AM-NOON,

Parkland Village Community Centre - 3rd Sunday. PH: 780.298.9155 Social Media: PVCCentre.

COME PLAY CRIB: Fridays, 7:30PM at Darwell Seniors Hall; lite lunch is

country quilters in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3pm. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.

ADULT Thursdays, 6-8:30 p.m. Sept.12th-May @ G.T. School, Evansburg. Beginners Welcome. Paddles sponsored by the Evansburg Public Library

EVANSBURG ART CLUB: meet & paint Thurs 1-4рм Rec Plex. 727-4340 or 727-

EVANSBURG GUIDES & PATHFINDERS: Mon 6PM, Camp Evansburg.

EVANSBURG SENIOR'S HERITAGE
HOUSE: Floor Curling Mon & Thurs,
1pm. Court Whist Thurs, 7PM.

EVANSBURG TIPPLE PARK

HISTORICAL BUILDING TOURS: Wed

Sat, 10:00-5:00pm. **HEALTHY AGING NURSE & FOOT CARE PERSON,** Wabamun Seniors Centre, 2nd Thurs of month, 9AM.

OPEN HOUSE for socializing, Crib & card playing at Entwistle Senior Center, Thursdays at 6:45pm. Dan 780-982-0353

PARENT & TOT PLAYTIME: PERC

Building Stony Plain Wed 10–11AM; Holborn Community Hall Thurs 9:30–11AM; Parkland Village Tues 9:30–

POT LUCK every Tues 12:00PM, Wabamun Seniors Centre. Come on

SEBA BEACH SENIORS CENTER: Yoga, mon, 9:30AM, \$10/session. Bridge thurs 1Рм. Jams every Wed night, 7Рм. Thrift Shop every Wed & Sat at 10-3Рм.

SEBA BEACH QUILTERS & FIBER ARTS: Wednesdays 9:30AM, Seniors

SENIORS 50+ LUNCHEON: 3rd Wed, 12PM at Stony Plain United Church basement hall. Call Audrey (780) 963-

SENIORS WEDNESDAY* AFTERNOON 1-4Рм at Parkland Village Community Centre. Games, Crafts & more! Call Sheryl 780.695.7032 *exceptions incl.

Weather. SPIRITUAL LIVING STONY PLAIN INSPERATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St). 2nd Friday of month at 7рм. Popcorn provided, dona appreciated. Contact 780-940-30. donations

SPIRITUAL LIVING STONY PLAIN
GATHERING at PERC Building (5413-51
St). Every 2nd & 4th Sunday of month.
Meditation 10AM, inspirational sharing 10:30ам. РН 780-940-3032

SPRUCE GROVE ELEVATOR TOURS: Tues-Sat, 9-3pm. 960-4600. STONY PLAIN'S 5TH MERIDIAN GOOD

SAMS RV CHAPTER: Ecole Meridian Heights School. 3rd Tues of Month, 7PM. Call Pat at 780-963-6976 or Ruth at 780-288-9829.

MEETINGS

2ND TIMERS: A support & confidential group for Grandparents Parenting. 1st Thurs of month, 6:30pм. Grand Trunk High School (meet in Lobstick Literacy & Learning room). Child care provided at the Evansburg Public Library.
299 ROYAL CANADIAN SEA CADETS

CORPS MACKENZIE: Stony Plain Comm Center, Wed 6:30PM. Youths 12-18 963-0843

755 PARKLAND AIR CADETS Thurs, 6:30-9:30рм Muir Lake School, ages 12-18 Info call 405-6585 or www.aircadet

AA: Friday at 8PM, Evansburg. Call 325-2204, 727-2466 or 727-6652.

AA MEETING: Every Monday night at 8PM, Duffield Mewassin Free Methodist Church, (13km South of Duffield Turnoff at Shell Gas Station on Hwy 16).

AL-ANON: Wed 8PM. Spruce Grove United Church, 1A Fieldstone Drive.

CHAMBER OF COMMERCE (Evans/ Thurs, Heritage House. Ent): 7:30pm 3 C.H.I.L.D. (Citizens Helping In Life's Defence) Please join our Pro-Life meetings once a month in Stony Plain. For info call Chris 963-6997.

CITIZENS ON PATROL: The Pembina Community Watch Patrol Meets 2nd Thurs of each month at 7:30рм, at the Tipple Park Museum (4924-48 St.), Evansburg. Contact 780-898-1465 or 780-727-2686

COMMUNITY QUILTERS & CRAFTERS: 3rd Tues. Evansburg, Liz 727-3872 Brenda 727-4476

DARWELL & DISTRICT AG SOCIETY: 8рм, 1st Mon, Community Hall. **DRAYTON VALLEY BRANCH OF**

ALBERTA GENEALOGICAL SOCIETY: meets 7PM at Municipal Library (5120-52 St.) every 3rd Wed of month. Call (780) 542-2787

ENTWISTLE COMMUNITY LEAGUE

GENERAL MEETINGS: 2nd Thursday monthly 7:30PM. *Except June, July, Auaust

ENTWISTLE LIONS CLUB: 2nd & 4th Tues, 8PM, Entwistle curling Rink. Jim

ENTWISTLE SENIORS 55+ CLUB: Tue & Fri. 1:30-4:00pm at Entwistle Hall

EVANSBURG SENIOR'S 55+ HERITAGE HOUSE: 2nd Wed of Month, 7:00pm. ennis, 727-4186

FALLIS COMMUNITY ASSOCIATION: Tuesday,

GIRL GUIDES OF CANADA: Poplar Hollow District Guides-Paumingoria, Mon 6-8pm. Sparks-Brownies Tues District Guides-Pathfinders,

Hollow District Guides-Pathfinders, Mon 6-8PM. Sparks-Brownies Tues 4-5:30PM. Meet at Camp Evansburg. Brenda 780-727-4476

LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY:

3rd Fri, 7PM, Alberta Beach Council Chambers.

LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3rd Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121

LAKE ISLE MULTI 4-H CENERAL MEETINGS: 1st Thurs of each month @ 6:30pm @ Lake Isle Hall. Contact 780-

LOBSTICK 4-H BEEF & MULTI CLUB: 1st Mon, Evansburg Arena, 7PM, Shannon 727-2358

LOBSTICK GARDEN CLUB: 1st Mon, 7PM at Tipple Park Museum, Clara (780) 399-

MAGNOLIA BOARD MEETINGS: 1st Tuesday of month, 7PM at Magnolia Community Hall

MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-

SOCIETY DRAYTON VALLEY MS **COMMUNITY GROUP** meets 1st Tues of month, 6-8PM at Norquest College. Terra Leslie, 1-403-346-0290. June

MS SOCIETY PARKLAND COMMUNITY **SUPPORT GROUP:** Are you diagnosed with MS and have guestions? Last Tues of month, 7-9pm, Westview Health Centre. Contact Cassy 780-471-3034 NA MEETING: Tuesdays, 7:00PM. 514-

PEMBINA PORCUPINES - JUNIOR FOREST WARDENS: Entwistle Porcupine gathering: 7PM, 1st Tue. Len & Tineke at 727-2020. Porcupines@ yellowheadjfw.ca

SOLVE: Community Enviro issues discussed at Smithfield Hall (N of Hwy 16 on RR34). 2nd Thursday. Jana 892-0006

STONY PLAIN FISH & GAME ASSOCIATION & WABAMUN GUN CLUB: 2nd Mon, Stony Plain Comm Center, 7:30PM.

SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy

TOMAHAWK SENIORS (50+) meets every Thursday from 1-4pm at the Tomahawk Agra.

W.E.E COMMUNITY FOOD BANK: Call (780) 727-4043 for emergency food needs. Monthly Meeting: LAST Monday of month at 7:00PM at the Food Bank (Old fire hall in Entwistle). *Except

WILDWOOD & DIST AG SOCIETY: 2nd Wed of each month 7:00pm at the Wildwood Complex. Wilma 325-2424
WILDWOOD & DIST ROD & GUN

CLUB: 2nd Thursday, 7:30PM at the range clubhouse, wildwoodrodandgun@

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Sunday School 10:00s

Weekdays Bible Study & Prayer

(780) 305-3594

Advent Lutheran Church

Sunday Worship & Sunday School 11:00 m.

Evansburg 0: 727-3594

Roman Catholic Church

Sunday 9:004.m Saturday 7:00pm

(780) 786-2092

St. Joseph's Catholic Church

Sunday Mass 11:30am. Tuesday Mass

7:00pm Wabamun, AB

St. Augustine's Parkland **Anglican Church**

Sanday Service 10:00s Eucharist with Sunday School & Nursery All are Welcome

Office 780-962-5131



Parkland **Baptist Church**

Sunday Worship Service 10:30a.m.

121 Brookwood Drive (780) 962-4101 parklandbaptist.

Word Church Apocalyptic Era

nisure Way, Sprisce is in the Wild Rose Ph: 780-962-7579

Service starts at 10:00 a.m. every Sunday morning come all & be bless.

St. Anthony's Ukrainian Orthodox Church

Saturday: Vespers 5:00PM Sunday: Divine Liturgy 10:00AM

780.487.2167 www.st-anthonys.ca



Sunday Service 10:30a.m 5012-51 Ave. Stony Plain

Mewassin United Church

Rev. Heather Koots Hwy 627 - Rg Rd 30 Ph: 780-963-4745

Immanuel Lutheran Church of Rosenthal

Sunday Worship Service 9:30am Sunday School

780-963-4048



Emmaus Lutheran Church

Sunday Worship Service 11:30xm.

Rev. Robert Marshall Ph: 780-542-5101

Church of God

Worship Service Sun. 11:00a.m.

se contact for activities 5004-49 Street. Drayton Valley Ph: 780-542-5091



Calvary **Baptist Church**

Pastoral Team: Kenton Penner

unday Worship 10:30s Youth & Ministries Info-ealybapt@telus.net 401-50th Ace, Drayton Valley 780-542-4774 www.calearybaptistdy.ca **Drayton Valley** Alliance Church

Pastor John Haazen Join us for Sunday Service at 10:30am 5014-56 Ave. at to Value Drug Mart) rograms for all ages

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Sunday Morning Worship o BCP 10:30 BAS with Sunday School & Nursery 212-47 Ave. Drugton Vall (780) 542-5048

St. Anthony Catholic Church

WHEREIND MASS SCHUDULE: Saturday 5:00p.m. Sunday 12:00p.m

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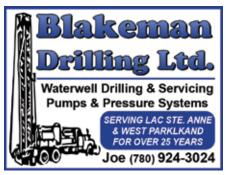




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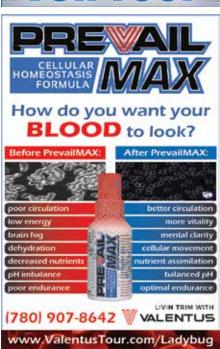
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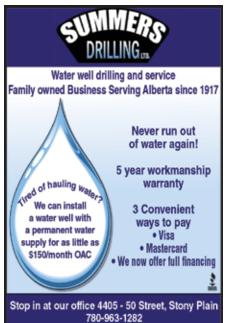
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