



# Community VOICE

FREE

Keeping You and Your  
Community Informed



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

**December 18, 2018**

# HAPPY Holidays

Friends and neighbors like you are what make this community so special. Thanks for your trust in us. We greatly appreciate your readership, and we hope this holiday delivers everything on your wish list!



# CRIME PREVENTION TIPS FOR THE HOLIDAYS FROM THE ST ALBERT CRIME REDUCTION UNIT

Submitted by St Albert RCMP

The St. Albert Crime Reduction unit would like you to use these safety and prevention tips to make sure the Grinch doesn't put a damper on your holiday celebrations. And don't keep them to yourself, use the information provided here to start conversations with friends and family so you can all enjoy a happy and safe holiday season.

Around the house...

- Always lock your car and residence, even if you are only away for a few moments
- Leave lights turned on both inside and outside your residence after dark. Criminals don't like bright places.
- If you will be away from your home during the holidays, make arrangements for a friend or neighbour to pick up your mail and newspapers. An overflowing mailbox is

a sure sign that no one is home and thieves are tempted to check that mailbox for holiday gifts.

Shopping

As you do your holiday shopping, don't give a thief an opportunity

- Remove IDs, vehicle registration, insurance certificates and cards from your vehicle.
- Remove keys from your vehicle, including your spare set
- Hide valuables like loose change and electronics devices from view

- Keep shopping bags out of sight
  - Never leave your vehicle running while unattended
  - Always close windows and lock all doors.
  - Park in well-lit areas with pedestrian traffic
- Record your property
- After Christmas, ensure to record your new serial numbers in the event they are stolen in the future.
  - If an item doesn't have a serial number, consider engraving your name or initials on the item.
  - Take a picture of your valuable items and save them in case they are stolen

Charities

While it is the season to give back to the less fortunate please ensure that you are doing your research before making your charitable donations

- Take the time to research online before contributing to someone who approaches you
- Be wary of any organization that sends unsolicited e-mails

Alberta Beach Hotel  
Presents

**2019**

New Year Celebration!!

Monday Dec 31

With The Classic Rock Sounds Of

mooney's bay

Band Starts at 9:00 pm  
No Cover Charge

**Community VOICE**

Keeping You and Your Community Informed

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

**E.J. Lewchuck & Associates Ltd.**

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# CREATE MEANING THIS HOLIDAY SEASON

Submitted by Alberta Health Services

Holidays are a joyful time, offering a chance to reconnect with friends and family. But for many it can also cause stress and loneliness. You may worry about family matters, or it may be a painful reminder of past times.

During the holidays try focusing on some simple steps that can help reduce stress, low mood and grief that are commonly felt during this time of year.

Here are some ideas that may help you:

• Gratitude: Being thankful magnifies positive emotions and helps us appreciate the value in something or

someone. Send a note of thanks to someone special or create a journal filled with things you are thankful for.

• Do something for yourself. Often times we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.

• Connect. Join a community group, reconnect with friends, or volunteer.

• Keep a regular sleep, meal, and exercise schedule and limit alcohol. Taking care of yourself will help you deal with stressful situations during the holidays. Remember the 80/20 rule, and eat 80 per cent

healthy foods.

• Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.

• Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

• Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've

planned.

• Give something personal. You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.

Remember, get help if you need. Holidays can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Talk with health care professional in your area or call Health Link at 811 or the Mental Health Helpline 1-877-303-2642.

**We're ONLINE!**  
www.com-voice.com

**With You In Mind at Christmastime**  
Wishing you much peace & joy.  
Merry Christmas from **Town of Mayerthorpe Council & Staff**  
Mayerthorpe, AB 786-2416

**Have A Ball... It's Christmas!**  
As we celebrate another holiday season, we thank you for giving us so much to celebrate this past year.  
**HAPPY HOLIDAYS TO ALL!**  
Merry Christmas from Council & Staff at **Town of Onoway**  
Onoway, AB 967-5338

**OFFICE CLOSED:**  
Dec 24, 2018 - Jan 1, 2019  
**OPEN at 9AM on Jan 2, 2019**

*It's The Most Wonderful Time Of The Year!*  
Here's hoping that your holiday, Will go smoothly all the way ... With enough good times, good friends, good cheer to warm your heart throughout the year!

From The Council & Staff **Alberta Beach**

# SPREAD JOY, NOT GERMS: STAY HEALTHY THIS HOLIDAY SEASON

Submitted by Alberta Health Services

'Tis the season of fun holiday get-togethers but unfortunately it's also the season for not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

Get immunized: Immunization is the single most effective way of protecting yourself against influ-

enza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit [www.albertahealthservices.ca/influenza](http://www.albertahealthservices.ca/influenza)

or call Health Link at 811.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose and mouth.

Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: [www.albertahealthservices.ca/turkeytips.asp](http://www.albertahealthservices.ca/turkeytips.asp)

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bowl on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.



**GROVE HEARING CLINIC**

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**1-866-960-2960**

Hear what you've been missing...

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**HOURS OF OPERATION: 9am – 5pm Weekdays**  
3rd party billing (AADL, WCB, DVA, FCH) • Personal 0% Financing if Needed  
For The Latest Technology In Hearing Aids & Assisted Living Device Stop By & See Dawn  
**#220-70 McLeod Ave - Westland Market Mall, Spruce Grove**

# NOTES FROM THE ONOWAY LEGION



On behalf of the Food Bank, Percy Doyle accepts a \$608 cheque from Legion President Neil Gorman.

Submitted by Richard Moses | Onoway Royal Canadian Legion

Friday Dinner Christmas Break: The last Friday evening dinner of the year was Dec. 14. These popular dinners will resume January 4, with Scott Sadler as chef. The break gives Legion volunteers a chance to enjoy Christmas with their own

family and friends. Drop-in Pool: Each Wednesday, drop-ins are welcome for a friendly game of pool. Registration is at 7, and play begins at 7:30, every week. Pool Tournaments are also held regularly, with the next one a Double Fun Pool Tourny on December 28 & 29. Contact Larry Villneff at 780-945-0600 for more information and to register.

## Friendship Is Always In Fashion



Thanks for adding so much style to our year with your visits. We couldn't ask for better friends and customers!

*We wish you all the best at the holidays and all year. Merry Christmas!*

from Denise at **The Water Lilly Boutique Clothing & Consignment Store**

**Fall Hours:** Tues: By Appt. Only  
Wed/Thurs/Fri: 11:00 - 5:00  
Sat: 12:00 - 4:00 | Sun/Mon: Closed  
**(780) 686-5977**

4915 Lac Ste Anne Trail Onoway, AB T0E 1V0

## Yuletide Greetings

Peace. Joy. Goodwill. Good Fortune.

*May the season's best surround you and flourish in your heart all year!*

Please accept our sincere thanks and best wishes. For all of the joy you've brought us all year, we are truly grateful!



Top row from left to right: Councillor Dausen Klain, Councillor Ty Assaf, Councillor Rod Klumph, Councillor Don Smith. Bottom row from left to right: Councillor Shelley Oswald, Mayor David McKenzie, Councillor Leslie Penny

**Happy Holidays & Warmest Wishes**  
From the Mayor, Council, and Staff of the **TOWN OF BARRHEAD**

*Thank you for your continued support and loyalty throughout the year.*

*Merry Christmas and Happy New Year From*

**HEIDI, LORRAINE & KIRSTEN**  
**ATB FINANCIAL**  
**ALBERTA BEACH**  
**924-2211**

**CLOSED: DECEMBER 25TH,**  
**DECEMBER 26TH & JANUARY 1ST**  
**OPEN: DEC 24<sup>TH</sup> & 31<sup>ST</sup> 10:00-2:00**



# RCMP INVESTIGATING EMAIL THREATS SENT TO MULTIPLE BUSINESSES

Submitted by Alberta RCMP

Edmonton, Alta. - The Alberta RCMP is aware and investi-

gating email bomb threats that were sent to multiple businesses in communities throughout Alberta. The email threats are demanding Bitcoin payment.

If you have been the recipient of one of these email threats, please do not respond to the Bitcoin demand.

The RCMP is determining the

origin and validity of the threats. Investigations are ongoing.

# RCMP INVESTIGATE ARMED ROBBERY

Submitted by Stony Plain/Spruce Grove/Enoch RCMP

Spruce Grove, Alberta - On

December 4th, 2018 at approximately 5:40 P.M., RCMP responded to an armed robbery at a pharmacy in Spruce Grove, Al-

berta. A female suspect entered the store wearing a disguise. The female suspect approached an employee, drew out what appeared to be a firearm, demanded an undisclosed amount of Oxycodone then fled the area.

The female suspect is described as:

- Caucasian
- Approximately 5'8 ft - 5'10 ft
- White toque
- Black balaclava with sunglasses
- White with some teal winter jacket
- Black snow pants
- Black winter gloves

If you have any information about this event, please call the Spruce Grove / Stony Plain RCMP at (780) 968-7267 or your local police detachment. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at [www.P3Tips.com](http://www.P3Tips.com) or by using the "P3 Tips" app available through the Apple App or Google Play Store. You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest(s), you may be eligible for a cash reward.

**ALBERTA BEACH INN & SUITES**

*Holiday Special*  
**20% OFF**

ALL ROOM RATES  
till JAN. 2/2019

Call 587-763-0351 to book today!

Here's hoping Santa delivers everything on your wish list and more this Christmas!

**Sharing Warm Wishes & Holiday Cheer**

We simply couldn't ask for a better place to celebrate the season! We feel truly blessed to be surrounded by the many good friends and neighbors we know and love here. Thanks for being so good to us all year; we hope the warmth and traditions of the holiday season bring you an abundance of comfort and joy. Merry Christmas!

**OPEN CHRISTMAS DAY FOR FREE MEAL 3:00PM - 6:00PM**  
HOLIDAY HOURS: December 24 7:00-3:00PM | December 25 3:00-6:00PM | CLOSED BOXING DAY  
RESUMING REG HOURS: December 27, 28, 29, 30 & 31 7:00AM - 8:00PM | CLOSED January 1

Season's Greetings  
from the staff at

**AMAS' IN THE KITCHEN**

DESSERTS HOME COOKED MEALS CATERING

**Dale & Kim Zackodnik, Owners**  
4728 - 47 Street • Alberta Beach, AB • 780.924.2468

**The Catholic Parish of Lac Ste Anne**  
300-3510 Lac Ste Anne Trail  
Alberta Beach, AB  
780-924-3550

Invites you to celebrate the Christmas Season with us.

Reconciliation  
*December 19<sup>th</sup>, 2018 at 7:00 p.m*

Christmas Eve Mass  
*December 24<sup>th</sup>, 2018 at 8:00 p.m*

Christmas Day Mass  
*December 25<sup>th</sup>, 2018 at 10:00 a.m.*

New Years Day Mass  
*January 1<sup>st</sup>, 2019 at 10:00 a.m.*

Office Hours  
Tuesdays 10:00A.M. to 2:00P.M.  
Thursdays 10:00A.M. to 2:00P.M.

We welcome all who wish to attend and God Bless everyone.

# MP JIM EGLINSKI ON THE TRANS MOUNTAIN PIPELINE

**Submitted by Jim Eglinski, MP – Yellowhead**

On December 10th in the House of Commons, Jim Eglinski, Member of Parliament for Yellowhead, stated the following:

“Mr. Speaker, a third of the

Trans Mountain pipeline runs through the greatest riding in Canada known as Yellowhead.

The people of my riding are hurting because of the Liberals failure to properly deal with the crisis facing Alberta. Thousands are unemployed, and its vital resources are not getting to mar-

ket.

The Liberals new four and a half billion-dollar pipeline sits in limbo.

Residents of Drayton Valley, one of Yellowhead’s largest communities, held impromptu meetings and a large rally, where over 1,000 people joined last

week along with national and local media. People voiced their concerns over the lack of action by the federal government and their local NDP government for having deaf ears to the plight and crisis of Albertans.

The Trans Mountain pipeline needs to be built.”

# CALL FOR COMMENTS – MANDATORY CODE FOR INTERNET SERVICES

**Submitted by Jim Eglinski, MP – Yellowhead**

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, would like to inform residents that the Canadian Radio-television and Telecommunications Commission (CRTC) is creating an Internet Code, and encourages everyone to share their views.

Due to a 2016-17 report which showed a 38% increase in complaints about Internet services compared to the previous year, the CRTC announced on November 9th, the Internet Code to establish consumer-friendly business practices, ensure contracts are easy-to-understand, and make it easier for Canadians to switch providers to take advantage of competitive offers.

“Nowadays, the Internet plays a vital role in our life. The success of personal and business communication as well as on-line operations can depend on its quality and speed,” stated MP Eglinski.

To stimulate discussion and debate, the CRTC has prepared an Internet Code Working Document (see <https://bit.ly/2PvgVgE>), which is based on provisions in the Wireless Code and the Television Service Provider Code.

I encourage everyone to comment on the creation of a mandatory code of conduct for Internet service by:

- filling out the online form at <https://bit.ly/2zXp3fj> (Notice No. 2018-422),
- writing to the Secretary General, CRTC, Ottawa,

Ontario K1A 0N2, or  
• sending a fax to (819) 994-0218.

Deadline: December 19, 2018.

For more information, please

visit: <https://crtc.gc.ca/eng/archive/2018/2018-422.htm>

**Burger BARON**  
"the new generation"

**Pizza & Chicken**  
**967-4488**  
**ALL THINGS MERRY & BRIGHT!**

The season is here,  
For friends and good cheer,  
Hearts light all around,  
And laughter abounds!

Wishing you a truly brilliant Christmas and  
Happy New Year!

From the Akl Family,  
Rocky, Milia, Ryan, Eddy, Vanessa & Staff

**Please Drive Carefully during  
this Holiday Season!**

**OUR LADY OF LOURDES CATHOLIC CHURCH**  
Lac La Nonne  
**780-967-8267**

**CHRISTMAS SCHEDULE**

*Please join us.  
Everyone Welcome.*

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

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

# ANNUAL OJSH WINTER CONCERT AND ART SHOW HELD



**Submitted by Wanda Pederson | Onoway Junior Senior High School**

On the evening of December 6th, OJSH held its annual Winter Concert and Art Show. Once again, it was a successful evening as the audience of about 250 parents and community

members enjoyed the sounds of the season. The audience was treated to a selection of seasonal-themed musical pieces played by the Honour Band, the Senior Class Band, the Grade 9 Class Band and the Grade 8 Class Band. Seasonal selections included Simple Gifts and In the Bleak Mid-Winter by the Hon-

our Band. The Grade 9 Class Band did an excellent job of Up on the Housetop while the Grade 8 Class Band performed their very first full-length concert band song, Good King Wenceslas. Throughout the evening, the OJSH bands were conducted by their Director, Mrs. Ellie Anderson. Emceeding the event

were two of the Honour Band members, Christie Brennan and Emma Jorgensen.

Audience members were able to stroll through the Art Show set up in the school foyer before and after the concert. The showcase presented various art pieces created by Mrs. Walker's Art students from Grades 8 to 12. The Art Show was a very popular venue as many of the audience members took their time to look at some wonderful examples of students' work.

Once everyone gets back from their Christmas celebrations and vacations, guest conductor Dr. Robert Ambrose and composer Dr. Peter Meechan will be visiting our school for a 3-day workshop and concert. The workshop is scheduled for January 9th to 11th. As an appropriate finish to the three days, a special concert will be held on January 11th at 6:00 pm. For the concert, the OJSH Bands will also be collaborating with Bishop Lloyd Middle School Grade 8 Band from Lloydminster. Both schools will be performing that night. Further, as a special treat for the musicians and the audience, the bands will be premiering a brand new composition by Peter Meechan, Close to the Sun. Of special note is that this original composition was commissioned especially for the OJSH Band program and is, in fact, dedicated to Mr. Anderson. Audience members will be able to hear its inaugural debut at the concert.

The OJSH Band program would not have been able to hold such an exciting event were it not for OMPA (Onoway Music Parents Association). OMPA very generously and graciously funded the workshop for our students so they could experience some extraordinary musical tuition. OMPA will be holding their regular meeting on January 8th at 6:00 pm at OJSH.

*Wishing you a Merry Christmas*

Sending tidings of comfort & great joy to you and yours at Christmas!  
May the spirit of this holy season fill you with peace and contentment.

*Thank you for making our year so special with your visits. We truly appreciate your friendship and patronage.*

**GLENN VAN DIJKEN, MLA**  
BARRHEAD-MORINVILLE-WESTLOCK CONSTITUENCY

★ MERRY ★  
*Christmas*

**JIM EGLINSKI MP**  
YELLOWHEAD

JIM.EGLINSKI.C1@PARL.GC.CA  
JIMEGLINSKI.CA  
780-723-6068

# CELEBRATING A DECADE OF CONSERVING NATURE FOR OUR COMMUNITIES

**Submitted by Stephanie Weizenbach, Outreach Coordinator | Edmonton and Area Land Trust**

The Edmonton and Area Land Trust (EALT) is celebrating a decade of conservation in the Capital region. EALT works to benefit wildlife and people, and to conserve all nature's values, so these special lands can be enjoyed forever. We look after these natural spaces with volunteers who are critical to our work, and we educate the public to help protect nature for them and their children.

Thanks to the support of the community, EALT has accomplished 10 successful years of conserving natural areas. We started 2008 by announcing the securement of our 10th natural area, and have secured two more since! One of these new natural areas is the Lu Carbyn Nature Sanctuary which is 155 acres of prime migratory bird habitat, lo-

cated in Lac St. Anne County. This land is covered in deciduous forest, speckled with conifers, and splashed by a chain of marshy wetlands. An amazing 95 species of birds have been observed in this one quarter!

This new natural area brings our total lands to 2,243 acres conserved for citizens and wildlife. That is equal to 533 average city blocks! Not a small feat for this, one of the fastest-growing regions in Canada!

So what does EALT do with 2,243 acres of nature? You might think that nature takes care of itself and needs no maintenance. Not so, and our decade of stewardship has impressive numbers to prove otherwise!

Over our 10 years of caring for our lands, hundreds of EALT volunteers have logged over 13,000 hours. Volunteers have bravely removed 40 km of gnarly, rusty barbed wire to improve wildlife habitat safety. They have also restored habitat by controlling over 100 acres of weeds, returning to the same spot, year after

year to pull those persistent invasive weeds.

EALT has also enhanced the critical habitat on our lands by planting 263,000 native trees. These future forest locations are restoring an old ranch to its natural habitat, and enhancing a forest that was once degraded by gravel mining.

We invite the public to enjoy these lands on foot, for family outings, nature hikes, bird watching, or simply connecting with nature. Spending time in nature is good for everyone's physical and mental wellbeing and is critical for children's health and development. To enable our lands to be accessed for the good of our residents, we maintain 27 km of foot trails and have directions and trail maps available on our website at [www.ealt.ca](http://www.ealt.ca).

Raising awareness about our conservation work, and related issues and opportunities, is an important part of EALT's work. In our decade of local conservation, we have



developed over 50 educational resources, most of which are available in our Resource Library.

These resources include wildlife information guides, such as our Species at Risk in Alberta booklet – a first of its kind in Alberta. EALT hands out stewardship guides at community events to promote wildlife-friendly yards across all homes and yards, to help us share our space with Alberta species. Other resources include factsheets, nature guides, children's resources, and habitat blueprints so you can build your very own bee hotel, bat box or bird house. We share everything with schools and the public, and with the thousands of people who are signed up to our quarterly newsletter.

A heartfelt thanks our community for your support and contributions to our 10 years of conserving local nature!

**WITH THANKS FOR YOUR TRUST**  
 ... AND BEST WISHES TO ALL OUR CLIENTS FOR A HOLIDAY FILLED WITH HARMONY AND JOY

**MERRY CHRISTMAS FROM SHELLY, NICOLE & KAREN A.T.B. FINANCIAL AGENCY** SANGUDO 785-2737

**FOR YOUR GOODWILL, WE REMAIN IN YOUR DEBT, AND LOOK FORWARD TO SERVING YOU AGAIN NEXT YEAR.**

**At This Season of Giving-**

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

**Merry Christmas** from Management & Staff at **Community Health Pharmacy**

Sangudo, AB (780) 785-3784

# AGRI-TOURISM AND OPEN FARM DAYS

Submitted by Lac Ste. Anne County | [www.LSAC.ca](http://www.LSAC.ca)

WILD Alberta is a Destination Management Organization (DMO) that promotes tourism in the region that encompasses Woodlands, Lac Ste. Anne, Barrhead and Westlock Counties as well as the communities of Swan Hills, Mayerthorpe, Alberta Beach, Wabamun, Westlock and Clyde.

Our target market is attracting visitation from the City of Edmonton and neighboring communities to experience the WILD Alberta region and the great assets it has to offer.

Tourism is an integral economic contributor, employing 1 in 9 residents as well and adding tens of millions of dollars per annum to our regional economy. As part of our planning for the 2019 summer tourist season,

we are exploring building a formal Agri-Tourism strategy that includes culinary, cultural and farm-based experiences to add to that base.

This communication is to seek your assistance in engaging producers, farm owners, rural experience developers, etc. to help build a vibrant, structured and integrated Agri-Tourism brand that attracts visitors to and within the region. As your organization's access to producers and potential farm experiences is a considerable resource, we are hoping to partner with you to

promote grass root experiences, drawing urban visitors to experience farms and potentially purchase wares and other merchandise the host may offer.

Should you have any questions or wish to discuss this communication in further detail, please feel free to contact us at 780 674-3140 or alternately via e-mail at [manager@growthalberta.com](mailto:manager@growthalberta.com).

Thank you in advance for your review and consideration of this initiative.

For more information, visit <https://albertafarmdays.ca/>

**Dishing Out Our Thanks & Best Wishes**



Another holiday season is on the menu and we hope it's satisfying in every way! Thank you for dining with us this past year.

Merry Christmas from Management and Staff of **DARWELL RESTAURANT & BAR** Darwell, AB 892-2233

*3 Voices 3 Choices*  
One call can put you in all 3 markets  
**962-9229**




**Christmas Is Coming!**

The holiday spirit is in the air, and we hope the joy and goodwill of the season fill your heart and soul with gladness.

As we count down to Christmas Day, we'd like to express our sincere gratitude to everyone who has helped make our year special in so many ways. Merry Christmas to you from **Darwell Ag Society** [www.darwellag.com](http://www.darwellag.com)



*It's beginning to look a lot like our favorite time of year,*  
and we'd like to share well wishes with the friends we hold so dear: May your Christmas be merry, happy, healthy and bright, and may your New Year deliver continued delight!

Thank you for shopping locally and making 2018 a great year for all of us. We appreciate your support, and we look forward to serving you again soon.

**The Hey Loft**  
A little store with a whole lot more  
PH: (780) 924-3133  Like us on Facebook  
Main Street, Alberta Beach

# 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 pudding;

ding and a cup of good cheer: Refrain  
 We won't go until we get some;  
 We won't go until we get some;  
 We won't go until we get some, so bring some out

here: Refrain  
 We wish you a Merry Christmas;  
 We wish you a Merry Christmas;  
 We wish you a Merry Christmas and a Happy New Year.

## 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 pum pum pum,

Then He smiled at me, pa rum pum pum pum

Me and my drum.

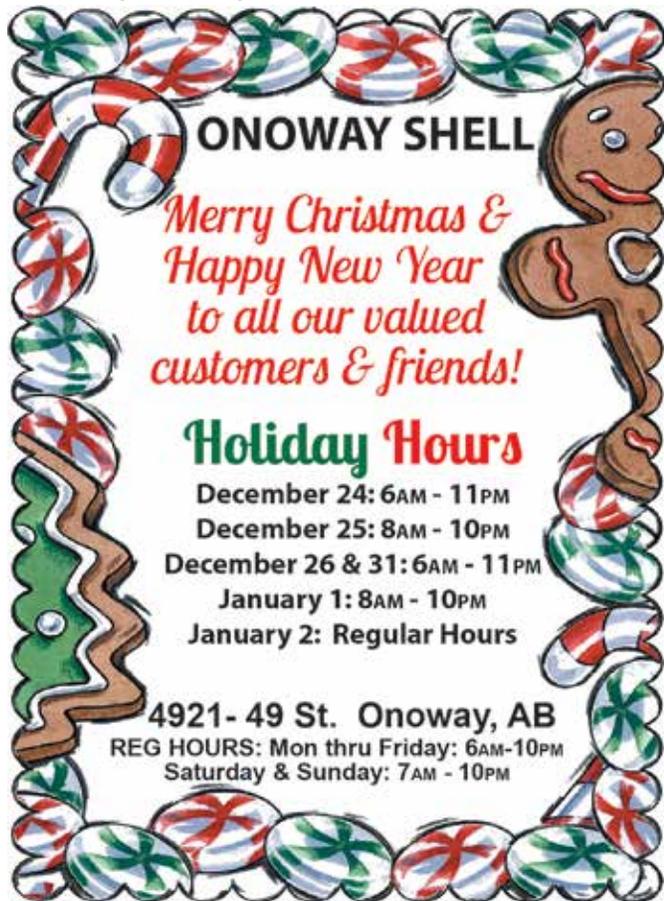
**United Church  
 Christmas Eve Services**

Monday, December 24<sup>th</sup>, 2018  
 Zion United, Paradise Estates - 7:00 pm

Contact the Onoway Pastorial Charge Office at 924-3351



*Wishing everyone a blessed holiday season!*



**ONOWAY SHELL**

*Merry Christmas & Happy New Year to all our valued customers & friends!*

**Holiday Hours**

December 24: 6AM - 11PM  
 December 25: 8AM - 10PM  
 December 26 & 31: 6AM - 11PM  
 January 1: 8AM - 10PM  
 January 2: Regular Hours

4921- 49 St. Onoway, AB  
 REG HOURS: Mon thru Friday: 6AM-10PM  
 Saturday & Sunday: 7AM - 10PM

**Let It Snow.  
 Let It Sparkle!**

As flurries of snow, twinkling lights and yuletide greetings fill the air, our hearts and spirits are lifted by the pure joy of Christmas time. May the spirit of the season fill you with the same sense of wonder and contentment into the New Year and beyond.

Thank you for helping to make 2018 an outstanding year for us. We owe our success to the loyal support of friends and customers like you, and we couldn't be more grateful for the kindness you have shown us.

**Merry Christmas**  
 From Chere & family  
**BeachComber Beauty & Barber Salon**  
 & The Bulletins' JUST STUFF

Alberta Beach  
 780-924-3242  
 780-951-3242

# 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 ap-  
parel,  
Fa la la, la la la, la la la.  
Troll the ancient Yule tide

carol,  
Fa la la la la, la la la la.  
See the blazing Yule before  
us,  
Fa la la la la, la la la la.  
Strike the harp and join the  
chorus.  
Fa la la la la, la la la la.  
(Refrain)  
Follow me in merry mea-

sure,  
Fa la la la la, la la la la.  
While I tell of Yule tide  
treasure,  
Fa la la la la, la la la la.  
(Refrain)  
Fast away the old year  
passes,  
Fa la la la la, la la la la.  
Hail the new, ye lads and

lasses,  
Fa la la la la, la la la la.  
(Refrain)  
Sing we joyous, all together,  
Fa la la la la, la la la la.  
Heedless of the wind and  
weather,  
Fa la la la la, la la la la.

# 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 Ru-  
dolph  
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!

**Catch the Spirit!**

The holiday spirit is in the air, and we're so grateful to share it with good friends like you. Thanks for choosing us. Serving you has been a pleasure, and we really appreciate your patronage.

**We wish you a very merry Christmas, topped with a happy and healthy New Year!**

Merry Christmas from Dianne & Staff at  
**Dianne's Tri-Village Pizza**  
CLOSED December 24<sup>th</sup> - December 27<sup>th</sup>  
Re-opening December 28<sup>th</sup> 12:00PM  
Alberta Beach (780) 924-3132

Hope Your Season Is the  
*Perfect Mix of*  
**Merry & Bright**

**Customer Appreciation Day**  
December 24, 2018 at 3:00pm  
**Complimentary luncheon**  
Here's to you, our valued customers and friends!  
We greatly appreciate your support at the holidays and all year, and we look forward to sharing more good times with you in 2018.

We wish you and yours the best of holidays and a refreshing New Year. Cheers!

**NYE** DECEMBER 31ST  
9PM - UNTIL CLOSE  
*Celebration* **BUCK KNIFE & BLOODY BILL GOAT**

*Jungles Bar & Grill*  
5015 50 Ave. Alberta Beach (780) 924-2242

# *making* **SPIRITS BRIGHT**

## **A Toast to Our Customers**

We're so grateful for your support, and we wish you all the very best!



***Lots of specials  
throughout  
December***

All Boxed  
Wine  
**\$5 OFF**

*Seniors  
Discount*  
Mon & Tues  
**10% OFF**

*Seniors  
Discount*  
Rest of Week  
**5% OFF**

*1 discount per item*

# **Beach Front Liquor**

LOCALLY OWNED & OPERATED



**780-669-8650**

# SILVER BELLS

City sidewalks, busy side-walks  
 Dressed in holiday style.  
 In the air  
 There's a feeling  
 of Christmas.  
 Children laughing  
 People passing  
 Meeting smile after smile

And on ev'ry street corner  
 you'll hear,  
 Silver bells, silver bells  
 It's Christmas time in the  
 city.  
 Ring-a-ling, hear them sing.  
 Soon it will be Christmas  
 day.  
 Strings of street lights

Even stop lights  
 Blink a bright red and green  
 As the shoppers rush  
 Home with their treasures.  
 Hear the snow crunch.  
 See the kids bunch.  
 This is Santa's big scene.  
 And above all this bustle  
 You'll hear,

Silver bells, silver bells  
 It's Christmas time in the  
 city  
 Ring-a-ling, hear them sing  
 Soon it will be Christmas  
 day.

# IT CAME UPON A MIDNIGHT CLEAR

It came upon the mid-  
 night 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 gra-  
 cious 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 has-  
 tening on,  
 By prophet bards fore-  
 told,  
 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.

*Joy to the World*

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

**Oneil Carlier, MLA**  
 Whitecourt - Ste. Anne Constituency

4811 Crockett Street  
 Box 3618 Mayerthorpe, AB T0E 1N0  
 Ph: 780-786-1997 | Fax: 780-786-1995  
 Toll-Free 1-800-786-7136  
 Whitecourt.steanne@assembly.ab.ca

# 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-

night,  
How I'll hate going out in  
the storm!  
But if you'll really hold me  
tight,  
All the way home I'll be  
warm.  
The fire is slowly dying,

And, my dear, we're still  
good-bying,  
But as long as you love me  
so,  
Let It Snow! Let It Snow!  
Let It Snow!

# SANTA CLAUS IS COMING TO TOWN

Oh! You better watch out,  
You better not cry,  
You better not pout,  
I'm telling you why:  
Santa Claus is coming to  
town!  
He's making a list,  
He's checking it twice,  
He's gonna find out  
who's naughty or nice.  
Santa Claus is coming to  
town!  
He sees you when you're  
sleeping,  
He knows when you're  
awake.  
He knows when you've  
been bad or good,  
So be good for goodness  
sake!  
So...You better watch out,  
You better not cry  
You better not pout,  
I'm telling you why.  
Santa Claus is coming to  
town.  
Little tin horns,  
Little toy drums.  
Rudy-toot-toot  
and rummy tum tums.  
Santa Claus is coming to  
town.  
Little toy dolls  
that cuddle and coo,  
Elephants, boats  
and Kiddie cars too.  
Santa Claus is coming to  
town.

The kids in Girl and Boy  
Land  
will have a jubilee.  
They're gonna build a toy-  
land 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.

## Filled With Our Gratitude



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



### Onoway Bigway Foods

Open 7 Days a Week For Your Shopping Convenience.

4908 Lac Ste. Anne Trail, Onoway

967-4291



# 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.

**OUR GIFT TO YOU  
10% OFF  
Bring in this ad.**

**MERRY CHRISTMAS!**

**LIQUOR COTTAGE**

4720 47 St, Alberta Beach  
780.924.3385

## STILL, STILL, STILL

Still, still, still,  
One can hear the falling snow.  
For all is hushed,  
The world is sleeping,  
Holy Star its vigil keeping.  
Still, still, 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 IVY

The holly and the ivy,  
 When they are both full  
 grown,  
 Of all trees that are in the  
 wood,  
 The holly bears the crown:  
 O, the rising of the sun,  
 And the running of the deer  
 The playing of the merry  
 organ,  
 Sweet singing in the choir.

The holly bears a blossom,  
 As white as lily flow'r,  
 And Mary bore sweet Jesus  
 Christ,  
 To be our dear Saviour:  
 Refrain  
 The holly bears a berry,  
 As red as any blood,  
 And Mary bore sweet Jesus  
 Christ,  
 To do poor sinners good:

Refrain  
 The holly bears a prickle,  
 As sharp as any thorn,  
 And Mary bore sweet Jesus  
 Christ,  
 On Christmas Day in the  
 morn: Refrain  
 The holly bears a bark,  
 As bitter as the gall,  
 And Mary bore sweet Jesus  
 Christ,

For to redeem us all: Re-  
 frain  
 The holly and the ivy,  
 When they are both full  
 grown,  
 Of all trees that are in the  
 wood,  
 The holly bears the crown:  
 Refrain

# JINGLE BELL ROCK

Jingle bell, jingle bell, jingle  
 bell rock  
 Jingle bells swing and jingle  
 bells ring  
 Snowing and blowing up  
 bushels of fun  
 Now the jingle hop has  
 begun.  
 Jingle bell, jingle bell, jingle  
 bell rock  
 Jingle bells chime in jingle  
 bell time  
 Dancing and prancing in  
 Jingle Bell Square  
 In the frosty air.

What a bright time, it's the  
 right time  
 To rock the night away  
 Jingle bell time is a swell  
 time  
 To go gliding in a one-  
 horse sleigh  
 Giddy-up jingle horse, pick  
 up your feet  
 Jingle around the clock  
 Mix and a-mingle in the  
 jingling feet  
 That's the jingle bell,  
 That's the jingle bell,  
 That's the jingle bell rock.



**Alberta Beach & District  
 Agricultural Society**  
*needs new members to  
 keep events like Farmers  
 Markets & Polynesian Days  
 going. If you are looking for  
 ways to help your community  
 call (780) 913-5595.*



Wishing you a  
**PAWSOME** Holiday!

To all our friends, neighbors and creatures  
 large and small, we wish a very merry season  
 followed by a peaceful and harmonious year.

Merry Christmas from Staff & Pets at  
**PARKY PETS**  
 Onoway, AB 780-967-6479



Thank You

A Note of Thanks  
 at the Holidays

We're more thankful than words can express, As we send you  
 glad tidings for a merry Christmas; For your goodwill and  
 friendship, too... We're deeply indebted to each one of you!

Merry Christmas & Happy New Year! from The Staff of  
**C.I.B.C. Onoway**  
 Onoway, AB (780) 967-2211

# HARK! THE HERALD ANGELS SING

Hark! the herald angels  
sing  
Glory to the new-born  
King!  
Peace on earth and mercy  
mild,  
God and sinners recon-  
ciled!  
Joyful, all ye nations, rise,  
Join the triumph of the  
skies;  
With th' angelic host pro-  
claim  
Christ is born in Bethle-  
hem!

Hark! the herald angels  
sing  
Glory to the new-born  
King!  
Christ, by highest heaven  
adored;  
Christ, the everlasting Lord;  
Late in time behold him  
come,  
Offspring of the Virgin's  
womb.  
Veiled in flesh the Godhead  
see;  
Hail the incarnate Deity,  
Pleased as man with man

to dwell;  
Jesus, our Emmanuel!  
Refrain  
Mild he lays his glory by,  
Born that man no more  
may die,  
Born to raise the sons of  
earth,  
Born to give them second  
birth.  
Risen with healing in his  
wings,  
Light and life to all he  
brings,  
Hail, the Sun of Righteous-  
ness!

Hail, the heaven-born  
Prince of Peace! Refrain  
Come, Desire of nations  
come,  
Fix in us Thy humble home;  
Rise, the Woman's con-  
quering 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

Here's Hoping Your Holiday Is  
Healthy, Happy and Filled With  
Wonderful Surprises!

**Merry Christmas**  
from Wendy, Richard & Staff at  
Wendy's Neats & Treats 967-0351  
Wendy's Cafe (at Gummi Store) 967-0182

## SILENT NIGHT

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 heav-  
en afar,

Heavly 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 redeem-  
ing grace,  
Jesus, Lord, at thy birth.  
Jesus, Lord, at thy birth.

**HANG ON...  
IT'S ALMOST CHRISTMAS!**

Wishing all of our friends much peace,  
harmony and joy at this inspirational season.  
We know you've been an inspiration to us, and  
we thank you for your continued support.

Merry Christmas from  
**MAD Fitness**  
Onoway, AB 886-4851

To the  
Nicest  
Folks  
We Know...

Thanks for making  
our year so special  
with your kindness  
and generosity.  
We hope this  
Christmas delivers  
everything on your  
wish list, including  
new memories  
you'll cherish  
for a lifetime.

Merry Christmas from All of Us at  
**XJL Graphics**  
DESIGNS THAT WORK  
Onoway, AB (780) 967-5959

# 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 ring  
 Later we'll have some pumpkin pie  
 And we'll do some caroling.  
 You will get a sentimental  
 Feeling when you hear  
 Voices singing let's be jolly,

Deck the halls with boughs of holly.  
 Rocking around the Christmas tree,  
 Have a happy holiday  
 Everyone dancing merrily  
 In the new old-fashioned way.

# 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.

**Wishing You a Pawsome Holiday!**



Hope this holiday season treats you and yours to nothing but the best. We're forever grateful to good friends and customers like you.

**Thanks & Merry Christmas!**  
 from Sue & Staff at  
**Doggie Style**  
 Mayerthorpe, AB  
 786-0171



**Filled With Warm Wishes**  
 We're bubbling over with gratitude for your continued patronage!  
 Merry Christmas & Happy New Year!

Please Don't Drink & Drive  
 — From Management & Staff at  
**Redneck Liquor**  
 Sangudo, AB 785-2229



**Tidings of Comfort & Joy**

To our many best friends everywhere, go our very best wishes for a Merry Christmas and a memorable New Year. We loved every minute of serving you — thanks!

Treatment options are now available for all animals, large or small, with our new therapeutic laser.

**Merry Christmas**  
 from Ralph, Brenda & Staff at  
**Sangudo Veterinary Clinic**  
 Sangudo, AB 785-2200

# GRANDMA GOT RUN OVER BY A REINDEER

Grandma got run over by a reindeer  
 Walking home from our house Christmas eve.  
 You can say there's no such thing as Santa,  
 But as for me and Grandpa, we believe.  
 She'd been drinkin' too much egg nog,  
 And we'd begged her not to go.  
 But she'd left her medication,

So she stumbled out the door into the snow.  
 When they found her Christmas mornin',  
 At the scene of the attack. There were hoof prints on her forehead,  
 And incriminatin' Claus marks on her back.  
 Grandma got run over by a reindeer,  
 Walkin' home from our house Christmas eve.  
 You can say there's no such

thing as Santa,  
 But as for me and Grandpa, we believe.  
 Now were all so proud of Grandpa,  
 He's been takin' this so well. See him in there watchin' football,  
 Drinkin' beer and playin' cards with cousin Belle.  
 It's not Christmas without Grandma.  
 All the family's dressed in black.

And we just can't help but wonder:  
 Should we open up her gifts or send them back?  
 Grandma got run over by a reindeer,  
 Walkin' home from our house Christmas eve.  
 You can say there's no such thing as Santa,  
 But as for me and Grandpa, we believe.  
 Now the goose is on the table  
 And the pudding made of fig.  
 And a blue and silver candle,  
 That would just have matched the hair in Grandma's wig.  
 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.



*With Our Thanks*

**When it comes to our members,  
 our gratitude runs deep.  
 With best wishes and  
 many thanks to all.**

**Wishing all season's greetings and all the best  
 in the New Year from the entire Co-op team**



**Pembina West**

<b>Barrhead</b>	<b>Mayerthorpe</b>	<b>Whitecourt</b>
<b>674-2201</b>	<b>786-2093</b>	<b>778-3239</b>

**Made  
 You  
 LOOK!**



**See  
 Advertising  
 works!  
 Place your  
 ad today!**

# GOOD 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  
me.  
If thou know it telling:

Yonder peasant, who is he?  
Where and what his dwell-  
ing?  
Sire, he lives a good league  
hence,  
Underneath the mountain,  
Right against the forest  
fence  
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-  
ger.  
Fails my heart, I know not  
how.  
I can go no longer.  
Ark my footsteps my good  
page,  
Tread thou in them boldly:

Thou shalt find the winter's  
rage  
Freeze thy blood less coldly.  
In his master's step he trod,  
Where the snow lay dented.  
Heat was in the very sod  
Which the saint had print-  
ed.  
Therefore, Christian men,  
be sure,  
Wealth or rank possessing,  
Ye who now will bless the  
poor  
Shall yourselves find bless-  
ing.

# OH COME, ALL YE FAITHFUL

O come, all ye faithful,  
Joyful and triumphant,  
O come ye, O come ye to  
Bethlehem;  
Come and behold him,  
Born the King of angels;  
O come, let us adore him,  
O come, let us adore him,  
O Come, let us adore him,  
Christ the Lord.  
God of God, Light of Light,

Lo! he abhors not the Vir-  
gin's womb: Very God,  
Begotten, not created;  
Refrain  
Sing, choirs of angels,  
Sing in exultation,  
Sing, all ye citizens of heav-  
en 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-  
frain  
Yea, Lord, we greet thee,  
Born this happy morning;  
Jesus, to thee be glory  
given;  
Word of the Father,  
Now in flesh appearing;  
Refrain

**SWEET TIDINGS**

Hope your holiday is a real treat!

Thanks for putting the icing on our year with your visits.

From Tracy & Staff at

**O' How Sweet It Is Sweet House & Bakery**

Onoway, AB (780) 266-5561



With Our Thanks For Your Loyal Patronage



Thank you so much for the gift of your friendship. Have a beautiful holiday!

All the best in the New Year from the Staff at

**Country Hair & Body Salon**

Onoway, AB | 967-0072

# 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 some-time 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 afar.  
 Field and fountain, moor and mountain, Following yonder star.  
 Chorus  
 O star of wonder, star of night, Star with royal beauty

bright, Westward leading, still proceeding,  
 Guide us to thy perfect Light.  
 Born a king on Bethlehem's plain,  
 Gold I bring to crown Him again,  
 King forever, ceasing never  
 Over us all to reign.

Chorus  
 Frankincense to offer have I.  
 Incense owns a Deity nigh.  
 Prayer and praising all men raising,  
 Worship Him, God on high. Chorus  
 Myrrh is mine: Its bitter perfume  
 Breaths a life of gathering

gloom. Sorrowing, sighing, bleeding dying,  
 Sealed in the stone-cold tomb. Chorus  
 Glorious now behold Him arise, King and God and Sacrifice. Alleluia, alleluia!  
 Sounds through the earth and skies. Chorus

# 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

**Goodwill, cheer and friendship,**  
 Twinkling lights here and there, The signs of the season are everywhere. As we welcome this time of peace, joy and fun, we extend our best wishes to each and every one who has made our year a resounding success...  
**With friends such as you, we feel truly blessed!**

**Merry Christmas!**  
 from Carell & Kristine at  
**Carvel**  
**General Store**  
 Carvel, AB 963-1156

*with our thanks at*  
**Christmas**

**GAS**

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

**Season's Greetings**  
 from the Staff at  
**Pit Stop Gas & Convenience**  
 Sangudo, Alberta 785-2432



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Sunday 11:00am - 4:00pm  
Closed Boxing Day



# OVER THE RIVER AND THROUGH THE WOODS

Over the river and through the woods To Grandmother's house we go. The horse knows the way to carry the sleigh, Through white and drifted snow. Over the river and through the woods, Oh, how the wind does blow. It stings the toes and

bites the 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 Day. Over the river and through the woods And straight through the barnyard gate. It seems that we go so dreadfully slow;

It is so hard to wait. Over the river and through the woods, Now Grandma's cap I spy. Hurrah for fun; the pudding's done; Hurrah for the pumpkin pie.

# 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.

Start Your Day Right... with the



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**OPEN UP TO CHRISTMAS!**



Wishing you a novel Noel filled with lots of mystery, adventure, romance and happy endings. For your visits this year, we are sincerely grateful.

**MERRY CHRISTMAS**  
from the Board & Staff of



**Onoway PUBLIC LIBRARY**  
Onoway, AB 967-2445



**Christmas Is Calling!**

As we ring in another holiday season, we'd like to send a message of thanks to our network of valued customers for your loyal support this year. We owe our success to all of you, and we appreciate your business. **Here's hoping Santa answers all of your wishes this Christmas and always!**



**CPR St. Albert**  
Saving Your Mobile Life™

#13 - 11 Bellerose Drive (Next to Grandin Bakery) **780-460-0277**

# 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 Bethlehem  
 the greatest celebration of all.

Come on, ring those bells,  
 Light the Christmas tree,  
 Jesus is the King  
 Born for you and me.  
 Come on, ring those bells,  
 Every-body say,  
 Jesus, we remember  
 This your birthday.

# 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 summer-time,  
 But even in winter is thy prime.  
 O Christmas tree,  
 O Christmas tree, How are thy leaves so verdant!  
 O Christmas tree,  
 O Christmas tree, Much pleasure doth thou bring me!  
 O Christmas tree, O Christmas tree, Much pleasure doth thou bring 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!

## 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.



## Filled With Our Gratitude

We're hoping your holiday season is an equal mix of harmony and joy. With special thanks for your continued support.

**Merry Christmas & Happy New Year**  
 from Management & staff at

**ONOWAY HEALTH CARE PHARMACY**

Onoway, AB • (780) 967-2241

**GUARDIAN BEACH PHARMACY**

Alberta Beach, AB • (780) 924-3647

# THE FIRST NOEL

The first Noel the angel did say  
 Was to certain poor shepherds in fields as they lay;  
 In fields as they lay, keeping their sheep,  
 On a cold winter's night that was so deep.  
 Noel, Noel, Noel, Noel,  
 Born is the King of Israel.  
 They looked up and saw a star  
 Shining in the east beyond them far,  
 And to the earth it gave great light,  
 And so it continued both day and night. Refrain  
 And by the light of that same star  
 Three wise men came from country far;  
 To seek for a king was their intent,  
 And to follow the star wherever it went. Refrain  
 This star drew nigh to the northwest,  
 O'er Bethlehem it took its 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 frankincense. 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



## Merry Christmas

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

### CHRISTMAS HOURS:

*This Office Will Be Closed on:*

December 24, 2018    December 25, 2018

December 26, 2018    December 29, 2018

January 1, 2019

*We are open December 31, 2018 till noon.*

## TRIOUS Insurance & Onoway Registries

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<b>AVIVA /ELITE</b>	<b>1-866-692-8482</b>
<b>PORTAGE</b>	<b>1-800-661-3625</b>
<b>WAWANESA</b>	<b>1-844-929-2637</b>
<b>NORDIC</b>	<b>1-866-464-2424</b>

5015 50 Street, Stony Plain

**780-968-0040**

Our Christmas Hours are as follows:

**December 1<sup>st</sup> to December 23<sup>rd</sup>**

Mon – Wed 9am – 7pm

Thurs – Fri 9am – 9pm

Sat 9am – 7pm

Sun 10am – 5pm

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**[www.bluediamondjewellers.com](http://www.bluediamondjewellers.com)**

# HAPPY HOLIDAY

Happy Holiday  
 Happy Holiday  
 While the merry bells keep ringing  
 May your every wish come true  
 Happy Holiday  
 Happy Holiday  
 May the calendar keep bringing  
 Happy Holidays to you  
 It's the holiday season  
 And Santa Claus is coming back  
 The Christmas snow is white on the ground  
 When old Santa gets into town  
 He'll be coming down the chimney, down  
 Coming down the chimney, down  
 It's the holiday season  
 And Santa Claus has got a toy  
 For every good girl and good little boy  
 He's a great big bundle of joy  
 He'll be coming down the chimney, down  
 Coming down the chimney, down

He'll have a big fat pack upon his back  
 And lots of goodies for you and me  
 So leave a peppermint stick for old St. Nick  
 Hanging on the Christmas tree  
 It's the holiday season  
 With the whoop-de-do and hickory dock  
 And don't forget to hang up your sock  
 "Cause just exactly at 12 o'clock  
 He'll be coming down the chimney  
 Coming down the chimney, 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

# NUTTIN' FOR CHRISTMAS

I broke my bat on Johnny's head;  
 Somebody snitched on me.  
 I hid a frog in sister's bed;  
 Somebody snitched on me.  
 I spilled some ink on Mommy's rug;  
 I made Tommy eat a bug;  
 Bought some gum with a penny slug;  
 Somebody snitched on me.  
 Oh, I'm gettin' nuttin' for Christmas  
 Mommy and Daddy are mad.  
 I'm getting nuttin' for Christmas  
 'Cause I ain't been nuttin' but bad.  
 I put a tack on teacher's chair  
 Somebody snitched on me.  
 I tied a knot in Susie's hair  
 Somebody snitched on me.  
 I did a dance on Mommy's plants  
 Climbed a tree and tore my pants  
 Filled the sugar bowl with

ants  
 Somebody snitched on me.  
 So, I'm gettin' nuttin' for Christmas  
 Mommy and Daddy are mad.  
 I'm gettin' nuttin' for Christmas  
 'Cause I ain't been nuttin' but 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 Christmas.

**season's greetings**

At this special time, we'd like to acknowledge all the folks who have made this year a good one for us.

From the Staff at  
**Gunn General Store**



**Gunn, AB**  
**(780) 967-5550**

*A Christmas Wish For You*

May your friends be many...  
 May your heart be light...  
 May your home be merry...  
 May your days be bright...  
 May your joy be plenty...  
 May your cares be few...  
 And may all your hopes and dreams come true!

**Season's Greetings**  
 from Management & Staff at  
**A.T.B. Financial**  
 - **Onoway Branch**  
 Onoway, AB  
**967-2201**



# LOSE WEIGHT WITH THE HEALTHIEST COFFEE ON THE PLANET!



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**TASTES AMAZING!**

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Formulated with natural appetite suppressants, feel good ingredients and detox components SlimROAST is a great addition to your weight SlimROAST will produce exciting results, but you will love the taste of this delicious Italian dark roast coffee.



### GREAT FOR:

- › Controls appetite
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- › Promotes brain health and focus
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# MANAGING YOUR WEIGHT NEVER TASTED SO GOOD!



**ALL NATURAL**



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**HEALTHY WEIGHT MANAGEMENT**

## PREVAIL TRIM

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

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

**You will LOVE it!**



CALL (780) 907-8642 FOR FREE SAMPLE



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- › SUPPORT IMMUNE HEALTH
- › VITAMINS AND MINERALS



### PREVAIL ENERGY

- › WORKS IN MINUTES
- › BOOSTS ENERGY
- › LASTS FOR HOURS

# OH LITTLE TOWN OF BETHLEHEM

O little town of Bethlehem,  
 How still we see thee lie!  
 Above thy deep and dream-  
 less 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 com-  
 ing,  
 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  
 us,  
 Our Lord Emmanuel!

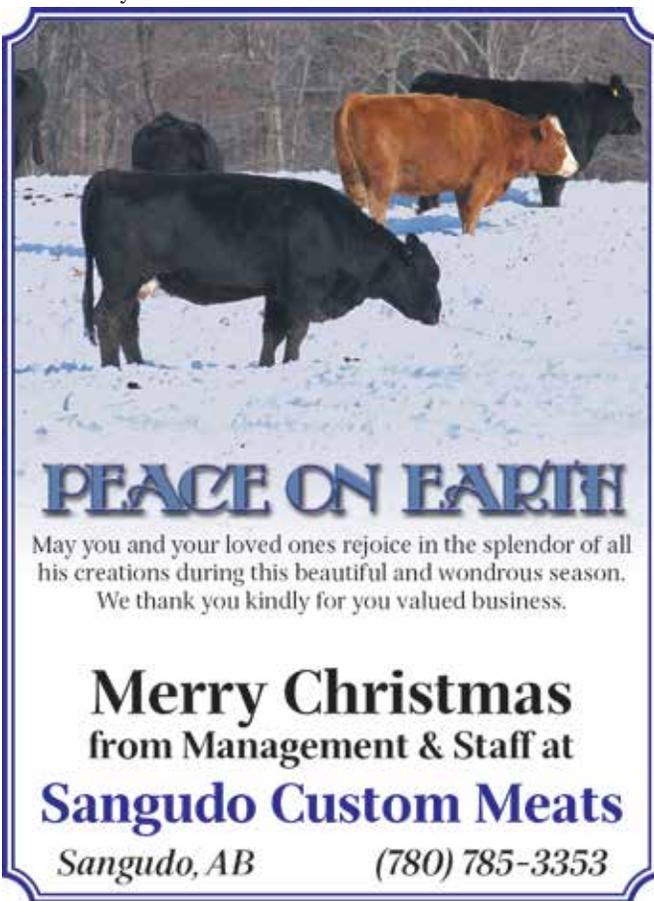
# JINGLE BELLS

Dashing through the snow,  
 in a one-horse open sleigh,  
 Over the fields we go, laugh-  
 ing all the way.  
 Bells on bob-tails ring, mak-  
 ing spirits bright,  
 What fun it is to ride and  
 sing a sleighing song to-  
 night.  
 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 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

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

*Tremendous Thanks*

*With appreciation from our entire team, we wish you all a fun-filled and merry Christmas! Thanks so much for stopping in this year. We look forward to serving you again soon.*

*From Management & Staff at*  
**Whitecourt Work Wear and Ladies Boutique**  
*Whitecourt, AB 778-4781*

**Hope It's Very Merry!**

*With warm wishes for a joyous and bright holiday to you and your family this season. Season's Greetings from Management & Staff at*  
**Beaver Creek General Store**  
*Whitecourt, AB (780) 778-3636*

**CHEERS TO YOU!**

*It's been a pleasure serving you this past year.*

**Merry Christmas From Staff & Management at**  
**CJ's Liquor Store**  
**Whitecourt, Alta 778-8989**  
[www.cjsliquor.ca](http://www.cjsliquor.ca) | Facebook: CJ's Liquor Unlimited

# Here Comes Christmas!

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

---



**Merry Christmas from**  
**North West Fire**  
**Rescue - Onoway**

**Onoway, AB**

**(780) 777-4688**



# With Festive Greetings At The Holidays

Hope it's merry...  
Hope it's bright...  
Hope it's festive...  
Hope it's light...  
Hope it's special...  
And joyous, too...

That's our Christmas wish for you!

from **Management & Staff** of

# Canadian Tire

Whitecourt AB

780-778-6591

# 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!"

## 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.  
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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.

**Friendship Is a Gift**  
At the holidays more than ever, we appreciate how much joy friends like you bring to each day. Thank You!

**Merry Christmas from the Staff at**  
**MERLE NORMAN**  
Cosmetic Studio & Full Service Spa

4909-51<sup>st</sup> Ave., Whitecourt 780.778.3288  
www.merlenormanstudio.ca/ab/whitecourt

**Bank on a Great Holiday!**

At the holidays, we wish you all the happiness you so richly deserve. May your days be merry and bright, and may the coming year deliver much good fortune and prosperity to you and yours.

**Happy Holidays From Our Family to Yours!**

**RBC Royal Bank**  
Whitecourt  
(780) 778-6895

# 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

# 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

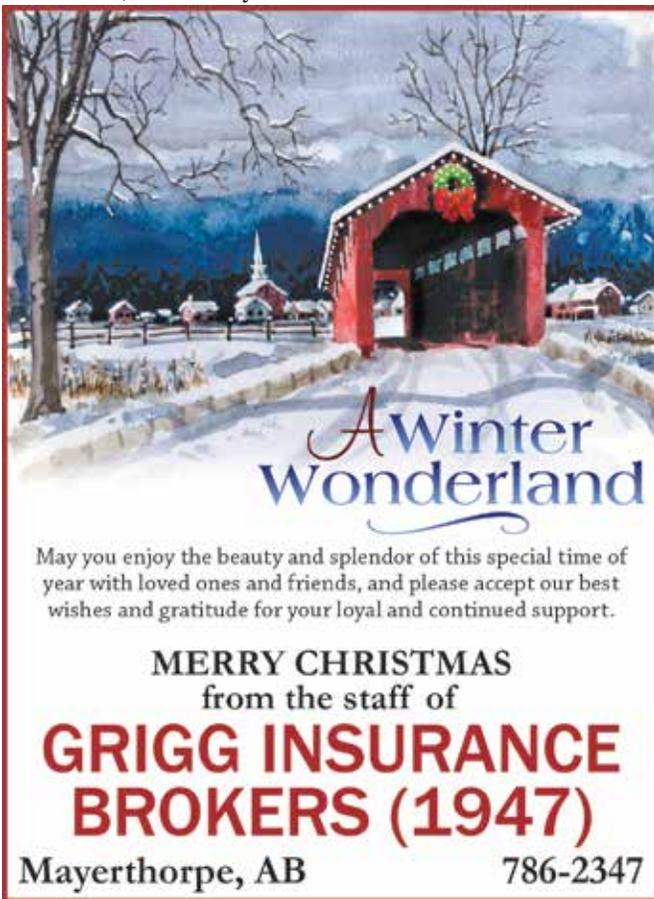
# WHITE CHRISTMAS

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



# HERE WE COME A-WASSAILING

Here we come a-wassail-  
ing  
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 Hap-

py 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 Hap-  
py 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 Hap-  
py 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 Hap-  
py 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 Hap-  
py 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 Hap-  
py New Year.

*Wishing you a happy and healthy holiday season. Thank you for the privilege of serving you this year.*

From Diane & Staff at



**A&W**

*Barrhead*



MERRY  
*Christmas*

May your days be trimmed with every happiness at the holidays and throughout the New Year.

**Merry Christmas and best wishes to you!**

**ATB Financial**™  
- Barrhead

5141 50 St. Barrhead, AB (780) 674-2241



**He's Checking It TWICE!**

*We know you're on the list of people we'd like to thank this holiday season. Your kind patronage has made it all worthwhile. Merry Christmas!*

**DR. PETER SEE & FAMILY**  
Chiropractor

5008B-50 Ave, Barrhead 674-2861

# 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 HO, cherry nose,  
 Cap on head, suit that's red,  
 Special night, beard that's white,  
 Must be Santa must be Santa,  
 Must be Santa, Santa Claus.  
 Who very soon will come our way?  
 Santa very soon will come our way.  
 Eight little reindeer pull his sleigh,  
 Santa's little reindeer pull his sleigh.  
 Reindeer sleigh, come our way,  
 HO HO HO, cherry nose,  
 Cap on head, suit that's red,  
 Special night, beard that's white,  
 Must be Santa, must be Santa,  
 Must be Santa, Santa Claus.  
 Dasher, Dancer, Prancer,

Vixen,  
 Comet, Cupid, Donner and 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!



*Wishing You a Holiday Rich in Blessings*

Love, friendship, health, happiness, peace, goodwill and contentment...we hope your holiday season is filled with all the things that matter most.  
*Serving you has been our pleasure. Merry Christmas!*  
 from Management & Staff

**TD Canada Trust**  
 Barrhead Branch 674-2216

**JOYOUS NOEL**

FROM MANAGEMENT AND STAFF.  
 WARM WISHES TO YOU AND YOUR FAMILY.  
 HAVE A WONDERFUL 2019.

**COMFORT CORNER**  
 BARRHEAD | 780 674 4933  
**& BERT'S TV & APPLIANCES**  
**SALES & SERVICE**  
 BARRHEAD | 780 674 3001

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**COMPUSTAR PRIME G6** is on special for **\$480<sup>00</sup>** Installed  
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Stocking stuffer items in store and gift certificates available!

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# MERRY CHRISTMAS!

With a bundle of best wishes & gratitude to all of you from all of us.



The Board & Staff of  
**Barrhead & District Family & Community Support Services**  
 780-674-3341

# ANGELS WE HAVE HEARD

Angels we have heard on high, Singing sweetly through the night, And the mountains in reply Echoing their brave delight. Gloria in excelsis Deo. Gloria in excelsis Deo. Shepherds, why this jubilee? Why these songs of happy

cheer? What great brightness did you see? What glad tidings did you hear? Refrain Come to Bethlehem and see Him whose birth the angels sing; Come, adore on bended knee

Christ, the Lord, the new-born King. Refrain See him in a manger laid Whom the angels praise above; Mary, Joseph, lend your aid, While we raise our hearts in love. Refrain

# STAR OF THE EAST

Star of the East, oh Bethlehem star, Guiding us on to heaven afar Sorrow and grief and lull'd by the light Thou hope of each mortal, in death's lonely night Fearless and tranquil, we look up to Thee Knowing thou be m't through eternity Help us to follow where Thou still dost guide Pilgrims of earth so wise Chorus

Star of the East, thou hope of the soul While round us here the dark billows roll Lead us from sin to glory afar Thou star of the East, thou sweet Bethlehem's star Star of the East, oh Bethlehem's star, What tho' the storms of riat gather loud Faithful and pure thy rays beam to save And bright o'er the grave Smile of a Saviour are mir-

ror'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

**Hark! The Herald Angels Sing!**

As we count our blessings this holiday season and reflect on the miracle of life, we realize how much ours has been enhanced by knowing and serving all of you. May you and your loved ones revel in the joy of the season, and please accept our best wishes and gratitude.

**ROSE GARDEN CHAPEL**

674-4644

Box 4119, Barrhead, AB T7N 1A1

*With Goodwill To All*

*With glad tidings to all our customers, neighbors and associates this Christmas. It's been a pleasure knowing you, and we want you to know how much we value your loyalty and support.*

**Rose Country Developments**  
 Barrhead, AB  
 780-674-9592

# DO YOU HEAR WHAT I HEAR?

Said the night wind to the little lamb,  
 "Do you see what I see?  
 Way up in the sky, little lamb,  
 Do you see what I see?  
 A star, a star, dancing in the night  
 With a tail as big as a kite,  
 With a tail as big as a kite."  
 Said the little lamb to the shepherd boy,

"Do you hear what I hear?  
 Ringing through the sky,  
 shepherd boy,  
 Do you hear what I hear?  
 A song, a song high above the trees  
 With a voice as big as the sea,  
 With a voice as big as the sea."  
 Said the shepherd boy to the mighty king,

"Do you know what I know?  
 In your palace warm,  
 mighty king,  
 Do you know what I know?  
 A Child, a Child shivers in the cold—  
 Let us bring him silver and gold,  
 Let us bring him silver and gold."  
 Said the king to the people

everywhere,  
 "Listen to what I say!  
 Pray for peace, people,  
 everywhere,  
 Listen to what I say!  
 The Child, the Child sleeping in the night  
 He will bring us goodness and light,  
 He will bring us goodness and light."

# 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 me I pray.  
 Bless all the dear children,  
 In thy tender care.  
 And take them to heaven,  
 To be with thee there.

**Thanks To Our BEST FRIENDS** 

...for giving us your valued business and friendship this year. Happy Holidays!  
**Merry Christmas & Happy New Year**  
 From **Management & Staff**

**Lakeview Inns & Suites**  
 Whitecourt 706-3349

**ROLL OUT THE JOY**

We hope we've got everyone covered as we wish our customers, neighbors, associates and friends, a very, merry holiday season. For your past support, we are truly grateful.

**Season's Greetings' from Management & Staff at**

**Carpetown Interiors Ltd.**  
 Whitecourt, AB 778-4144



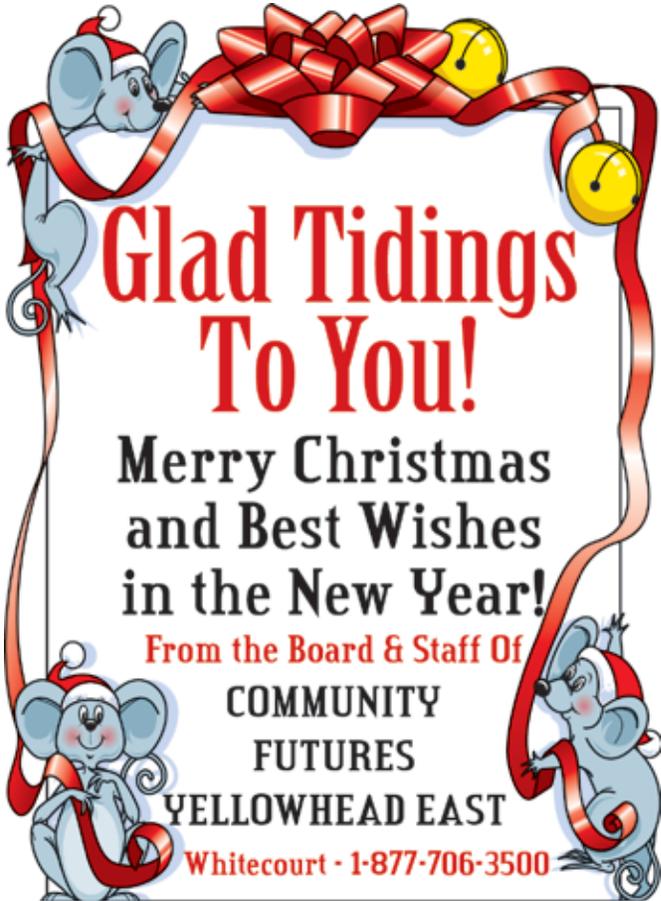
**Glad Tidings To You!**

**Merry Christmas and Best Wishes in the New Year!**

From the Board & Staff Of

**COMMUNITY FUTURES YELLOWHEAD EAST**

Whitecourt • 1-877-706-3500



*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!*

*Merry Christmas*  
from the Staff at  
**The Barn Owl**  
Stony Plain, AB (780) 591-2276

# THE MOST WONDERFUL DAY OF THE YEAR

A packful of toys means a sackful of joys  
For millions of girls and for millions of boys  
When Christmas Day is here  
The most wonderful day of the year!  
A jack in the box waits for children to shout,

"Wake up, don't you know that it's time to come out!"  
When Christmas Day is here  
The most wonderful day of the year!  
Toys galore  
Scattered on the floor  
There's no room for more  
And it's all because of Santa

Claus!  
A scooter for Jimmy, a dolly for Sue  
The kind that will even say "How do you do."  
When Christmas Day is here  
The most wonderful day of the year.

# 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 em-

ploy;  
while fields and floods, rocks, hills and plains  
Repeat the sounding joy,  
Repeat the sounding joy,  
Repeat, repeat the sounding joy.  
No more let sins and sorrows grow,  
nor thorns infest the ground;  
He comes to make His blessing flow  
far as the curse is found,

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



**BANK ON A VERY GOOD SEASON**

... And know our best wishes are with you all the way!

Merry Christmas and sincere thanks to our customers and associates.

**MERRY CHRISTMAS**  
from the Staff at  
**TD Canada Trust**  
- Spruce Grove



**Canada Trust**  
962-0404



May your cart overflow with glad tidings and joy, and may your heart be full with love and contentment this holiday season and beyond.

**THANK YOU FOR SHOPPING WITH US!**  
From the Management and Staff at



**SPRUCE GROVE 780 962 4121**

# THE FRIENDLY BEASTS

Jesus, our brother, kind and good,  
 Was humbly born in a stable rude;  
 And the friendly beasts around Him stood.  
 Jesus, our brother, kind and good.  
 "I," said the Donkey, shaggy and brown,  
 "I carried His mother up hill and down;

I carried His mother to Bethlehem town."  
 "I," said the Donkey, shaggy and brown.  
 "I," said the Cow, all white and red,  
 "I gave Him my manger for His bed;  
 I gave Him my hay to pillow His head."  
 "I," said the Cow, all white and red.

"I," said the Sheep, with the curly horn,  
 "I gave Him my wool for His blanket warm;  
 He wore my coat on Christmas morn."  
 "I," said the Sheep, with the curly horn.  
 "I," said the Dove, from the rafters high,  
 "I cooed Him to sleep that He should not cry;

We cooed Him to sleep, my mate and I."  
 "I," said the Dove, from the rafters high.  
 Thus every beast by some glad spell,  
 In the stable dark was glad to tell  
 Of the gift he gave Emmanuel,  
 The gift he gave Emmanuel.

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

When I was but a youngster,  
 Christmas meant one thing,  
 That I'd be getting lots of toys that day.  
 I learned a whole lot different,  
 When my Mother sat me down,  
 And taught me to spell Christmas this way:  
 "C" is for the Christ child,  
 born upon this day,  
 "H" for herald angels in the night,

"R" means our Redeemer,  
 "I" means Israel,  
 "S" is for the star that shone so bright,  
 "T" is for three wise men,  
 they who traveled far,  
 "M" is for the manger where he lay,  
 "A" 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.

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 **Cartridge Express**

*With Heartfelt Thanks At The Holidays*



Wishes warm and bright from our flock to yours. Your kind patronage truly means a lot to us.

**Merry Christmas**

From Dawn at  
**Grove Hearing Clinic**  
 #220 Westland Market Mall  
 70 McLeod Ave  
 Spruce Grove Ph: 960-2960

*Tidings of Comfort & Peace*



As we usher in the holiday season, we are moved to remember all of the loved ones past and present who have brought so much joy and light to our lives. We cherish their presence and their memories, and all of the blessings that touch our hearts and spirits.

We hope that this Christmas and the New Year deliver much happiness, goodwill and good fortune to you and yours. Thank you for your trust in us and your friendship.

from the Staff at

 **SERENITY FUNERAL SERVICE**

600 Calahoo Road Spruce Grove, AB  
**780-962-2749** [www.serenity.ca](http://www.serenity.ca)  
 SERENITY FAMILY SERVICE SOCIETY - YOUR NOT-FOR-PROFIT SOCIETY



# JOLLY OLD SAINT NICHOLAS

Jolly old Saint Nicholas,  
Lean your ear this way!  
Don't you tell a single soul  
What I'm going to say;  
Christmas Eve is coming  
soon;  
Now, you dear old man,  
Whisper what you'll bring  
to me;  
Tell me if you can.

When the clock is striking  
twelve,  
When I'm fast asleep,  
Down the chimney broad and  
black,  
With your pack you'll creep;  
All the stockings you will find  
Hanging in a row;  
Mine will be the shortest one,  
You'll be sure to know.

Johnny wants a pair of  
skates;  
Susy wants a dolly;  
Nellie wants a story book;  
She thinks dolls are folly;  
As for me, my little brain  
Isn't very bright;  
Choose for me, old Santa  
Claus,  
What you think is right.

## THE CHRISTMAS SONG

**We Hope You Get Your Fill of Good Times This Christmas!**

As another Christmas comes in for a landing, we're filled with cheer and gratitude for wonderful customers and friends like you. We appreciate your pulling for us this past year, and we'll continue to go the extra mile for you in 2019 and beyond.

**Merry Christmas & Many Thanks From Our Entire Crew at Mayerthorpe Fas Gas 786-2523**

Chestnuts roasting on an open fire,  
Jack Frost nipping on your nose,  
Yuletide carols being sung by a choir,  
And folks dressed up like Eskimos.  
Everybody knows a turkey and some mistletoe,  
Help to make the season bright.  
Tiny tots with their eyes all aglow,  
Will find it hard to sleep tonight.

They know that Santa's on his way;  
He's loaded lots of toys and goodies on his sleigh.  
And every mother's child is going to spy,  
To see if reindeer really know how to fly.  
And so I'm offering this simple phrase,  
To kids from one to ninety-two,  
Although its been said many times, many ways,  
A very Merry Christmas to you!

*We Wish You A Merry Christmas...  
We Wish You A Merry Christmas...  
We Wish You A Merry Christmas...*

**Merry Christmas from Kerry, Gail & Hilary**

**WHISPERING HILLS STABLES**  
Darwell 892-4645

**CHRISTMAS HOPE IT'S UPLIFTING**

We know it gives us a lift to serve you. Many thanks for your loyal support.

**Merry Christmas from Iron Wing Mechanical Ltd**

Sangudo, AB (780) 515-0583

# ANGELS, FROM THE REALMS OF GLORY

Angels, from the realms of glory,  
 Wing your flight o'er all the earth;  
 Ye, who sang creation's story,  
 Now proclaim Messiah's birth:  
 Come and worship,

Come and worship,  
 Worship Christ, the new-born King.  
 Shepherds in the field abiding,  
 Watching o'er your flocks by night,  
 God with man is now residing;

Yonder shines the infant Light: Refrain  
 Sages, leave your contemplations,  
 Brighter visions beam afar:  
 Seek the great Desire of 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.  
 Old Santa, passed by and he

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



*With Appreciation at the Holidays*

Because we value your business and friendship too,  
 We're sending this message to each one of you -  
 To express our best wishes along with our gratitude  
 For your support and goodwill and your most winning attitude!

*Merry Christmas*  
*From The Staff At*  
**C & D Tank Truck Service**  
 780-785-3383



**Ring In The Season!**

Wishing our neighbors and friends all the best at Christmas.

Thank you for your patronage!

**MERRY CHRISTMAS**

From Dawn & Janice

**U.F.A.**

Onoway, AB  
 967-5340

# LET THERE BE PEACE ON EARTH

Let There Be Peace on Earth  
and let it begin with me.  
Let There Be Peace on  
Earth, the peace that was  
meant to be!

With God as our Father,  
brothers all are we.  
Let me walk with my brother  
in perfect harmony.  
Let peace begin with me. Let

this be the moment now.  
With ev'ry breath I take, let  
this be my solemn vow;  
To take each moment and  
live each moment in peace

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

## BIRTHDAY OF A KING

In the little village of Beth-  
lehem  
There lay a child one day  
And the sky was bright  
With a holy light  
O'er the place where Jesus  
lay.

Alleluia  
O how the angels sang!  
Alleluia  
How it rang!  
And the sky was bright  
With a holy light  
'Twas the birthday of a

King.  
Humble birthplace  
But O  
How much God gave to us  
that day!  
From the manger bed what  
a path has led  
What a perfect holy way.

Alleluia  
O how the angels sang!  
Alleluia  
How it rang!  
And the sky was bright  
With a Holy light  
'Twas the birthday of a  
King.



**Season's Greetings!  
Merry Christmas!  
Happy Holidays!**  
- And Many Thanks!  
With best wishes for a joyous  
holiday and a happy new year.

Merry Christmas from  
Allan and Cheryl of  
**AC PUREWATER  
HAULING SERVICES LTD.**  
914-9002

## MISTLETOE & HOLLY

Oh by gosh, by golly, it's  
time for mistletoe and holly,  
Tasty pheasants, Christmas  
presents,  
Countrysides covered with  
snow.  
Oh by gosh, by jingle,  
It's time for carols and Kris  
Kingle.  
Overeating, merry greetings  
From relatives you don't  
know.  
Then comes that big night,

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



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*May your holiday come alive with beautiful  
moments and memories. We really appreciate your  
making this past year a truly memorable one for us.  
Merry Christmas!*

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*May God bless you during  
this Christmas Season as we  
remember the birth of Christ!*



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# CAROL OF THE BELLS

Hark! how the bells  
Sweet silver bells  
All seem to say,  
"Throw cares away."  
Christmas is here  
Bringing good cheer  
To young and old  
Meek and the bold  
Ding, dong, ding, dong

That is their song  
With joyful ring  
All caroling  
One seems to hear  
Words of good cheer  
From ev'rywhere  
Filling the air  
Oh how they pound,  
Raising the sound,

O'er hill and dale,  
Telling their tale,  
Gaily they ring  
While people sing  
Songs of good cheer  
Christmas is here  
Merry, merry, merry, merry  
Christmas  
Merry, merry, merry, merry

Christmas  
On, on they send  
On without end  
Their joyful tone  
To ev'ry home  
(repeat from the beginning)  
Ding, dong, ding, dong.

# FROM HEAVEN ABOVE TO EARTH I COME

From heaven above to  
earth I come, To bear good  
news to every home,  
Glad tidings of great joy I  
bring, Whereof I now will  
gladly sing. To you this

night is born a Child  
Of Mary, chosen mother  
mild; This little Child, of  
lowly birth,  
Shall be the joy of all the  
earth. Glory to God in

highest heaven,  
Who unto us His Son hath  
given! While angels sing

with pious mirth, A glad  
New Year to all the earth.

# I SAW THREE SHIPS

I saw three ships come sail-  
ing by on Christmas Day, on  
Christmas Day.  
I saw three ships come  
sailing by on Christmas Day  
in the morning.  
And what was in those  
ships all three  
on Christmas Day, on  
Christmas Day?  
And what was in those

ships all three  
on Christmas Day in the  
morning?  
The Virgin Mary and Christ  
were there  
on Christmas Day, on  
Christmas Day.  
The virgin Mary and Christ  
were there  
on Christmas Day in the  
morning.

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**Onoway Veterinary Clinic.**

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

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VETERINARY  
CLINIC  
967-2967**

# 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
  - ½ tsp (2 mL) salt
  - 1 cup (250 mL) (2 sticks) Becel unsalted margarine sticks
  - 1 cup (250 mL) firmly packed light brown sugar
  - ¼ cup (60 mL) granulated sugar
  - 2 eggs
  - 1 tsp (5 mL) vanilla extract
  - 1 tsp (5 mL) ground cinnamon
  - 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.



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**MERRY CHRISTMAS**

**AND HAPPY NEW YEAR**

We're filled with joy as we count our blessings, and your kind friendship is among them. Noell

From the Management & Staff at

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.....

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— THANKS FOR YOUR PATRONAGE —

FROM BOARD, MANAGEMENT AND STAFF AT

**NORTH CENTRAL CO-OP**

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# 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

- ¼ 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 butter 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 mixture.

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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Merry Christmas

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



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**Best Wishes at Christmas Time**  
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**With Our Thanks, Merry Christmas**  
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# The Last Christmas Tree

By Howard D. Fencil

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 can!  
 A tree that's ten miles high!  
 A tree to go right through our roof!  
 A tree to touch the sky!"  
 "A tree SO big that Santa Claus  
 Will stop and stare and say,  
 'Now, THAT'S the finest Christmas tree  
 I've seen this Christmas Day!'"  
 It seemed they looked at every tree

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



## Nail Down A Great Season!

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



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**With Thanks**  
**For Your Friendship!**

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

**Merry Christmas**  
 from the Staff at  
**Parkland Veterinary Clinic**

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# Twas The Night Before Christmas

**By Clement Clarke Moore**

'Twas the night before Christmas, when all through the house, Not a creature was stirring, not even a mouse; The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds, While visions of sugar-plums danced in their heads; And mamma in her 'kerchief, and I in my cap, Had just settled 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. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot; A bundle of toys he had flung on his back, And he looked like a peddler just opening his pack.

His eyes -- how they twinkled! his dimples how

merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up like a bow, And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth, And the smoke it encircled his head like a wreath; He had a broad face and a little round belly, That shook, when he laughed like a bowlful of jelly.

He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself; A wink of his eye and a twist of his head, Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work, And filled all the stockings; then turned with a jerk, And laying his finger aside of his nose, And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle. But I heard him exclaim, ere he drove out of sight, **HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!**



**A WISH FORE YOU**



**We hope your holiday is all-around wonderful!**  
 Thanks for keeping us on course this year.  
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*From Our Home to Yours,*

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 Christmas!**

Wishing you a season filled with every little happiness.  
 Thank you for being such great customers and friends!



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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 wintry day indoors with friends and family. Be ready to bake whenever the weather is cold or the kids need a fun activ-

ity 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 ¼ 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
  - ¾ cup (60 mL) granulated sugar
  - 2 large eggs
  - 1 tsp (5 mL) vanilla extract
  - ¾ cup (170 mL) chocolate chips, divided
  - 3 tbsp (45 mL) cocoa
  - 1 tsp (5 mL) ground cinnamon

- 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 tablespoons 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.



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from everyone at  
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*Spread the Joy!*

May good fortune follow wherever you go this holiday season. Thanks for including us in your travels this year. Merry Christmas, everyone!

from Korey, Bonnie and Staff of  
**Sud's Up Car Wash**  
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Onoway, AB 967-0022

# 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," suggests 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 3/4 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.

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*We hope you have a wonderful Christmas! Thank you for being so good to us this year. Your friendship and support mean so much.*

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## Wishing You Glorious Season



May you and your loved ones be blessed with all the rapture and fellowship this special season holds.

It's time for us to sing the praises of our good friends and neighbors. Thank you for all you have done to make our year a resounding success.

Merry Christmas from the staff at

**Assertive Electric Ltd.**

**967-3827**

# ENTERTAINING TRENDS: DIY PASTA BAR

(NC) Figuring out what to serve at a dinner party can be a challenge when you consider every guest's preferences and dietary restrictions. Enter the DIY food bar trend. The setup allows guests to customize their meal to their needs, and as a host, it's a fun and festive way to change things up.

A pasta bar is a guaranteed crowd-pleaser and a breeze to put together once you learn a few key steps. Here

are some tried-and-true tips to inspire your next gathering.

- Labels are your best friend. Make sure to label all pastas, sauces and food allergy-friendly options. Not only is it appreciated by your guests, it's a great way to bring some aesthetics and creativity to the presentation. Think chalkboard labels or cork and printable tent cards to add that extra touch.

- Encourage creativity with

plenty of options. To make the bar fun and interesting, offer a variety of pasta shapes and colours (rigatoni, penne, spaghetti) along with different sauce flavours (tomato, cream-based, meat) and toppings (parmesan, basil, olives). Then offer a big green salad to round out the meal. Don't forget to include gluten- and dairy-free options.

- Don't make everything from scratch. Simplify things by serving premade sauces that you trust and know your guests will enjoy. For example, Bertolli pasta sauces are a great option as they are inspired by the simple goodness of Tuscan cooking with a few quality ingredients that are cooked lightly to lock in the flavour.

This rich and creamy Bolognese Sauce is the perfect meaty sauce for any kind of pasta. With heavy cream, savoury tomato and basil sauce, and dry red wine, this sauce is as flavourful as it is easy to make.

**Bolognese Sauce**  
Prep time: 5 minutes  
Cook time: 20 minutes  
Serves: 4  
Ingredients:  
- 1 tbsp. olive oil  
- 1 onion, chopped  
- 450 g ground beef  
- ½ cup dry red wine  
- 1 jar (630 mL) Bertolli tomato and basil sauce  
- ½ cup heavy cream (or whipping cream)

Directions:  
1. Heat oil in 12-inch skillet on medium-high heat; add onions. Cook 3 minutes or until tender. Add meat; cook 4 minutes or until browned. Drain well. Return to pan.

2. Add wine and sauce to meat mixture. Cook on low heat for 10 minutes. Stir in cream; cook until heated through.

3. Serve over hot cooked pasta. Sprinkle with grated parmesan cheese, if desired.

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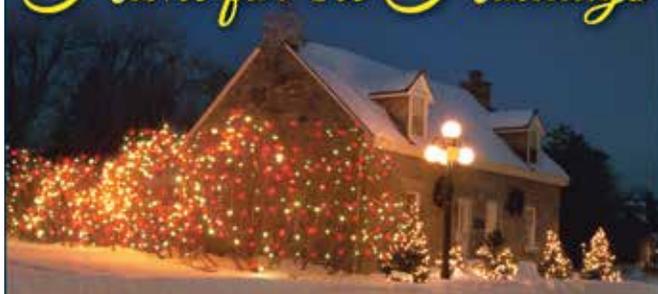
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**Merry Christmas from**

**ECONOMY ASPHALT**



Spruce Grove, AB 962-5581

**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.

FROM  
**Grove Collision Repairs**  
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**962-3755**

# 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.

## 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
  - ½ tsp turmeric powder
  - 1 banana
  - 1 tbspc coconut oil
  - 3 tbspc 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 pu-

ree (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](http://chfa.ca).

[www.newscanada.com](http://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 minutes Serves: 1

- Ingredients:
- 1/3 cup (75 mL) honeycrisp sweet apple cider
  - 2 tbspc (25 mL) bourbon (1 oz)
  - 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 halfway 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.

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(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.

# THE PERFECT GRILLED CROSTINI APPETIZER

"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 Tom 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./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 grill-marked, about 4 minutes. Transfer to large plate. Set aside.

3. Brush grill with oil. Arrange 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 minutes. 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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# 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) sun-dried 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](http://walmart.ca/recipes).

[www.newscanada.com](http://www.newscanada.com)



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

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# Letters to Santa

## Santa letter-writing secrets

At the tip of the North Pole resides a jolly man who collects letters from children asking him to deliver all of their hearts' desires. Although Santa Claus does a thorough job of making sure children's treats are delivered on the same night, sometimes he needs assistance with reading and responding to the thousands upon thousands of letters sent to him each year. That is why he often relies on an extensive list of helpers to handle much of his holiday correspondence.

According to Smithsonian, the practice of writing to St. Nick dates back more than 150 years. Early depictions of Santa show him as a disciplinarian. The first Christmastime Santa letters were actually sent by Santa, rather than the other way around. Such letters encouraged children to be good boys and girls. Eventually, an illustration by Thomas Nast depicted "Santaclausville, N.P." as Santa's address, providing children with a place where they could send their correspondences to the big guy in red.

The Universal Postal Union, an intergovernmental organization that coordinates postal policies across 192 member nations, indicates that 1,350,000 letters to Santa were sent by Canadians, while Americans sent more than one million and Britains mailed roughly 800,000 such letters in 2012, the most recent year from which figures are available. To account for the staggering number of letters sent, various post offices and postal programs were established to help Santa with the task of tackling

children's wish lists.

In Canada, children can address letters to Santa and use the postal code **HOH, OH0**. In 2016, the USPS instituted a new letter-writing option that enables parents or guardians to include a personalized response letter back to children who address letters to Santa. The package can be postmarked to:

**North Pole Postmark Postmaster, 4141 Postmark Drive, Anchorage, AK 99530-9998.**

Many other letters to Santa end up routing to various post offices where thousands of volunteer "elves" can adopt letters and make children's wishes come true. A "Letters to Santa" program enables children in serious need to get items that can help keep them safe and happy.

Parents may also investigate a number of services that will provide letters from Santa, Mrs. Claus or elves for nominal fees. These letters can be personalized with details. Santa has even gone high-tech with personalized videos and pictures as well. A quick web search can yield the instructions on how prospective helpers can get started.

**Children can improve their chances of letters being read and received, with these tips.**

- Identify who is writing the letter and share some details about your life.
- Make sure you've been nice and well-behaved.
- Ask Santa how he has been and engage in some polite conversation.
- Politely ask for the toys you'd like. Understand that Santa is busy, so keep the list brief.
- Thank Santa in advance for his kindness. Hopefully, he'll have time to reply.
- Write and mail the letter as early as possible, as things tend to get busy as Christmas nears.

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# Bring old-fashioned Christmas caroling to *your* neighborhood

Christmas carols help set the mood for the holiday season. Such songs are played in stores to create festive atmospheres for shoppers, and many families play seasonal music as they decorate their homes for the holidays.

Carols were first sung in Europe thousands of years ago during Winter Solstice celebrations. When Christian holidays replaced many of the pagan celebrations, Christian holiday carols replaced the earlier songs.

Before Christmas carols were sung by the general public, they were enjoyed during church services, when they sometimes were performed by official carol singers. However, new carols became popular during the Victorian era, when many ordinary people took to the streets to share holiday joy with others through the gift of song. Wassail, a thick, hot

and spiced beverage, often kept carolers warm, and soon wassailing and caroling became intertwined.

Although carols and other songs are still popular forms of entertainment at school concerts and some religious group events, the classic tradition of carolers going door-to-door has largely fallen by the wayside. But those who want to bring back this once beloved tradition can take the following steps to do just that.

• **Find a caroling group leader.** It helps to have someone who has a sense of musicality and pitch to lead the caroling. Carols are usually sung a capella, so you'll need a strong singer to guide others and keep them in tune. Recruit a theater or music student or even a member of your church choir. Fill out the rest of the carolers with volunteers who have moderate to strong singing abilities.

Of course, you can accept anyone, as it's more about sharing the joy rather than having a pitch-perfect group.

• **Choose a neighborhood to visit.** Select an established neighborhood where there are likely to be many families and even seniors who will be most receptive to carolers. Place fliers in the mailboxes alerting residents of your caroling plans for those who want to be home to enjoy the free show.

• **Promote your plans if you want a larger crowd.** If you want to make the caroling a big event, promote your plans in the local newspaper or in a community bulletin. This way everyone in the community can take in the caroling show.

• **Choose a handful of well-known songs to sing.** Your audience will appreciate easily recognizable songs they can sing along with if they choose.

• **Print lyric sheets.** Although the lyrics to popular songs are widely known, it helps to have them handy if carolers forget verses. Keep extra copies on hand in case others want to join the caroling group.

• **Get a sponsor.** If you live in a rural area and caroling door-to-door is impractical, see if a local retailer will let you carol outside of his or her store or business. Doing so can set the holiday mood and may generate free advertising and increased business for sponsors.

• **Involve youth groups.** Kids love the holiday, so including them in your caroling efforts can bring smiles to many faces. Speak with local youth groups to determine if their members may want to join in your efforts to spread holiday cheer.

*Joy* to the World

It's the little things that make the holiday season so very special, and we hope this little wish for much happiness brightens yours.

We know that the kind words and support we've received from our friends and customers in this community have made all the difference to us, and we owe our success to all of you. Thank you for your loyal support!

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# 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
  - 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
  - 1 egg
  - 1/4 cup (60 mL) fancy molasses
  - 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](http://walmart.ca/recipes).

[www.newscanada.com](http://www.newscanada.com)



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# 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](http://chfa.ca).

[www.newscanada.com](http://www.newscanada.com)

# START YOUR MORNINGS RIGHT

(NC) Made with orange juice, this simple, make-ahead 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 8x8-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](http://floridacitrus.ca).

[www.newscanada.com](http://www.newscanada.com)



*May Your Holiday Jingle All The Way*

*Jingle Bells*

Merry, bright and filled with good cheer, we hope this Christmas makes your heart sing with joy! It's time for us to sing your praises because you've been so good to us all year. Thanks for everything!

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# THE SHOWSTOPPER DESSERT OF THE HOLIDAY SEASON

(NC) This classic dessert is sure to be a conversation piece in your holiday dinner. The sugared cranberries are a pretty garnish and take this cake to the next level.

“A classic Bûche de Noël, or French yule log cake, is one of the most impressive holiday desserts you can make,” says Michelle Pennock, executive chef

for President’s Choice test kitchen.

“The key to rolling the sponge cake without having it crack is to keep it moist, so be sure to cover it with a damp towel as directed once it comes out of the oven and use the towel to guide the cake as you roll it. Don’t be concerned if the cake cracks a little — you can cover it up with

the hazelnut frosting.”

Use jelly roll pans, which are smaller and taller versions of baking sheets and are perfect for making both rolled and slab cakes, as well as roasting smaller batches of vegetables and nuts.

## Chocolate Hazelnut Bûche de Noël

Prep time: 50 minutes

Cook time: 10 minutes

Serves: 14

Ingredients:

- 1 ¼ cup (300 mL) chopped PC 70% cocoa solids dark chocolate
- 5 large eggs, yolks and whites separated
- ½ cup (125 mL) granulated sugar
- ½ tsp (2 mL) salt
- 1 tbspc (15 mL) cocoa powder
- 1 jar (375 g) PC crunchy hazelnut spread, divided
- 2 cups (500 mL) mascarpone cheese, drained and at room temperature
- Sugared cranberries (optional)
- Fresh mint (optional)

Directions:

1. Preheat oven to 400°F (200°C). Line 15 x 10-inch (38 x 25 cm) metal jelly roll pan with parchment paper; mist with cooking spray. Set aside.

2. Place chocolate in microwave-safe bowl. Microwave 20 seconds, then stir and repeat until melted; 1 to 1 ½ minutes total. Stir until smooth. Let cool slightly.

3. Beat together egg yolks, sugar and salt in large bowl using electric hand mixer until pale yellow. Beat in melted chocolate until smooth. Set aside.

4. Beat egg whites in separate large bowl using electric hand mixer until soft peaks form. Fold a quarter of egg whites into chocolate mixture using rubber spatula; fold in remaining egg whites. Transfer to prepared pan, spreading evenly and smoothing top.

5. Bake until cake springs back when lightly touched in centre; about 10 minutes. Run paring knife around edges of cake to loosen. Cover cake with

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# The Showstopper Dessert Of The Holiday Season

clean damp kitchen towel; let cool completely.

6. Arrange same damp towel on work surface with long side facing you; dust with cocoa powder. Carefully invert cake onto towel with long side facing you; remove pan and gently peel off parchment. Trim edges of cake. Set aside.

7. Stir ½ cup hazelnut spread with mascarpone in separate large bowl until well combined. Spread over surface of cake. Beginning at long side closest to you and lifting and guiding cake with towel, roll up cake lengthwise. Arrange, seam-side down, on work surface.

8. Diagonally slice 5-inch (13 cm) long piece off one end of cake. Arrange longer piece of cake on serving platter; place cut end of short piece adjacent to long piece to make a “Y” shape. Spread remaining hazelnut spread all over cake. Refrigerate uncovered until hazelnut spread is set; about 1 hour or up to 24 hours.

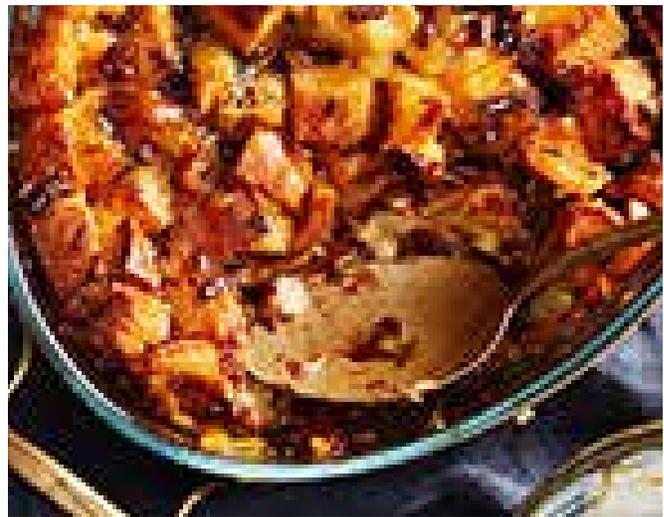
9. Let stand at room temperature for 15 minutes. If using, top with sugared cranberries and mint.

Chef’s tip: To make sugared cranberries, bring ½ cup each granulated sugar and water to a boil in small saucepan; cook, stirring, until sugar dissolves. Add 1 cup frozen cranberries; simmer 1 minute. Pour cranberries and liquid into bowl or liquid measure; refrigerate 1 hour. Strain cranberries; transfer to small baking dish or rimmed baking sheet. Sprinkle with ½ cup granulated sugar; toss to coat. Spread in single layer; let

stand uncovered at room temperature for three hours or up to 24 hours.

Nutritional information per serving: calories 430, fat 31 g (15 g of which is saturated), sodium 160 mg, carbohydrate 31 g, fibre 0 g, sugars 26 g, protein 7 g.

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Thanks for making 2018 so much fun for us. We look forward to taking care of you in the New Year.

**Happy Holidays & Best Wishes!**

**OK TIRE**

Barrhead, AB  
674-2551

# IMPRESS GUESTS WITH THIS INNOVATIVE BAKED CHEESE APPETIZER

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

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

**Baked Cheese with Apple-Pear Confit**

Serves: 6

Ingredients:

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

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

Directions:

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

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

3. Remove fruit from poaching liquid using slotted spoon; set aside. Return pan to stove top over medium heat; cook, stirring occasionally, 10 to 12 minutes or until liquid is reduced to about 1/4 cup and is a light golden caramel colour. Remove from heat and let cool for 15 minutes. Combine fruit and poaching liquid; set aside.

4. Bake cheese 4 to 6 minutes or until softened and warmed through. Spoon 1/4 cup apple-pear confit mixture on top; sprinkle with hazelnuts. Serve in pie plate with crackers and flatbread.

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

[www.newscanada.com](http://www.newscanada.com)



**To Our Friends**  
both near and dear

At the close of another year,  
We remember our friends  
both far and near— So without  
delay or making a fuss,  
*We'd like to thank you  
for pulling for us!*

Merry Christmas from  
**All Around  
Manufacturing  
& Mechanical Ltd.**  
Barrhead, AB (780) 674-5115

**With Warm Regards  
At The Holiday Season**



Merry Christmas  
from Wes at  
*Glass Shop on Wheels*  
Barrhead, AB 305-3974

# 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 rec-

ipe 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
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) brown sugar
- 1 tsp (5 mL) cinnamon

• 5 sprigs fresh thyme

Directions:

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

up, set oven to Grill 1 and roast for another 10 minutes. Serve.

Find more great recipes for creating healthy dishes online at [panasonic.com/ca/steam](http://panasonic.com/ca/steam) and join the conversation online by following #GetHealthy-Fast.

[www.newscanada.com](http://www.newscanada.com)



**Merry Christmas**

Our best wishes are on display for all the fine folks who have passed our way. At the holiday season and all through the year good friends like you do fill us with cheer. So it's only fitting that we should say, Thank you and have a great holiday!

**Thomas Trenching Services**  
(780) 674-2095



**It's Beginning To Look A Lot Like Christmas!**

*Signs of the season are everywhere—  
The snow on the ground; the chill in the air.  
But our hearts are always warm, this is true,  
When we turn our thoughts to friends like you!*

*With Gratitude and best wishes for a  
bappy holiday season from all of us.*

**Mo-Bill Wash Services Ltd.**  
Onoway, Alberta 780-991-9466



**WISHING YOU PEACE, JOY AND GOOD FORTUNE ALWAYS!**

Merry Christmas from the staff at

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SALES & SERVICE

**(780) 674-2888**  
6101 - 47 Street Barrhead, AB

# ALMOND CHICKEN & STRAWBERRY-BALSAMIC SAUCE

Prep: 20 min.  
 Cook: 20 min.  
 Yield: 4 Servings  
**Ingredients**  
 · 1/2 cup panko (Japanese) bread crumbs  
 · 1/3 cup unblanched almonds, coarsely ground  
 · 1/2 teaspoon salt  
 · 1/4 teaspoon pepper  
 · 4 boneless skinless chicken breast halves (4 ounces each)  
 · Butter-flavored cooking spray  
 · 3 teaspoons canola oil, di-

vided  
 · 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 stone-ground 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 oven-proof 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.

**Jack's Auto Body**

**MERRY CHRISTMAS & A HAPPY NEW YEAR!**  
 THIS YEAR WE CELEBRATE BUILDING NEW RELATIONSHIPS AND STRENGTHENING EXISTING ONES.  
 ALL OF US AT

**Jack's Auto Body**  
 & 24 HR Towing

JOIN TOGETHER IN THANKING YOU FOR BEING A PART OF OUR SUCCESS.

Wishing you a  
 holiday season decorated  
 with every happiness!

Thank you for being a part of our family. Friends, neighbors and customers like you give us so much to celebrate, and we look forward to ringing in the New Year together. Cheers!

**Merry Christmas**

**Four Y's Plumbing & Sheet Metal** Onoway 967-3260

# 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
- 1 1/4 cups milk
- 3 cups large rolled oats
- 1 cup unsweetened fine coconut

- 12 tbsp cocoa
- 1 1/2 cups extra coconut extra coconut to roll the balls

### Instructions

1. In a large saucepan, combine the sugar, butter and milk.

2. Boil together gently over medium heat for 5 minutes or until mixture reaches about 230 degrees F on a

candy thermometer.

3. Mix together the oats, 1 cup coconut and cocoa.

4. Add the boiled mixture to the dry ingredients until well combined and chill well. until mixture is able to be shaped into 1 1/2 inch balls.

5. Roll the balls in additional coconut.

6. Makes about 4 dozen.

These should be stored in the fridge. These freeze very well

### Notes

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

**AT THE HOLIDAYS**  
Your goodwill and generous support make it all worthwhile for us - thanks!



From Jeff, Chad & Montana  
**2 BROS CUSTOM CONTRACTING LTD.**  
Spruce Grove | 780-717-0520

**WISHING YOU THE BEST OF THE HOLIDAY SEASON...  
...from our family to yours**



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# NANAIMO BARS

### Chocolate Coconut Layer

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

### Custard Buttercream Layer

- 1/2 cup butter, softened
- 3 tablespoons heavy cream
- 2 tablespoons custard powder

### Chocolate Layer

- 2 cups confectioners' sugar
- 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 8x8 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 9x13 in pan. Store in an airtight container in the refrigerator.

# CHRISTMAS CRUNCH

### Ingredients

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

### Directions

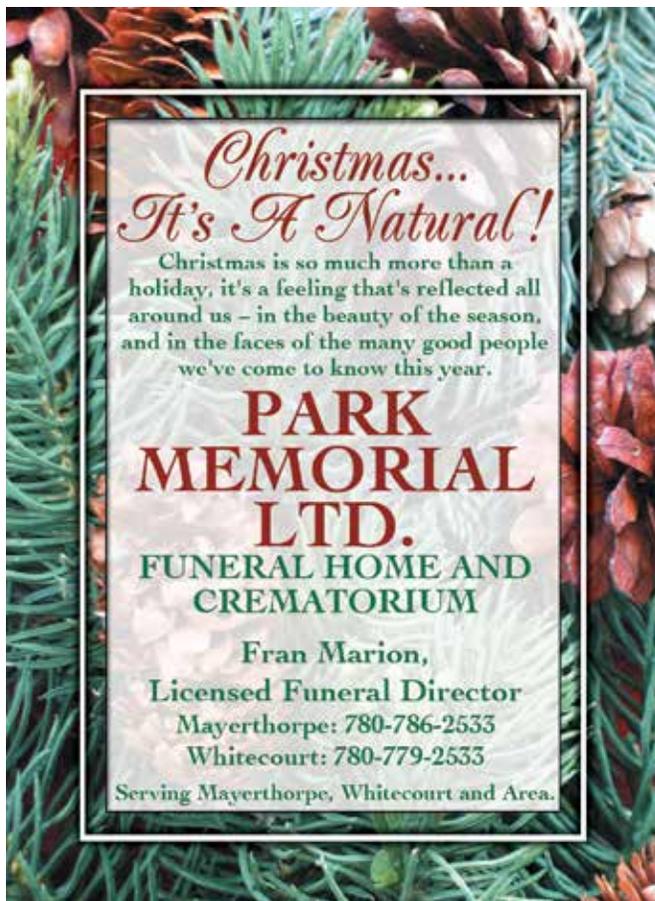
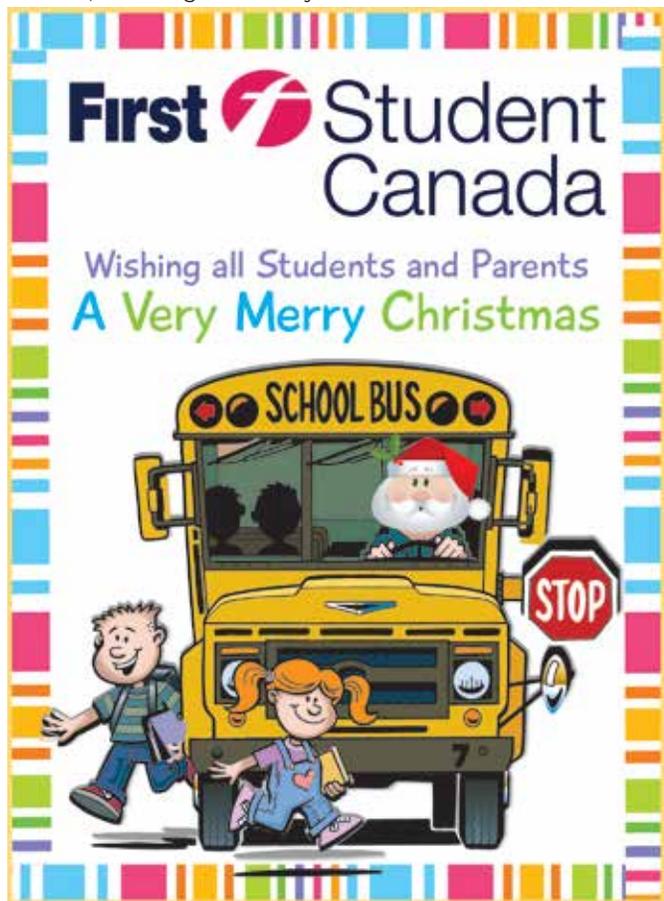
• Pop popcorn in a popcorn popper into a large bowl (or alternately in the microwave if using microwave bags of popcorn) according to manufactures directions. Remove any unpopped popcorn kernels. Toss in broken pretzel pieces and M&Ms.

• Melt Vanilla Candy Melts in a microwave safe bowl on 50% power in 30 second intervals, stirring after each interval until melted and smooth. Drizzle half of 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.



# SCONES A GREAT COFFEE COMPLEMENT

Scones make an ideal companion to a morning cup of coffee or tea. Simple and delicious, this recipe for "Maple Pecan Scones" from Linda Collier's "Quick Breads" (Ryland, Peters & Small) is ideal for scone lovers who want something quick to make in the morning.

### Maple Pecan Scones

Serves 6

#### Ingredients

- 2 cups unbleached all-purpose flour
- 4 teaspoons baking powder
- A good pinch of salt
- 4 tablespoons unsalted butter, chilled and cut into cubes
- 1 cup pecan pieces
- 1 extra-large egg
- 1/4 cup pure maple syrup
- About 3 tablespoons milk

• 1 greased baking sheet  
Directions

1. Preheat the oven to 425 F.

2. Sift the flour, baking powder and salt into a large bowl. Add the butter and rub it in with the tips of your fingers until the mixture resembles fine crumbs. Mix in the pecans.

3. In a separate bowl, beat the egg with maple syrup and 1 tablespoon of the milk. Stir into the flour mixture with a round-bladed knife to make a soft, coarse-looking dough. If the dough is dry and crumbly and won't stick together, stir in more milk 1 tablespoon at a time. If the dough is very wet and sticky, work in another tablespoon of flour.

4. Tip out the dough onto a work surface lightly dusted with flour and

gently work it with your hands for a few seconds so it looks smoother. Put the dough ball onto the prepared baking sheet. Dip your fingers in flour and pat out the dough to a round about 1 1/4 inches thick and 7 inches across. Using a knife, cut the round into 6 wedges, but do not separate the

dough before baking.

5. Bake for 18 to 20 minutes until light golden brown. Transfer to a wire rack and leave until the wedges are cool enough to separate. Serve warm the same day. The cooled scones can be wrapped tightly and frozen for up to 1 month.

We'd Like to Shout It From the Rooftops:  
**MERRY CHRISTMAS!**

Thanks to all of our friends and clients for making 2018 an outstanding year for us. We owe our success to your loyal support, and we wish you and yours a very happy holiday!

from Management at  
**GIBBS CONTRACTING**  
Mayerthorpe, AB (780) 785-4002

**Christmas Greetings**

We're displaying our joy and good cheer to thank you for choosing us this year!  
from Mike & Annette at  
**Stonework by Half Rocks + Stone Country Hobby & Home**  
Mayerthorpe, AB 785-2490



A certain measure of over-indulgence is anticipated during the holiday season. Rich foods and desserts are served, and parties are plen-

tiful. However, those who plan to stick to their healthy eating plans can still enjoy tastes of the season without compromising their fitness or dietary goals.

Many recipes can be made healthier with some simple substitutions, and that even includes decadent desserts. Take, for example, "Wicked-

# HEALTHY HOLIDAY DESSERT OPTION

ly Decadent Deep Chocolate Truffles" from "Low Fat for Life," (DK) by Sue Krietzman. This low-fat version of a high-fat classic will taste delicious without being too sinful.

## Wickedly Decadent Deep Chocolate Truffles

Makes 24

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

1. Break the chocolate into a bowl over a pan of simmering water. Let it melt, stirring occasionally.
2. In a separate bowl, whisk together the fromage frais and sugar. Whisk in the vanilla.

3. When the chocolate is melted and smooth, remove from the heat and allow to cool slightly. Slowly whisk the chocolate into the fromage frais mixture, using a rubber spatula to incorporate every bit of chocolate. Cover with plastic wrap and chill for an hour.

4. Line a baking sheet with waxed paper. Scatter the grated chocolate on a plate. Scoop out the chilled chocolate mixture in teaspoons, roll into balls, then roll the balls in the grated chocolate and put on the prepared baking sheet. Cover with plastic wrap and refrigerate until firm.

5. Put the truffles in small paper cases. Store in an airtight container in the refrigerator until ready to use.

**It's The Most Wonderful Time Of The Year...**  
 But we loved every moment of serving you this past year, too!  
 Merry Christmas and heartfelt thanks for your continued patronage.

**Merry Christmas**  
 from Darcy, Shari & Family  
**Harapchuk Trucking Inc.**  
 Sangudo, AB • (780) 785-2655

**TIME FOR A TUNE-UP!**  
 We thank you for choosing us and wish you a very merry season and a Happy New Year.

**MERRY CHRISTMAS!**  
 from W.V. Repair Service  
 Sangudo, Alberta  
 305-1315

**Dashing Through the Snow to Deliver Our Best Wishes!**

Over the hills and through the snow  
 From our home to yours, we think you should know  
 That we wish you and yours only the best:  
 Goodwill, good fortune and everlasting happiness!

Thank you for your patronage, friends.  
 We look forward to serving you again soon.

**We Appreciate You Choosing Us!**  
**Sonny's Stucco & Drywall**  
 Sangudo, AB 785-2022

# 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

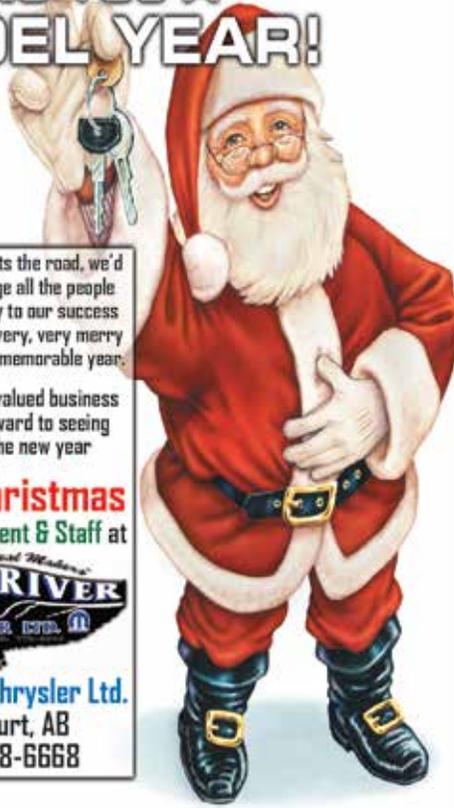
Line an 8- or 9-inch square baking pan with foil.

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.



## WISHING YOU A MODEL YEAR!



As another year hits the road, we'd like to acknowledge all the people who have been key to our success and wish you all a very, very merry season and a truly memorable year.

Thanks for your valued business and we look forward to seeing you again in the new year

**Merry Christmas**  
from Management & Staff at



**Eagle River Chrysler Ltd.**  
Whitecourt, AB  
1-888-778-6668

## Have Yourself a Merry Little Christmas

From our house to yours, go our warmest wishes for a blessed and happy holiday. We hope it's filled with friends, family, joy, laughter and every little thing that makes the Christmas season special.



*Season's Greetings* from Everyone at

# Whitecourt Insurance Ltd.

Whitecourt, AB (780) 778-3003

## Jolly, Happy Christmas



Wishing our customers & friends all the best this season!

*Season's Greetings*  
from Management & Staff of

# Fountain Tire

Whitecourt, AB (780) 778-4401

# CREAM CHEESE MINTS

**Ingredients**

- 250 gram Philadelphia 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 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 way so make sure not to add too much and

make your mixture too thin.

4. Fill the pastry bag with the minty mixture and pipe little kisses onto the prepared baking sheets. You should get about 250 of them.

5. Let them sit for about an hour to set then store them in the fridge for freezer. They'll last about a month in the fridge and up to four in the freezer. Enjoy!

# HOLIDAY BRUNCH CASSEROLE

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

**Ingredients**

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

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

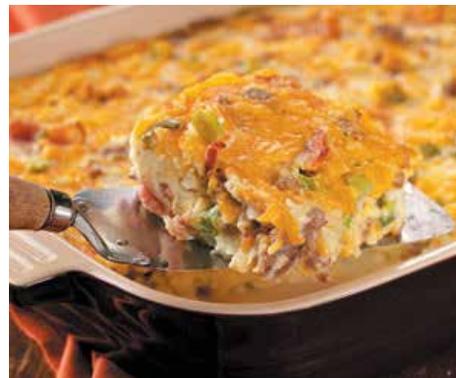
**Directions**

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

dish.

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

· Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 375° for 30-35 minutes or a



knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

*Happy Holidays*

*May the coming holiday deliver a load of glad tidings to your front door. Many thanks for your kind business and support.*

*Merry Christmas from Management & Staff at*

**Northern  
Metalic Sales  
(WTC Ltd)**

*Whitecourt, AB*  
**779-4900**

*drifts of snow, boughs of holly*  
**'Tis the Season to Be Jolly!**

**Thank you for being such fine friends and customers.**  
We can't thank you enough for all you've done to make 2018 a memorable and successful year for us. Good folks like you remind us how lucky we are to be a part of this community!

*Hope your holiday is blessed and happy!*

**WHITECOURT  
REAL STORAGE**

Whitecourt, AB (780) 706-8880

# 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 fine-meshed 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).



## WITH THANKS FOR YOUR TRUST

*Here's hoping everything runs smoothly for you this Christmas. We value your trust in us and thank you for your loyal patronage*

### Seasons Greetings

*From Management & Staff of*

**Whitecourt Ford Inc. 778-4777**

**Barrhead Ford Inc. 674-2227**

# CHOCOLATY CARAMEL THUMBPRINTS



Makes: 36 servings  
Yield: 36 cookies  
Prep: 30 mins Chill: 2 hrs  
Bake: 350°F 10 mins per 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) semi-sweet 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.

We're just peeking in to say, Hope you have a great holiday. May it be happy, healthy and bright, Making each day a sheer delight. We're sharing words of gratitude too, For we wouldn't be here without all of you!

**Thanks and best wishes to all of our fine customers & friends!**

Merry Christmas from  
**C-5 CHADD CONTRACTORS**  
SANGUDO, AB 785-2548

**A TIME FOR GIVING**  
The most precious gift of all, is the gift of friendship.  
We thank you so much, for giving us yours. Happy Holidays!

Merry Christmas from  
**TIM HAY TRUCKING**  
Onoway 967-5849 OR 818-5849

# APPLE RYE DRESSING

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

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

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

the sausage mixture, apples, walnuts, raisins, apple juice and water. Add toasted bread cubes; stir to combine.

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

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



# BAKED CAULIFLOWER



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

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

- Directions
- In a large skillet, saute onion in 2 tablespoons butter and oil until onion is tender. Add garlic; cook

1 minute longer. Stir in the cauliflower, salt, pepper and nutmeg; saute for 2 minutes.

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

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

**Warmest Wishes at Christmastime**

We're dashing through the snow to say, we wish you a wonderful holiday! From the sweet sound of carols filling the air, to the lights that twinkle everywhere, may every moment be merry and bright, filled with goodwill, laughter and sheer delight.

**Merry Christmas, friends!**  
from Rick, Sandra, Dylan & David

**R & S TOWING**  
Onoway (Salvage) 967-2492

**Greetings At Christmas**

With a bundle of thanks and best wishes to our many good friends this holiday season.

**You make it all worthwhile!**

*Merry Christmas from the staff at*  
**Countryside Plumbing & Heating**

**Onoway, AB 967-4500**

# STRAWBERRY CHEESECAKE COOKIES

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

**Ingredients**

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

**Instructions**

1. Preheat the oven to 350F. Line a cookie sheet with parchment paper.
2. In a bowl, cream 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 additions. Beat in the vanilla.

3. In another bowl, combine the flour, pudding mix, baking soda and salt. Add into the butter mixture and mix just until combined. Fold in the strawberries.

4. Place the graham crackers in a shallow bowl or dish. Roll the cookie dough into 2 tablespoon sized balls and roll in the graham cracker crumbs. Place on the baking sheet, about 3 inches apart. Flatten slightly. Bake until set around the edges, about 12 minutes.

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

# NO-BAKE LEMON DROPS

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

**Ingredients**

- 2 cups finely crushed shortbread cookies (about 7 ounces)
- 1 cup powdered sugar
- 1/2 cup almonds, toasted and finely chopped
- 1/2 cup finely crushed lemon drop candies\*
- 2 tablespoons light-colored corn syrup
- 2 tablespoons milk
- 2 tablespoons butter, melted
- 1/3 cup powdered sugar
- 1 tablespoon finely crushed lemon drop candies

**Directions**

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

Stir the corn syrup mixture into the cookie mixture until well combined.

2. Shape cookie mixture into 1-inch balls. In a small bowl, combine the 1/3 cup powdered sugar and the 1 tablespoon crushed candies. Roll balls in powdered sugar mixture. Place on a large baking sheet or tray.

3. Cover and chill for at least 2 hours before serving. Roll balls again in powdered sugar mixture just before serving. Makes about 36 cookies.

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

Storage: Place cookies in a single layer in an airtight container; cover.



# A COCONUT COOKIE THAT'S PERFECT FOR THE HOLIDAYS

(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 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) granulat-

ed sugar

- 1 large egg

- 2 ½ cups (625 mL) all-purpose unbleached flour

- 1/2 tsp (2 mL) baking soda

- Half bar (300 g bar) PC Milk Chocolate Coconut, finely chopped (about 1 ¼ 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 choc-

olate 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.

[www.newscanada.com](http://www.newscanada.com)

**Peace. Faith. Love.**  
*At this time of great joy and celebration, we hope the blessings of family, friendship and fellowship surround you.*

Thank you for welcoming us into this fine community, friends. We are grateful for the opportunity to serve you, and we look forward to seeing you again soon. Merry Christmas to you and yours!

Thank You for your patronage.  
 From Dennis & Toby  
**Javorsky Ditching**  
 Onoway 967-5486

**Raise Your Holiday Spirits!**

Here's hoping your holiday is uplifting in every way! We're always proud to be of service and we thank you for your continued patronage.

**Merry Christmas from Dale & Staff.**

We look forward to serving you in the New Year!

**Country Automotive Specialists**  
 Onoway, AB  
 967-2218  
**NAPA AUTO PARTS**

# 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

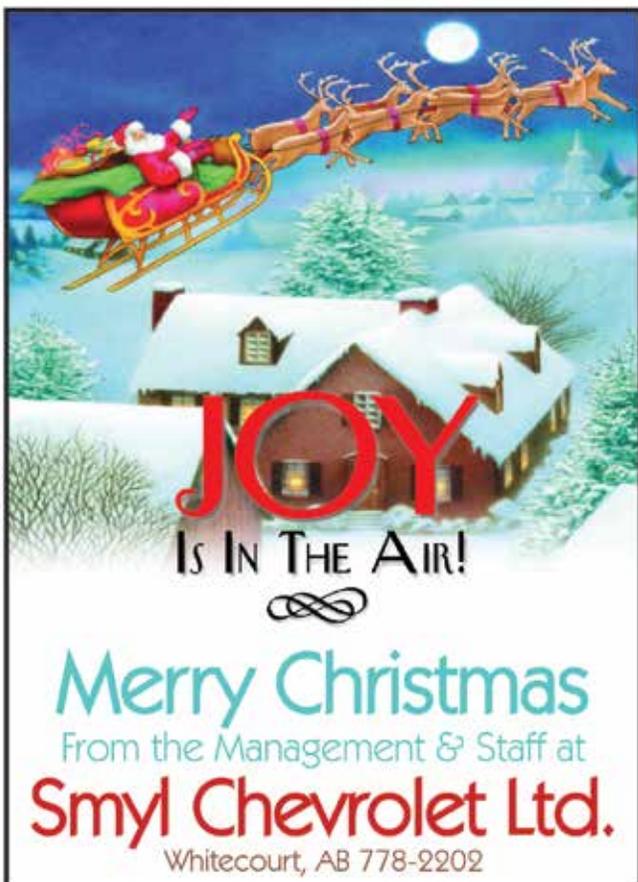
careful not to let the sugar fall outside. Gently remove cookie cutter.

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 poinsettia. Place a colored candy in the center.



*A Wish Wrapped  
in Gratitude*

Goodhearted folks like you make every day special, and we'd like to thank you for making 2018 everything we wished it would be and more. The gift of your friendship is a blessing we value beyond measure.

*Merry Christmas & Best Wishes to all in "2019"*

*Ron, Gwen & Staff*

**R.P.T.L**

**"You Holler - We Haul'er"**

**Whitecourt, AB 780-648-3950**

# 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 Gracious Get-Togethers" (Chronicle Books), and top the pancakes with "Divine Crab Spread."

### Cornbread Blinis

Makes 24

Ingredients

- 1/2 cup good quality, stone-ground yellow cornmeal

- 1/2 cup all-purpose flour
  - 3 tablespoons sugar
  - 1 teaspoon baking powder
  - 1/2 teaspoon salt
  - 1/2 cup milk
  - 1 egg, lightly beaten
  - 4 tablespoons butter; 2 tablespoons melted
  - 2 to 3 tablespoons finely chopped fresh chives or Italian 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 1 tablespoon butter in a hot skillet or griddle. When bubbling, add the batter in tablespoonfuls about 1 inch apart. Cook the blinis until bubbles form on top, about 2 minutes. Flip and cook another minute or so, until lightly browned and golden.

Remove them to a cooling rack and, if desired, keep warm in an oven heated to its lowest temperature. Use paper towels to wipe away crust gibles or darkened grease from the pan. Repeat the process 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 mayonnaise

Directions

- 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

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.

**Happy Holidays!**

Sending warmest wishes to our highly valued customers. Thank you for your loyal support and friendship throughout the years. May you and yours have a safe & happy holiday season.

From our Family & Staff at

**CHICO'S**

**Vacuum Service Ltd.**

**You're On Our List!**

*We've made our list and checked it twice, and customers like you top the "nice" bunch! Thanks for sharing so many good times with us in 2018. We're grateful to have such wonderful friends and neighbors here.*

*We hope all of your holiday wishes come true this year. Merry Christmas!*

from Rosemary, Joe, Wendy, Todd & Brandon

**BLAKEMAN DRILLING**

**924-3024**



# 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

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

- 140g fresh white or brown breadcrumbs
- 2 tbsp chopped fresh parsley
- ½ tsp chopped fresh thyme leaves
- 140g peeled, cooked chestnuts, roughly chopped
- 1 medium egg, lightly beaten

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 oven-proof 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.

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-

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*Merry Christmas from Guy Morrison*

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**Thinking of You at Christmas**

At this special time of year, We wish you contentment, joy and cheer; Trimmed with a measure of gratitude, too For good friends and neighbors just like you!

Merry Christmas From Joe at **Zee Best Renovations**  
 Onoway, Alta Ph: 780-967-3898  
 Cell: 780-915-3348

**WITH OUR THANKS FOR THE GIFT OF YOUR FRIENDSHIP**

As the holiday season approaches, our hearts are warmed by thoughts of the many good people we've had the opportunity to serve this year, and we want to let you know just how much your trust and goodwill means to us.

We hope your holiday is blessed with the perfect combination of peace, harmony and joy, and we look forward to seeing you all again next year.

**Merry Christmas from Joe & Staff of**

**LW LIMB WALKERS TREE CARE LTD.**

(780) 203-4705  
 limb.walkers@hotmail.com

# A TASTY TREAT FOR HOLIDAY GUESTS

Hosting family and friends is one of the joys of the holiday season. For many families, holiday gatherings are the one time of year when all family members get together to enjoy time as a family.

Holiday hosts not only have a lot on their plates, but they also want to ensure their guests end up with lots on their plates. Food plays a central role at holiday parties and dinners, and hosts who want to try their hand at creating a decadent treat their guests have likely never tasted before, can consider the following recipe for "Aint Luverta's Dr. Pepper Cake," courtesy of Patty Pinner's "Sweets: Soul Food Desserts & Memories" (Ten Speed Press).

**Aint Luverta's Dr. Pepper Cake** Makes one 9- by 13-inch cake

**Ingredients**

**Cake**

- 2 cups all-purpose flour, sifted
- 1 teaspoon baking soda
- 2 cups granulated sugar
- 1 cup (2 sticks) unsalted butter
- 1 1/2 cups miniature marshmallows
- 3 tablespoons unsweetened cocoa powder
- 1 cup Dr. Pepper
- 2 eggs
- 1 1/2 cups buttermilk
- 1 teaspoon vanilla extract

**Dr. Pepper Frosting**

- 1/2 cup (1 stick) unsalted butter, softened
- 6 tablespoons Dr. Pepper
- 3 tablespoons unsweetened cocoa powder
- 1 1-pound box confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

**Directions**

Preheat the oven to 350 F. Grease, but do not flour, a 9- by 13-inch pan. Set it aside.

To make the cake, in a large bowl, sift together the flour

and baking soda. Gradually stir in the sugar. Set aside.

In a saucepan, heat the butter, marshmallows, cocoa, and Dr. Pepper. Stir constantly until the butter and the marshmallows are melted. Do not allow the mixture to boil. Pour the marshmallow mixture over the flour mixture. Beat well. Set side. In another bowl, beat the eggs until they are light and fluffy. Stir in the buttermilk

and vanilla extract. Mix well. Beat the egg mixture into the flour mixture until well blended and the batter is smooth. Pour the batter into the prepared pan. Bake for 50 to 55 minutes, or until the center of cake springs back when lightly touched. Let the cake cool on a rack for 10 minutes.

To make the frosting, in a saucepan, combine the butter, Dr. Pepper and cocoa



powder. Bring the mixture to a boil over low heat, stirring constantly. Remove the pan from the heat. Gradually stir in the confectioners' sugar until the mixture is smooth, then fold in the vanilla extract and pecans. Spread over the warm cake.



## PUT SOME ORANGE UNDER THE TREE THIS CHRISTMAS

<p><b>HUSQVARNA 562 XP CHAINSAW</b> 3.65 cu.inch / 59.8 cm<sup>3</sup>, 4.7 hp / 3.5 kW 15" - 28" / 38-71 cm, 13.01 lbs / 5.9 kg</p> <p><del>\$959<sup>99</sup></del></p> <p><b>\$464<sup>99</sup></b></p> <p><b>In Store Special</b></p> 	<p><b>HUSQVARNA 450 CHAINSAW</b> 3.06 cu.inch / 50.2 cm<sup>3</sup>, 3.2 hp / 2.4 kW 13" - 20" / 33-50 cm, 10.8 lbs / 4.9 kg</p> <p><del>\$464<sup>99</sup></del></p> <p><b>\$299</b></p> 	<p><b>HUSQVARNA 525 BX BLOWER</b> Power Output 25.4 cm<sup>3</sup>, 9.46 lbs / 4.3 kg Airflow Pipe 13 m<sup>3</sup> / min</p> <p><del>\$299</del></p> <p><b>\$299</b></p> 
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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, chilled
- 1 orange, zested and juiced
- 100g fresh cranberries
- 100g dried cranberries, plus 1 tbsp
- 40g pistachios, chopped
- edible gold spray (optional)
- 3 tbsp apricot jam, sieved
- 150g icing sugar

Directions:  
 1. Warm the milk in a saucepan until steaming but not boiling. Remove from the heat and add the butter, 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 your work surface and knead for 10 mins by hand, or for 5 mins in the mixer until the dough is smooth and stretchy. Return to a clean oiled bowl, cover with oiled cling film and leave somewhere warm to rise for 1-2 hrs until doubled in size.

2. Line your largest baking sheet with baking parchment. Tip the dough onto a lightly

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**From All of Us at TRL Gas Co-op Ltd.**



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*Greetings of the Season*



*As another holiday season comes skating in, we want to give our best to you and your kin. Serving you has been real fun for us – thanks!*

Season's Greetings from the staff of  
**Treeline Well Services Inc.**  
 Oneway, AB 967-1080



*With Tidings Of Comfort & Joy*  
 To our neighbors, customers, associates and friends, we offer our warm wishes for the very coolest holiday season, ever!  
**Thank you for choosing us.**

*Merry Christmas from Lee, Becky & Family at*  
**LEE BUILT LTD.**  
 HEATING & AIR CONDITIONING  
 Calahoo, AB 967-4192

# 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.



**All the Best!**

With warm wishes and gratitude for your continued patronage.

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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

- 3¾ 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
- 1¼ teaspoon black pepper, freshly ground
- 1 cup unsalted butter, at room temperature
- ¾ 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 down the sides of the bowl. Add the flour mixture and beat on low

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# Complete The Holiday Season With Gingerbread

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.

# Merry Christmas



Wishing you  
all the best for the  
holiday season!

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# CREATE A DELICIOUS DESSERT FOR HOLIDAY CELEBRATIONS

Lavish meals are a large part of holiday celebrations, with many people indulging in dinners and desserts throughout the holiday season. This is a time when many families display their best recipes, and these may include certain desserts that can be labor-intensive to make or something more fitting for a special occasion. Cheesecake is an example of a dessert that, due to the

time it takes to create and the richness of the dessert itself, is not something many people eat on a regular basis. However, with a time-saving recipe, cheesecake can become a dessert prepared in little time for holiday festivities. Try "Cinnamon Caramel Cheesecake Squares" from "Pampered Chef Season's Best, Fast, Fun & Fabulous" by Pampered Chef® Test Kitchens.

## Cinnamon Caramel Cheesecake Squares

Makes 24 squares

### Ingredients

- 2 8-ounce packages seamless crescent dough
- 2 8-ounce packages cream cheese
- 1 egg
- 2 teaspoons vanilla extract
- 3/4 cup sugar, divided
- Flour for dusting
- 1 tablespoon cinnamon
- 1/2 cup caramel topping

### Directions

1. Preheat oven to 350 F. Unroll one package of crescent dough into a shallow baking pan. Roll out the dough to edges.
2. Heat the cream cheese in a microwave-safe bowl, uncovered, on high for 30 to 40 seconds, or until softened. Whisk until almost smooth.
3. Add the egg, vanilla and 1/2 cup of the sugar to the bowl. Whisk until smooth. Spread over the crescent dough.
4. Lightly sprinkle the flat side of a cutting board with flour. Unroll the second package of crescent dough and roll it into a 13- by 12-inch rectangle.
5. Fold the dough in half from the short end; gently lift and place in the pan. Unfold and gently stretch the dough over the cream cheese layer; press the edges to seal. Cut off corners of dough hanging over and discard.
6. Bake 22 to 24 minutes, until golden brown.
7. Combine the remaining 1/4 cup sugar and cinnamon in a small bowl. Place the caramel topping in a 1-cup measuring cup.
8. Remove the pan from the oven. Immediately pour the caramel topping over the 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.



*It's Time for Christmas!*

*We just couldn't wait one more minute to deliver our best wishes to all the kind folks who have helped make this past year a merry and bright one for us. Thanks!*

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# TASTE SOMETHING DIFFERENT DURING THE HOLIDAYS

(NC) From ham to home-made 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)
- ¾ cups orange marmalade
- ¼ cup maple syrup
- ¼ cup whole grain Dijon mustard
- ¼ cup bourbon
- 2 tbsp lemon juice, fresh if possible
- ½ tsp ground ginger
- Salt and black pepper to taste

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 slicing.

11. To make mustard sauce for serving, mix ½ cup whole grain Dijon mustard

with ¼ 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](http://LG.ca/continuouskitchen) to learn more.

[www.newscanada.com](http://www.newscanada.com)



## Deck the Halls!

As another holiday season gets into full swing, we'd like to display our best wishes and deliver our gratitude to all of our customers. For your business, we feel truly blessed and look forward to serving you again, soon.

*Wishing you and your family a Very Merry Christmas and all the best in 2019!*

From  **MECHANICAL Services Inc.** & Staff

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# NO HOLIDAY CELEBRATION IS COMPLETE UNTIL EGGNOG HAS BEEN SERVED

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

come the holiday season to exchange gifts, enjoy meals together and do a little catching up along the way.

But the holiday season also is synonymous with parties. Whether it's to enjoy an office holiday party, a gathering with family and friends or a more intimate gathering at home,

such celebrations are a big part of the holiday season and a main reason why this is such a festive and beloved time of year.

As this is a season of celebrating, it's good to remember that no holiday party is truly complete until eggnog has been served. Enjoyed almost exclusively during the hol-

iday 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
- 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.

# Greetings



At this special time of year, we'd like to share our thanks and best wishes with our valued customers and friends. Thanks for making us feel at home here!

from Management & Staff at

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Onoway, AB

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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
- 3 1/3 cups unbleached all-purpose flour
- 1/4 teaspoon sea salt
- 1 tablespoon baking powder
- 1 cup sugar
- 3 tablespoons unsalted butter, chilled and cut into cubes
- 1 cup smooth mashed potatoes (1 large cooked potato or 2 small), at room temperature
- 2 extra-large eggs, beaten
- 1/2 to 3/4 cup milk (not 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 scone-like dough.

Turn out the dough onto a lightly floured work surface and pat it out to about 3/4-inch thick. Cut into rounds with the

doughnut cutter, or use the large pastry cutter and then stamp out the center rounds with the smaller cutter. Gather up the trimmings and pat them out to make more doughnuts.

Heat the oil in a deep-fat fryer or large deep saucepan to 350 F or until a cube of bread turns golden in 40 seconds. Fry

the doughnuts in batches for 5 to 6 minutes, turning them frequently, until a good golden brown. Remove with a slotted spoon and drain on paper towels. Toss in the sugar mixed with the cinnamon and let cool before eating. Best eaten the same day. These doughnuts are not suitable for freezing.

*Wishing you Much Harmony  
and Joy at Christmas*



*Merry Christmas*  
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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

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'

# A MATCH MADE IN HOLIDAY HEAVEN

"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 sugar  
 6 tablespoons granulated

sugar  
 1 large egg  
 1 1/2 teaspoons vanilla extract  
 3 cups semisweet chocolate chips  
 1 cup pecan halves  
 1 cup walnut halves or large pieces  
 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 tablespoonfuls 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 chips.

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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:

- 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 liqueur
- 1 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 pkg PC dark chocolate with candied orange peel, finely chopped
- 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.

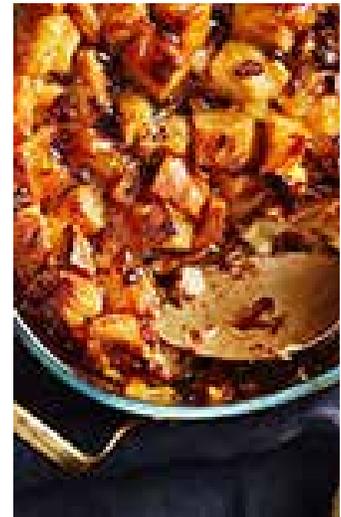
4. Cover with foil; bake 35 minutes. Uncover, bake until puffed, golden brown and set

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.

[www.newscanada.com](http://www.newscanada.com)





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**Merry Christmas**  
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# 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 Grigio.

### 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 salt
- 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 mustard
- 1 tbsp fresh lemon juice
- 1 tbsp finely chopped fresh parsley

#### Directions:

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 minutes.
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.

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



Going Once, Going Twice...

Our Best Wishes  
for a Happy Holiday!

We hope your holiday season is rich in love, friendship, joy and good fortune. Thanks for being such great friends and neighbors.

We feel blessed to be a part of this wonderful community.

Merry Christmas! from All of Us at  
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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**

- 1 1/2 cups pecans
- 2 tablespoons sugar
- 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
- 1 1/2 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 1 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 heat, stirring constantly, 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.

from the Staff at  
**Timberlind  
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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
- 2 cups granulated sugar
- 1/4 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 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 pastry 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 pastry, 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 additional 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.

## Ho-Ho-Hope It's Happy!

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!

From **Fraser & Staff of**  
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# GIVE THE GIFT OF INDULGENCE THIS HOLIDAY SEASON

The holiday season is rife with tradition. Families have their own unique traditions, whether it's gathering at Grandma's to enjoy a holiday meal or singing carols together around the neighborhood with friends who live nearby.

One tradition that seems to have made it into many families' holiday celebrations is indulging in delicious baked goods. Desserts are a big part of the holiday season, when many people relax restrictions on their diets to enjoy some of their favorite cookies and cakes. While such delicacies are often served at dinnertime, homemade baked goods also make great gifts come the holiday season. Whether a friend or family member is a fully devoted foodie or simply a person who loves a decadent dessert, gifting homecooked baked goods is a great way to show your loved ones just how much you appreciate

them. This holiday season, give the gift of decadence by cooking up the following recipe for "Sticky Chocolate Gingerbread" courtesy of Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

## Sticky Chocolate Gingerbread

Makes an 8-inch cake  
**Ingredients**  
 • 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 soda  
 • 2 tablespoons milk, warmed

- A pinch of salt
- Extra-large crystallized ginger pieces, to scatter (optional)

• A deep 8-inch square cake pan or 8 x 6 x 3-inch oval cake pan

**Directions**  
 Preheat the oven to 325 F. Grease 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 1 hour at the lower temperature, as it will be deeper.) A metal skewer inserted into the center should come out clean. Let cool for 5 minutes in the pan, then turn out onto a wire rack and let cool completely. When cold, store in an airtight container for at least a couple of days to mature and become sticky. Don't worry if it sinks a bit in the middle - this is normal.

**CENTURY 21**  
 Masters

*May Happiness Reside  
 in Your Heart &  
 Home This Christmas*

There's no place like home for the holidays, and we're very grateful to be here with so many good neighbors like you. Thanks for making us feel so welcome in this community with your kindness and friendship. **Merry Christmas and best wishes to you and yours!**

**Leann and Ryan Krysh**  
 Century 21 Masters

780-963-2285 | C: 780-916-6919 | F: 780-963-0197  
 105, 4302-33 Street Stony Plain, AB




*Home  
 Is Where the Heart Is*

We know our hearts are with all the wonderful people we've had the privilege to work with this past year. We feel proud to serve and be a part of this wonderful community.  
 Merry Christmas and many thanks!

**Merry Christmas & Happy New Year  
 from Wayne & Pauline Quintal**

Re-Max Morinville 441-1900

# 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 tooth, 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 ex-

clusively 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
  - 2 1/2 pounds raisins, pitted prunes, pitted dates, and
  - dried figs, finely chopped
  - 1/2 cup candied orange and/or lemon peel, finely chopped
  - 1/3 cup candied or dried cherries, finely chopped
  - 2/3 cup candied or preserved ginger, finely chopped
  - Grated zest and juice of 1 large lemon
  - Grated zest and juice of 1 large orange
  - 1 tablespoon orange or tangerine marmalade
  - 1 tablespoon apricot jam
  - 1 cup applesauce
  - 2 tablespoons brandy, sweet sherry or apple juice
  - 1 cup unsalted butter, at room temperature, plus more for greasing
  - 3 cups Jeanne's Gluten-Free All-Purpose Flour (see below)
  - 1 teaspoon ground cinnamon
  - 1 teaspoon ground ginger
  - 1 teaspoon freshly grated nutmeg
  - 1 teaspoon ground allspice
  - 1 tablespoon baking powder
  - 1 cup packed dark brown sugar
  - 1 teaspoon pure vanilla extract
  - 4 extra-large eggs, at room temperature
  - 2 tablespoons brandy, rum, whiskey, sweet sherry, or apple juice, or as needed
- Directions**

The day before you bake the cake, prepare the macerated fruit. Place the raisins, prunes, dates, and figs in a large bowl. Add the citrus peel, cherries, ginger, lemon zest and juice, and orange zest and juice. Add

**There's No Place  
Like Home  
for the Holidays!**

*There's just no place we'd rather be,  
At Christmas than with all of thee;  
For your smiles and winning attitude  
Fill us with much gratitude;  
May many blessings come your way  
As we celebrate the holiday,  
And to all our friends both far and near,  
We hope to see you all next year!*



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*Merry Christmas  
& Happy New Year from*

# Host The Holidays With Homemade Fruitcake

the marmalade, jam, applesauce, and brandy and stir to combine. Cover the bowl and let stand overnight at room temperature so that the fruits soak up the liquid and the flavors meld. The mixture can macerate in the refrigerator for up to 1 week.

Preheat the oven to 325 F. If the fruit has been in the refrigerator, bring it to room temperature. Grease the bottom and sides of a 9 1/2- 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, all-spice, 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 4 1/2 cups

Ingredients

- 1 1/4 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.



Let it Snow  
Let it Snow  
Let it Snow

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

# 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@com-voice.com, dropped off at

Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at [www.com-voice.com/classified.htm](http://www.com-voice.com/classified.htm)

## Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Seniors 50+ Club. Air conditioning! Space Available! Jeanne 780-913-4494. Chere Myers 780-924-3242 or cell 780-951-3242 call/text.

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

Cherhill Community Assoc. Hall, Debra 780-785-2907

Darwell Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

Goose Lake Hall, Contact Deanna (780) 584-3738

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

Hathersage Community Centre, Noreen at 786-2946

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

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/ Classrooms, 967-1015

Onoway Legion , 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984



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MARK MARTIN PFEIFFER  
MASTER BRICK LAYER / MASON  
Wildwood, AB 242 - 3308**

# Classified Ads - Call 962-9228

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

Stettin Nakumun Comm. Hall, 967-9198

## Obituaries



Douglas Howard Brown was born July 16, 1931 in Calgary, AB. He passed away December 6, 2018 at the age of 87 years. Doug was predeceased by his parents Agnes and KD Brown, his sister Phyllis and brother Ken as well as a son. Doug was also predeceased by his 2 spouses Mable and Arlene. Doug leaves behind his special friend Rita as well as family and friends. A special thank you to Michelle of the Westview Health Centre Wound Clinic as well as the nurses that changed his bandages. Thank you to the home care staff at Evansburg and Stony Plain, as well as the Westview Health Centre for the excellent care they provided. A celebration of Life will be held December 19, 2018 at Heritage House 5009 - 49 St, Evansburg. Open House between 1-3pm. In lieu of flowers, donations can be made to the Canadian Diabetes Association. (2) 11-12

## Employment Opportunities

Gun Esso - Now Hiring Part

Time. Experienced workers preferred. Please bring resume to store. (6) 27-11

## Services

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (13) 06-

11 OG

WANTED: Standing Timber. Are you looking to cut your woodlot before pine beetles or forest fires destroy it? Top dollar paid. Call now! Paul 780-706-1470 (12) 27-11

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Installation and Repair! New Installs Available. Plastic, metal, fiberglass or concrete. We clean them all! Your cistern will be vacuumed, cleaned and sanitized with our high pressure, hot wash, sanitizing system. Reasonable Rates, Call 780-668-4306 (3) 04-12



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### 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 serenity and overall well-being.

### 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.

### Anti-Aging Uses For Pure Hemp CBD

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



## 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 medications.

**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, nausea, 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**

[www.Elaine1.myctfocbd.com](http://www.Elaine1.myctfocbd.com)

# Classified Ads - Call 962-9228

## Dog Caretaker

**Alberta Beach & Surrounding Areas, thinking of a Summer Getaway? Worried about leaving your dog in a kennel?** Don't worry anymore, you can leave your pet with me! There is a wrap around deck in court

yard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop in's or overnight stays welcome. If interested call 780-920-4166 (4) 27-11 OG

## Computers

**FREE - COMPUTER REPAIRS** (or computers as available) for single parents or low income. Introduction how to use. Tech volunteers and distributor members needed. Repairs for Public NOT over \$50. Also good like new refurbished computers available for anybody for \$100. Call or leave message, 780-892-4993 (14) 11-12

## Pets For Sale

Great Pyrenees Puppies for sale. Born September 15, 2018, 1st shots, dewormed, raised

with livestock, \$400. Call 780-621-6157 (2) 18-12

## Firewood

**FIREWOOD FOR SALE** - Birch, Tamarack & Spruce Pine mix. 4x4x8 cords and 1/2 cords. Quality seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (28) 30-10 OG

**Seasoned Firewood: Birch, Spruce/Pine, Tamarack & Poplar - 4x4x8 cord.** Delivery or pick up at wood yard. Call 780-967-5835 (14) 20-11

## Wanted

Wanted ASAP: Small breed FEMALE puppy. Will pay up to \$300. Call or text 780-914-5577 (2) 11-12

## For Rent

**SUITES FOR RENT** - Onoway 1 and 2 Bedroom Suites. Clean, quiet & secure building. Reasonable rent. Call 780-967-2055 or 780-504-2880. (10) 27-11

Available Immediately: Large 2 Bedroom in 12 Unit Apartment building in Entwistle. Includes Heat, Water & Parking. Rent \$785/month + DD \$300. Please Call Ivka 780-807-1300 or email: jakovljevicivka@yahoo.ca (4) 11-12 OG

Alberta Beach Inn & Suites - Nightly, weekly and monthly rentals available, reasonable rates. Call 587-763-0351 (13) 18-12

3 Bedroom, 1.5 baths, 2 story, no basement, N/S, N/P, Newly renovated, \$1200/mth, DD same. Utilities included, 11 kms West of Onoway, 780-498-0705 (4) 18-12



# SUDOKU OF THE WEEK

## 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!

### ANSWER:

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

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

**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!



# COMMUNITY EVENTS 2018

## FARMERS MARKETS

**BARRHEAD:** Open Saturdays, May - Dec. 10AM - 1PM. Sherry 780-674-6802

**ONOWAY FARMERS' MARKET:** Thursdays, 5-8pm at Onoway Community Hall. Starts May 1<sup>st</sup>. 780-667-6327 or onowayfarmersmarket@gmail.com.

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

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

**WESTLOCK:** 11-3PM, Bargain Shop Mall, Dave 780-954-2437

## BINGO

**BARRHEAD ROYAL CANADIAN LEGION:** Doors 5:30pm, games start 7PM. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.

**CHERRILL BINGO:** Tuesdays at Cherhill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

**CHERRILL LEGION:** First Sunday of Month. Doors Open 12:00PM

**MAYERTHORPE ROYAL CANADIAN LEGION:** Tues, doors 6:30pm, bingo 7:30PM

**RICH VALLEY COMMUNITY HALL BINGO:** 7:30PM. Loonie Pots. Next bingos November 28, December 12.

**STONY PLAIN SENIOR'S DROP-IN CENTRE,** public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

## MEAT DRAWS

**ALBERTA BEACH MUSEUM:** Every Sat 4PM, Alberta Beach Hotel

**ALBERTA BEACH:** Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungle's Bar & Grill.

**BARRHEAD ROYAL CANADIAN LEGION:** Fridays 6:00PM. Queen Of Hearts draw & 50/50.

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

**ONOWAY ROYAL CANADIAN LEGION:** Fridays, Ph. 780-967-5361

**STONY PLAIN ROYAL CANADIAN LEGION BR# 256:** Saturdays @ 3:00PM. Meat Draw & 50/50.

**WHITCOURT LEGION:** Saturdays 4:00PM. Located downtown behind the CIBC.

## MEALS ON WHEELS

**ALBERTA BEACH & AREA:** Diane 780-924-2348.

**DARWELL & AREA:** Tracey, 780-915-2621.

**ONOWAY & DIST:** Call 967-2338.

## JAMBOREES

**SANGUDO:** Sangudo Community Hall, 1<sup>st</sup> Sat of month 7PM. 785-4105 or 305-5088. \*October - May.

**SPRUCO GROVE:** at Sandhills Community Hall, 3<sup>rd</sup> Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 \*September - June.

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

**THE ABBOTSFIELD VARIETY MUSIC JAM:** at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3<sup>rd</sup> Friday of month,

7PM. PH: 780-918-8545, Adm: Donations Only.

## TOPS (Take Off Pounds Sensibly)

**ALBERTA BEACH:** Tuesdays, Weigh-in 6:00-6:45PM. Meeting 7:00PM. Alberta Beach Lutheran Church, Hwy 633. 967-5009.

**EDMONTON:** Thurs 8:30-10AM at Annex of Grace United Church (6215-104 Ave). \$7/month

**SANGUDO:** Tues, United Church, 6:00PM. Sharon 785-2095 or Marlene 786-4646.

**STONY PLAIN:** Thurs evening, Stony Plain United Church. Susan (780) 968-0869

**SPRUCO GROVE:** Wed 8:45AM at Anglican Church, 131 Church Rd. Christiane 960-1109

## YOUR COMMUNITY

**ALCOHOLICS ANONYMOUS** IF Drinking is a Problem, call 780-236-1043

**ONOWAY ROYAL CANADIAN LEGION:** Open Tuesdays 7:00PM to 10:00PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3:00 PM - 10:00PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).

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

**SPRUCO GROVE ELEVATOR TOURS,** Tues-Sat, 9:00-3:00PM. Info 960-4600.

**UNITED CHURCH THRIFT SHOP:** North end Curling Rink, Onoway. Open Fri & Sat, 10AM-4PM.

**VOLUNTEER TUTOR ADULT LITERACY PROGRAM:** Need assistance with reading/writing, English language (ESL) or Basic Computer skills? Free 1-on-1 tutoring! Carla Burkell, 780-554-2940, email: literacy@lsac.ca

**WATER SAMPLE DROP OFF:** Tues Onoway Aspen Health Services. Drop off 1:00-2:30PM.

## SOCIAL EVENTS

**ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES:** Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.

**BADMINTON:** Wed, 7-10PM, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.

**COME PLAY CRIB:** Fridays, 7:30PM at Darwell Seniors Hall; lite lunch is served. All ages!

**COUNTRY QUILTERS** in Stony Plain house a "Sew in Tuesday", 2<sup>nd</sup> Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.

**JR. SCRAPBOOKING** Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404

**ONOWAY GOLDEN CLUB:** Cards Tuesdays, 1PM. 1<sup>st</sup> Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.

**ONOWAY HAVE FUN & GET FIT!** Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

**PANCAKE/BREAKFAST SOCIAL:** 3<sup>rd</sup> Sunday 9:00-11:30AM, Parkland Village

Community Centre. \*except June, July, August

**RIVER TALKERS TOAST MASTERS CLUB,** Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-5040.

**SANGUDO ART GROUP:** Wednesdays 9AM-12PM at Sangudo Community School. Info call 780-785-2112.

**SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St). 2<sup>nd</sup> Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

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

**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> Wednesday at 1PM.

## MEETINGS

**1ST ONOWAY SCOUTS:** Registration, Mondays 6:30-8PM. Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.

**299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE:** Stony Plain Comm Center, Wed 6:30PM. Youths 12-18, 963-0843

**3053 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS,** Onoway Historical Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586

**526 BARRHEAD AIR CADETS,** Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233

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

**AA - MAYERTHORPE,** Kingsmen Hall, Thurs 8PM. (780) 786-2604 or (780) 786-1927

**AA - SANGUDO GOLDEN CLUB,** Tues 8PM call 786-4402/785-9214/785-3599

**AL-ANON - ONOWAY:** Meetings are suspended for January thru April inclusively.

**AL-ANON** Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205

**ALBERTA 55 PLUS:** Villenvue Hall at 10AM. Meetings on 2<sup>nd</sup> Tues of month. Info: Donna 780-962-5933

**ALBERTA BEACH & DIST LIONS CLUB** meets every 4<sup>th</sup> Tues 7:00PM, Alberta Beach Agliplex.

**ALBERTA BEACH AG SOCIETY** meets on the 4<sup>th</sup> Thurs of month, 7:00PM, Alberta Beach Agliplex.

**ALBERTA BEACH MUSEUM** meets on the 2<sup>nd</sup> Wed, 7:00PM at Heritage House 924-3167.

**BARRHEAD ROYAL CANADIAN LEGION,** meeting every 2<sup>nd</sup> Thurs, 7PM at the Legion Hall.

**CHERRILL COMMUNITY ASSOC.** Monthly Meeting 1<sup>st</sup> Wednesday, 8PM at the Hall. 785-2825 \*Except Jan, July, Aug, Sept.

**CHERRILL SILVER & GOLD SENIORS CLUB** Regular Meetings 1<sup>st</sup> Tuesday of month, Cherhill Seniors Hall. Call Rosamy 780-785-2625

**CHERISHED MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12PM, Alberta Beach

Agliplex. Info call 780-902-4879 or 780-999-7622. \*Sept-June.

**Citizens Helping In Life's Defence (C.H.I.L.D)** Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.

**DARWELL & DISTRICT AG SOCIETY MEETINGS,** 8:00PM, 1<sup>st</sup> Monday, Darwell **DDRA MEETING,** 7:00PM, 2<sup>nd</sup> Mon, Darwell 892-3099. \*except Jul/Aug/Dec

**GIRL GUIDES, BROWNIES & SPARKS** Thurs, 6:30PM, Onoway Heritage Centre. Info Laura, 780-967-1004.

**GREENCOURT COMMUNITY ASSOCIATION** meet 2<sup>nd</sup> Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

**KINETTE CLUB OF MAYERTHORPE,** 7:30PM at Kinsmen Hall, 1<sup>st</sup> Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

**LAC STE ANNE ARMY CADETS,** Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443

**LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY:** 3<sup>rd</sup> Fri, 7PM, Alberta Beach Council Chambers.

**LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS:** 3<sup>rd</sup> Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RRS5) Ph # 780-892-3121

**MAYERTHORPE HOSPITAL AUXILIARY ASSOC,** every 4<sup>th</sup> Mon, 5PM in Hospital Basement Education Room.

**MEN FOR SOBRIETY:** Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

**MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP** Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 \*Sept-June

**NA MEETING,** Tuesdays 7:00PM Poplar Valley Church (780)514-6011

**ONOWAY & DIST HERITAGE SOCIETY:** 2<sup>nd</sup> Wed of each month, 7:30PM, Chateau Lac Ste Anne

**ONOWAY & DISTRICT HISTORICAL GUILD:** 3<sup>rd</sup> Wed 7PM, Onoway Museum. 967-5263 or 967-2452.

**ONOWAY & DISTRICT QUILT GUILD:** Every 2<sup>nd</sup> Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Dixie @ 780 967 0528.

**ONOWAY ROYAL CANADIAN LEGION** General Meetings, 1<sup>st</sup> Mon, 7PM. \*Sept-June

**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agriplex on the 2<sup>nd</sup> Wed of the month. 7:00PM.

**RIVER TALKERS TOASTMASTERS CLUB** Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180.

**SANGUDO PAINTING GROUP:** Every Wed, 9AM-12PM at Sangudo Community School. Info, call 780-785-2112.

**SUNDOWNERS TOASTMASTER CLUB:** Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy 960-5258

**WEIGHT WATCHERS** Alberta Beach Agriplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

# Church Directory

<p><b>Rich Valley Community Church</b></p> <p>Sunday School 10:00a.m.</p> <p>Worship Service 11:00a.m.</p>	<p><b>Catholic Parish of Lac Ste. Anne</b></p> <p>Sunday 10:00a.m.</p>		<p><b>Mayerthorpe Baptist Church</b></p> <p>Worship Service Sunday 10:30a.m.</p> <p>Children's Church 10:30a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>	<p><b>Alberta Beach Alliance Church</b></p> <p>Sunday Worship Service &amp; Kid's Church 11:00a.m.</p> <p>Sunday School 10:00a.m.</p> <p>(780) 924-3282</p>	<p><b>St. John's Anglican Church</b></p> <p>Onoway</p> <p>Sunday Service 10:00a.m.</p> <p><b>Everyone Welcome</b></p>
<p><b>St. John's Lutheran Church</b> Alberta Beach</p> <p>Sunday Service 11:00a.m.</p> <p>Sunday School</p>	<p><b>Zion United Church</b></p> <p>Sunday Service 10:00a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabamun, Darcicell &amp; Lake Isle, Onoway &amp; Area (780) 924-3351</p>	<p><b>Sangudo United Church</b></p> <p>Worship Service 3<sup>rd</sup> Sunday 11:00a.m.</p> <p>4907-50 Ave. Sangudo, AR</p>	<p><b>Infuzed Ministries</b></p> <p>Worship Service Sunday 3:30p.m. in Alexis Community Hall</p> <p>Pastor Daniel Jackson (780) 719-0240</p>	<p><b>Cherhill Community Church</b></p> <p>Sunday School 10:00a.m. - 11:00a.m.</p> <p>Worship Service Sunday 11:00a.m.</p>	<p><b>St. Michael Lutheran Church</b></p> <p>Sunday Services 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday at 2:00p.m.</p> <p>Pastor Riek Chappell (780) 674-2618 Mystery Lake</p>
<p><b>Trinity Lutheran Church (LC-C)</b> The Church of the Lutheran Hour - Rockyfort Bridge</p> <p>Pastor Dan Hansard Church (780) 778-2035</p> <p>Sunday Worship 9:00a.m.</p> <p>Senior's Service &amp; Cottage Bible Study - Phone for locations</p>	<p><b>Mayerthorpe Pentecostal Assembly</b> P.A.O.C. Rev. Arnold Lothoiz</p> <p>Sunday 10:30a.m. Morning Service Tuesday 7:30p.m. Ministry Training (780) 786-2141</p>		<p><b>Onoway Baptist Church</b></p> <p>Sunday Service 10:30a.m.</p> <p>Pastor Greg Garbutt (780) 967-2266</p>	<p><b>Roman Catholic Church</b> St. Agnes' Parish, Mayerthorpe</p> <p>Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg</p> <p>Saturday 7:00p.m. (780) 786-2032</p>	<p><b>Calahoo Alliance Church</b></p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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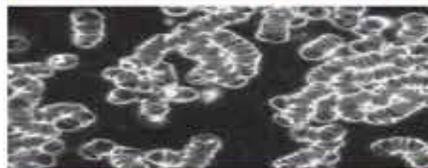
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