

Serving: Alberta Beach, Barrhead, Calahoo, Cherhill, Darwell, Glenevis, Gunn, Lac Ste. Anne County, Mayerthorpe, Onoway, Rich Valley, Rochfort Bridge, Sangudo, Whitecourt, Spruce Grove and Stony Plain.

December 21, 2021



Extra, extra big thanks to all of our readers and advertisers this holiday season! We really appreciate your continued support. May 2022 bring plenty of good health and good news for you and yours.

WHITECOURT RCMP INVESTIGATE FATAL VEHICLE COLLISION

Submitted by Whitecourt RCMP

On Dec. 18, 2021 at approximately 8:30 a.m., Whitecourt RCMP with the assistance of Emergency Medical Services (EMS) responded to a multi vehicle collision on Highway 43 eastbound

between Windfall Road and Highway 32 South in Woodlands County.

Preliminary investigation revealed that approximately 30 km west of Whitecourt, a semi truck and trailer hauling compressed natural gas was rear ended by a semi truck and trailer hauling freight, while travelling east on Hwy 43.

The lone male driver and occupant of the semi hauling freight was deceased on scene.

Whitecourt RCMP with the assistance of the RCMP Collison Analyst continue to investigate the collision. Traffic is being diverted with the assistance of Ledcor highway services along Hwy 43 near Virginia Hills Rd.

Whitecourt RCMP would like to remind motorists to drive cautiously and to the conditions of the roads.



LET IT SNOW

Oh the weather outside is frightful,

But the fire is so delightful,

And since we've no place to go,

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

It doesn't show signs of stopping,

And I've bought some corn for popping,

The lights are turned way down low,

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

When we finally kiss goodnight,

How I'll hate going out in the storm!

But if you'll really hold me tight,

All the way home I'll be warm.

The fire is slowly dying, And, my dear, we're still good-bying,

But as long as you love me so,

Let It Snow! Let It Snow! Let It Snow! December 21, 2021 Community**Voice** Page 3

MAYERTHORPE RCMP INVESTIGATES DRUG TRAFFICKING – SEARCH EXECUTED AND TWO ARRESTED

Submitted by Mayerthorpe RCMP

On Dec. 8, 2021, Mayerthorpe RCMP, along with the assistance of Evansburg RCMP, RCMP Police Dog Services and SCAN team, executed a Controlled Drugs and Substances Act search warrant at a residence and two involved vehicles in Mayerthorpe. As a result, controlled drugs and substances, cash as well as various drug paraphernalia used for the purposes of trafficking were seized.

During the execution of the search warrant, approximately \$2500.00 cash was seized as well as the following:

- Just over 30 grams of Cocaine
- Multiple vials of steroids
- 81 steroid capsules
- Over 700 capsules and tablets of various prescription medication, not prescribed to the accused
- Packaged medical needles/syringes
- •Several cellular devices
- 1 prohibited weapon

Garen James McNair (39) and Michele Juliane Harder (37) both of Mayerthorpe, have each been charged with possession of Cocaine for the purpose of trafficking, possession of Testosterone for the purpose of

trafficking, possession of Oxymetholone for the purpose of trafficking and possession of a prohibited weapon.

They have both been released from custody and are scheduled to appear in Mayerthorpe Provincial Court on Jan. 27, 2022.

"Those that traffic in illicit drugs destroy lives, homes, and communities," says Corporal Greg Anderson, Mayerthorpe RCMP. "The RCMP remains fully committed in building "safe communities" and enforcing laws

to their fullest extent, in order to achieve this goal."



PARKLAND RCMP PARTICIPATED IN TOY DRIVE TO SUPPORT KINSMEN AND **KINETTE CHRISTMAS HAMPERS**

RCMP

On Dec. 11, 2021 from 9 a.m. to 4 p.m., Parkland RCMP participated in the "Stuff a Cruiser" toy drive in support of the Kinsmen and

Submitted by Parkland Kinette Christmas Hampers in Spruce Grove and Stony Plain, Alta.

> Parkland RCMP partnered with the City of Spruce Grove Protective Services and Stony Plain Fire Department at the Winners

in Spruce Grove and the Red Apple in Stony Plain, Alta. where toys, cash and gift cards were collected to Stuff a Cruiser. The Christmas hamper program has been operating in the area for 42 years.

"As a team, we had a very successful toy drive in support of the Kinsmen and Kinette Christmas Hampers.

The toys, cash and gift cards collected will brighten the holiday season for many families in our community. It was extremely heart warming to see our community come together once again to support the Kinsmen and Kinette Christmas Hampers" says Sergeant Major Kevin McGillivray.





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CHERHILL 4-H MULTI CLUB DECEMBER CLUB REPORT

Submitted by Cherhill 4 H

We have been very busy with our projects this month. In Quilting, the members held a few workshops where they got together and continued to work on their projects. The Sheep members reached into a box of frozen cuts of lamb and picked a surprise bag out and had to cook it at home with their own recipes. The Beef project had a book workshop where they also made halters for their animals. The Vet Science workshop was unfortunately cancelled due to bad weather and for the Bees workshop they are going to cover the different types of bees, identify their anatomy, and identify their roles within the hive. They will be shown the steps that are taken to separate the wax from the remnants of honey after extracting, then the members will make beeswax candles. The Foods workshop made 4 different types of dips. The Trapping members made and set squirrel traps. Feathered Friends plan to make feeders when they get together.

All projects have been working on their books and book workshops were held for all projects. Our Mundare and Tire fundraiser was a huge success. We appreciate everyone that supported us. Watch for our report in January and have A Merry Christmas and Happy New Year.



Important Notice Dangerous Ice Conditions

Hasse Lake

NE-14-052-02-W5M; West of Stony Plain

Muir Lake

NW-32-053-27-W4M; North of Stony Plain

Peanut Lake

NE-15-058-03-W5M; South of Barrhead

Spring Lake

NE-30-052-01-W5M; West of Stony Plain

Lake aerators create hazardous thin ice and open water. For your safety, observe these posted warnings at all times:

Lake Aeration in Progress Danger-Thin Ice and Open Water

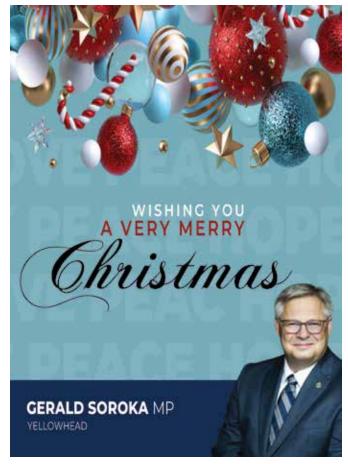
Take these extra measures while on an aerated lake:

- Use at your own risk.
- Don't go beyond danger signs or approach the open water.

For inquiries or to report a problem, please call: 780-410-1999.



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ARMY CADET NEWS

Submitted by Captain R Heinz, CD

Despite the strict Covid restrictions the cadet program in Alberta is currently working with, the staff of 3053 RCACC are trying to keep the cadets engaged until such

time as indoor training is authorized again.

It was a great honour that a small select group of cadets were able to assist our sponsor, the Royal Canadian Legion Onoway Branch with their Remembrance Day service on November 11th. The cadets were very pleased to be able to do some community service after such a long time of inactivity.

It is such an important date on our calendar and we were delighted to have been given special authorization from our HQ in Winnipeg to participate. A small step to a return to normal activities.

The next evening a virtual computer meeting was held with our new cadets to inform them of the next cadet activity that they would be allowed to attend.

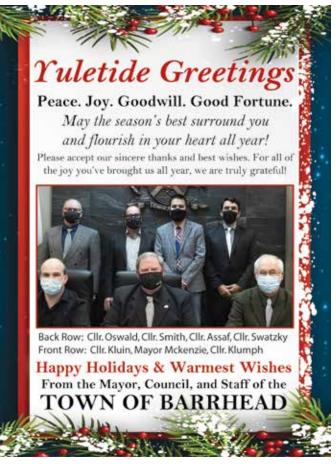
It was conducted by Civilian Volunteer L. Stewart and was to prepare them for a mandatory

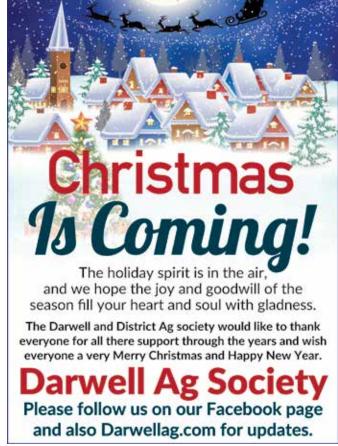
hike.

November On 14th, Captain Cooper and Captain Heinz supervised as cadet Warrant Officer Moser led the 5 junior cadets on a 10 Km hike. This activity was conducted at Chickakoo Lake Natural Area north of Stony Plain and was the first time our unit has used this particular site for training. It had snowed heavily only a couple days before us attending but it made for a very beautiful hike with no crowds using the awesome trail system, although we did have to be careful of ice!

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Army Cadet News

Continued from Page 6

After the hike a fire was started and the cadets ate their lunch in the field before being picked up by their parents.

It certainly was great to be outdoors and doing some army cadet training.

Hopes are high for a return to more normal training in January but we will have to wait to see. We have several activities already planned for the month.

We would like to take this opportunity to Thank the community for their continued sup-

for their continued sup-

port of our unit during these difficult times.

Merry Christmas and all the Best to everyone in 2022!









WHAT MATTERS TO YOU – CHRISTMAS GREETING AND WRAP UP

Submitted by MLA Shane Geston

A couple weeks ago I had the chance to be part of the Christmas light up parade in Mayerthorpe, and honestly it was the highlight of the month. While the Legislative Assembly is in session, MLA's Calendars are not their own, and we are either in the chamber or on call all hours of the day, Monday to Thursday. Typically, we spend Fridays in our constituencies, so we can focus more on local matters - I was very happy that this was the case for the parade.

There is already something to be said about the spirit of hometown/small town/rural community

events, but when it comes to Christmas time, well, it's even more special. People are just more grounded. When folks wish you merry Christmas, they really mean it - like, from the bottom of their soul mean it. When small towns put on a parade in the winter, in the darkness of the evening, they light the place up. There's no holding back, and the same goes for the people watching. Main street was a sight to behold with all the light batons flashing as everyone turned the corner. Big families, big smiles, laughter, music. It did everyone's soul some good.

As I think back and review this past year, it is with that same hometown/small

town/rural spirit that I want to give some of the highlights to things happening in Lac Ste. Anne – Parkland, and Alberta. The good stuff. The airwaves have been dominated by other news for long enough. I'd like to talk about the good things I've seen and heard about.

Watershed Action Group was formed along the Sturgeon Watershed. The group's goal is to take some action items from studies that have already been done on local concerns, build some relationships between jurisdictions and levels of government, and implement some policy changes to help the local environment within the watershed. The group consists of local council members from the surrounding summer villages, the Alexis First Nation, and the counties. We came up with a framework that is being supported in principle by Alberta Environment and Parks, Municipal Affairs, Ministers, and the Premier himself. The focus is on water quality, levels, and shoreline protection.

This year, I was asked to chair Alberta's Economic Corridors Task Force. The goal of this task force is to look at current rail infrastructure, perform cross jurisdictional comparisons, and review current and potential corridors opportunities within the province, interprovincially, into the USA...

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What Matters to You – Christmas Greeting and Wrap up

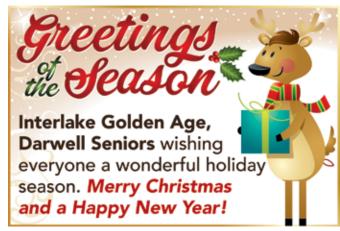
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... and internationally. This project will have a major positive impact on Alberta, Canada, and local communities. We've been looking at existing trading routes we already benefit from to see where those can be further bolstered, and ways we can remove impediments to new routes. Ideally, the work of the task force will help deal with some of the supply chain issues Canada has faced this year, which have only driven up cost of essential products. Developing economic corridors can also provide Alberta the opportunity to produce higher value-added products locally for global markets. The report findings of the Economic Corridor Task Force will lay out a plan for growing the province, and Northwest Canada as a whole region, strengthening trade and mitigating supply chain challenges to the east and west by looking north.

This year, I was also added as an advisor/observer to the Strategic Aerospace and Aviation Council of Alberta. By now, it's no secret that I have a strong focus on the aviation and aerospace sectors. This group has been able to maximize the impact of and bring attention to the local airports in our region. We had our second air tour this year, and even managed to get more planes to stop in locally at the Mayerthorpe Airport. Thanks to the support of the county, the town, SANG, local pilots, and the local bus, we were able to host several the residents from the senior's lodge where they were able to meet all of the visiting pilots and passengers. It turned into another one of those excellent hometown/small

town/rural events. We also launched the Alberta International Airshow (and three consecutive days of pancake breakfasts prior to the show) that brought international attention to our area.

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What Matters to You - Christmas Greeting and Wrap up

Continued from Page 9

There were over forty thousand attendees, and \$3.5 million flowed into the local economy. That international attention has now resulted in a renewed interest for aerospace and

aviation investments in our area from abroad, as well as a boost to the local aviation businesses.

This year, I held several virtual and hybrid town halls events on various topics. Recommendations from those meetings were provided to Ministers, and policy changes are being considered for improvements. The constituents who came to have a frank discussion about the pasture crop insurance program, for example, provided valuable information that will result in policy changes. These changes will have a positive impact here, but also across the whole province. It's these types of engagements, where locals can make their voices heard, that result in some of the best ideas governments come up with. I want to say thanks to everyone who came forward with ideas and put the work in.

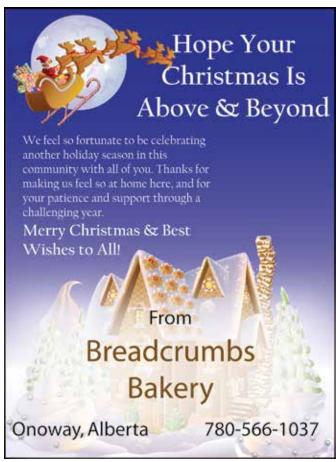
Although Alberta is still going through some tough challenges, the economy is

very great small businesses that have sprung up in our area. Many have also worked hard to modernize, and make tough situations work for them. I've seen many farming operations taking full advantage of the farm gate to plate retail changes and partnering with other local farms to have create small store fronts. I've seen the opening of a high-end scotch/gin distillery recently, already offering their gin for sale (the scotch will be available in several years), set up with land, water, and the location to grow most of their own feedstock. I've seen some manufacturing companies, aerospace, and even interest from an international space company looking to set up in Alberta, with a high potential for some of their operations to happen close to here.

I honestly see so much potential for our area if we can look beyond self-perceived boundaries and limitations. Sometimes being hungry and lean drives you toward new opportunities. Sometimes, a crisis forces collaboration. I have never come across a more resilient, and bold group of people than the people here in this area. People are proud to tell others about this place. Let's make sure we keep that up and give each other a pat on the back now and again. We'll dust ourselves off and get growing again, for the next several generations to

Take care of each other, and yourselves.

Wishing you nothing but the best for the new year, and a very merry Christmas.





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 you who "Mo

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 hh) teeth, All

my two front teeth, see my two front

teeth!

Gee, if I could only have my two front teeth,

then I could wish

"Merry Christmas."
It seems so long since I could say,

"Sister Susie sitting on a thistle!"

Gosh oh gee, how happy I'd be,

if I could only whistle (thhhh, thh-hh)

All I want for Christmas

is my two front

teeth,

my two front teeth, see my two front teeth.

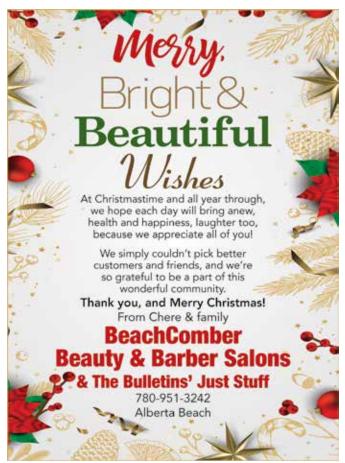
Gee, if I could only have my two front teeth,

then I could wish

you

"Merry Christmas!"







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December 21, 2021

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

ANGELS WE HAVE HEARD ON HIGH

Angels we have heard on high,

Singing sweetly through the night,

And the mountains in reply

Echoing their brave delight.

Gloria in excelsis Deo.

Gloria in excelsis Deo. Shepherds, why this jubilee?

Why these songs of happy cheer?

What great brightness did you see?

What glad tiding did you hear? Refrain

Come to Bethlehem and

Him whose birth the angels sing;

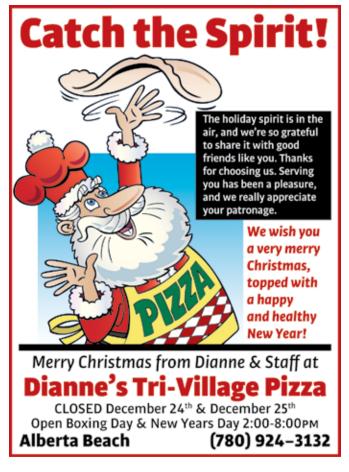
Come, adore on bended knee

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





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 un-

til morning is nigh.

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

And love my I pray.

Bless all the dear children,

In thy tender care.

And take them to heav-

To be with thee there.

BIRTHDAY OF A KING

In the little village of Bethlehem

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.





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



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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.





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& Community

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THE **CHRISTMAS** SONG Chestnuts roasting on an open fire, Jack Frost nipping on your 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



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

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 this way:

"C" is for the

When I was but a Christ child, born manger where he there's a Christupon this day,

> "H" for herald angels in the night,

> "R" means our Redeemer.

"I" means Israel, "S" is for the star that shone bright,

"T" is for three to spell Christmas wise men, they who traveled far, "M" is for the

lay,

"A"s for all He stands for.

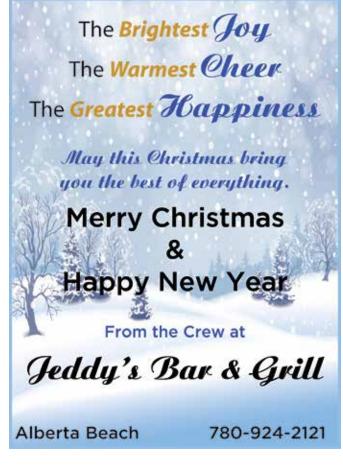
"S" means shepherds came,

And that's why

mas day,

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









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

Thanks & Merry Christmas! from Sue & Staff at

Doggie Style

Mayerthorpe, AB 786-0171

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 birth-

day. Celebrations come because of

something good.
Celebrations we love to recall
Mary had a baby

boy in Bethleham the greatest celebration of all.

Come on, ring

those bells,

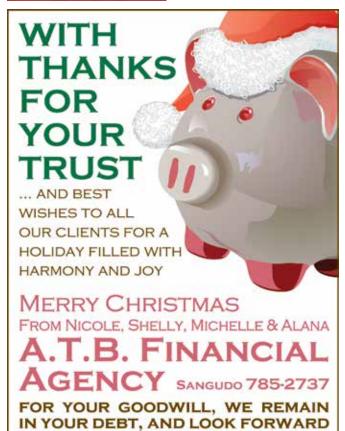
Light the Christmas tree,

Jesus is the King Born for you and me.

Come on, ring those bells.

Every-body say, Jesus, we remember

This your birth-day.



TO SERVING YOU AGAIN NEXT YEAR.



Merry Christmas, and thanks for shopping with us!

As we get set to celebrate another holiday season, we're especially grateful for the kind customers and friends who have made this year so memorable for us. Your loyalty and generosity mean a great deal to us, and we hope this Christmas delivers everything

From your Friends at Beachside Market

Alberta Beach

924-3155

December 21, 2021 Community**VOICE**



in the New Year from the entire Co-op team



Pembina West

Barrhead 674-2201

Mayerthorpe Whitecourt 786-2093 778-3239

DECK THE HALLS

Deck the halls with tide carol. boughs of holly,

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

Fa la la la la, la la la la. Refrain

Don we now our gay apparel,

Fa la la, la la la, la la la. Troll the ancient Yule

Fa la la la la, la la la la. See the blazing Yule before us,

Fa la la la la, la la la la. Strike the harp and join the chorus.

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

Follow me in merry measure,

Fa la la la la, la la la la. While I tell of Yule tide treasure,

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

Fast away the old year passes,

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

Fa la la la la, la la la la.

(Refrain)

Sing we joyous, all together,

Fa la la la la, la la la la. Heedless of the wind and weather.

Fa la la la la, la la la la.

FROM HEAVEN ABOVE TO EARTH I

From heaven above to earth I will gladly sing. come,

To bear good news to every home.

Glad tidings great joy I bring, Whereof I now lowly birth,

To you this night all the earth. is born a Child

Of Mary, chosen highest heaven, of mother mild;

This little Child, of Son hath given!

Shall be the joy of with pious mirth,

Glory to God in all the earth.

Who unto us His

While angels sing A glad New Year to





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from all of us here we wish you a very Merry Christmas and a Ḥappy New Year.

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DO YOU HEAR WHAT I HEAR?

Said the night wind to the little lamb,

"Do you see what I see?

Way up in the sky, little lamb,

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

With a tail as big as a kite,

With a tail as big as a kite."

Said the little lamb to the shepherd boy,

"Do you hear what I hear?

Ringing through the sky, shepherd boy,

Do you hear what I hear?

A song, a song high above the trees

With a voice as big as the the sea,

With a voice as big as

the the sea."

Said the shepherd boy to the mighty king,

"Do you know what I know?

In your palace warm, mighty king,

Do you know what I know?

A Child, a Child shivers in the cold–

Let us bring him silver and gold,

Let us bring him silver and gold."

Said the king to the people everywhere,

"Listen to what I say!

Pray for peace, people, everywhere,

Listen to what I say! The Child, the Child sleeping in the night

He will bring us goodness and light,

He will bring us goodness and light."



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

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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!

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

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

He heard him holler "Stop!"

For Frosty the snownan

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,

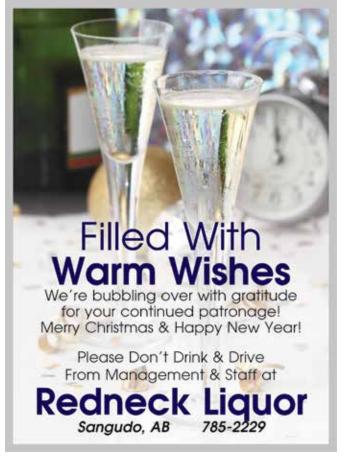
Look at Frosty go.

Thumpetty thump thump,

Thumpety thump thump,

Over the hills of snow.





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 reconciled!

Joyful, all ye nations, rise,

Join the triumph of the skies:

With th' angelic host proclaim

Christ is born in Bethlehem!

Hark! the herald angels sing

Glory to the new-born King!

Christ, by highest heaven adored;

Christ, the everlasting Lord;

Late in time behold him come,

Offspring of the Virgin's womb.

Veiled in flesh the Godhead see;

Hail the incarnate Deity,

Pleased as man with man to dwell;

Jesus, our Emmanuel! Refrain

Mild he lays his glory by, Born that man no more may die,

Born to raise the sons of earth,

Born to give them second birth.

Risen with healing in his wings,

Light and life to all he

brings,

Hail, the Sun of Righteousness!

Hail, the heaven-born Prince of Peace! Refrain

Come, Desire of nations come,

Fix in us Thy humble home;

Rise, the Woman's conquering Seed,

Bruise in us the Serpent's head.

Adam's likeness now efface:

Stamp Thine image in its

place; Second Adam, from above,

Reinstate us in thy love. Refrain







December 21, 2021 Community**VOICE** Page 23

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'swig.

I've warned all my friends and neighbours.

Better watch out for yourselves."

They should never give a license,

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

Grandma got run over by a reindeer,

Walkin' home from our house, Christmas eve.

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

But as for me and Grandpa, we believe.





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 dwelling?

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 stronger.

Fails my heart, I know not how.

I can go no longer.

Ark my footsteps my good page,

Tread thou in them boldly:

Thou shalt find the winter's rage

Freeze thy blood less coldly.

In his master's step he trod,

Where the snow lay dented.

Heat was in the very

sod

Which the saint had printed.

Therefore, Christian men, be sure,

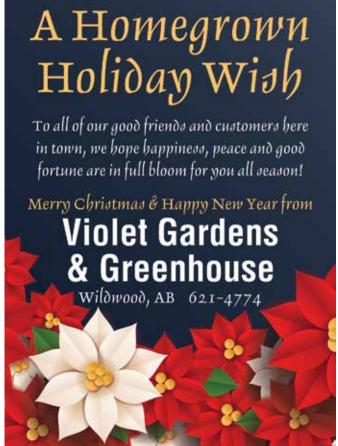
Wealth or rank possessing,

Ye who now will bless the poor

Shall yourselves find blessing.







December 21, 2021 Community**VOICE** Page 25

JINGLE BELLS

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

Over the fields we go, laughing all the way.

Bells on bob-tails ring, making spirits bright,

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

Chorus

Jingle bells, jingle bells, jingle all the way!

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

Jingle bells, jingle bells, jingle all the way!

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

A day or two ago, I thought I'd take a ride

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

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

He got into a drifted bank and we got upsot (Chorus)

A day or two ago, the story 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 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 25, 2021

December 28, 2021

December 27, 2021

January 1, 2022

January 3, 2022

We are open December 24 & 31, 2021 till noon.

TRIUS Insurance & Onoway Registries

Onoway

780-967-5270

AFTER HOURS CLAIMS NUMBERS PER COMPANY

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AVIVA /ELITE
PORTAGE
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NORDIC

1-866-464-2424

1-866-692-8482

1-800-661-3625

1-888-929-2252

1-866-464-2424

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HAVE YOURSELF A MERRY LITTLE **CHRISTMAS**

Have yourself Christmas. Let your heart be light From now on,

our troubles Make the Yulemerry little will be out of tide gay, sight Have yourself

a merry little Christmas,

From now on. troubles our will be miles away.

Here we are as in olden days, Happy golden days of yore. Faithful

friends who are yourself dear to us us once more.

Through the vears We all will be together,

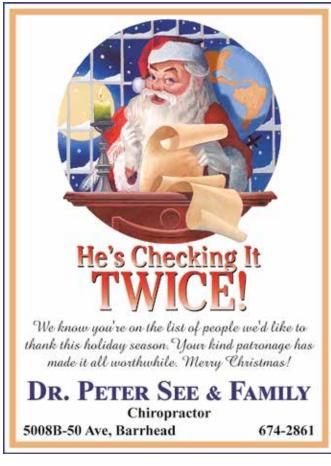
If the Fates allow

Hang a shining star upon the highest bough.

And have

A merry little Gather near to Christmas now.







December 21, 2021 Community**VOICE** Page 27



I HEARD THE BELLS ON CHRISTMAS DAY

I heard the bells on Christmas Day

Their old familiar carols play.

And wild and sweet unbroken song the words repeat

Of Peace on earth, good will to men.

I thought how as the my head:

day had come

The belfries of all earth," I said, Christendom

Had roll'd along th'

Of Peace on earth, good will to men.

"There is no peace on

"For hate is strong and mocks the song,

Of Peace on earth, good will to men."

Then pealed the bells And in despair, I bow'd 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."

HERE COMES SANTA CLAUS

Here comes Santa reins.

Claus!

Here comes Santa Claus!

Right down Santa Claus Lane!

Vixen and Blitzen and all his reindeer

are pulling on the

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 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 Santa jingle jangle,

> What a beautiful sight. Jump in bed, cover up your head,

> 'Cause Santa Claus comes tonight.





HERE WE COME A-WASSAILING

Here we come a-wassailing

Among the leaves so green,

Here we come a-wand'ring

So fair to be seen.

Love and joy come purse to you, Made

And to you your leather skin; wassail, too, We want s

And God bless you, and send you

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

We are not daily beggers

That beg from door to door,

But we are neighbors' children

Whom you have seen before

Love and joy come to you,

And to you your wassail, too,

And God bless you, and send you

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

Good master and good mistress,

As you sit beside the fire,

Pray think of us poor children

Who wander in the mire.

Love and joy come to you,

And to you your

wassail, too,

And God bless you, and send you

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

We have a little purse

Made of ratching leather skin;

We want some of Happy New Year. your small change God bless the m

To line it well within.

Love and joy come to you,

And to you your wassail, too,

And God bless you, and send you

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

Bring us out a table And spread it with a cloth;

Bring us out a cheese,

And of your Christmas loaf.

Love and joy come to you,

And to you your wassail, too,

And God bless you, and send you

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

God bless the master of this house,

Likewise the mistress too;

And all the little

children

That round the table go.

Love and joy come to you,

And to you your wassail, too,

And God bless you, and send you

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





Page 30 Community VOICE December 21, 2021

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 tickle Santa Claus have a peep;

She thought that I was tucked up in my bedroom fast asleep.

Then, I saw Mommy

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.

I SAW THREE SHIPS



I saw three ships come sailing by on Christmas Day, on Christmas Day. I saw three ships

come sailing by on Christmas Day in

the morning. And what was in those ships all three

on Christmas Day, on Christmas Day?

And what was in those ships all three on Christmas Day in the morning?

The Virgin Mary and Christ were there on Christmas Day, on Christmas Day.

The virgin Mary and Christ were there on Christmas Day in

the morning.





December 21, 2021 Community**VOICE** Page 31



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

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 Christ-

You can plan on me Please have snow and

mistletoe

And presents on the tree Christmas Eve will

find me

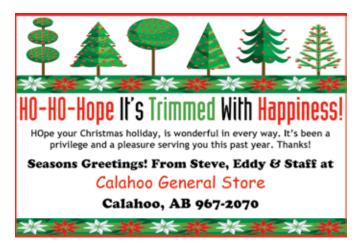
Where the love light

gleams

I'll be home for Christmas

If only in my dreams If only in my dreams

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 onehorse 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.





IT CAME UPON A MIDNIGHT CLEAR

It came upon the midnight clear,

That glorious song of old.

angels From bending near the earth,

To touch harps of gold!

"Peace on the earth, good will to men,

From heaven's all gracious King!

The world in solemn stillness lay,

To hear the angels sing.

Still through the cloven skies they of sin and strife, come,

With wings unfurled,

And still heavenly music their floats,

> O'er all the weary years of wrong; world:

Above its sad and with lowly plains,

They bend on hovering wing.

And ever o'er its Babel sounds.

The blessed angels sing.

Yet with the woes

The world hath peaceful suffered long;

Beneath the antheir gel-strain have rolled,

Two

And man, at war man, hears not,

The love song which they bring: O hush the noise, ve men of strife,

And hear the angels sing.

For lo! the days are hastening on,

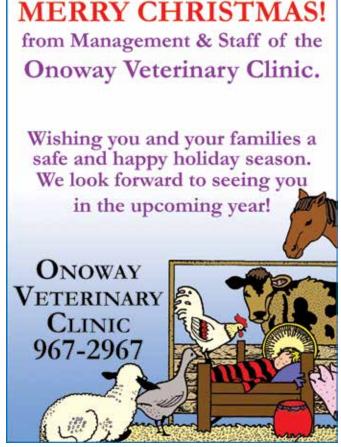
By prophet bards foretold.

When, with the ever-circling years, Shall come the thousand 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.





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 will find 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

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

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.

Joy to the world! the Lord is come;

Let earth receive her King:

Let every heart prepare Him room,

and heaven and nature

and heaven and nature

and heaven, and heaven

and nature sing.

Joy to the earth! the Savior reigns;

Let men their songs em-

while fields and floods, rocks, hills and plains Repeat the sounding joy, Repeat the sounding joy, Repeat, repeat 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,

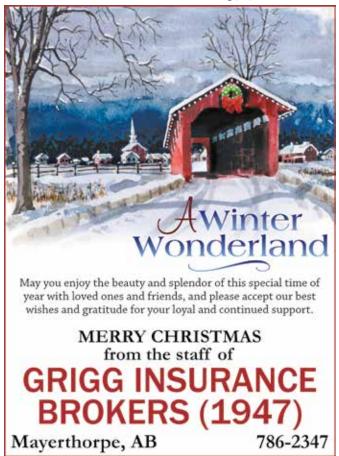
and makes the nations prove

the glories of His righteousness,

and wonders of His love.

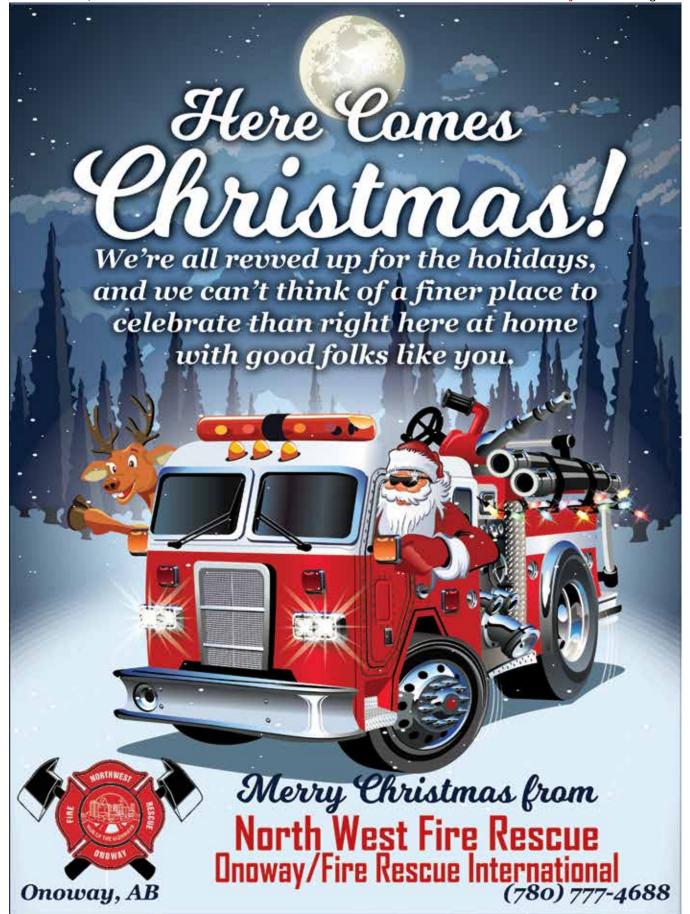
and wonders of His love.

and wonders, wonders of His love.





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Draw For Your Discount 5-50% off Until Dec. 24TH except Bradford Exchange and

Grandfather Clocks

Authorized Dealers Bulova, Citizen, Bering, Caravelle, Accutron

We do Engraving!

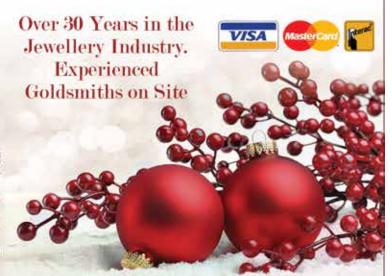


780-960-4200 #102 McLeod Ave (next to Something Else Restaurant), SPRUCE GROVE

Holiday Hours Starting on December 7

Mon - Fri 9:00am - 7:00pm Saturday 11:00am - 5:00pm

Sunday 11:00am - 4:00pm



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,

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,

rum pum pum pum, rum pum pum pum,

Shall I play for you, pa rum 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.







MISTLETOE AND HOLLY

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

Tasty pheasants, Christmas presents,

Countrysides covered with snow.

Oh by gosh, by jingle,

It's time for carols and Kris Kringle.

Overeating, merry greetings

From relatives you don't know.

Then comes that big night,

Giving the tree a trim. You'll hear voices by starlight

Singing yuletide hollers...

Oh by gosh, by golly, It's time for mistletoe and holly. Fancy ties and Grandma's pies

And folks stealing a kiss or two,

As they whisper Merry Christmas to you.

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 iike a hound,

For this is Christmas Day.

Over the river and through the woods

And straight through the barnyard gate.

It seems that we go so

dreadfully slow;

It is so hard to wait.

Over the river and through the woods,

Now Grandma's cap I spy.

Hurrah for fun; the pudding's done;

Hurrah for the pump-kin pie.





OH HOLY NIGHT

Oh holy night! The stars are brightly shining

It is the night of the dear Savior's birth!

lay the Long world in sin and Christ was born error pining

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

A thrill of hope the weary world rejoices

For breaks a new and glorious morn!

Fall on your knees

Oh hear the angel voices

Oh night divine Oh night divine Oh night divine Led by the light of Faith serenely beaming

glowing With hearts by His crayonder dle we stand So led by light peace

of a star sweetly gleaming

wise men from Orient land

The King Oh night when 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

Chains shall He break for the slave Here come the is our brother And in His name oppression all of shall cease Sweet hymns of joy in grateful chorus raise we, Let all within us

praise His holy

name.





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

Santa's got a big red cherry

Who laughs this way: HO HO HO?

Santa laughs this way:

HO HO HO!

HO HO, cherry nose,

Cap on head, suit that's red,

Special night, beard that's white,

Must be Santa must be Santa,

Must be Santa, Santa Claus.

Who very soon will come our way?

Santa very soon will come our way.

Eight little reindeer pull his sleigh,

Santa's little reindeer pull

his sleigh.

Reindeer sleigh, come our way,

HO HO, cherry nose,

Cap on head, suit that's

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, cherry nose,

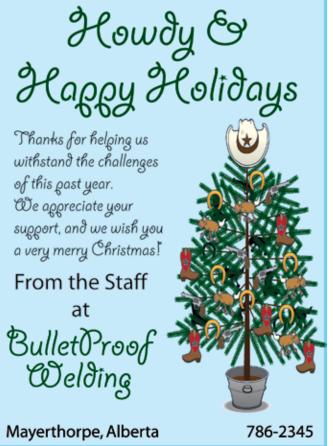
Cap on head, suit that's red,

Special night, beard that's white,

Must be Santa, must be Santa.

Must be Santa, Santa Claus!





NUTTIN' FOR CHRISTMAS

I broke my bat on Johnny's head;

Somebodv snitched on me.

I hid a frog in sister's bed:

S o m e b o d y teacher's chair 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 Dad-

dy are mad.

I'm getting nuttin' snitched on me. for Christmas

nuttin' but bad.

I put a tack on dy are mad.

Somebodv snitched on me.

I tied a knot in Susie's hair

Somebody snitched on me.

I did a dance on Mommy's plants

tore my pants

Filled the sugar bowl with ants

Somebody

So, I'm gettin' nut-'Cause I ain't been tin' for Christmas

Mommy and Dad-

I'm gettin' nuttin' snitched on me. 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 vis-Climbed a tree and it 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

So you better be good whatever you do

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

You'll get nuttin' for Christmas.





OH CHRISTMAS TREE

O Christmas tree, O Christmas tree!

How are thy leaves so verdant!

O Christmas tree, O Christmas tree,

How are thy leaves so verdant!

Not only in the summertime,

But even in winter is thy prime.

O Christmas tree, O

Christmas tree,

How are thy leaves so verdant!

O Christmas tree, O Christmas tree,

Much pleasure doth thou bring me!

O Christmas tree, O Christmas tree,

Much pleasure doth thou bring me!

For every year the Christmas tree.

Brings to us all both brightly! 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

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!

ROCKING AROUND THE CHRISTMAS

Rocking around the Christmas tree

At the Christmas party

Mistletoe hung where you can see

Every couple tries to stop.

Rocking around the Christmas tree,

Let the Christmas spirit

Later we'll have some pumpkin pie

And we'll do some carol-

you will get a sentimental Feeling when you hear Voices singing let's be jol-

Deck the halls with boughs of holly.

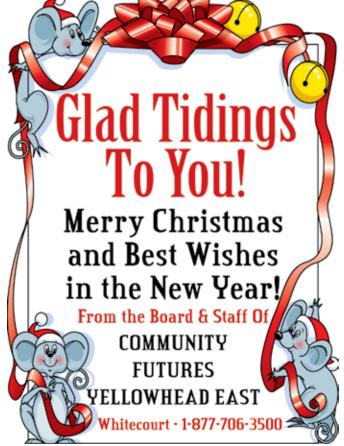
Rocking around the Christmas tree,

Have a happy holiday Everyone dancing mer-

In the new old-fashioned way.







December 21, 2021 Community**VOICE** Page 43

OH COME, ALL YE FAITHFUL

O come, all ye the Lord. faithful, Joyful and tri- Light of Light, umphant,

O come ye, O not the Virgin's come ye to Beth- womb: lehem;

Come and be- Begotten, hold him.

Born the King of angels;

O come, let us adore him,

O come, let us adore him.

O Come, let us above; adore him, Christ

God of God. Lo! he abhors shepherds,

Very God,

created; Refrain

Sing, choirs of angels,

Sing in exultation,

Sing, all ye citizens of heaven

Glory to God

In the highest; We would em-Refrain

See how

Summoned his cradle.

Leaving not flocks, draw nigh Yea, Lord, we to gaze;

We too will thith-

Bend our joyful footsteps; Refrain Child, for us sinners

Poor and in the manger,

brace thee, with the love and awe:

Who would not to live thee.

Loving us SO their dearly? Refrain

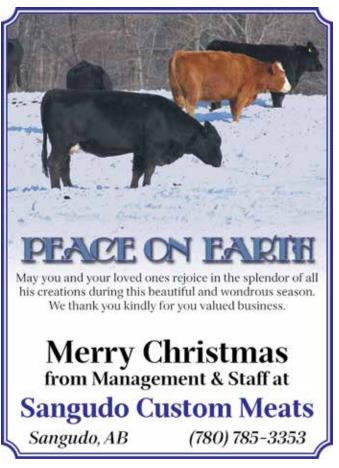
greet thee,

Born this happy morning;

Jesus, to thee be glory given;

Word of the Father.

Now in flesh appearing; Refrain





RUDOLPH THE RED-NOSED REINDEER

Rudolph, the rednosed reindeer

had a very shiny nose. And if you ever saw him.

you would even say it glows.

All of the other rein-

deer

used to laugh and call him names.

They never let poor Rudolph

join in any reindeer games.

Then one foggy Christmas Eve Santa came to say:

"Rudolph with your nose so bright, won't you guide my

sleigh tonight?" Then all the reindeer

loved him

as they shouted out with glee,

Rudolph the rednosed reindeer, you'll go down in history!

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 heavenly in peace.

Sleep in heavenly peace.

Silent night, holy night,

Shepherds quake at the sight,

Glories stream from heaven afar,

Heavely hosts sing alleluia;

Christ the Saviour, is born!

Christ the Saviour, is born!

Silent night, holy night,

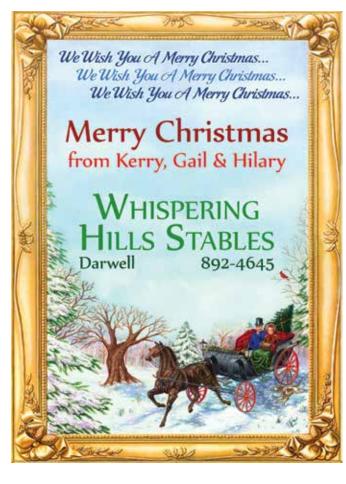
Son of God, love's pure light

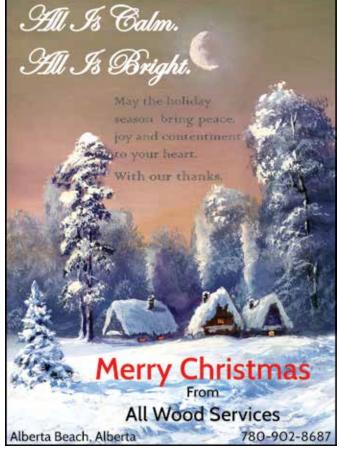
Radiant beams from thy holy face,

With the dawn of redeeming grace,

Jesus, Lord, at thy birth.

Jesus, Lord, at thy birth.





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.

ery, He knows when not you've been bad or good,

So be good for coo, goodness sake! Elep

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

Elephants, boats and Kiddie cars too.

ery Santa Claus is not coming to town.

The kids in Girl and Boy Land will have a jubilee.

They're gonna build a toyland town all around the Christmas tree.

Oh....You better

watch out,

You better not cry.
You better not

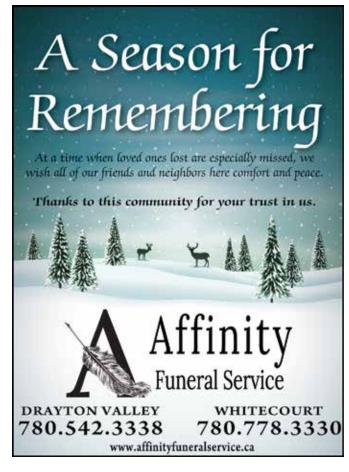
pout,

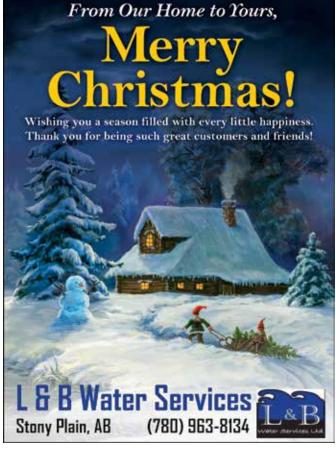
I'm telling you why. Santa Claus is comin'

Santa Claus is comin'

Santa Claus is comin'

To town.





SILVER BELLS

City sidewalks, busy sidewalks

Dressed in holiday style.

In the air

There's a feeling of Christmas.

Children laughing

People passing Meeting smile after smile

And on ev'ry street

corner you'll hear,

Silver bells, silver bells

It's Christmas time in the 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.

STILL, STILL, STII

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 fall-

ing 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.





SLEIGH RIDE

Just hear those sleigh bells jingling Ring ting tingling

Come on, it's lovely weather

For a sleigh ride together with you.

Outside the snow is falling

friends are And` calling "Yoo hoo."

Come on, it's lovely weather

For a sleigh ride together with you.

Giddy up, ģiddy 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'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 to-

gether with you. There's a birthday

At the home of Farmer Gray

It'll be the perfect ending a perfect day

We'll'be singing the

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 the in world can buy,

When they pass around the chocolate

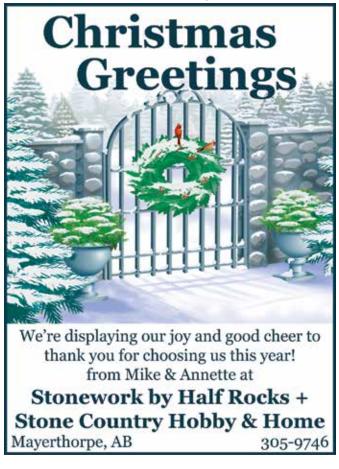
And the pumpkin

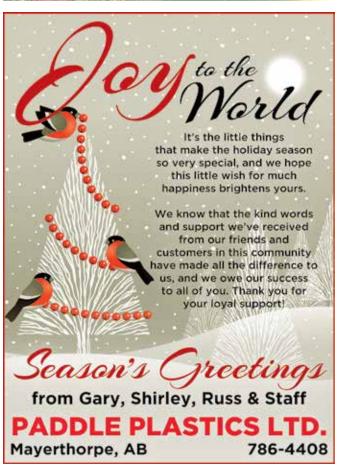
It'll nearly be like a picture print

By Currier and Ives wonderful These things are the things

Continued on page 48







Sleigh Ride

Continued from Page 47

We remember all through our lives! Just \ hear those sleigh bells jingling, Ring ting tingling weather

For a sleigh ride together with you,

Outside the snow is falling

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,

Just grand, It's 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'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.







Morning, noon and night, we hope it's filled with friendship, love and light!

It's the loyal support of this community that has kept our business growing, and we're so excited to celebrate another Christmas here with all of you.

from Korey, Bonnie and Staff of

Sud's Up Car

5300 Lac Ste Anne Trail South 8:00am to 7:00pm Daily

Onoway, AB 967-0022 THANK YOU to all our customers for your support in 2021. We value the trust you show in us and look forward to serving you in 2022.



Merry Christmas &

Happy New Year

Grande Tire

Onoway • 780-967-3432

STAR OF THE EAST

Star of the East, oh Bethlehem star, Guiding us on to heaven afar

Sorrow and grief light

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

Fearless and tranquil, we look up to Thee

Knowing thou be m'st through eternity

Help us to follow Bethlehem's star, where Thou still

dost guide

Pilgrims of earth er loud so wise

Chorus

Star of the East, and lull'd by the thou hope of the soul

> While round us here the dark billows roll

Lead us from sin to glory afar

Thou star of the we see East, thou sweet Bethlehem's star Star of the East, oh What tho' the o'er

storms of riat gath-

Faithful and pure thy rays beam to save

And bright o'er the grave

Smile of a Saviour are mirror'd in Thee

Glimpses of Heav'n in thy light

Guide us still onward to that blessed shore

After earth toil is

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





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 upon their knee, that same star And offered the

Three wise men came from country far;

To seek for a king was their intent,

And to follow the star wherever it went. Refrain

This star drew nigh to the northwest.

O'er Bethlehem it took it rest,

And there it did both stop and stay Right over the place where Jesus lay. Refrain

Then entered in those wise men three Full reverently upon their knee,

And offered there in his presence

Their gold, and myrrh, and frakincense. Refrain

Then let us all with one accord

Sing praises to our heavenly Lord;

That hath made heaven and earth of naught,

And with his blood mankind hath bought. Refrain







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 house-

top

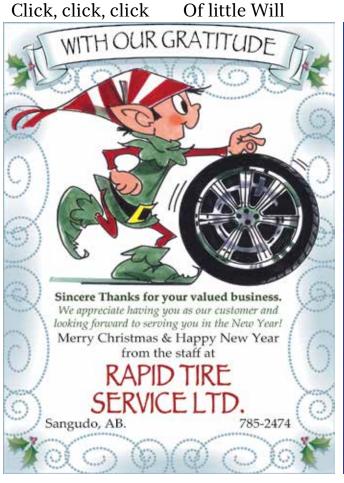
Down thru the chimney with Good Saint Nick First comes the stocking Of little Nell Oh, dear Santa Fill it well Give her a dolly That laughs and cries will One that open And shut her eyes Repeat Chorus Next comes the

stocking

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







HE 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

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

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,

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,

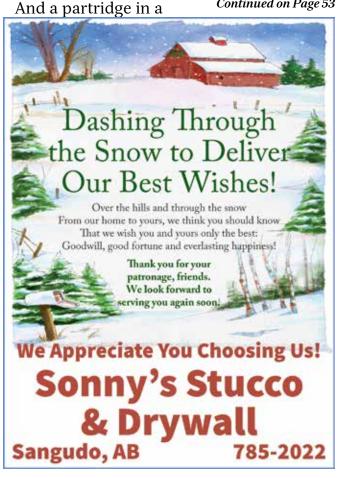
Two turtle doves, And a partridge in a

pear tree. On the ninth day of

Christmas, my true love sent to

Continued on Page 53





me

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THE TWELVE DAYS OF CHRISTMAS

Continued from Page 52

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-milk-ing,

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

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!





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WE WISH YOU A MERRY CHRISTMAS

We wish you a Merry Christ-mas;

We wish you a Merry Christmas;

We wish you a Merry Christ-mas and a Happy New Year.
Good tidings we bring to you

and your kin;
Good tidings
for Christmas
and a Happy
New Year.

Oh, bring us a figgy pudding;

Oh, bring us a figgy pudding;

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

We won't go until we get some;

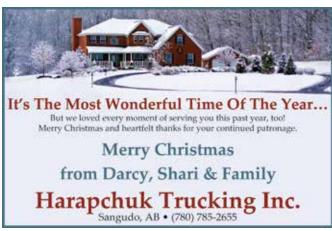
We won't go until we get some;

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

We wish you a Merry Christmas:

We wish you a Merry Christmas:

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







WINTER WONDERLAND

Sleigh bells ring, are you listening, 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 win-

ter wonderland.

In the meadow In the lane, snow we can build a snowman.

> Then that he is Parson Brown

He'll say: Are you married?

We'll say: No man,

the job

When you're in town.

Later conspire, the fire

To face unafraid, The plans that ain't it thrilling, pretend we've made,

> Walking in a winter wonderland.

In the meadow we can build a snowman,

And pretend But you can do that he's a circus clown

> We'll have lots of fun with mister on, we'll snowman,

> > Until the alliga-

As we dream by tors knock him down.

When it snows,

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





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5 WAYS TO SPRUCE UP YOUR SPROUTS THIS HOLIDAY

While your table may not be as crowded with friends and relatives this holiday, there are still plenty of ways to celebrate. Many families can still enjoy more intimate gatherings to share good company and delicious food.

Brussels sprouts have been a staple at holiday dinners for decades. But they're likely not your favourite or first choice when it comes to loading up your plate. Although often steamed or boiled, these mini cabbage looka-likes have more tasty potential than you think.

The truth is that Brussels sprouts have only gotten better over the years, becoming more mellow and nuttier over time rather than the bit-

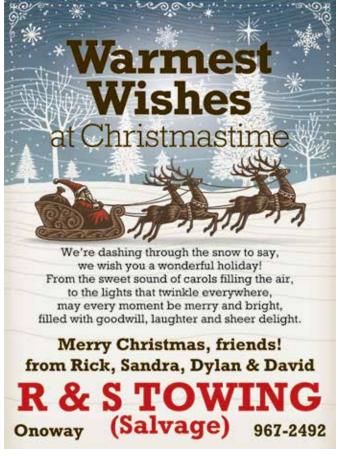
ter, stinky sprouts of your childhood. So, put away the steamer basket and stop guests from pushing them around their plates by giving one of these tips and delicious roasted variations a try.

Continued on Page 57









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5 Ways To Spruce Up Your Sprouts This Holiday

Continued from Page 56

- Start at the store. For the best roasted sprouts, look for larger bright-green heads with tight leaves. Brussels sprouts are currently in season, meaning they're locally grown so you'll be getting the best-possible flavour and nutrients out of your new favourite holiday side.
- Keep it simple. For an easy but far superior alternative to the standard steamed variety, slice sprouts in half and toss in extra virgin olive oil with salt and pepper. Spread them out evenly on a baking

sheet and roast in the oven at 400°F (200°C) for 45 minutes.

- Everything is better with bacon. Toss sprouts in olive oil, salt and pepper and top them with chopped uncooked bacon before roasting them. Craving that sweet and salty mix? Add a few tablespoons of maple syrup when tossing them in olive oil to achieve that perfect maple-bacon flavour.
- Cranberries aren't just for turkey. If bacon isn't your thing, once your simple sprouts are perfectly roasted, toss them with

a mixture of dried cranberries and almonds or walnuts to add an unexpected sweetness and build on their nutty flavour.

Leaf it to the pecorino. Peeling away the leaves of each sprout may seem like a never-ending task, but it's so worth it. Try adding a warm salad to your holiday table by roasting the leaves with olive oil and salt and pepper for 20 minutes or until the leaves are crisp. Toss them in a bowl with grated or shaved pecorino Romano cheese and a squeeze of fresh lemon juice for

a satisfying alternative.

Everything you need for your Holiday feast, including delicious and local Brussels sprouts, is available at your local Loblaws. If you need more time in the kitchen, simply place a PC Express order for easy in- store pickup.







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A DESSERT TO PLEASE SOUL FOOD DEVOTEES



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

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 the following recipe for "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 cob-

Ingredients

bler

• 1 unbaked double

pie crust (see below)

- 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. *Continued on Page 59*





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A Dessert To Please Soul Food Devotees

Continued from Page 58

Set it aside.

- 3. Prepare the pasty for a double-crust pie. Set it aside.
- 4. Combine the peaches, sugar, flour, cinnamon, nutmeg, and allspice in a 4-quart Dutch oven. Allow the mixture to sit until the dry ingredients are dissolved and a syrup forms, about 15 minutes. Bring the peach mixture to a boil over medium heat. Decrease the heat to low and cook until the peaches are tender, about 10 minutes. Remove the mixture from the heat and add the butter.
- 5. Roll out half of the pie 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.





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A HOLIDAY MULE TO WARM UP YOUR GUESTS



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

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

Maple Bourbon Cider Mule Prep time: 5 minutesServes: 1

Ingredients:

- 1/3 cup (75 mL) honeycrisp sweet apple cider
- 2 tbsp (25 mL) bourbon (1 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)

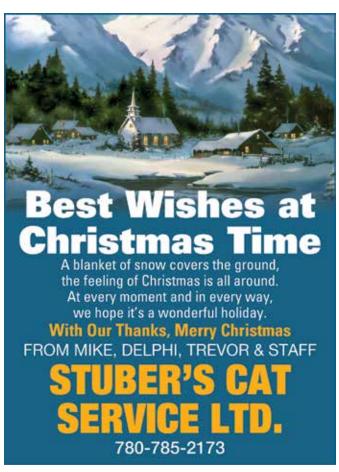
Directions:

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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A MERRY MOCKTAIL FOR THE HOLIDAYS



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) granu-

- lated sugar - 1/2 tsp (2 mL) cinna-
- mon
 1/4 tsp (1 mL) each
- 1/4 tsp (1 mL) each ground allspice and ground cloves

- Pinch (0.5 mL) ground nutmeg
- 1 navel orange (peel on), thinly sliced into rounds
- Half lemon (peel on), thinly sliced into rounds
- 1 bottle (750 mL) PC Red De-Alcoholized Wine with Natural Flavour, chilled
- 2 cups (500 mL) 100% pomegranate juice
- 1 cup (250 mL) pulp-free orange juice
- 1/4 cup (50 mL) frozen pomegranate arils

Directions:

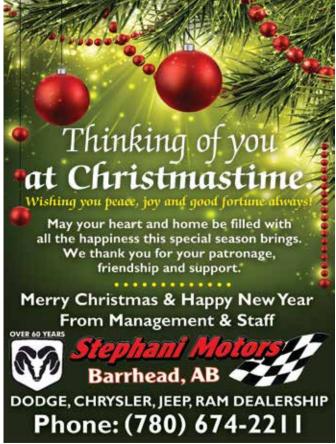
1. Bring sugar, cinnamon, allspice, cloves, nutmeg and 1 cup water to a boil in small saucepan over medium-high heat. Cook, stirring often, until sugar is dissolved; about 2 minutes. Remove from heat; let cool 30 minutes.

Refrigerate syrup until chilled; about 30 minutes.

- 2. Stir together orange, lemon, 1 cup wine, pomegranate juice, orange juice and ¼ cup syrup in 3-L (12 cup) pitcher. Cover and refrigerate one hour or up to 12 hours.
- 3. Stir in frozen pomegranate arils and remaining wine. Divide among wine glasses filled with ice.

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





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Exclusive functional coffee formulated to:

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



A TWIST ON AVOCADO TOAST

The popular brunch staple gets a holiday appetizer makeover in this phyllo-crusted pocket version. The avocado toast is a delicious combo of creamy avocado, fresh tomato, onion and tart lime, and is beautifully paired with a cilantro-sour cream for dipping. Serves eight for less than \$0.70 each.

Avocado Toast Pockets Prep time: 20 minutes Cook time: 10 minutes Serves: 8 (5 pockets each) Ingredients:

- 2 avocados, diced
- 1 plum tomato, seeded and diced
- 1/2 cup (125 mL) frozen corn, thawed
- 1/4 cup (60 mL) minced red onion
- ullet 2 tbsp. (30 mL) lime juice, divided
- 2 tsp (10 mL) chili powder
- 1 garlic clove, grated and

divided

- 1/2 tsp (2 mL) salt, divided
- 6 sheets phyllo pastry
- 2 tbsp. (30 mL) salted butter, melted
- 1 egg, lightly beaten
- 2/3 cup (160 mL) sour
- 1/2 cup (125 mL) cilantro, finely minced

Directions:

- 1. Heat oven to 375F (190C). Line two rimmed baking sheets with parchment.
- 2. Stir together avocado, tomato, corn, red onion, 2 tsp (10 mL) lime juice, chili powder, half the garlic and 1/4 tsp (1 mL) salt in a medium bowl.
- 3. On clean counter top, place one sheet of pastry. Brush evenly with butter and top with another sheet, smoothing to flatten. Brush second sheet with butter and top with a third sheet.

Cut sheet along the long edge into 5 even strips. Cut each strip in half crosswise and in half again to make 4, 3-inch (8 cm) squares. Repeat with remaining strips.

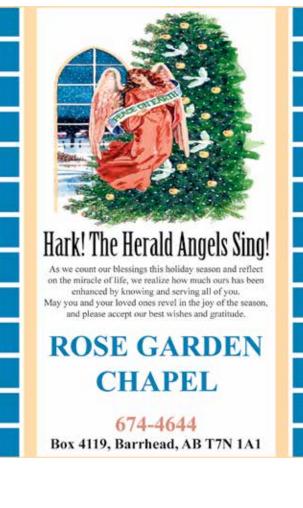
4. Fill one half of each square with 1 tbsp. (15 mL) filling, leaving a 1/2 inch (1 cm) border. Brush border with egg wash. Fold pointed edge of unfilled half over to create a triangle and press

firmly to adhere to eggwashed edges. Place on prepared sheet and brush triangles with egg wash. Bake until golden; about 10 minutes. Repeat with remaining pastry sheets and filling.

4. Meanwhile, mix sour cream, cilantro, remaining lime juice, garlic and salt in a small bowl. Serve with pockets.







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Happy Holidays & Best Wishes!

of you in the New Year.



Barrhead, AB 674-2551

A LESS TRADITIONAL YET TASTY TAKE ON A HOLIDAY DINNER

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

Winter Fruit-Stuffed Pork Tenderloin Serves 8

Ingredients

• 1/2 cup dried apricots

1/2 cup dried

cherries

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

Directions

- 1. Mince the apricots, cherries and figs by hand or in a food processor.
- 2. Slice the tenderloins lengthwise, almost all the way through. Open them up and lay them flat. Place

each tenderloin on a large piece of plastic wrap. Cover with another piece of plastic wrap and pound each piece of meat with a meat tenderizer until it is about 1/2-inch thick. Remove the top piece of plastic.

3. Season the surface of the pork with the salt and pepper. Divide the fruit mixture in half and spread evenly on the cut surface of each tenderloin. Top each with half of the cheese. Roll up each tenderloin, using the bottom piece of plastic to help you, tucking in the fruit and cheese as you go. Tie kitchen string every 2 inches around the tenderloins, continuing to push in any fruit or cheese that may fall out.



Wherever you spend your holiday, may it leave you joyous and filled with laughter! We truly appreciate your visiting us this past year.

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Christmas
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A QUICK AND DELICIOUS HOLIDAY DESSERT CHOCOLATE STRAWBERRY PIE

The holiday season is synonymous with many things, including delicious foods. While Thanksgiving turkeys or Christmas geese will be found on many a table this holiday season, baked goods and desserts are what many people look forward to this time of year.

Holiday hosts with a lot on their plates might not have the time to prepare homemade baked goods for their guests. Thankfully, the following recipe for "Chocolate-Strawberry Pie" from Addie Gundry's "No-Bake Desserts" (St. Martin's Press) can be prepared in just 15 minutes, all without turning on the oven.

Chocolate-Strawberry Pie Yields 1 pie

1 pint fresh strawberries, washed, trimmed and halved

1 store-bought (or home-made) chocolate cookie pie

2/3 cup sugar

1/4 cup cornstarch

2 tablespoons unsweetened cocoa powder

1/4 teaspoon minced crystallized ginger

1/8 teaspoon ground nut-

Pinch of kosher or sea salt 6 large egg yolks

21/2 cups half-and-half

6 ounces bittersweet or semisweet chocolate, chopped

1/2 tablespoon rum extract

1 teaspoon vanilla extract Additional strawberries for garnish (optional)

1. Place the strawberry halves in a single layer in the bottom of the pie crust.

2. In a medium saucepan, whisk together the sugar, cornstarch, cocoa powder, ginger, nutmeg, and salt over medium heat.

3. Whisk in the egg yolks to create a thick paste. Gradually whisk in the half-and-half until the mixture thickens, about 5 minutes. Bring to a boil and cook for 1 minute. Remove from the heat.

4. Add the chocolate and whisk until combined. Add the rum and vanilla extracts. Cool the mixture for 4 minutes.

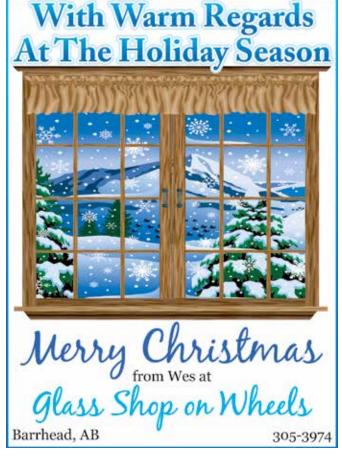
5. Pour the filling over the strawberries and up to the top of the crust. Chill the pie for 2 hours or until set.

6. Garnish with additional strawberries, if desired.

We hope
you have a
wonderful
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Thank you for
being so good
to us this year.
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A SWEET AND SPICY MOCKTAIL TO ENJOY THIS SEASON



Tired of too-sweet mocktails? This booze-less option is made with sugar-free ginger ale flavoured sparkling water and naturally sweetened with honey syrup and pomegranate juice.

The result is a subtle, sweet and spiced sipper you'll want to make all season long. If you want to add alcohol, try a splash of white rum or vodka.

"You'll make more spiced honey syrup than you need for four mocktails, but the leftovers will keep in the fridge," shares Michelle Pennock, executive chef for the President's Choice test kitchen. "Use it to sweeten coffee, tea or sparkling water, or brush over cake layers before icing to keep the cake extra moist."

Sparkling Ginger Pomegranate Mocktails

Prep time: 10 minutes Cook time: 15 minutes Serves: 4 Ingredients:

Spiced Honey Syrup:

- 4 black peppercorns
- 3 whole cloves
- 1 each cinnamon stick and star anise
- 1 piece (about 3 inches/7.5 cm) fresh ginger, sliced
- 2/3 cup (167 mL) honey

Mocktails:

- 1 ½ cups (375 mL) ice cubes
- 1 cup (250 mL) 100 per cent pomegranate juice
- ½ cup (125 mL) spiced honey syrup
- ½ cup (125 mL) PC ginger ale flavour sparkling water
- 4 sprigs fresh rosemary
- 8 pieces crystallized ginger (optional)

Directions:

1. To make the spiced honey syrup, combine peppercorns, cloves, cinnamon stick, star anise, fresh ginger, honey, and 1 cup water in a small saucepan. Bring to a boil; reduce heat to a simmer and cook 10 minutes. Discard star anise. Let cool to room temperature. Discard peppercorns, cloves, cinnamon stick and ginger. Tip: Refrigerate in sealed jar or airtight container up to one week.

- 2. To make the mocktails, divide ice among glasses. Pour ¼ cup pomegranate juice and 2 tbsp spiced honey syrup into each glass. Top with sparkling water, dividing evenly. Stir to combine.
- 3. Garnish glasses with rosemary sprigs. If using, thread crystallized ginger onto wooden cocktail skewers and place in glasses.



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ALMOND CHICKEN & STRAWBERRY-BALSAMIC SAUCE



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

shallots

- 1/3 cup reduced-sodium chicken broth
- 1/3 cup strawberry preserves
- tablespoons balsamic vinegar
- tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed
- package 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.





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AN ICE CREAM CAKE TO SERVE ALL HOLIDAY LONG

Ice cream nestled on cake and wrapped in toasted meringue is so irresistible. We're struggling to figure out why the baked Alaska disappeared from popular culture in the '60s.

As luck would have it, this impressive layered dessert is poised for a comeback, and we're leaning into it hard with our peppermint hot chocolate-inspired version.

"This delicious dessert is the perfect way to finish off a festive celebration or indulge in a little weekday treat," says Michelle Pennock, executive chef for the President's Choice test kitchen. "If you're feeling a little extra decorative, top with crushed candy canes or festive sprinkles."

Peppermint Hot Chocolate Baked Alaska

Prep time: 30 minutes Cook time: 20 minutes Serves: 10 Ingredients:

Cake:

- 1/3 cup (83 mL) each all-purpose flour and cocoa powder
- 1/4 tsp (1 mL) baking powder
- 1 large egg
- 1/2 cup (125 mL) granulated sugar
- 1/4 cup (60 mL) vegetable oil
- 4 cups (1 L) PC peppermint hot chocolate ice cream, softened at room temperature for 20 minutes

Meringue:

- 3 large egg whites
- 1/2 tsp (2 mL) cream of tartar
- 3/4 cup (188 mL) granulated sugar Directions:
- 1. For the cake, begin by preheating oven to 350°F (180°C). Line bottom and sides of 9- x 5-inch (2 L) loaf pan with parchment paper, leaving 1-inch (2.5 cm) overhang on two opposite sides.
- 2. Whisk together flour, cocoa powder and baking powder in small bowl; set aside. Whisk together egg, sugar and oil in large bowl. Add flour mixture to egg mixture and stir with wooden spoon or rubber spatula until smooth. Scrape into prepared loaf pan, smoothing top.
- 3. Bake until puffed and toothpick inserted in centre comes out with a few small crumbs attached, 18 to 20 minutes. Let cool completely.



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An Ice Cream Cake To Serve All Holiday Long

Continued from Page 68

- 4. Scrape softened ice cream over top of cooled chocolate layer, smoothing top. Freeze until firm, about 4 hours.
- 5. For the meringue, beat egg whites with cream of tartar in separate large bowl using electric hand-mixer on high speed until soft peaks form. Reduce speed to medium high and gradually beat in sugar, 1 tbsp (15 mL) at a time. Increase speed to high, beat until glossy and stiff peaks form, about 1 minute.
- 6. To assemble the baked Alaska, line baking sheet with foil. Lifting with parchment, remove

cake from pan; peel off parchment and place cake on prepared baking sheet. Spread meringue all over top and sides of cake, making layer on top of ice cream thicker than sides. Using back of spoon, make swirly peaks in meringue. Freeze 30 minutes.

- 7. Preheat broiler to high. Broil cake on middle rack, rotating baking sheet once or twice to toast evenly, until meringue peaks are golden, 1 to 2 minutes. Watch closely or broil with oven door slightly ajar to ensure meringue doesn't burn.
- 8. Cut into 10 slices. Serve immediately.

Tip: For mini baked Alaskas, divide the chocolate batter among 10 greased wells of standard muffin tin and bake on middle rack of 350°F (180°C) oven 10 to 12 minutes. Let cool, then remove to a foil-

lined baking sheet and top each round with a scoop of ice cream, dividing evenly. Freeze 2 hours, then spread meringue all over tops and sides. Freeze 30 minutes. Broil as directed in recipe above.







APPLE-STUFFED PORK TENDERLOINS

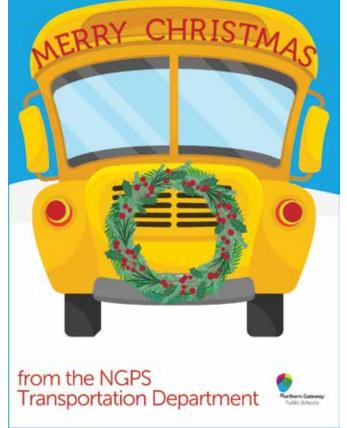
- Prep: 25 min. Bake: 25 min. + standing
- Yield: 8 Servings
 Ingredients
- 1 medium apple,

peeled and chopped

- 1 small onion, chopped
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 pork tenderloins (1 pound each)
- SAUCE:
- 1 cup unsweetened apple juice
- 1 cup pomegranate juice
- 1 tablespoon Dijon mustard
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 tablespoon minced fresh parsley Directions
- In a small skillet, saute apple and onion in oil until tender. Add the garlic, salt and pepper; cook 1 minute longer. Remove from the heat.
- Make a lengthwise slit down the center of each tenderloin to within 1/2 in. of bottom. Open tenderloins so they lie flat; cover with plastic

wrap. Flatten to 3/4-in. thickness.

- Remove plastic; spread apple mixture over meat. Close tenderloins; tie with kitchen string and secure ends with toothpicks. Place in an ungreased 13-in. x 9-in. baking dish. Bake, uncovered, at 425° for 15 minutes.
- Meanwhile, in a small saucepan, combine the juices and mustard. Bring to a boil; cook for 5 minutes, stirring occasionally. Combine cornstarch and water until smooth; gradually stir into juice mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in parsley.
- Pour 3/4 cup sauce over tenderloins. Bake 10-15 minutes longer or until a meat thermometer reads 160°. Let stand for 10 minutes before slicing. Serve with remaining sauce. Yield: 8 servings.







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BACON SPINACH STRATA



the bread cubes and 1/2

cup Swiss cheese in a greased 13-in. x 9-in.

baking dish. Layer with

Prep: 30 min. + chilling Bake: 45 min. + standing Yield: 12 Servings Ingredients

- 1 package (8 ounces) sliced mush-rooms
- 1 bunch green onions, sliced
- 2 teaspoons canola oil
- 1 loaf (1 pound) day old bread, cut into 3/4-inch cubes
- 1 cup (4 ounces) shredded Swiss cheese
- 1 package (1 pound) sliced bacon, cooked and crumbled
- 2 cups (8 ounces) shredded cheddar cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
 - 9 eggs
- 3 cups milk
- 1/2 teaspoon each onion powder, garlic powder and ground mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

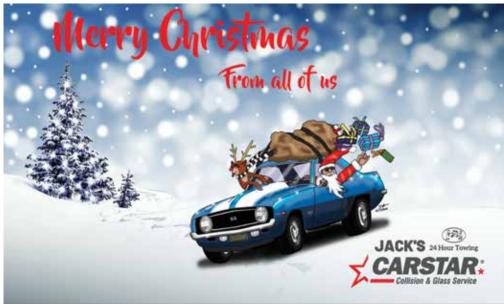
Directions

• In a large skillet, saute mushrooms and onions in oil until tender. Place half of bacon, cheddar cheese, mushroom mixture, spinach and remaining Swiss cheese and bread cubes.

- In a large bowl, combine the eggs, milk and seasonings. Pour over casserole. Cover and refrigerate overnight.
- Remove from the refrigerator 30

minutes before baking. Bake, uncovered, at 375° for 45-55 minutes or until a knife inserted near the center comes out clean (cover loosely with foil if top browns too quickly). Let stand for 10 minutes before cutting. Yield: 12 servings.





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 pow-
- •1/8 teaspoon salt
- •1/2 cup soft bread crumbs Directions
- •Cut an "X" in the core of each brussels sprout. Place in a large saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and

simmer for 8-10 minutes or until crisp-tender.

·Meanwhile, in a large ovenproof skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 2 tablespoons drippings.

 Saute onion in drippings until tender. Stir in the vinegar, mustard, garlic powder, salt, brussels sprouts and bacon; cook 2-3 minutes longer.

Sprinkle with bread crumbs; broil 4-6 in. from the heat for 2-3 minutes or until golden brown. Yield: 8 servings.

APPLE RYE DRESSING

- •Prep: 30 min. Bake: 50 min.
- ·Yield: 12 Servings Ingredients
- •1 pound bulk pork sausage
- •4 celery ribs, finely chopped
- •2 large onions, finely chopped
- •1 loaf (1 pound) rye bread, cubed
- •1/2 cup butter, melted

- •2 teaspoons seasoned salt
- •3 cups chopped tart apples
- •1 cup chopped walnuts
- •1 cup raisins
- •1 cup unsweetened apple juice
- •1/2 cup water
- Directions

•In a large skillet, cook the sausage, celery and onions over medium heat until meat is no longer pink;

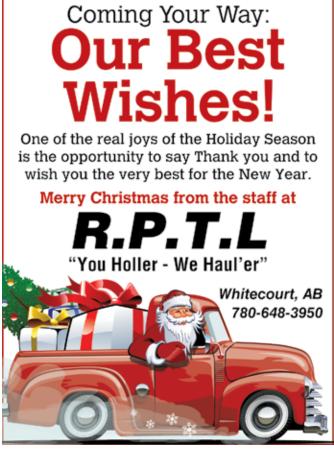
drain and set aside.

- •In a large bowl, toss the bread cubes with butter and seasoned salt. Transfer to a 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 300° for 10-15 minutes or until lightly toasted.
- •In a large bowl, combine the sausage mixture, apples, walnuts, raisins, apple juice and water. Add toasted bread cubes; stir to com-

bine.

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





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BEEF TENDERLOIN WITH POTATOES



per.

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

Ingredients

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

Directions

- In a small bowl, combine the first five ingredients. Pour half of the marinade into a large resealable plastic bag. Pierce tenderloin in several places; add to the bag and turn to coat. Seal and refrigerate for 8 hours or overnight. Cover and refrigerate remaining marinade for basting.
- Place potatoes in a large saucepan and cover with water. Bring to a boil; cook for 15-20 minutes or until

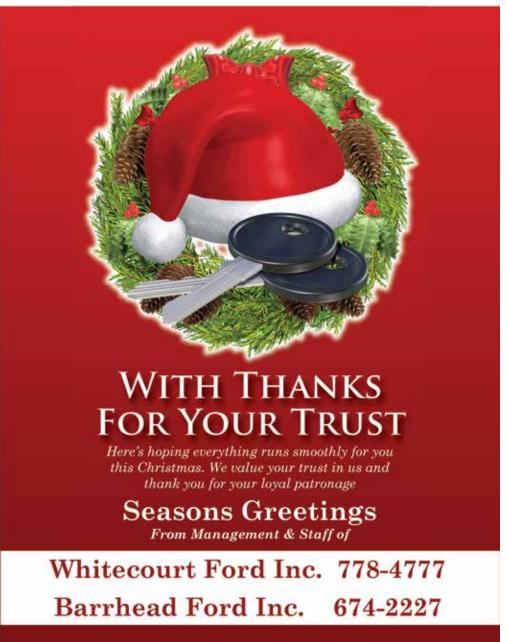
crisp-tender. Drain; toss with butter, salt and pep-

• Drain and discard marinade. Place

tenderloin on a rack in a shallow roasting pan. Arrange potatoes around meat.

Bake, uncovered, at 375° for 60-75 minutes or until beef reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), bast-

ing occasionally with reserved marinade. Let stand for 10 minutes before slicing; serve with pan juices and potatoes. Yield: 10-12 servings.



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CELEBRATE A POPULAR CHOCOLATE DESSERT



It is hard to determine who created the brownie, but dessert devotees no doubt appreciation that individual's now beloved creation.

Brownies are one of

North America's favorite baked treats. They actually are classified as a bar cookie rather than a cake, and the dessert earned its name from the deep, brown color of its main ingredient.

There have been many variations on the brownie through the years, and the lively debate whether crunchy end pieces or chewy middle slices are preferred continues. There may be less debate about how flavorful it can be to mix cheesecake with brownies, which is just what happens in this recipe for "Marbled Chocolate Cheesecake Brownies" from "Chocolate" (Love Food), by the editors of Parragon Books, Ltd.

Marled Chocolate Cheesecake Brownies Makes 12

3/4 cup unsalted butter, plus extra for greasing

3 tablespoons unsweetened cocoa

1 cup superfine sugar 2 eggs, beaten 1 cup all-purpose flour Cheesecake mix 1 cup ricotta cheese 3 tablespoons superfine sugar

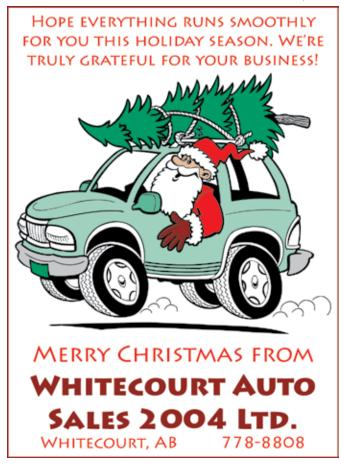
1 egg beaten

Preheat the oven to 350 F. Grease an 11 x 7-inch cake pan and line with parchment paper.

Melt the butter in a medium saucepan, remove from the heat, and stir in the unsweetened cocoa and the sugar. Beat in the eggs, then add the flour, and stir to mix evenly. Pour into the prepared pan.

For the cheesecake mix, beat together the ricotta, sugar and egg, then drop teaspoonfuls of the mixture over the chocolate mixture. Use a metal spatula to swirl the two mixtures tightly together.

Bake for 40 to 45 minutes, until just firm to the touch. Cool in the pan, then cut into bars or squares.





CHAI SPICE GIRLS



Yield: 18 to 20 cookies Prep: 25 mins Chill: 3 hrs Bake: 350°F 12 mins

Ingredients

- 2 spiced chai-flavored tea bags
- 3 cups all-purpose flour
- 2 teaspoons pumpkin pie spice
- 1 1/2 cups butter, softened
- 1 cup sugar
- 2 egg yolks
- 2 tablespoons

molasses

• 1 recipe Powdered Sugar Icing (see recipe below)

Directions

- 1. Remove tea bag contents (3 teaspoons); discard bags. In medium bowl combine tea, flour, and pumpkin pie spice; set aside.
- 2. In large mixing bowl beat butter on medium to high 30 seconds. Add sugar; beat until light and fluffy. Beat in egg yolks

and molasses. Beat in as much of the flour mixture as you can; stir in remaining flour. Divide dough in half. Cover and refrigerate about 3 hours or until easy to handle.

- 3. Preheat oven to 350 degrees F. Grease cookie sheets or line with parchment paper. On lightly floured surface, roll half of the dough at a time until 1/4-inch thickness. Cut dough with 4-inch gingerbread girl cutters.
- 4. Bake 12 minutes or until edges are lightly browned. Cool on cookie sheets 2 minutes. Transfer to rack to cool completely. Decorate with Powdered Sugar Icing. Makes 18 to 20 cookies.

Storage: Layer cookies between waxed paper is covered airtight container. Store at room temperature up to 3 days or freeze up to 3 months.

Powdered Sugar Icing Yield: Makes about 1/2 cup.

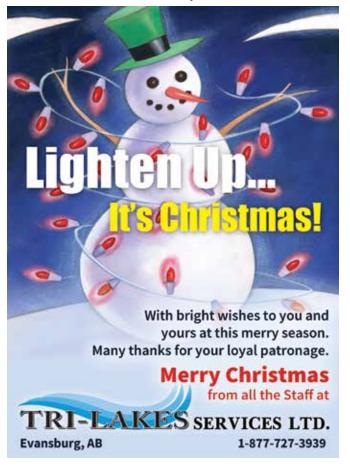
Ingredients

- 1 1/2 cups powdered sugar
- 1/4 teaspoon vanilla or almond extract
- 3 4 teaspoons milk

Directions

1. In a small bowl stir together powdered sugar, vanilla or almond extract, and enough milk (3 to 4 teaspoons) to make icing drizzling consistency.





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



The holidays are a busy time for families, between shopping for the perfect gift, hosting out-of-town guests, attending get-togethers and baking. Not only is baking a quintessential part of the festive season, but it is also a delicious way to spend a wintery day indoors with friends and family. Be ready to bake whenever the weather is cold or the kids

need a fun activity by using Becel Sticks, a convenient 1:1 swap for butter that are ready to use straight from the fridge.

Perfect for little bakers, try this recipe for hot chocolate cookie cups. Inspired by a steaming hot cup of cocoa, these mini chocolate chip cookies are topped with marsh-

mallows and finished with a pretzel "handle."

Hot Chocolate Cookie Cups

Prep time: 15 minutes Cook time: 10 minutes Makes: 60 cookies Ingredients:

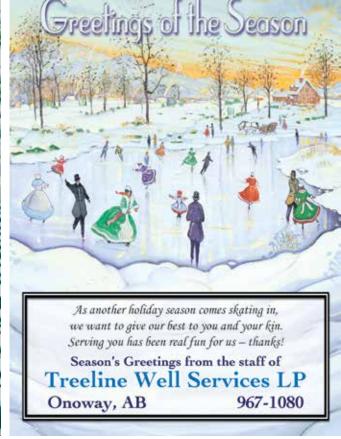
- 2 ¼ cups (550 mL) all-purpose flour
- 1 tsp (5 mL) baking soda
- ½ tsp (2 mL) salt

- 1 cup (250 mL) (2 sticks) Becel unsalted margarine sticks
- 1 cup (250 mL) firmly packed light brown sugar
- ¼ 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
- 1 ½ cups (375 mL) mini marshmallows (3 per cup)
- 30 mini pretzels Directions:
- 1. Preheat oven to 375°F (190° C). Combine flour, baking soda and salt in medium bowl; set aside.
- 2. Beat margarine sticks with sugars in large bowl. Beat in eggs and vanilla un-

til blended. Gradually add in flour mixture; beat just until blended. Stir in ½ cup (125 mL) chocolate chips, cocoa powder and cinnamon. Drop by tablespoonfuls into greased mini muffin pans.

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





GINGERBREAD PANCAKES



• Prep/Total Time: 20 min.

• Yield: 3 Servings

Ingredients

• 1 cup all-purpose flour

• 2 tablespoons

sugar

• 1 teaspoon baking powder

• 1/2 teaspoon ground cinnamon

• 1/4 teaspoon ground ginger

1/4 teaspoon

ground allspice

- 1 egg
- 3/4 cup 2% milk
- 2 tablespoons molasses
- 1 tablespoon canola oil
- 6 tablespoons maple pancake syrup
- 3/4 cup apple pie filling, warmed
- 3 tablespoons dried cranberries Directions
- In a large bowl, combine the first six ingredients. Combine the egg, milk, molasses and oil; stir into dry ingredients just until moistened.

- Pour batter by 1/4 cupfuls onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown.
- To serve, place two pancakes on each plate; drizzle with 2 tablespoons syrup. Top with 1/4 cup apple pie filling; sprinkle with cranberries. Yield: 3 servings.





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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

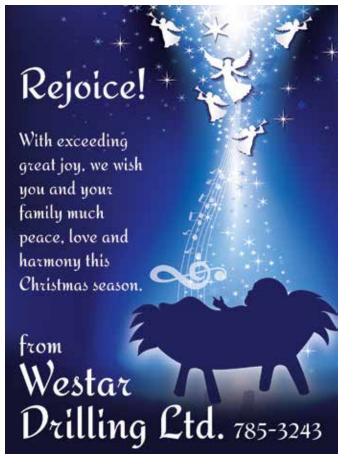
- 2 cups (12-oz. package) Nestlé® Toll House® Semi-Sweet Chocolate Morsels
- 1 can (14 oz.)
 Nestlé® Carnation®
 Sweetened Condensed
 Milk
- 1 cup chopped walnuts
- 1 teaspoon vanilla extract
 Directions
 Line an 8- or 9-inch

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.

n (14 oz.) Spread evenly into Carnation® the prepared baking Condensed pan. Refrigerate for 2 hours or until firm. Lift p chopped from the pan; remove the foil. Cut into 48 spoon va-pieces.





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GOURMET SNACK IDEAS FOR THOSE WITH A SWEET TOOTH

We all find ourselves craving sweets from time to time. Chances are when you want to indulge, it's usually on a decadent cake or chocolate bar. Instead of spending money on a store-bought treat, why not enjoy the taste of indulgence right at home?

This gourmet snack idea won't break the bank and is sure to impress your family. A fun take on cheesecake, it combines toffee, sweet and salty kettlecorn popcorn and chocolate for an easy-to-eat dessert. You still get

the rich and creamy texture like you would from a cheesecake but with an added crunch from the popcorn.

Popcorn - Coated Cheesecake on a Stick:

Prep time: 20 minutes Serves: 8

Ingredients:

- 8 slices large prepared frozen cheesecake
- 1 bag (220 g) Orville Redenbacher sweet and salty ready-to-eat kettlecorn, coarsely chopped
- 1 cup (250 mL) sponge toffee pieces
- 1 lb (450 g) dark chocolate, melted

Directions:

1. Skewer widest end of each cheesecake

slice with an ice pop or wooden craft stick; freeze until firm.

- 2. In shallow dish, stir together kettle corn and sponge toffee. Place melted chocolate in bowl; dip each cheese-cake slice into melted chocolate, shaking any excess chocolate back into bowl. Coat in popcorn mixture.
- 3. Transfer to parchment paper-lined baking sheet. Freeze for about 10 minutes or until chocolate hardens.







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HEARTY LASAGNA CAN FEED HOLIDAY CROWDS

Millions of people take to the roads, rails and skies to make it home for the holidays. Plenty of hosts and hostesses open their homes to well-traveled relatives and close friends during the holiday season, sometimes providing accommodations for several days. During this season of entertaining, it is helpful to have several go-to recipes that can feed a houseful of guests on hand.

The recipe for "Lasagna With Broccoli and Three Cheeses" from "Real Simple: Dinner Tonight, Done!" (Time Home Entertainment) from the editors of Real Simple is sure to stick to guests' ribs on wintry nights. With only 15 minutes of preparation time, this dish gets popped in the oven and can be enjoyed an hour later.

Lasagna With Broccoli and Three Cheeses

Serves 4 Ingredients

- 1 15-ounce container ricotta
- 1 pound frozen broccoli florets - thawed, patted dry, and chopped
- 21/4 cups grated mozzarella
- 1/2 cup grated Parmesan
- Kosher salt and black pepper
- 1 16-ounce jar marinara sauce
- 1/2 cup heavy cream
- 8 no-boil lasagna noodles
- 2 tablespoons olive oil, plus more for the foil

- 4 cups mixed greens
- 1 tablespoon fresh lemon juice

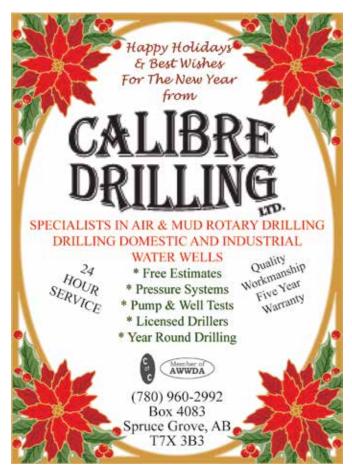
Directions

- 1. Heat oven to 400 F. In a large bowl, combine the ricotta, broccoli, 2 cups of the mozzarella, 1/4 cup of the Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper. In a small bowl, combine the marinara sauce and cream.
- 2. Spoon a thin layer of the sauce into the bottom of an 8-inch square baking dish. Top with 2 noodles, a quarter of the remaining sauce, and a third of the broccoli mixture; repeat twice. Top with the remaining 2 noodles and sauce. Sprinkle with the remaining 1/4 cup of mozzarella and 1/4 cup of Parmesan.
- 3. Cover the lasagna tightly with an oiled piece of foil and bake until the noodles are tender, 35 to 40 minutes. Uncover and bake until golden brown,

mixed 10 to 15 minutes more.

4. Toss the greens with the oil, lemon juice, and 1/4 teaspoon each salt

and pepper. Serve with the lasagna.





HOLIDAY CREPE CAKE

Serves 8 to 10 Prep Time 20 minutes Cooking Time 30 minutes Ingredients: For the crepe batter 3/4 cup all-purpose flour 1/4 cup whole-wheat flour

1/2 teaspoon salt 1/4 cup sugar 3/4 cup milk

3/4 cup water

1/4 cup melted butter
5 small eggs
2 tablespoons rum
2 tablespoons oil
For the crepe filling
2 packages vanilla pudding
mix, prepared according to
package directions

(for a thicker pudding, use less water)

1 cup whipped cream

For the topping

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

11/4 cups sugar

confectioners' sugar for dusting

Procedure:

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

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

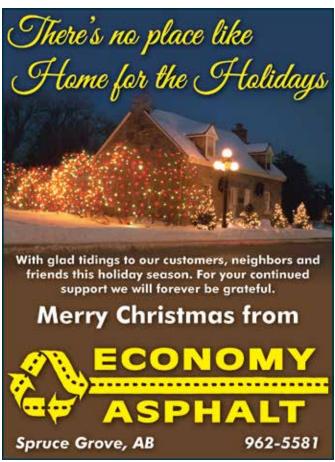
3 Make crepe filling: In a bowl, place prepared pudding mix. Gently fold in whipped cream.

4 Make berry topping: Place berries and sugar in a saucepan. Boil until syrupy. Let cool and set aside.

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

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







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IMPRESS GUESTS WITH THIS INNOVATIVE BAKED CHEESE APPETIZER

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.







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PEANUT BUTTER BLOSSOMS



Makes: 54 serv-

Yield: 54 cookies

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

• 1/2 cup shortening

• 1/2 cup peanut butter

1/2 cup

granulated sugar

• 1/2 cup packed brown sugar

• 1 teaspoon baking powder

• 1/8 teaspoon baking soda

1 egg

• 2 tablespoons milk

• 1 teaspoon vanilla

 $1 \quad 3/4 \quad \text{cups}$

all-purpose flour

• 1/4 cup granulated sugar

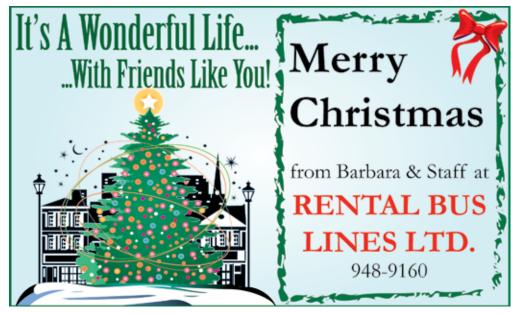
• Chocolate kisses or stars

Directions

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

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

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





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PEPPERMINT CREAM BITES



Yield: 30 rounds Prep: 20 mins Bake: 350°F 8 mins Freeze: 45 mins Cool: 15 mins Ingredients

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

- 2 tablespoons butter, softened
- 2 tablespoons milk
- 1 teaspoon peppermint extract
- 6 ounces bittersweet chocolate, chopped
- 2 teaspoons shortening Directions
- 1. Preheat oven to 350 degrees F. Line an 8x8x2-inch baking pan with foil, extending foil over edges of pan; set aside.
- 2. In a medium bowl combine crushed cookies and melted butter. Press mixture into the bottom

of prepared pan. Bake for 8 minutes. Cool slightly in pan on a wire rack.

- 3. Meanwhile, in a food processor combine powdered sugar and softened butter. Cover and process until butter is evenly distributed. With processor running, add milk and peppermint extract through feed tube until a paste forms. Spread peppermint mixture evenly over prepared crust. Freeze for 45 minutes.
- 4. In a medium microwave-safe bowl combine chopped chocolate and shortening. Microwave on 100 percent power (high) about 1 minute or until chocolate is melted, stirring once. Let choco-

late cool for 15 minutes. Pour chocolate over peppermint layer, spreading evenly. Using the edges of the foil, lift uncut bars out of pan. Use a 1-1/2-inch round cookie cutter to cut into rounds* or use a sharp knife to cut into squares. Store in the freezer until serving time.

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

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





PLAZA TEA SANDWICHES

Ingredients

12 slices thinly sliced wholewheat bread

12 slices thinly sliced white bread

6 tablespoons unsalted butter or margarine (at room temperature)

6 slices ripe tomato

1/4 teaspoon salt (or to taste)

1/4 teaspoon black pepper (or to taste)

1 bunch watercress, leaves only (2 cups)

3 hard-cooked eggs (peeled and chopped)

4 tablespoons mayonnaise 2 medium-size cucumbers Optional garnishes:

radish slices sprigs of fresh

Nutritional Information 1 serving:

Calories 359

Saturated Fat 6g Total Fat 18g

Protein 11g Carbohydrate 40g

Fiber 2g Sodium 608mg

Cholesterol 112mg
Introduction:

At your next party or af-

ternoon get-together with friends, serve these traditional tea sandwiches from New York's Plaza Hotel.

Makes 6 servings.

Preparation time: 30 minutes.

Step 1:

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

Step 2: Preparing the tomato sandwiches

Arrange 2 slices of tomato on the buttered side of each

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

Step 3: Preparing the watercress sandwiches

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

Step 4: Preparing the egg sandwiches

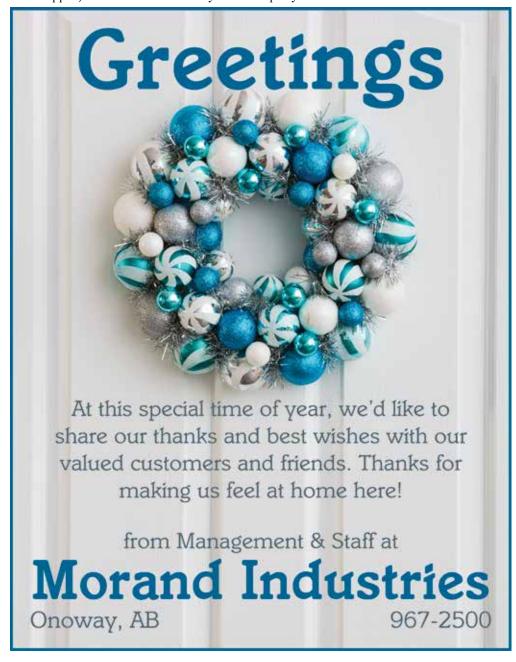
In a small bowl, mix the remaining 2/3 of the eggs with the remaining 3 tablespoons of mayonnaise and a pinch each of the salt and pepper until well blended. Spread 1/3 of this mixture on the buttered side of each of 3 slices of whole-wheat bread. Top with a second slice of whole-wheat bread, buttered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

Step 5: Preparing the cucumber sandwiches

Cut the cucumbers lengthwise into nine thin slices, about 1/8 inch thick. Arrange three slices of cucumber on the buttered side of each of three slices of white bread. Sprinkle lightly with the remaining salt and pepper. Top with a second slice of white bread, buttered side down.

Step 6:

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



RED VELVET WHOOPIE PIE

Yield: 60 one-inch or 42 two-inch cookies

Prep: 45 mins Bake: 375°F 7 mins to 11 mins Ingredients

- 2 cups all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter, softened
- 1 cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1/2 cup buttermilk
- 1 1 ounce bottle red food coloring (2 Tbsp.)
- 1 recipe Whoopie Pie Filling (see recipe below)

Directions

- 1. Preheat oven to 375 degrees F. Line baking sheets with parchment; set aside. In medium bowl combine flour, cocoa powder, baking soda, and salt; set aside.
- 2. In large mixing bowl beat butter on medium to high 30 seconds. Beat in brown sugar until light and fluffy. Beat in egg and vanilla. Alternately add flour mixture and buttermilk, beating after each addition just until combined. Stir in food coloring.
- 3. Spoon batter in 1- or 2-inch diameter rounds, about 1/2-inch high on prepared baking sheets, allowing 1 inch between

each round.

- 4. Bake 7 to 9 minutes for 1-inch cookies or 9 to 11 minutes for 2-inch cookies, or until tops are set. Cool completely on baking sheets on rack. Remove cooled cookies from baking sheets.
- 5. To fill, dollop Whoopie Pie Filling on flat sides of half the cookies. Top

with remaining cookies, flat sides down. Makes 60 one-inch or 42 two-inch cookies.

Storage: Refrigerate in airtight container up to 4 days. Let stand at room temperature 15 minutes before serving.

Whoopie Pie Filling Ingredients

1/4 cup softened

butter

- 1/2 8 ounce package softened cream cheese
- 1 7 ounce jar marshmallow creme

Directions

1. In medium mixing bowl beat butter and cream cheese until smooth. Fold in marshmallow creme.



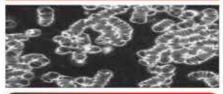
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SANTA-WORTHY COOKIES



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 11/2 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.



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 sweetripe 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 allspice berries
- 1 tablespoon whole cloves
- 12 whole green cardamom pods
 - 3 whole cinnamon

sticks, each about 3 inches long

- 1/2 cup granulated white sugar
 - 1/4 cup honey
- 3 tablespoons Chinese black tea, such as Keemun
- 4 egg yolks
- 1 large bowl of rice
- Pinch of salt
- 1 teaspoon real vanilla extract

Directions

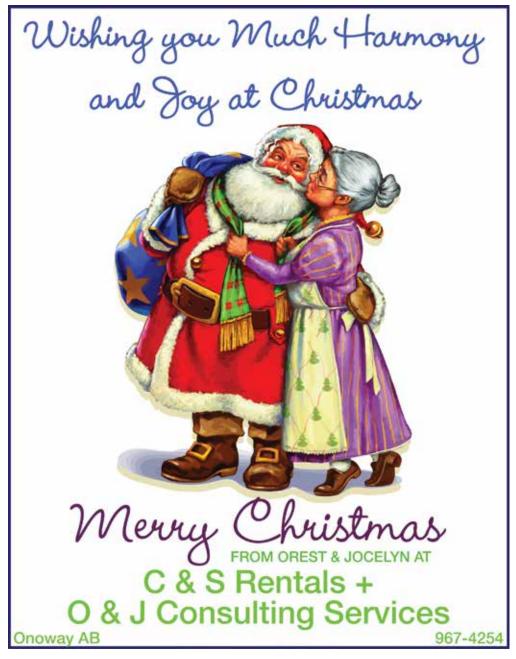
In a large, heavy saucepan, bring the cream and milk to a boil with the spices, sugar and honey. Add the tea and reduce mixture to a simmer. Remove from heat and infuse the tea for about 5 minutes. Sieve out solids and return liquid to saucepan.

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

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

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

This recipe is exquisite alone, but even more delicious over poached Bosc pears



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TIPS FOR BAKING BETTER CHRISTMAS COOKIES

Cookies and other baked treats are everywhere come the holiday season. It's not uncommon to give cookies as gifts or arrive at holiday gatherings with cakes and other decadent desserts.

Cookies are a classic holiday treat, and some families even build entire traditions around baking Christmas cookies.

Novice bakers making cookies for the first time may be a little overwhelmed when perusing recipes. Baking is a science, and sometimes it takes practice to get the results just right. However, there are some tips that can help yield better, buttery bounties.

Handle butter with care

Butter can make or break a cookie recipe, as butter is often the glue that holds the cookie together. Therefore, it is key to follow the directions carefully regarding how to handle butter. Smithsonian. com says to leave butter at room temperature for 30 to 60 minutes to properly soften it. This takes patience, but fiddling with butter too much can damage its delectable integrity. While purists may say butter is best, margarine may be acceptable if it has a high fat content; otherwise, cookies may spread out and flatten.

When it comes time to cream the butter with sugar, be sure to do so thoroughly to incorporate air into the butter and remove the grainy texture of the sugar.

Measure flour properly

Measuring flour the right way can ensure cookies come out right. The Cooking Channel says to spoon the flour lightly into a dry measuring cup, then level it off with a knife. Do not dip the measuring cup into the flour or tap the knife against the cup. This will pack too much flour into the measuring cup and result in dry, tough cookies.

Slow down the eggs

Add eggs one at a time to make sure each will emulsify properly with the fat in the butter. Adding eggs en masse may cause the emulsification to fail.

Chill out

Follow recipes that call for

chilling cookie dough carefully. This process is important for making sliced and shaped cookies. By chilling, the dough becomes more malleable for rolling and even slicing.

Use a bottom rack

Too much heat may compromise cookie integrity. The food experts at Delish say to try moving cookies onto a lower rack in the oven if they

aren't retaining their shape when baked. Put an empty cookie sheet on the top rack. That will block the cookies from the most intense heat that rises to the top of the oven.

Mastering cookies takes a little patience and some trial and error. Once bakers get their feet wet, Christmas-cookie-baking becomes even more special.



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TRY BETTER-FOR-YOU BAKING THIS HOLIDAY SEASON

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

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

This holiday season, try

this simple and delicious cookie recipe as your first step towards better-foryou baking:

Anything Goes Cookie Dough Cranberry Chocolate Oatmeal Granola Cookie

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

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

Directions:

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



from the Staff at Timberlind Auctions 780-542-7323

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VEGGIE HAM CRESCENT WREATH

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

Yield: 16 Servings Ingredients

- 2 tubes (8 ounces each) refrigerated crescent rolls
- 1/2 cup spreadable pineapple cream cheese
- 1/3 cup diced fully

cooked ham

- 1/4 cup finely chopped sweet yellow pepper
- 1/4 cup finely chopped green pepper
- 1/2 cup chopped fresh broccoli florets
- 6 grape tomatoes, quartered
 - 1 tablespoon

chopped red onion Directions

- Remove crescent dough from tubes (do not unroll). Cut each roll into eight slices. Arrange in an 11-in. circle on an ungreased 14-in. pizza pan.
- Bake at 375° for 15-20 minutes or until golden brown.
- Cool for 5 minutes before carefully removing to a serving platter; cool completely.
- Spread cream cheese over wreath; top with ham, peppers, broccoli, tomatoes and onion. Store in the refrigerator. Yield: 16 appetizers.

TWO-WAY HOLIDAY CANAPES

Tender puff pastry is prepared with two different toppings to whet the appetites of your Christmas party guests. In one hand, they'll have tart pears topped with walnuts and sweet honey, and in the other, a salty prosciutto and sundried tomato with bitter arugula. Both are layered on a creamy ricotta cheese base.

Puff Pastry Canapes Prep time: 15 minutes Cook time: 30 minutes Serves: 8 (4 canapes each) Ingredients:

- 1 450 g package butter puff pastry, thawed
- 1 egg, lightly beaten
- 1 cup (250 mL) ricotta cheese
- 1/2 pear, thinly sliced
- 1/4 cup (125 mL) toasted walnuts, chopped
- 3 tbsp. (45 mL) honey
- •1 cup (250 mL) arugula
- 8 slices prosciutto, cut in half lengthwise
- 1/4 cup (60 mL) sundried tomatoes, chopped

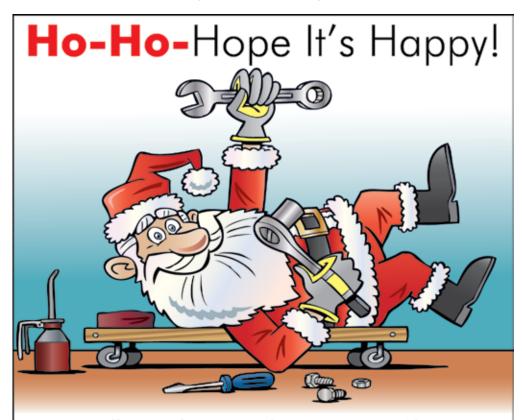
Directions:

- 1. Heat oven to 400F (200C). Line two rimmed baking sheets with parchment.
- 2. Unroll one sheet of puff pastry. Cut pastry evenly into 4 strips. Cut each strip evenly into 4 parts to make 16 squares. Place on prepared pan, score 2 or 3 times with a fork and brush with egg wash. Bake until golden and puffed; about 14 minutes. Repeat with remaining sheet. Cool 5 minutes.
- 3. Spread each square with 1 1/2 tsp (7 mL) ricotta

cheese. . Top 16 squares with pear slices, walnuts and a

drizzle of honey. Top remaining 16 squares with arugula,

prosciutto and sundried tomatoes.



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 Nitro Nut Mechancial

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WARM UP TO A SEASONAL SALAD



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

months, adding a dose of sunshine and nutrients.

Professional chef Matt Basile has developed a delicious and aromatic salad featuring roasted apples and fennel. He recommends substituting raw produce

with roasted fruits and veggies to create warm and seasonal dishes. This dish can be made in a matter of minutes all the while keeping important nutrients inside. While best prepared in the Panasonic Steam Convection Oven, this recipe can be created with a

standard oven as well.

Roasted Apple and Fennel Salad

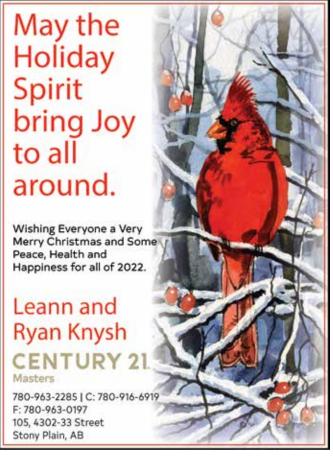
Prep time: 10 minutes Cook time: 25 minutes Ingredients:

- 1 fennel, cut into 8 large pieces (remove stalks but keep the tips)
- 2 Macintosh or honey crisp apples, cut into 8 pieces each
- 1 red onion, cut into 8 pieces
- 4 small yellow tomatoes, cut in half
- 4 small red tomatoes, cut in half
- 4 tbsp (60 mL) canola oil
- •1 tsp (5 mL) salt
- 1 tsp (5 mL) black pepper
- 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.





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WARM UP WITH HEARTY WINTER RECIPES

The colder months are perfect for testing out cozy new recipes in the kitchen made with wholesome, nutritious and hearty ingredients. It's the best time of year to make stews and soups, but if you're running out of ideas, you can always put a new spin on classic favourites.

This soup recipe by Renée Kohlman from the Sweetsugarbean food blog is a fun twist on the traditional mushroom and barley, with quinoa swapped in for the barley and added bacon for a little depth of flavour. Bursting with antioxidants and other important nutrients, not to mention being low in calories, mushrooms are great to use in the winter as they are the only vegetable that contains vitamin D. We've used sliced cremini mushrooms here, but feel free to use whatever mushrooms you like.

A little splash of sherry does wonders in the taste department, while the protein in the quinoa plus the meatiness of the mushrooms make the soup a hearty, satisfying meal perfect for fall and winter weather. If you want to keep the soup vegetarian, it's still great without the bacon.

Hearty Mushroom and Quinoa Soup with Bacon

Prep time: 15 minutes Cook time: 35 minutes Serves: 6

Ingredients:

- 2 tbsp butter
- 1 large yellow onion, chopped
- 1 large carrot, chopped
- 1 celery stalk, chopped
- 200 g sliced cremini mushrooms
- 2 garlic cloves, minced
- 1 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup sherry

- 4 cups low-sodium vegetable or chicken broth
- 1 can (19 oz/540 mL) diced tomatoes
- \bullet 1/2 cup quinoa, rinsed
- 2 cups chopped kale, tough centre stems removed
- 5 slices cooked bacon, chopped
- 1 tbsp low-sodium soy sauce or tamari

Directions:

1. Melt butter in a Dutch oven over medium-high heat. Add onion, carrot and celery. Cook for a few minutes then stir in mushrooms. Sauté for 3 minutes, then stir in garlic. Cook for another minute or two, until the vegetables are tender, and mushrooms have released their juices.

2. Stir in sherry and cook until vegetables have absorbed the liquid, about 2 minutes. Stir in

broth, diced tomatoes and quinoa. Cover, bring to a boil, then turn the heat down to low and simmer for 20 to 25 minutes until quinoa is cooked through.

3. Stir in kale, bacon and soy sauce. Simmer until kale is softened, about 5 to 7 minutes. If you find it too thick, thin with a bit more broth or water. Season to taste with more salt and pepper, if desired.



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WHITE CHOCOLATE PEPPERMINT FUDGE

TOTAL TIME: Prep: 10 min. Cook: 10 min. + chilling

MAKES: 81 servings Ingredients

- 1-1/2 teaspoons plus 1/4 cup butter, softened, divided
- 2 cups sugar
- 1/2 cup sour cream
- 12 squares (1 ounce each) white baking chocolate, chopped
- 1 jar (7 ounces) marshmallow cream
- 1/2 cup crushed peppermint candy
- 1/2 teaspoon peppermint extract Directions
- 1. Line a 9-in. square pan with foil. Grease the foil with 1-1/2 teaspoons butter; set aside.
- 2. In a large heavy saucepan, combine the sugar, sour cream and remaining butter. Cook and stir over medium heat until sugar
- is dissolved. Bring to a rapid boil; cook and stir until a candy thermometer reads 234° (soft-ball stage), about 5 minutes.
- 3. Remove from the heat; stir in white chocolate and marshmallow creme until melted. Fold in peppermint candy and extract. Pour into prepared pan. Chill until firm.
- 4. Using foil, lift fudge out of pan. Gently peel off foil; cut fudge into 1-in. squares. Store in the refrigerator. Yield: 2 pounds.

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



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

Happy Holidays To All From CENTURY 21

Leading

Ph: (780) 962-9696

Spruce Grove, AB



December 21, 2021 Community VOICE Page 97

WHITE-CHOCOLATE CHERRY SHORTBREAD



Makes: 60 servings Yield: 60 cookies

Prep: 40 mins Bake: 325°F 10 minsper batch Stand: 30 mins

- 1/2 cup maraschino cherries, drained and finely chopped
- 2 1/2 cups all-purpose flour
- 1/2 cup sugar
- 1 cup cold butter
- 12 ounces white chocolate baking squares with cocoa butter, finely chopped
- 1/2 teaspoon almond extract
- 2 drops red food coloring (optional)
- 2 teaspoons shortening
- White nonpareils and/or red edible glitter (optional)

Directions:

- 1. Preheat oven to 325 degrees F. Spread cherries on paper towels to drain well.
- 2. In a large bowl, combine flour and sugar. Using a pastry blender, cut in the butter until mixture resembles fine crumbs. Stir in drained cherries and 4 ounces (2/3 cup) of the chopped chocolate. Stir in almond extract and, if desired, food coloring. Knead

mixture until it forms a smooth ball.

3. Shape dough into 3/4-inch balls. Place balls 2 inches apart on an ungreased cookie sheet. Using the bottom of a drinking glass dipped in sugar,

flatten balls to 1-1/2-inch rounds.

- 4. Bake in preheated oven for 10 to 12 minutes or until centers are set. Cool for 1 minute on cookie sheet. Transfer cookies to a wire rack and let cool.
- 5. In a small saucepan, combine remaining 8 ounces white chocolate

and the shortening. Cook and stir over low heat until melted. Dip half of each cookie into chocolate, allowing excess to drip off. If desired, roll dipped edge in nonpareils and/or edible glitter. Place cookies on waxed paper until chocolate is set. Makes about 60.



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

A Health and Beauty Breakthrough!

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





Therapeutic Uses For Pure Hemp

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

Anti-Aging Uses For Pure Hemp

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

KEY BENEFITS

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

PROMOTES HEALTH: Helps to promote relaxation and overall health.

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

PET PRODUCTS

PET CHEW TREATS

KEY BENEFITS

SYNERGISTIC BENEFITS: Can be used in conjunction with regular medications with no side effects.

NO SIDE EFFECTS: Does not damage the liver, kidney or GI Tract like OTC medication DIETARY SUPPLEMENT: Can be administered daily as part of your pet's diet.



ORAL SPRAYS & DROPS

KEY BENEFITS

pet's mouth or on food.

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

Page 98 Community**VOICE** December 21, 2021

Classified Ads - Call 962-9228

Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 First Words: Insertion \$6.00; Subsequent insertion = \$3.00 each. (Eq: 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 available for 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

Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Seniors 50+ Club. Air conditioning! Space Available! Val: 780-690-1655 or Dianne: 780-217-8482

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813 Cherhill Legion, Mary 780-785-3578.

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

Darwell Centennial Hall, 780-892-3099

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

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall,

780-785-3221 or 780-785-2259

Stettin Nakumun Comm. Hall, 967-9198

Dog Caretaker

Alberta **Beach** Surrounding Areas. thinking of a Seasonal 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 and courtyard! 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) 01-110G

Computers

FREE computer checkup, repairs NOT over \$50. Save photos from broken old computers. Like NEW refurbished Laptop or Desktop windows 10, registered for only \$150. Call or leave message 780-892-2407(24) 21-12

Personals

Widow, rural northern Alberta. If you are a Man of: motivation, faith, integrity; good mental , physical health. Phone or text 780-512-5120. (3) 12-21

For Rent

Completely renovated

Motel in Onoway, daily, offering weekly or monthly rentals. utilities included, 55 inch tv with Satellite. Double bedrooms. furnished bachelors with full kitchen and furnished 1 bedrooms with full kitchen available. Starting at \$975 + tax. Please call for viewing, 780-967-4420 or 780-945-1723. www.onowayinnandsuites. com (4) 01-110G

New 2 Brdm apt on the water in Alberta Beach. Available Dec 1st, \$1350. Text only 780-667-3304 (3)01-04

Wanted

FARM HOSTS NEEDED!! INTERNEX is Looking for farms/ranches in your area that are interested in having International youth live with you and help out around your property during the months of April through November. We are currently looking properties for with horses, cattle or dairy agriculture. and Our participants have all been interviewed, vetted and vaccinated and will have have medical coverage for their entire stay; they are mostly from Europe and speak English well. You provide room and board and we pay a weekly stipend to help cover your expenses; we are also available to deal with any issues or problems that may arise. Call Ann at 1-519-842-6600 or email at ann@internexcanada.com (3) 12-21

MMUNITY EVENT

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9228. Please note that all submitted event listings must be limited to 200 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

NOTE: Please inquire first as COVID-19 restrictions may still apply.

FARMERS MARKETS

ALBERTA BEACH: Sundays, 11:30 - 3pm. Contact Hali 780-666-1604 *May

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

ONOWAY: Thursdays, 5-8PM at Onoway Community Hall. 780-667-6327 or onowayfarmersmarket@gmail.com. *

Starts May 1st.

SPRUCE GROVE: at the Elevator, Sat 10:00-1:00PM, Info (780)288-6174 *April

- Dec.
STONY PLAIN: Saturdays, 9AM-1PM,
Community Centre Downtown, Stony
Plain. Nancy 780-962-3993. *April - Dec.
WHITECOURT: Tuesdays 11AM-2PM,
Whitecourt Legion Hall, 779-7002. Whitecourt *May - Oct.

BINGO

CHERHILL BINGO: Tuesdays at Cherhill Community Association. 6:30рм, Games @ 7:30рм.

CHERHILL LEGION: First Sunday of Month. Doors Open 12:00PM RICH VALLEY COMMUNITY HALL BINGO: on Dec. 8 & Dec 22 at. 7:30PM

BINGO: on Dec. 8 & Dec 22 at. 7:30PM STONY PLAIN SENIOR'S DROP-IN CENTRE, public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

WHITECOURT SENIORS CIRCLE, Every Tuesday. Open @ 5рм, 1st call @ 6:45рм, Nevadas, Concession. 780-778-4950 *Sept - June

MEAT DRAWS

ALBERTA BEACH: Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM

at Jungle's Bar & Crill.

BARRHEAD ROYAL CANADIAN

LEGION: Fridays 6:00 PM. Queen Of

Hearts draw & 50/50.

ONOWAY ROYAL CANADIAN LEGION:

STONY PLAIN ROYAL CANADIAN LEGION: Fridays, Ph. 780-967-5361
STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM. Meat Draw & 50/50.
WHITECOURT LEGION: Saturdays 4:00PM. Located downtown behind the

CIRC

MEALS ON WHEELS

ONOWAY: LSAC Div 1 & 2, East of Hwy 43. Hazel Bourke: 780.967.2338 or bhbourke@icloud.com
WEST END: Sangudo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: westendmow@outlook.com

CARVEL: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001 MAGNOLIA: at Magnolia Hall. 2nd Saturday of Month, New Time is 1:00PM. Call to confirm, 727-2015. *October - Mary NO Dec.

Call to contirm, 12,12,200.

May, NO Dec.
SANGUDO: Sangudo Community Hall
Jamborees are on hold until further
notice? 80-785-4905.

CROVE: at Sandhills

SPRUCE GROVE: at Sandhills Community Hall, 3'd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 *September - June. Edmonton Northwest Senior's Center: 12963 - 120st NW, Every Wed From 1-3:30pm Aug & Sept Admin: \$5 non members \$2 members Yearly membership \$30

membership \$30 **STONY PLAIN:** Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7pm, \$2. **WHITECOURT SENIORS CIRCLE:** 2nd

Sunday of the month 1-5pm, \$5/Adm Door prizes & 50/50 draw. 780-778-4950 *Nov - June

TOPS (Take Off Pounds Sensibly)

SANGUDO: Tues, United Church, 6:00рм. Toni (780)-786-4612 or Sandy (780-305-9669

PLAIN: Thurs evening at , Stony Plain Library. Susan 38-089 STONY

SPRUCE GROVE: Mon at 5pm at Anglican Church, 131 Church Rd. Betty (780)-962-3857

(780)-962-3857

SPRUCE GROVE: Tues at 6:15pm at Anglican Church, 131 Church Rd. Sharren (780)-962-27722

SPRUCE GROVE: Wed at 8:45am at Anglican Church, 131 Church Rd.

at Anglican Christianne

YOUR COMMUNITY

DUFFIELD COMMUNITY HALL BBQ steak and Chicken SUPPER Sat September 11 live band info phone 780

892 2425
THE LAC STE ANNE COMMUNITY
CHOIR Meets every Wednesday at 7:00
pm in the Heritage Centre in Alberta
Beach & welcomes new members who
are fully vaccinated. Please wear a
mask & abide by Covid rules.
MAYERTHORPE LEGION BR. #126:
Seniors' Floor Curling – Thurs @ IPM.
Fun Darts – Thurs @ 7PM. Wings Night
– Every Wed 5-8PM. Steak & Fish Night
– 1st Friday of month 5-8PM. Everyone
welcome. For more info please call 780786-2470.

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

PROBLEMS WITH DRUG OR ALCOHOL 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.
SPRUCE 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.
FREE TUTORING FOR ADULTS: Need help with reading, writing, math, English language (ESL) or basic digital skills? Free 1-on-1 and small group tutoring! Odette Lloyd 780-220-6460. calp@norquest.ca
WATER SAMPLE DROP OFF: Tues Onoway Aspen Health Services. Drop off 1:00-2:30PM.

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 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

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

or (780)674-6974.

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

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

JR. SCRAPBOOKING Wed 4–6pm. Pre-register by Tues evg. Mayerthorpe Public Library www. mayerthorpelibrary.ab.ca (780)786-

"ME, YOU, & EVERYBODY" Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agliplex from 10:00-11:00AM starting May. Funded Lac Ste Anne

ONOWAY GOLDEN CLUB: Cards Tuesdays, 1PM. 1st Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436. Supper. 50.23 49 Ave. 780-967-34-36.

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

PANCAKE/BREAKFAST SOCIAL: 3rd 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 CLUB meets every Thursday morning at 9AM at the Sangudo Community School. New members welcome. For further information call Brenda at 780-785-

2402.

SPIRITUAL LIVING INSPERATIONAL CINEMA 8
DISCUSSIONS at PERC Building (5413-51 St). 2nd Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

SPIRITUAL LIVING CHARMAN 8
SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St). Every 2nd & 4th Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

WHITECOURT SENIORS CIRCLE DROP

WHITECOURT SENIORS CIRCLE DROP IN CRIB 1st & 3rd Sundays 1:00pm. 780

WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd Wednesday at 1PM.

MEETINGS

IST ONOWAY SCOUTS: Registration, Mondays 6:30-8PM. Beavers 5-7; Cubs

ISI ONOWAY SCOUTS: Registration, Mondays 6:30-8PM. Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.
Z716 ROYAL CANADIAN ARMY CADETS, Wednesdays 6:30-9:00PM at Mayerthorpe Legion. Youths 12-18yrs, Call 780-515-1842
Z99 ROYAL CANADIAN SEA CADETS

299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE: Stony Plain Comm Center, Wed 6:30 pm. Youths 12-18, 963-0843 GLAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS, Onoway Historical Centre, Wed. 6:45-9:30 pm. FREE program for youths 12+, contact 3053army@cadets.gc.ca or 780-886-1586

750-000-1580 **526 BARRHEAD AIR CADETS,** Wed 630-9:30PM, High School. Ages 12-18. 780-305-7233

PARKLAND AIR CADETS Thurs, 733 PARNLAND AIR CADEIS IIIUIS, 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-

IMEZI AA - SANCUDO GOLDEN CLUB, Tues BPM call 786-4402/785-9214/785-3599 AL-ANON Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205

ALBERTA 55 PLUS: Villenvue Hall at 10Aм. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB

meets every 4th Tues 7:00PM, Alberta Beach Agliplex. ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agliplex.

ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House

ALCOHOLICS ANONYMOUS: Journey of Hope Group, Fridays 8pm, (please arrive earlier). Present location in church basement 4805 - 50 St.

BARRHEAD & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church. BARRHEAD ROYAL CANADIAN BARRHEAD ROYAL CANADIAN LEGION, meeting every 2nd Thurs, 7PM at the Legion Hall. CHERHILL COMMUNITY ASSOC.

CHERHILL COMMUNITY ASSOC.

Monthly Meeting 1st Wednesday, 8pm at the Hall. 785-2825 *Except Jan, July, Aug, Sept.

CHERHILL SILVER & GOLD SENIORS

CLUB Regular Meetings 1st 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 AC SOCIETY MEETINGS, 7:00pm, 1st Monday, Darwell DARWELL DISTRICT RECREATION ASSOCIATION, Mon. Jan 10, 2022 7:30pm info contact Maria 892-3099

DDRA MEETING, 7:00pm, 2nd Mon, Darwell Centennial Hall 780-892-3099.
*except Jul/Aug/Dec CriefShare: Weekly grief support group held on Tuesdays 6:30 - 8:30 pm, starting Sept 14 at Crossroads Community Church, 4:419 44 Ave, Mayerthorpe. \$25 for 12 sessions. Preregistration required. Call 780-786-2695 today. once a month Call Chris 780-963-6997

GIRL GUIDES, BROWNIES & SPARKS

GIRL GUIDES, BROWNIES & SPARKS
Thurs, 6:30PM, Onoway Heritage
Centre. Info Laura, 780-967-1004.
GREENCOURT COMMUNITY
ASSOCIATION meet 2nd Tuesday,
monthly at 7:30PM at the hall. Info W.
Jager (780) 786-4648.
KINETTE CLUB OF MAYERTHORPE,
7:30PM at Kinsmen Hall, 1nd Tuesofmonth.
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 COMMUNITY CHOIR,
Wednesdays 7PM at the Heritage
Centre in Alberta Beach (50+ Club
behind the hotel), Further info, call
Diane @ 780 924-2348.
LAC STE. ANNE & LAKE ISLE WATER
QUALITY MANAGEMENT SOCIETY:
3rd Fri, 7PM, Alberta Beach Council
Chambers.

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

MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5PM in Hospital Basement Education Room. MAYERTHORPE LEGION BR. #126: Meetings 2th Mon of month at 7:30PM. For more info please call 780-786-2470. MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

(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)514-601 Valley Church (780)514-6011

ONOWAY & DIST HERITAGE SOCIETY:

2nd Wed of each month, 7:00PM, Onoway Legion ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7PM, Onoway Museum. 967-5263 or 967-2452.

ONOWAY & DISTRICT QUILT GUILD: Every 2nd Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Lyla @ 780-967-2629.

ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7pm. *Sept-

General Meetings, 1st Mon, 7PM. *Sept-June
RICH VALLEY AG SOCIETY BOARD
MEETINGS: at the Agriplex on the 2nd
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 Thurs, 9AM-12PM at Sangudo
Community School. Info, call 780-7852112.

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

WESTLOCK & AREA CANCER SUPPORT GROUP: 3rd Wed. 6:30-8:00PM at Westlock Library. CANCER

SUDOKU - of the week

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 **ANSWER:**

to solve the puzzle!

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!

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



Rich Valley Community Church

Sunday School 10:00am.

Worship Service 11:00a.m.

Catholic Parish of Lac Ste. Anne

Sunday 10:00

Mayerthorpe Baptist Church

Worship Service Sunday 10:30am Children's Church 10:30am

4606-54 St. Mayerthorpe (780) 786-2677

Alberta Beach Alliance Church

Sunday Worship Service & Kid's Church 11:00s.m.

Sunday School 10:00am.

(780) 924-3282

St. John's Anglican

Church Onoway

Sunday Service

Everyone Welcome



Church Alberta Beach

Sunday Service 11:00_{3.m} Sunday School

Zion United Church

Sunday Service 10:00 a.m. Sunday School

Serving Alberta Beach, Wabamun, Darwell & Lake Isle, Onoway & Are (780) 924-3351

Sangudo United Church

Christmas Eve Service 6:00p.m. Worship Service 3rd Sunday 11:00a.m.

4907 - 50 Ave. Sangudo, AB

St. Mary's Anglican Church Service

Holy Communion 2nd Sunday each month 11:00 a.m. at Sangudo United Church Reverend Barry Rose Officiating

Cherhill Community Church

Sunday School 10:00am. - 11:00am.

Worship Service Sunday 11:00 nm.



Church Sunday Services 1st & 3rd Sunday at 2:00_{p.m.}

Pastor Rick Chappell (780) 282-0183 Mystery Lake



Church (LC-C)
"The Church of the Latheran Hour" - Rochfort Bridge Pastor Dan Hansard Church (780) 778-2055

Sunday Worship 9:00s.m.

Senior's Service & Cottage Bible Study - Phone for locations

Crossroads Community

P.A.O.C. Rev. Arnold Lothoiz

Sunday Service 10:30a.m. (780) 786-2424

Onoway Baptist Church

Sunday Service 10:30a.m.

(780) 967-2266

Roman Catholic Church

8. Agnes' Parish, Mayerthor Sunday 9:00a.m. St. Elizabeth Parish, Eyansburg

Saturday 7:00p.m. (780) 786-2032

Calahoo Alliance Church

Family Worship Service Sunday 10:00am.

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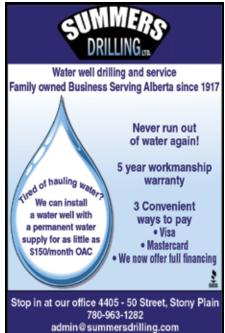
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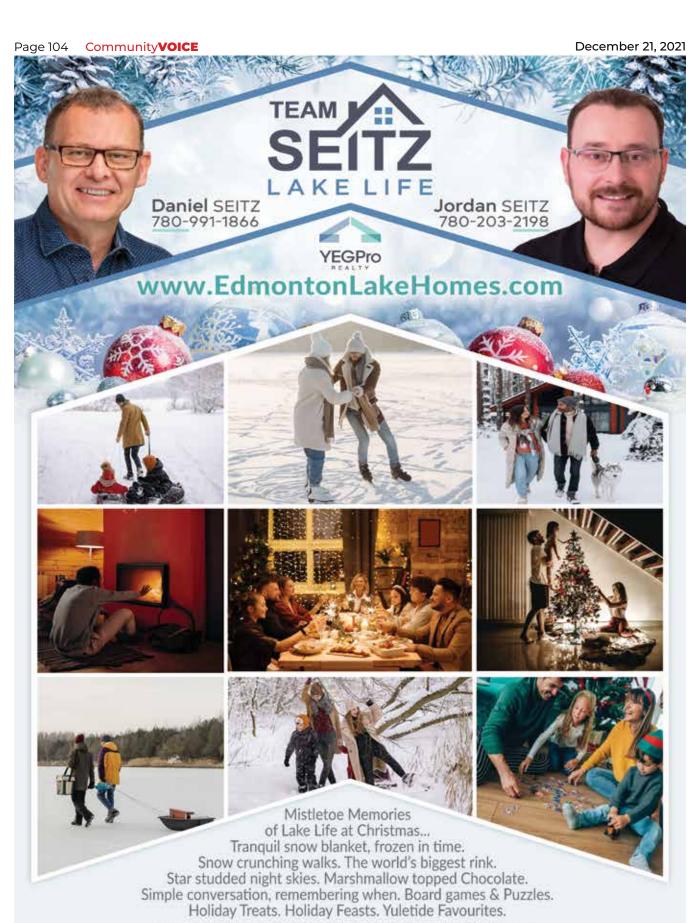












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